



Relax, Affirm and Awaken!

A Guide to Basic Spiritual Practices and Terms
to Support Your Awakening

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About This Guide

A human being is a divine creation born with wisdom, knowledge, and power. We are inherently beautiful with many gifts. To realize these truths is to express joy and abundance. When our actions become guided by love and light in every corner of our lives, we begin to awaken and move into a new age of prosperity, enlightened thinking, and productivity. This is our natural state which is harmonious and without struggle.

We live in amazing times, where the borders dividing language, science, spirituality, and philosophy are softening. People everywhere are connecting to the Divine through their own unique spiritual practices and traditions. Meditation, prayer, chanting, dancing, or singing can move us closer to the beloved, or to the God within. When this portal is opened through self-awareness, we access the grace and splendor of divine consciousness that radiates within us and through us as heart-centered beings. Living in this state means that we are free from inner conflict and suffering.

To experience life as an expression of joy, peace, and freedom, we must recognize the [unity](#) of all individuals and our collective light. Spiritually and energetically, there is no separation at the fundamental level. There is only unity.

Over the past 25 years, I have had many astounding mystical and spiritual experiences and witnessed numerous healings through prayer and deeksha. I believe these awakenings, whether emotional, physical, mental or spiritual, are meant to show us the beauty of God's interaction within the diversity of the human experience. They are brief glimpses into the magnificence of an expansive state of consciousness. The more we are comfortable with this state, the more miracles we will witness. I've also learned that it is our birthright to be the All – the divine essence. The more we embrace this truth, the more our hunger for love will be replaced with feelings of connection to all beings. Collectively, we can grow into limitless possibility.

Lately, for people of all wisdom traditions, deeksha has re-entered the field of healing and spiritual awareness. Receiving a blessing is to be in touch with sacred, intelligent energy. It is a transfer of grace that can reveal our divine attributes and help us discover truth in this stage of humanity's spiritual evolution. When used with prayer, meditation, or deep contemplation, a blessing is an intimate way to connect with God, regardless of a person's faith or philosophy.

This guide supports your journey to wholeness and will help you understand terminology used in yoga class or a *Satsang*, a spiritual gathering of people who discuss self-knowledge and truth. I've shared meditations and chants I use to invoke the divine presence and written notes on breathing exercises essential for maintaining balance and centered-ness.

Relax! Affirm! Awaken! also helps you create your own daily and weekly spiritual practices that are necessary to maintain a positive outlook on life. Additionally, I've included a section on affirmative thinking and present moment awareness which is a vital first step in self-empowerment.

I believe there is a profound connectivity of the human spirit that reaches beyond any superficial differences we may share. The underlying unity of all people, based upon our individual interactions and practice of love, peace, and forgiveness, is becoming a foundation for truth. Today, many people in the west emphasize the fundamental themes of oneness or unity and broaden their spiritual practices to include Eastern ideas from India. In this inter-spiritual way, they create a unique way to connect with God and have learned to appreciate their own religion or wisdom tradition so much more.

As you accelerate your inner development, please use the journal pages after your meditations and blessings to record any insights or feelings that may arise during the process.

Remember, the journey starts where you are, not where you want to be. Beloved, there is no greater or nobler place than the very beginning! Rejoice in the opportunity that lies ahead to resonate with ideas that leap across all perceived boundaries. Soon, your willingness to live with greater conscious awareness will translate into the ability to see reality more clearly. Each moment of your life is already extraordinary and filled with potential.

I am deeply honored to be a part of your awakening!

With gratitude and blessings,

Rev. Dr. Charlene M. Proctor

About Deeksha



Deeksha, also known as oneness deeksha or [the blessing](#), is the transfer of sacred energy that helps you to grow into higher states of consciousness. A blessing helps free the senses from the constant chatter of your mind and provides you with more clarity and feelings of love, joy, and inner peace.

It can also open the energy centers, or chakras, in the body. Many people report feeling lighter, more open, relaxed, and focused after a blessing. Many recipients notice it dissolves negative life patterns, releases traumas stored at the cellular and energetic levels, and facilitates deep emotional and physical healing. It also helps heal relationships and opens the door to higher states of awareness. People notice an increased resilience and ability to deal with life's problems. Overall, many people report feelings of serenity and a connection to everything.

Since the blessing is interfaith and dogma-free, anyone can receive it no matter what spiritual path they have chosen. It is a non-denominational experience designed to awaken your connection to the unity of all creation and to the Divine Presence within. It simply helps each of us to discover and more fully experience the reality of our own unique relationship with the Divine.

Frequently Asked Questions

Who can give a [blessing](#)? A blessing giver will be someone who has received training to be a conduit for this energy. A blessing begins by invoking the divine presence.

How is a blessing (deeksha) given? He or she places their hands at the crown of the recipient's head and asks that grace help and heal you. Deeksha can also be given by intention (from a distance), in meditation, or over the phone, or through the eyes. In India, deeksha by touch is called sparsha. It is known as nayana deeksha when given through the eyes and smarana deeksha when given through the power of intention. It usually takes place in an area where a sacred atmosphere has been created. It is a beautiful and thoughtful experience.

Why does humanity need to awaken? Humanity is in a period of transformative change. This evolutionary shift impacts our social structures, environment and the collective consciousness. To heal, and experience of sense of unity with all living things, we must restore our spiritual connection with the Divine. When we pray, meditate, or even take contemplative time to free our senses from the constant chatter of the mind, we are more open to the experience of love which is what the world needs.

What else do I need to know to receive a blessing? A blessing is more effective if the recipient is willing to receive it. Also, as part of your spiritual preparation, there should be an emphasis on setting relationships right. An attitude of gratitude for the Divine, or any

goodness in your life, is highly recommended! Please do not drink alcohol before or after your blessing.

What should I bring to a live session? If possible, bring a yoga mat or blanket to lie down in shavasan for 15 minutes after a blessing. Bring a back jack or pillow if you wish to sit on the floor and need additional back and leg support. Regular chairs are usually provided. Dress comfortably. This is your time to relax and be peaceful, so please turn off your cell phone.

What kind of benefits do I receive? Deeksha provides different benefits to people depending upon their needs, so recipients may not experience a common outcome. Some report sensations such as a tingling in the head, spinning, feelings of joy or deep peace and well-being, stillness, or bliss flowing through the body. Some may experience nothing until a later date. Thoughts and emotions that have stood in the way of inner truth will begin to be revealed. Whatever the experience, you can trust that a healing and awakening process has begun.

What's a Mantra?



Mantra is a Sanskrit word consisting of the root *man-* meaning “manas” (the linear, thinking mind) and the suffix *-tra* meaning “tool” or “instrument.” Hence, it is a mind-tool that is effective as a vibration (sound). It delivers the mind from illusion and helps us be undistracted. A mantra is a word or verse typically from the Sanskrit language. When repeated, it creates a vibration and supports a spiritual awakening.

Author, Christian mystic, and musician [Russill Paul \(The Yoga of Sound: Tapping the Hidden Power of Music and Chant\)](#) says that mantras are sonic formulas that take us beyond, or through the discursive faculties of the mind and connect our awareness directly and immediately to deep states of energy and consciousness.

Each mantra has a sound pattern suggesting to the mind a particular meaning. It is used extensively in India and Tibet. In the West, it could be a form of repetitive prayer, a chant, or a poem.

Mantra is related to sound reverberation throughout the universe. All nature’s sounds can be considered a mantra: the sound of the birds, wind, or ocean. As human beings, we are moving and vibrating along with our breath which is the gift of life. We are a sum total of the living force. Mantra has been thought of as the *sound body* of the Divine. It is God in the form of sound.

Often, a mantra is an invocation of the divine presence or a devotional chant about the beloved. So, when you call the name of the beloved, it is not different than the beloved itself. The name of God is God’s very being, which is why you can experience the Divine by

repeating the name. The sound vibrations of the name of the beloved, in whatever wisdom tradition that makes sense to you, can awaken love in your heart, mind, and in every aspect of your physical and emotional being.

Words are a creative force. According to Indian beliefs, sound existed in the beginning and reverberated as *Aum*. From that sound, all came into existence. In the Christian text (The New Testament, John 1:1-2) it is explained as “In the beginning was the Word, and the Word was with God, and the Word was God.” We’ve often heard that words are the foundation for creating anything because language, whether spoken or unspoken, makes our activities possible.

Chanting a mantra creates certain vibrations in the body and mind. You can feel this vibration. It is listening without thinking because you are setting the mind aside. You don’t want to think, but instead, want to embody the sound. In other words, by chanting a mantra you are participating in an experience. It is a feeling, idea or energy. The *Rishis* or Hindu seers create sounds to participate in a vision of higher conscious awareness and a mantra is often the guide. This *embodied music* is the essence of the Indian tradition.

All words carry a positive or negative charge. Any sound that speaks to the heart, whether it is “shalom” or “love” has the power to produce a reaction. Sounds are a means to enhance perfection because they were crafted to raise consciousness. Whatever your mantra, make it melodious and meaningful since the meaning behind it connects you to its power.

Preparing to Chant a Mantra

Close your eyes for a few moments and be quiet. Deeply inhale and exhale. Focus on your breath. When you inhale, let your abdomen expand fully. When you exhale, let your abdomen compress and move inward.

Chanting

Chanting is the process of repeating a mantra. It is an ancient meditation technique.



ॐ Tat Tvam Asi (I Am That)

Great sages meditated on this mantra and Sufi saints danced to the tune of this mantra. The Himalayan yogis contemplate on the essence of this mantra. Our universe echoes and vibrates with the mantra: “I am that.” “I” refers to consciousness that has a beginning-less origin and an endless end. It is a consciousness that is everything, that is all things and yet beyond all things. It is consciousness that is the essence of the universe.

If everything is consciousness, we can never know it because to understand a thing you must be out of it to observe it. It is not possible to be outside All that is. You can never be separate

from God. But since we cannot ever be outside of consciousness (because it is the All) we can never know the whole. Remember, all that is, is consciousness. The one who is asking as well as the one who is answering is consciousness. Even the process of asking and answering is consciousness. So, consciousness is also the ineffable, the unknowable, or the Eternal Mystery.

It is this consciousness that says, “I am that.” “That” refers to whatever we choose to manifest. Thought is very powerful and each time we take a stand, make a decision, or create a point of view, this energy is embraced by consciousness. What we see in our reality depends upon what we want to create within consciousness. This mantra reminds us of where our intentions need to be everyday, to align with the highest level of consciousness to produce a positive and beautiful reality.

Aum (Om)

Aum, or *Om*, is the primordial sound of the universe or the first sound of creation. In Hinduism, it is known as the *pranava mantra* or the source of all mantras. It is the most basic primordial vibration and represents the entire universe: the past, present and future.

There is only one reality before existence and that is Aum, the most powerful and fundamental mantra that is used in meditation and contemplation. Many Hindu prayers begin and end with Aum. When we chant Aum, we settle the mind and attune to the universal self that lives within all things. It is an attunement, or alignment, with the vibration of the universe itself.

The **AUM** (Om) sound is a combination of three syllables and represents four levels of consciousness, or universal realities:

- A:** Sounds like “ahhh” and represents wakefulness (vaishvaanara) or the conscious state.
- U:** Sounds like “oh” and represents the dream state (taijasa) or the unconscious state.
- M:** Sounds like “mmmm” and represents the serenity of deep and dreamless sleep (prajna), or the subconscious state.

The silence that follows Aum represents pure consciousness that permeates the universe (turiya).

Aum, or Om, is used many ways in different religious cultures. Some believe that Aum refers to God or a specific deity; others use it as a meditation or contemplation tool. Regardless of what your wisdom tradition says about Aum, it is a universal truth and does not belong to any one group.

Over time, by meditating and chanting Aum, it is possible to realize what you really are. You are not your thoughts, forms, or physical reality; you are the “I am” (I am that!) Try chanting it in a 3:2:1 ratio (3 counts of **A**, 2 counts of **U** and 1 count of **M**) and inhale deeply on the silence that follows.

The Moola Mantra

The *Moola Mantra* is an effective prayer for invocation. This mantra has the potential to dispel all negative energies and generates a field of divine energy wherever it is heard or sung. This is why blessing givers often begin their deeksha sessions with the Moola Mantra. It naturally activates the subtle energy channels and helps you establish a connection to the Divine.

This Vedic Sanskrit chant invokes the presence of the living God so grace can be transferred. It is a devotional chant, a song of deep gratitude that has been sung by many who celebrate the presence in their own individual way. It is a prayer of adoration.

The Meaning of the Moola Mantra

If you understand the meaning behind the mantra, you will channel much more energy. When you chant this mantra with feeling, it is said that supreme energy manifests everywhere and at any time. Chant it with love, humility and deep respect for the Divine.

Om Sat Chit Ananda Parabrahma
Purushothama Paramatma
Sri Bhagavati Sametha
Sri Bhagavate Namaha

When we chant any mantra or prayer in a language other than our own, it is helpful to know what we are chanting. Put your energy and feeling behind those words. Loosely translated, this mantra means:

Om Sat Chit Ananda

Om, or Aum, is the primordial sound of the universe. The entire phrase is about the Divine and highest truth, pure consciousness, and bliss. Om also extends an invitation to the higher energy. It is a sound that has the power to sustain, create, destroy, and give movement to all that exists.

Sat is the unmanifest or the formless (emptiness) of the universe. It is the static aspect of creation, that which awaits form. It can only be seen when it has taken form. The universe is the cause and we are the effect. Therefore, the cause (the universe) manifests itself as the effect.

Chit is pure [consciousness](#) that is infinite and omni-present. Out of chit evolved energy which manifests in every form. Consciousness can manifest as motion (movement) or the energy and actions of the body as the force of thought. It is called supreme spirit.

Ananda means love, bliss, and the friendship-nature of the universe. It is said that when you experience sat (supreme energy) and become one with chit (pure consciousness) you enter

into a state of bliss and joy. When we relate to higher consciousness, this is what we can experience. It is our natural state.

These qualities make up Brahma, the All, or the totality of the universe. Sat is the universe's sense of existence, chit is the unconscious intelligence, and ananda is the bliss.

By opening the mantra with this phrase, we are calling these higher ideas into our minds and heart. We are also calling these thoughts into our very presence and into those who surround us.

Parabrahma

Parabrahma is the supreme creator or the great spirit behind everything that is created. The name of God is Brahma (creation) so parabrahma means *the one which is beyond Brahma*, literally, *the one who is beyond space and time*. Parabrahma is the essence of the universe that is form and non-form and all that is. It's a very big idea. God is power, compassion, and love and imminent in Brahma. A person can refer to God as *sat-chit-ananda-parabrahma*.

Purushothama

Purusha means man (human) and purushothama is the energy that incarnates as an avatar to guide us. An avatar is one who embodies the idea or concept of the Divine, such as the Buddha, Jesus, or Krishna. Purusha also means soul and uthama means the supreme spirit. This supreme energy guides us in life, allowing us to relate to the beloved.

God relates to humans as though God were a human; hence, God is called purushothama.

Paramathma

Paramathma represents the divinity present in every being and all creatures, living and non-living. It is the Divine within that manifests itself anywhere. God also manifests within the individual as the antaryamin (the indweller) or the higher sacred self. It is in everyone; therefore, it is called paramathma.

When I chant this term, I think about the unique gifts of every person on the planet. We are all individual sparks of the Divine. When we begin to see the beloved in all living things, and in each person we meet, we are connecting with our God-self or Divine-self.

Sri Bhagavati

Sri Bhagavati is the female aspect of creation or the supreme soul manifested as the divine mother. It is supreme intelligence in action, or the shakti. She is the great mother earth of total creation.

Sametha

Sametha means *in communion with or together*.

Sri Bhagavate

Sri Bhagavate is the male aspect of creation or the supreme soul manifested as the divine father. It is unchangeable, permanent, and static infrastructure. If “he” is the essence or the idea then “she” is the totality of experience and the active nature. By recognizing both male and female aspects of creation, which are both present in every individual at all times, we can think of ourselves as a balanced, human-divine energetic composite.

Namaha

Namaha means *salutations or I worship thee*. When we say namaha, we recognize all these qualities of the Divine and seek to be one with the presence and seek its guidance.

Some may end the Moola Mantra with *Hari Om Tat Sat*, meaning *Om, the Divine and Absolute Truth*. However you sing or chant the Moola Mantra, make certain it is from your heart. It is uplifting, transformative, has the power to heal, and it awakens the presence within you.

The Moola Mantra was written by Sri Bhagavan and Sri Amma of the Oneness Movement in India.

or Tvameva (Twameva)

Tvameva Mata Cha Pita Tvameva
Tvameva Banduscha Saka Tvameva
Tvameva Vidya Dravinam Tvameva
Tvameva Sarvam Mama Deva Deva

This beautiful devotional song means:

Oh, beloved! You are our Mother and Father, Friend, and companion. You are our knowledge and wisdom. Beloved, you are our only wealth, our riches. You are everything - our eternal, divine justice.

I love this song and often sing it when I invoke the presence of the Divine. It has been recorded by many musical artists, each offering a unique interpretation. I should be sung with love to the Divine.

or The Gayatri Mantra

The Gayatri Mantra is said to inspire righteous wisdom, the path by which all problems are resolved. It is a prayer to the supreme beloved, the creator of the cosmos, and the essence of our existence. The meaning has a universal appeal and is for everyone, no matter their spiritual path.

The Meaning of the Gayatri Mantra

Om Bhur Bhuwah Swaha
Tat Savitur Varenyam
Bhargo Devasya Dhimahi
Dhiyo yo nah Prachodayat
Om Shanti, Shanti, Shanti



Loosely translated, it means:

Almighty God, the creator of the earth, atmosphere, and heaven. You are the embodiment of vital spiritual energy who is the destroyer of all sufferings. You are the embodiment of happiness that is luminous and bright like the sunlight. You are most exalted, the destroyer of sins, and divine. May you inspire the intellect and wisdom within me who illuminates and inspires our collective paths. We meditate on thy divine radiance.

Amen, Peace, Peace, Peace.

By contemplating the meaning of *The Gayatri Mantra* and using it in your *Sadhana* (spiritual practice) it is possible to attain clear-sightedness and face problems with righteous wisdom.

as Ong So Hung

Ong So Hung means that in every fiber of your body the creator exists and you exist within the creator to the degree that there is no difference or line of distinction between you and God. This state of awareness and understanding allows a human being to say, "I am thou, ong so hung. I am thou, I am peace. I am peace, peace is in me."

In other words: I am God in every cell of my being. It is the same thought as "I Am that I Am" and carries a similar vibration.

as Lokah Samasta

Lokah Samasta
Sukino Bhawantu
Om Shanti Shanti Shanti

I found several translations on this one. Take your pick! They are all positive and focus on the interfaith feelings of unity and oneness:

as May all beings be happy. May my thoughts, words and deeds contribute to the happiness of all beings.

as May the Lord bless the whole world with eternal peace and goodwill. Peace, Peace, Peace.

as May all beings of the world have peace and happiness.

❖ Ek Ong Kaar

Ek Ong Kaar means, “The creator is one.” Since we are also part of the Divine, we belong to all of creation. There is no one outside of God. All are included. Therefore, we are one essence, one being. It is a beautiful thought considering that we are all one.

❖ Mahatma (translation from the ancient Sanskrit)

This is an absolutely beautiful chant!

May there be tranquility on earth
On water
In fire
In the wind
In the sky
In the sun
On the moon
On our planets
In all living beings
In the body
In the mind
In the spirit
May that tranquility be everywhere and
in everyone

Bho-mee-mongalam
Oo-da-ka-mongalam
Ag-ni mongalam
Vhy-you-mongalam
Ga-ga-na-mongalam
Soo-ri-ya-mongalam
Chan-dra mongalam
Ja-ga-ta mongalam
Jee-va mongalam
Day-ha mongalam
Ma-no mongalam
At-ma mongalam
Sar-va mongalam bha-ba-te bha ba tu
Sar-va mongalam bha-ba-te bha ba tu

❖ The Heart Sutra



The Heart Sutra is mantra chanted throughout the Mahayana Buddhist world. It appears most frequently in Sanskrit and Chinese. The mantra is described by the current Dalai Lama as both a practice and a device for measuring one's own level of spiritual attainment. Many artists have created musical versions of the Heart Sutra. Composed of only two hundred seventy Chinese characters, it contains all of Mahayana Buddhism's teaching.

It is chanted in every Mahayana, Korean, and Zen temple in the world as well as Zen temples in the West. It is said to be a great path towards perfection of wisdom. Here is the meaning, according to Zen Master Seung Sahn:

The Mah Prajna Paramita Heart Sutra (translated)

Perceiving that all five skandhas are empty saves all beings from suffering.

Form does not differ from emptiness, emptiness does not differ from form.

Form is emptiness, emptiness is form

No appearing, no disappearing.

No taint, no purity.

No increase, no decrease.

All dharmas are marked with emptiness.

No cognition, no attainment.

Nirvana.

Unexcelled perfect enlightenment – anuttara samyak sambodhi.

Set forth this mantra and say:

Gate, gate, paragate, parsamgate, Bodhi Svaha!



Maha means *big*. *Prajna* means *wisdom* and *paramita* means *perfecting*. *Hridya* refers to the heart. The Chinese characters for The Heart Sutra are *shim gyong* or *the mind road*. Therefore, the sutra is thought of as a great path for the perfection of wisdom.

The Heart Sutra teaches that form is emptiness and emptiness is form. It leaves the spiritual student to contemplate attachment to the material world which is said to cause nearly all suffering. All can be thought of as emptiness or non-permanence or spirit. In our original nature, nothing ever appears or disappears. It is just what is.

Also, if our true nature is the same as the universe, then it can never increase or decrease because nature is infinite in time and space. It cannot be described. When we realize the truth of who we are, which is everything and nothing at the same time, we no longer need experiences to define ourselves. There is nothing to attain because all is as it should be which is everything. Thus, we are the All.

Often, you will hear just the last line chanted in many interfaith services:

Gate, gate, paragate, parsamgate, bodhi svaha

It means: Gone, gone. Gone beyond. Gone altogether beyond. Oh, what an awakening!

This refers to a way of being. To make positive change in the world, you must take action. In other words, if you attain something, you must be that which you attained, or be what you have become, because it is your essence. If you become an awakened being, then show compassion, live the truth, and be in the present moment.

Overall, the Heart Sutra speaks of the nature of ultimate reality and rejoices in a person's unique expression of the ecstasy of nothingness. The Buddha referred to this as emptiness in this sutra.

References: *The Compass of Zen*, Zen Master Seung Sahn, Shambhala Publications.

Also, two great sites to read about The Heart Sutra are: www.thebigview.com/Buddhism/emptiness.html and www.shambhala.com/html/learn/features/buddhism/basics/sutra.cfm (you can see the characters on this Shambhala site.) A great CD is Heart Sutra by Marina Lighthouse, featuring H.H. Grandmaster Lin Yun. See www.yunltemple.org

Meditation



Meditation is reserving space, time, and intention to think deeply and quietly. It is about engaging in the joy of stillness. It does not mean the cessation of all thought. It's a conscious, deliberate way to create awareness, collect scattered thoughts, and clear your mind.

To become aware of old, habitual thought patterns and release ourselves from impulse and reaction we must look inward. It is a process of refraining from the limitations of self-criticism and over-analysis. When we are silent, we are able to listen to the Divine and can stimulate change from within.

Meditation helps us to manage or eliminate stress because we can connect with peace, feelings of love or dedication to God. It's a time to simply sit still and be one with the Divine and reconnect with our source. Some consider walking and different forms of exercise, such as yoga or Tai Chi, a form of meditation. Mantras (repeated words or phrases) can also help with focus. Generally, quiet contemplation on unity with all creation is considered meditation. You slow your mind, empty it, and allow yourself to be in a state of receptivity.

When we engage in frenetic activity and predominantly function on autopilot, we allow old thought patterns to dominate our present day behavior. Meditation can move us into the present moment, where we are no longer *reacting* to our daily situations or people but *seeing* our current daily experiences clearly. Give yourself permission to observe life and see people or challenges for what they are without judgment or emotional spillover from the past. This is a first step in living a full life with joy.

Meditation can help us see reality as it is and not as carry-over from long ago. Life is not a composite of thoughts and emotions that have no relevance to the present. Learning to incorporate any wisdom in our everyday lives requires discipline. Meditation helps us stay centered and mindful of the present.

To get started, choose a comfortable, quiet spot. Reserve a place for meditating in your garden or even the neighborhood park. If you choose to meditate at home get rid of clutter, the internet, phone, television, and any distractions. Don't eat a heavy meal before you meditate. Relax in a chair or sit on the floor with your spine straight. Sitting is an active posture because you must maintain a state of awareness. Do not nap, daydream, or make mental lists of things you want to do tomorrow! Turn off your mental gymnastics (monkey mind) to sustain this relaxed and peaceful state.

Breathing technique: Breath awareness is a form of meditation. The breath is life; it is the beginning and end of physical life, and represents the eternal cycle. Awareness of the breath brings peace and calm to the body and anchors you in the present moment.

From the nose, breathe deeply and regularly, filling the lungs and abdomen fully. Exhale through the nose in an easy rhythm. Focus on your breath. If you'd like to try a *mudra* (hand

and finger position), let your index fingers and touch your thumbs with the palms up, hands resting comfortably on your thighs or lap.

Beginners, please try 20 minutes to start!

Guided visualizations or self-awareness (insight) meditations are very good to focus the mind. After meditating, keep a [journal](#) to record your feelings and thoughts. If you witnessed a story in your mind, write it down. Often in quiet contemplation, ideas, symbols, images, or emotions arise that direct us toward solving problems. It takes time to think about what it means. Record your experiences. Ask the Divine to show you what it means and fill your heart with gratitude.

Shavasan (corpse pose)



In Sanskrit, *shava* means a corpse. *Shavasan* resembles the posture of a dead person and it is meant for relaxation after doing yoga, breathing exercises, meditation, or [receiving a blessing](#). It brings deep relaxation to the inner core of your being by creating stillness in each and every part of the body. Many blessing givers ask you to lie in this posture after a deeksha to assimilate the energies that have been given to you. Typically, 10 to 15 minutes is sufficient.

The corpse pose allows the body to completely relax. Simply lie down on your back, placing the arms beside your body, palms facing upward. Keep your heels slightly apart and arms comfortably at your side. Keep your body in a straight line. Close your eyes and breathe slowly. Release all tensions and do not move, except for slow, relaxed and natural breathing through your nose. If you prefer, place a small pillow under your neck and cover yourself with a blanket.

Journaling after Meditation and Shavasan



After meditation, record any images, symbols, thoughts, or feelings that arise. Use the following pages to get started until you can begin a meditation journal of your own. It will help you gain insight into your own awakening.

Insight I experienced from this meditation:

My recent dreams or visions:

I think it means:

How can I incorporate more peace and calm into my day? What can I do to feel more centered and balanced?

To set any relationship right that is currently unbalanced, I would:

Notes for improving my next meditation:

Breathing Exercises



Pranayama breathing regulates the flow of *prana* or the vital life force energy throughout the body. In Sanskrit, the word for breath is the same as the word for life. *Pranayama* means *control of the breath*. Conscious breathing occurs when maximum effort is given to speed of breath, depth of breath, and its duration.

For *Pranayama*, you will need to inhale then exhale in a longer ratio of one to two. For example, inhale 1, 2 then exhale 1, 2, 3, 4. Inhale 1, 2, 3 then exhale 1, 2, 3, 4, 5, 6. Find a pace that is right for you. If you desire, you can start with a small count and increase it as you go along. Allow your belly to expand as you inhale. When you exhale, squeeze the belly to get rid of all the old air. Breathe through your nose!

There are 3 parts to a breathing practice: *Pranayama*, *Bandha Traya*, and *Prana Kria*. Be sure to do them in this order. If you have high blood pressure, are pregnant, or have mental or heart problems, you should skip this. Ask your physician before beginning any breathing exercises.

Pranayama and Pranakriya are breathing exercises that purify the psychic and physical bodies. They remove blocks of energy in the body. **Bandha Traya** raises the kundalini.

as **Pranayama** has three hand positions or *mudras*:

Pranayama (1): The tip of the index finger touching the tip of the thumb. It regulates the energy below the hips. Palms need to face downward on the knees.

Pranayama (2): The tip of the thumb touching the base of your pinky finger. Fold all fingers over your thumb to make a fist. It regulates the area between the neck and the hips. Fists face downward on the thighs.

Pranayama (3): The same hand position as mudra (2) but you hold your fists facing each other at the navel. Let your knuckles touch each other, and apply gentle pressure to the belly button. This position regulates the energy above the head to the neck.

Please sit up with your spine straight in a chair or on the floor. If necessary, give yourself good back support to have a straight spine! Relax your body and breathe deeply, exhaling in a longer ratio than you inhale. Repeat in each posture for a minimum of 3 minutes.

as **Bandha Traya** is a posture that shuts the gates within the body at specific places. You will stop inhalation and exhalation for a few moments. This practice raises the kundalini.

Sit on the floor in *Siddhasana* (cross-legged) pressing the perineum with the left heel and the other heel on the top of the generative organ. If you cannot maintain the lotus position or

even have your left heel touching the perineum region, or cannot maintain a straight spine with or without back support then sit in a chair.

Join your knuckles and put gentle pressure on the belly button. To begin, inhale deeply, contracting the anus region. Hold your breath, keeping that region contracted. Then contract the abdominal region, and then the throat. When you contract the throat, gently press the chin against the chest. Think of it as a “roll and lock,” for example, inhale, then lock the perineum, abdominals, and throat. Hold the breath for a few moments.

To release the lock, and unroll you’ll do it backwards, releasing the throat first, the abdominals, then the anus, then exhale.



If you need a couple of normal breaths in-between each roll and lock then take one or two breaths, then begin again. It is helpful to do Bandha Traya for at least three minutes.

Please do not do this exercise if you have heart problems, are pregnant, or have high blood pressure. Consult with your physician if you have any concerns.

This exercise massages your intestines, tones up your abdominal areas, and pumps oxygen into your system. You are interlocking your inner systems together and harmonizing your vital energy with a universal source of all energy. It is wonderful to do all three breathing exercises before receiving or giving a deeksha. Put on some restful music and roll and lock your stress away!

or **Pranakriya** balances the energies near the chakra region. There are three *mudras*:

Pranakriya (1): The tip of the index finger touches the tip of the thumb, palms facing upwards on your thighs. Stretch your remaining fingers. You are activating the energies in the lower chakras.

Pranakriya (2): The tip of the index finger touches the middle of the thumb, palms facing upwards on your thighs. Stretch your remaining fingers. This helps you cleanse and activate the energy in the heart and throat region.

Pranakriya (3): The tip of the index finger touches the base of the thumb, palms facing upwards on your thighs. Stretch your remaining fingers. This activates the third eye and crown chakra.

Continue to breathe in a ratio of one to two, deeply inhaling and exhaling. Spend at least 3 minutes in each position. Enjoy! There should be no feelings of strain in the body. Keep your spine straight and feel comfortable.

Anuloma Pranayama

This breathing exercise restores energy and cleanses your *nadis* or energy channels. You'll also be able to think positive more easily. Regular practitioners of this breathing exercise say it helps with cleansing the arteries and removes physical blockages, such as blockages in the arteries of the heart.

Anuloma pranayama is breathing through alternate nostrils of the nose. You can practice this in any asana (posture) but whether you sit in a chair, or in *padmasana*, *sukhasana* or *vajrasana*, please let there be fullness and ease in your posture. If you are forcing yourself to sit in any particular posture, it is not meditation! This should be beautiful and relaxing experience.

Here are the steps:

- (1) Close your right nostril with the right hand thumb.
- (2) Exhale through the left nostril, then slowly inhale back through the left nostril. Fill your lungs!
- (3) Now close the left nostril with your ring finger of your right hand. Exhale through the right nostril, and inhale back through the same nostril.
- (4) Open both nostrils and exhale when you are finished with a series.

For a series, repeat slowly and alternate between the left and right nostril. Inhale and exhale in a ratio of 1 to 2. You can practice this with *kumbhaka* (breath retention) after you've been doing this regularly. If you are retaining the breath, make sure your inhale, retention, and exhale ratio is 1:4:2. Practice for 3 to 5 minutes daily.

Chanting and Guided Visualization

The Chakra Dhyana



The Chakra Dhyana is a powerful *Sadhana* (a spiritual practice) known to Indian seers for over 5,000 years. *Chakra* is the Sanskrit term for wheel and is a term used to describe one energy center in the body. *Kundalini*, or the latent spiritual energy, flows through these chakras and other *nadis*, or energy channels. There are 7 main mystical energy centers located in the psychic body: *Mooladhara* (the perineum region), *Swadhishthana* (the genital region), *Manipura* (the navel),

Anahata (the center of the chest), *Vishuddhi* (the Adam's Apple), *Ajneya* (between the eye brows), and *Sahasrara* (the top or crown of the head).

From the base of the spine, there are **seven chakras**. When these chakras are awakened, they allow the flow of energy throughout the spine and psychic body. Our chakras are affected by unhealthy eating, drinking, negative thoughts and perceptions, stress, and a host of other negative conditions. When our chakras are out of balance, we are disturbed emotionally, mentally, physically and spiritually.

Why recite the Chakra Dhyana? Kundalini energy awakens and flows through these chakras. When we concentrate on various chakras, we open the doors to different dimensions of higher [consciousness](#). These areas are activated through sound and attention. When the energy centers are awakened and balanced, a person can access a divine state of existence. The Chakra Dhyana also helps promote stability in all areas of life and assists in any cleansing process. Daily practice activates the energy centers, stimulates areas of the brain, and energizes the entire *pranic* body which energizes the physical body. It's all good!

How to: Please sit comfortably in lotus position or with your legs comfortably crossed. Sit on the floor with good back support, keeping the spine erect. If this is not possible, sit in a chair with good back support. Your index fingers should gently touch the thumbs with palms facing upwards. Both hands should face upwards and rest on the thighs or on your lap (near the knees is preferred). Please do not lie down to do the Chakra Dhyana.

There are three steps to the Chakra Dhyana: concentrating on the mystical diagrams of the energy center (*yantras*), the right seating posture, (the *asana*), and the chanting of syllables that activate the chakras (the *mantra*). Close your eyes. Deeply inhale and exhale. Relax completely. When you chant the name of the chakra, visualize that energy center. Focus on that spot on your body. As you listen to the chant, you can join in or just silently focus on that chakra.

Kundalini Arohanam is the rise of Shakti from the root (the first) chakra. Shakti is inherent in every individual. Rising Kundalini signifies the increasing power of that person. When Kundalini Arohanam is chanted, imagine a bright, golden fluid flooding the energy center and the entire region turning golden.

After your visualization, proceed to the next chakra. It's helpful to visualize the golden fluid overflowing from each previous chakra and rising to the next, filling your body completely. When you reach Sahasrara, imagine golden light pouring into the top of your head and spraying out like a fountain.

You can chant the mantra 3 times or seven times, I have found either to be helpful. Just 30 minutes of this will relax your body and mind. You'll feel rejuvenated and centered! It will help you open up to receive grace.

Mooladhara

Red: Visualize a circle surrounded with four petals, deep red in color.

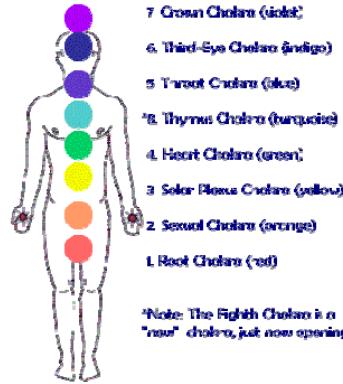
Location: The perineum region (midway between the genitals and the anus)

Element: Earth

Importance: The base for awakening of Kundalini energy. Increases stability.

Manta: Lang

Chakras
The Body's Eight Main Energy Centers



Swadhishthana

Orange: Visualize a circle with six orange petals and a crescent moon with blue water inside.

Location: Genital region

Element: Water

Importance: Increases self-control and sensitivity.

Mantra: Vang

Manipura

Yellow: Visualize a yellow circle with ten petals and a fire in the middle.

Image: <http://beyondthelookingglass.org/therabbit hole/>

Location: The navel

Element: Fire

Importance: Awakens intensity and passion, essential for sound health and physical power.

Mantra: Rang

Anahata

Green: Visualize a green circle with twelve petals and a glowing golden flame at the center.

Location: At the center of the chest

Element: Air

Importance: This is the center of love and compassion.

Mantra: Yang

Vishuddhi

Blue: Visualize a blue circle with sixteen petals.

Location: The epiglottis (the Adam's Apple)

Element: Space (the Cosmos)

Importance: Evokes surrender. Opens one up the mystical dimension.

Mantra: Hang

Ajneya

Indigo: Visualize a circle with indigo petals. Visualize the sun on the left petal and the moon on the right petal.

Location: The center of the eye brow.

Importance: It is the center where solar and lunar energies synchronize and essential for the flowering of awareness. Focus on this area increases concentration.

Mantra: Aum

Sahasrara

Golden Light: Imagine the crown of your head (the top) with golden light spraying upward like a fountain. Visualize the golden light surrounded by thousands of violet petals.

Location: The crown of the head.

Importance: Opening this chakra leads to union with higher consciousness.

Mantra: Augum Satyam Aum

Source: Kosmic Music, Chakra Dhyana: A Musical Path to Meditation / Kosmic Music. The Oneness Chakra Meditation chanted by Ananda Giri. Wonderful CD's and highly recommended!

Notes for my next Chakra Dhyana



It is helpful to record any insights you have received by doing this meditation. Write them down for your meditation, yoga teacher, or spiritual guide, or for your own personal use.

Also, if you have felt any sensations in the body, jot them down here.

Sensations: _____

Insight I experienced from this meditation:

Surya Namaskara (Sun Salutation)

Surya Namaskaras is a dynamic set of exercises practiced since the ancient times for healing and toning of the body. It is like a dance that increases the body's flexibility. When practiced in a steady rhythmic way, the body generates *prana* (life force) which is the subtle energy activating the psychic body.

The *asanas* consist of 6 postures repeated twice, once while moving forward and the other on return, thus completing an entire cycle (rhythm). The pace and precision that the practitioner moves into each posture plays an important role in helping him or her derive the maximum benefit from the practice.

The ideal time for practicing *Surya Namaskara* is at sunrise in the open air facing the rising sun. Do the exercise on an empty stomach.

People not previously exposed to this exercise can follow their natural way of breathing while subjecting the body to these physical exercises.

Exhale when your body is subjected to twists and forward bends.

Inhale when your body is retrieved from a contracted position.

Or, just breathe normally, if you are new to the practice!

There are 13 Steps to the sun salutation. I found it helpful to purchase or rent a yoga DVD that illustrates the sequence. There are plenty of resources on the web for downloads or yoga DVDs. Check your local DVD rental as well.

1. Prayer Pose
2. Raised Arms Pose
3. Standing Forward Bend Pose
4. Equestrian Pose
5. Mountain Pose
6. Salute with the Eight Limbs Pose
7. Corpse Pose
8. Cobra Pose
9. Mountain Pose
10. Equestrian Pose
11. Standing Forward Bend Pose
12. Raised Arms pose
13. Prayer Pose

1. Prayer Pose

From a relaxed posture, feet in v-shape, slowly move your hands towards your chest in the prayer posture. The hands from your wrist to the elbows must be parallel to the ground. Your head and neck should be in a straight line. Your body should be relaxed and erect.

2. Raised Arms Pose

Raise your arms up and stretch your entire body backward while gazing at the sky with open eyes. Bend backward as much as possible. Inhale and expand your chest at the same time.

3. Standing Forward Bend Pose

Exhale and bend forward without folding your knees. Rest both your palms on the ground (or go as far as you can) and touch your knees with your forehead or nose.

4. Equestrian Pose

Inhale and thrust one leg back and the other leg in line with your hands. Try to arch and look backwards.

5. Mountain Pose

Exhale and lift the knee off the ground. Thrust second leg backwards and bend your body in the form of a mountain. Keep your feet and knees together.

6. Salute with the Eight Limbs Pose

Inhale and lower your entire body slowly to the ground. Only your forehead, chest, knees and toes should touch the ground. Gently lift your abdomen. Keep your hands and elbows close to the body. Keep feet and knees together.

7. Corpse Pose

Exhale and relax the body completely with all parts touching the ground with your face resting on your cheek (either side is fine).

8. Cobra Pose

Inhale and push body forward and upward. Raise your body like a cobra, with your naval off the ground. Keep feet and knees together. Tighten your forearms, biceps and triceps. Tighten your abdominal muscles. Arch back and look backwards.

9. Mountain Pose

Exhale and bend the body and move into the mountain pose. Keep feet and knees together. Try to keep feet flat on the ground. Tuck your head in-between arms. Push your chin towards the chest.

10. Equestrian Pose

Inhale and thrust one leg forward. Keep forward foot in line with hands. Gently arch and look backwards.

11. Standing Forward Bend Pose

Exhale, come back standing on your feet, with body bent forward without folding the knees. Rest both your palms on the ground and touch your knees with your forehead or nose.

12. Raised Arms Pose

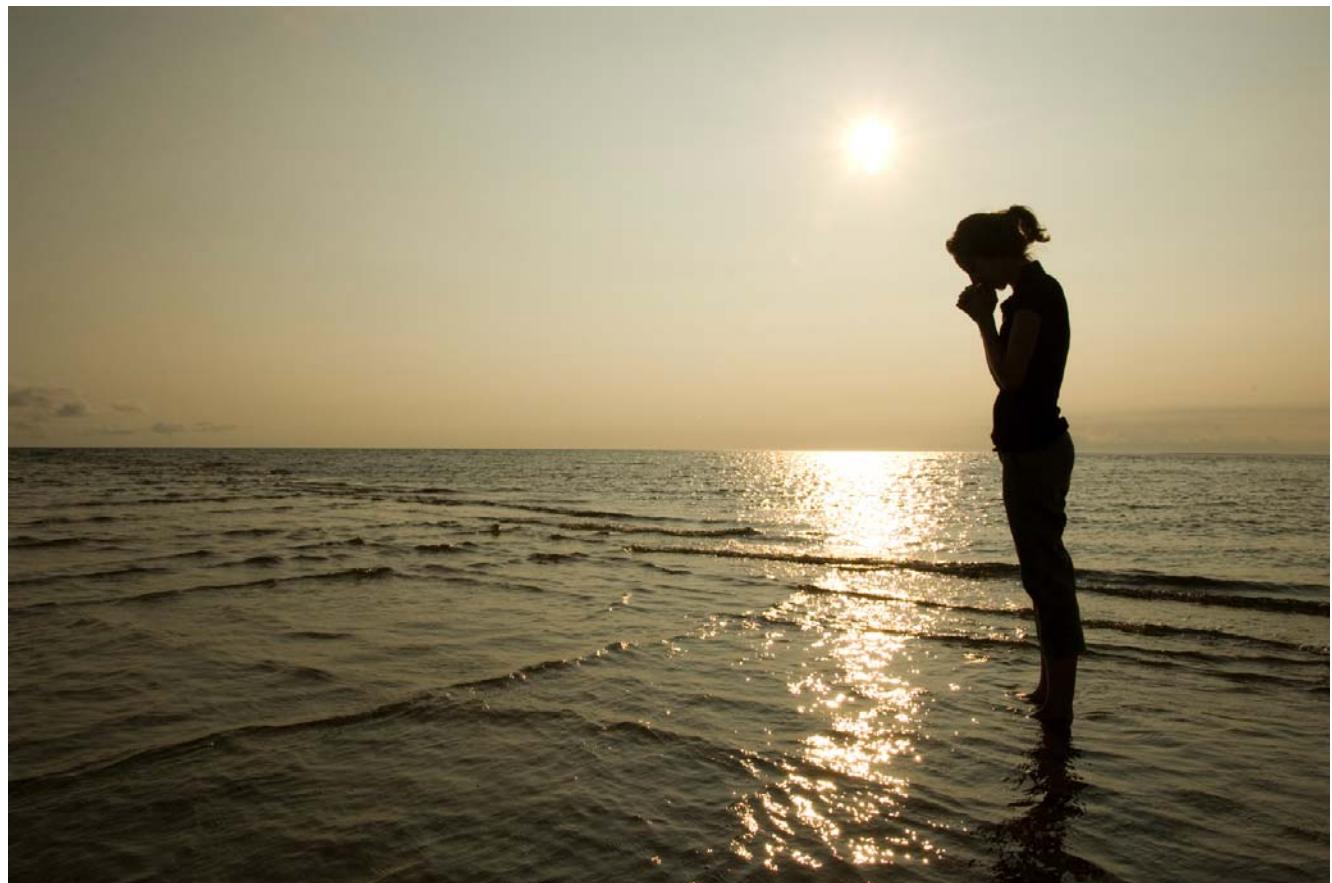
Inhale and bring your body up with your head in between the hands. Slowly bend backward as much as you can.

13. Prayer Pose

Exhale and bring back the body to normal position. Bring down your hands in prayer posture, near your heart region.

This exercise can be done with closed or open eyes, preferably facing the sun.

Source: Oneness Trainers Course Manual, Oneness University, January 2010. Some poses are featured on http://yoga.about.com/od/yogasequences/ss/sunsalutesteps_6.htm.



Notes for my next breathing exercise or meditation



It is helpful to record any questions you may have to improve your exercises. Write them down for your meditation, yoga teacher, or spiritual guide.

Also, make a note of times you find yourself out of breath from stress, worry, or rushing.

Questions: _____

What feelings, symbols, or thoughts arose during my breath awareness?

Insight I experienced from this meditation:

If I received a blessing today, how do I feel?

When do I notice I am “out of breath?” What triggers my stress?

How would I benefit from taking time to breathe? Driving the car? During a family gathering? Before a work presentation or doctor's appointment?

How can I make breathing part of my daily spiritual practice?

When I want to experience stillness and feel centered, what are my challenges?

In my opinion, the purpose of meditation is:

Emotional Charges and De-Charging

We must be aware of negative conditioning, philosophies, and belief systems that create pain for ourselves and others. Various dramas, traumas, and other unhappy circumstances we frequently re-live in our minds can be manifested and demonstrated in our emotions and behaviors toward other people. Often our reactions to the past are re-enacted in our closest relationships.

Many people have become experts in suffering management. Instead of being fully engaged in life, they turn toward food, addictions, overwork, bad relationships, negative speech, excessive neediness, emotional or physical self-abuse, or abuse toward others. Old resentments can manifest in the form of anger, illness, or even self-sabotage. When emotional pain is managed rather than faced, we choose to bury negative memories rather than fully experiencing their impact.

To be a fully awakened being, we must first rid ourselves of old pain and suffering and clear the emotional charges attached to our bodies. This requires awareness of what we are carrying from the past. It helps to experience old pain in order to “move through it.”

We cannot move forward and live joyfully and productively in the present moment when we manage suffering because it takes a considerable amount of energy to keep a negative memory alive. You must stroke a memory, think about it, and when it arises it requires energy and time to bury it. You cannot see reality as it is, but wind up reacting to the present because of the past.

A fully awakened being lives in the present moment and serves everyone with love, with no desire or expectation. Let's begin this vitally important practice. To stay in the present, learn to embrace each life event and see it clearly for what it is.

Daily and Weekly De-Charging

The following are daily spiritual practices that will help you connect with your source energy and release suffering, negativity, and old emotional charges. These should be followed for six days a week for seven weeks. The eighth week is for rest, where no practices should be done. For any idea to strongly take root within, repetition is necessary.

Sadhana is a daily spiritual practice or discipline. Spiritual practice should feel natural and be an easy activity. Be enthusiastic and dedicated! The only qualities required are to love the Divine, be devoted, and have faith in your prayers. Always put God first in your life. Strive for greater self-awareness in all areas of your personal life. Choose a practice that enriches you. It will open your energy and allow you to be a clearer channel for grace to flow through.

Whatever your wisdom tradition and methods of prayer, chanting, or meditation, feel free to create your own daily practice that brings you closer to your image of the Divine.

The following evening meditation will help you de-charge:

- 1. Capture the beauty and wonder of the day.** Invoke the presence of the Divine. Remember all the positive experiences you today. See and feel them. Feel gratitude for all the goodness you experienced. Be thankful for all beauty and wonder in life.
- 2. Ask, “Did I give pain to anyone today?”** If so, feel that person's pain. Bring an image of that person before you now. Ask that person for forgiveness.
- 3. Ask, “Do I feel any pain from my interaction with another person?”** If so, ask for assistance from God. Affirm the truth: “All pain is not in the fact, but in my perception of the fact.” Think about how this pain is not on your outside environment or in other people or situations; it is inside of *you*. You cannot change a person, blame them, or indulge in any distraction that will eliminate the source of your pain. Think about this pain, feel the pain fully, and stay with it until you feel a release, or until it becomes forgiveness or joy.
- 4. Bless all who have touched your life today.** Shift your energy and enter into a state of gratitude. Bring the images or faces before you of everyone who touched your life today. Bless them and give thanks for their presence in your life.

“Through Sadhana, you experience the master that you are, as master of your senses. It takes you to the invisible being, the supreme being who lives within you, who guides you, who is full of knowledge, wisdom, love, light, compassion, and tolerance.”

- Chalanda Sai Maa

Weekly Meditation and Contemplation Using the Chakras

Week	Exercise	Chakra	Morning Meditation (4 minutes)	Contemplation and Teaching	Evening Prayer
1	Awareness Breathing	1 st Perenium Color: Red Sound:	Meditate on the 1 st Chakra, end in Shavasan after your practice. LANG	Suffering is not in the fact but in your perception of the fact. Become aware of your own perceptions.	Invoke the Presence De-Charge: Be aware of your negative charges you have created or others have brought to you. Feel this pain and stay with it until it becomes forgiveness or joy. Bless all those who have been in your life today. Prayer: Ask to be healed of all negative charges.
2	Awareness Breathing	2 nd Genital Area Orange Sound:	Meditate on the 2nd Chakra, end in Shavasan after your practice. VANG	The world is a mirror. The situations you experience are a reflection of your inner state of consciousness. The outer world reflects the inner world.	Invoke/De-Charge/Feel/Bless Prayer: Ask the Divine to help you experience suffering without blaming situations or people. Ask to be shown repetitive problems and how they are rooted in your inner world. Begin to be aware of emotional charges.
3	Awareness Breathing	3 rd Navel Yellow Sound:	Meditate on the 3rd Chakra, end in Shavasan after your practice. RANG	Anything when experienced fully becomes joy. Be aware of ideas and concepts. Be aware of your feelings toward your own body.	Invoke/De-Charge/Feel/Bless Prayer: Ask the Divine for physical and emotional healing. Ask for specific areas to be healed. Accept and love your body. Ask to be aware of your own emotional reactions.
4	Awareness Breathing	4 th Chest Center Green Sound:	Meditate on the 4th Chakra, end in Shavasan after practice. YANG	To love is to accept yourself as you are. It is impossible to be insignificant in the eyes of the Divine.	Invoke/De-Charge/Feel/Bless Prayer: Ask the Divine to awaken love within you to share with others. Ask for family bonds to be strengthened
5	Awareness Breathing	5 th Epiglottis Blue Sound:	Meditate on the 5th Chakra, end in Shavasan after your practice. HANG	When you recognize the serendipitous flow of divine grace into your life, you rise in love and gratitude. -or- There is only one ancient mind. As you interact with people, see that it is the same mind in operation.	Invoke/De-Charge/Feel/Bless Prayer: Be thankful for all coincidences. Divine grace is continually there for you. Thank God for help and assistance. -or- Prayer: Ask the Divine to help you see your mind as is. Ask for assistance in seeing the impossibility in changing the mind and develop a friendship with it.
6	Awareness Breathing	6 th Eye Brow Center Indigo Sound:	Meditate on the 6th Chakra, end in Shavasan after practice. AUM	The inner journey begins with an awareness of where you are, not with an obsession of where you want to be.	Invoke/De-Charge/Feel/Bless Prayer: Ask the Divine to heal all your individual personalities or identities you have created that contain a negative charge. Ask for strength in being able to love yourself wholeheartedly.
7	Awareness Breathing	7 th Crown of the Head Violet Sound:	Meditate on the 7th Chakra, end in Shavasan after your practice. AUGUM SATYAM OM	Freedom is not in transformation of the content but in experiencing the content as is. You are inseparable from God. You create your own God.	Invoke/De-Charge/Feel/Bless Prayer: Ask for your personal bond with the Divine to awaken and be strong. Have extreme gratitude for all that you are, for everyone in your life. Be in love with Grace.
8	Rest	Rest	Rest	Rest	Rest

Source: Oneness University Level One Process, Fiji Islands, 2009

Design Your Sadhana

Many spiritual teachers emphasize the importance of a daily spiritual practice or discipline. It is important to develop ways to connect with the Divine.

You can begin by making a note of your favorite rituals, prayers, or places to connect with the beloved:

Exercises that help me gain clarity (breathing, walking, labyrinth, postures, or yoga):

I can connect to my Source by creating sacred space in the following places:

Activities that help me in my mindfulness and connection to source energy:

Favorite morning or evening prayers:

My favorite way to invoke the presence of the Divine:

Do I need clarity? I ask the Divine to provide insight on the following issues or challenging situations:

I will spend time in contemplation or meditation about:

Affirmative Thinking and Present Moment Awareness

Creating a reality free from angst and disappointment is about living in a state of conscious awareness of who we are. When we recognize the Divine within and intimately identify with

that idea so there is no differentiation between what is God and us, we are capable of anything. Our choices, like the universe, become limitless. Our purpose is to become that which is within. It is to become our God-Self.

We practice by making choices based in the present, not as a reaction to old events, relationships that did or did not work, or experiences from long ago that no longer matter. Seeing reality clearly frees us from assumptions that may not be valid, causing endless suffering. When we observe our circumstances objectively, and stay in the present moment, we are able to gently master life and feel more joy. Deciding to live in the present is the key to an empowered life. It's a choice we have the freedom to make.

If you choose, you can build an entire life experience around old wounds that become a foundation for negative and unproductive states. Each day you have an opportunity to choose your attitude and focus your intentions in the present moment. Because of free will, our personal life and all that is seen in the world, is a reflection of what is in our minds. Our physical experience is a result of our mental equivalent. It is also a reflection of the collective consciousness. As we participate in life, we must be consciously aware of what we want to create and make adjustments along the way. This process is a co-operative arrangement between us and the Divine.

It is helpful to identify with God. Imagine if your body were attached to the idea of love. When you honor the Divine within you, you are no longer waiting for life to begin. *Life will seek expression through you.* Once you resonate with this idea, and fill yourself with love, you can cultivate circumstances that reflect who you truly are. You'll resonate with values that make sense, attract goodness, and move toward a meaningful existence.

How do you begin?

An affirmation is a positive, present day statement that declares something as real and present in your life. Affirmations help reprogram our thinking. They also help create new realities because thoughts create reality. It is possible to turn any negative circumstance into a moment of potential. The way we think is important since we have the power to create our world with our thoughts.

Affirmations use I AM statements. When you experience something in the mind first, you develop a resonance pattern for that idea or a vibrational quality. Like attracts like when thoughts, feelings, and actions are firing simultaneously and in alignment. To demonstrate a new experience, you need to be in harmony with the thing or situation you desire. At all times, you are setting into motion exactly what you expect and want from life *in your heart and mind first.* All things begin as an idea, so without changing the way you think before you take action, you will not be in alignment with that idea and it will be much more difficult to accomplishing something.

For example, if you are feeling poor and unworthy, change your thought process around to support a vision of what you *do* want. Here is an affirmation for abundance and self-worth:

“I am abundant and a gift to the universe. I am an *unlimited* being with unlimited potential and abundant in every way. Everywhere I go, and everything I contribute, makes a difference in my life and in the lives of others.”

With such a positive statement, you are affirming your abundance, unlimited nature, and self-worth. Feel it with passion and clarity!

Remember, positive thinking has its roots in self-image, or our authentic self, sometimes called the Divine [Self](#). Our true power comes from knowing, at a very deep level, that we *are* the All. We are individual sparks of the Divine. We're learning to reach our full potential in our work and personal lives when we know that Spirit is our essence. The statement, “I AM THAT I AM” is a declaration to the universe that you are part of All that Is. And that is a *very* abundant and unlimited thought. It is a perfect foundation for creating!

Present moment awareness is where power is located. An “I AM” statement is always present-moment centered. It doesn't focus on what you had or didn't have in the past or will or won't have in the future. It is an acknowledgement that you are in receipt of what you desire. You can then take the proper action to support the new reality. But without the thought process that supports a desired situation, you will not be in harmony with what you want.

Affirmations are also gratitude based. If you live in a constant state of gratitude, the universe gives you more things to be thankful for. We're always attracting unconsciously. To change your situation or circumstances, declare to the universe what you want, express gratitude, then recognize those things as already happening now.

For example, you may be a business person facing many challenges. If you need to grow your business, instead of complaining and focusing on the negative, you can put your energy into a positive statement:

“There is a wealth of abundance on this planet, available to everyone. I rejoice in my abundance and am thankful that I can demonstrate it in the form of my business. I welcome the growing pains of my business because I am learning and expanding my overall perspective. My organization is already part of the abundant framework of life.”

Affirmations are deeper and more complete messages we use to change old, stale thoughts around and re-set them to the positive channel. Affirmations are a simple and fundamental language to help you view life as a positive and productive exercise. Reorganize your thoughts in this way and let it become a daily discipline. You'll change the way you process current day reality.

To reprogram your approach to life:

- Recognize what sets off your negativity, whether it's unforgiveness, what your parents said or did, a lost job, past disappointments, illness, or a negative memory. Unseat old

patterns of thinking, bad memories, and knee-jerk emotional responses. Examine where stress comes from in your environment. Is it from others? Or from you?

- Make a commitment to release all old mental conditioning and let go of emotional carry over from the past.
- Ask for grace to heal old hurts and help you move forward with strength and dignity.
- See reality clearly. Change the way you react to the present. Let go of anger, fear, lack of self-esteem, or resentment. Stop allowing personal history to be a lens through which you interpret your current day experience.

When you choose to see the present unclouded by old energy or emotions from the past, you can release ideas that no longer serve you well. You'll perceive your life as happier and more joyful. As a result, you'll demonstrate more of what you want.

I AM Worksheet



Accept your own magnificence and write an affirmation about self love. Ask whether you have allowed anyone or any circumstance to take away your power to create the life you want. Do old hurts keep manifesting in your relationships? Release those feelings and affirm you are empowered with love. Know that the present is all that matters.

The following two affirmations are an example of powerful and positive thinking:

Loving My True Self

Because I love myself, I release old hurts forever, making it easy for me to demonstrate the Divine in every action and thought. I play an important part in the world's work, which helps me to evolve. I nourish myself when I am in a state of self-love.

Self Honor

My soul magnifies God through experiences. I am awakening to my own sense of purpose and to my higher self. I am connected to my source through my experiences. I honor my soul and God by working to expand the idea that spirit is in everything I do.

It takes awareness to stay mentally and emotionally in balance. If you regularly experience self-doubt, unworthiness, or fear, then gracefully move your mind to a new way of being, such as being receptive to self-love, opportunity, confidence, or abundance. Create some positive I AM statements now, such as "I AM worthy of success" or "I AM gifted beyond measure." Write a few present day, I AM statements where you see yourself as a strong, successful, loving, and gifted individual:

Your ability to create a life you desire takes a great deal of focus and practice. Everyone co-creates the world because we are all individual sparks of divine power. Our power to create lies within. We can make positive change, if our thought, words, and actions are in alignment with our higher self and higher purpose. Here, jot down why you are capable of creating anything. For example, "Because I AM a powerful individual filled with my God-essence, I create health, wealth, love, and prosperity." What would you like to create?

Be in alignment with your higher self and recognize the spirit within. For example, "I now align with my God-Self and know I am a reflection of the Divine." See yourself as a blessing in the lives of others and describe what that looks like. Why are you a blessing in the lives of everyone you meet? Why are you a gift to the world? Don't hold back and keep writing!

It also helps to visualize what you want. Seeing yourself as the recipient of a new job or in a new and loving relationship aligns you to the vibration of what you want because you add feeling. Put yourself in that vision and feel how wonderful that is. Feel it happening now and it will be like turning up your power of attraction. What do you see yourself having? Be open-minded and give the universe a creative license in providing for you! For example, "I am

enjoying my new job because my gift of artistic creativity is of great service to humanity" is broader than "I am working as the director of advertising at the Smith Agency next week."

Appreciate yourself! Think about what others tell you about all the things you do well and why. Write them in the present tense. List your intelligence, beauty, talent, and what you love about yourself. Turn them into statements of thankfulness. For example, "I am thankful for my beautiful body because it gets me where I want to go" or "I love my sense of humor! I spread joy around."

Write down why you are a great parent, provider, doctor, therapist, or spouse. Feel how that makes a difference in the lives of others. Acknowledge it!

St. Theresa's Prayer



Saint Theresa is known as the “Saint of the Little Ways” because she believed in doing the little things in life well and with great love. She saw herself as one of many beautiful flowers in the garden of the Divine. She is also the patron saint of flower growers and florists. Here is her prayer:

May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received and pass on the love that has been given to you.

May you be content knowing you are a child of God.

Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.

It is there for each and every one of us.

Prayer of St. Francis of Assisi

The Christian prayer of Saint Francis is a prayer for [peace](#). St. Francis of Assisi was a Roman Catholic saint who reminded us that we are called to bring justice and peace in our world, end violence, poverty and oppression, and be good stewards of the planet. He believed in creating peaceful dialogue between nations. He is the patron saint of animals and ecology.

Lord, make me an instrument of your peace,
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
and where there is sadness, joy.



Divine Master, grant that I may not so much seek to be consoled as to console;
to be understood as to understand; to be loved, as to love.

For it is in giving that we receive; it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life. Amen.

Your Blessing Journal

Many people have experiences when they receive a blessing. Some may have visions, physical feelings of spinning, vibrations around the head or forehead, laughter, joy, tears, emotional release, total peace and calm, or even nothing at all. Whatever your experience, please note that divine grace comes to you in whatever way it sees fit. It is infinitely intelligent and knows



exactly where to go and what to do to heal, help or bless. Whatever you may experience, trust the awakening process has begun.

Often it is helpful to record these feelings or perceptions. If you have an experience receiving your blessing, write it down. Ask the Divine to reveal to you what it means.

I physically felt:

People or events that unfolded in my mind's eye:

Dreams, images, forms, symbols, or ideas that came to me later:

A positive occurrence that happened after my blessing was:

Healings or miracles that happened recently to me or to others:

Today, do I feel complete as a human being? If so, why? If not, why? Be introspective and self-reflective. Record any personal experiences or feelings that may arise from this question.

How do I feel about my relationship with the Divine?

Write down some qualities that you seek in the Divine, e.g., good friend, dependable, give unconditional love, supportive, etc. in order to clarify your relationship with the Presence.

Rev. Dr. Charlene M. Proctor

How Our Programs Support You!

I believe everything on earth is a reflection of what is inside our heads and hearts. The challenge is to put our divine nature to work with ideas that serve the greater good. When we fully embrace our true self, we allow spirit to work through us! Consequently, our consciousness is uplifted and we build a better world.

To facilitate the good works arising from human hands, we also need a big dose of grace which is about re-establishing our natural connection with the Divine presence. Without an acknowledgement of the divine presence at work in our daily lives, there can be no change, no miracles or healings.



Worldwide, grace is being circulated through the blessing which is the transfer of energy that helps us awaken into a state of causeless love and limitless joy. This state is a place where only life in the present moment matters and suffering is released. It's interfaith, available to everyone, and answers our heart's deepest longing which is to be loved unconditionally.

Wayne Teasdale said as a culture and society, the West is beginning to practice interspirituality and intermysticism in the form of cross-religious sharing of spiritual practices and our most beloved spiritual texts. Many people are making an effort to appreciate the treasures of more than one wisdom tradition. Christians in the West, who practice many versions of their faith and have diverse ways of prayer and devotion, want to learn more about the Eastern mystical practices especially in the Hindu or Indian tradition. Christians need their own wisdom traditions, yet deeply desire direct contact with the Divine presence which traditional worship or the church community may not provide.

Since we require a spirituality that promotes the unity of the human family, and not one that further divides us, we are beginning to embrace each other's views on the authentic inner experience, or the kingdom of God. Together, each is valid, and we can grow in our own spirituality while deriving nourishment from each other's most sacred teachings.

I also believe that humanity needs to revitalize the feminine principle and experience the joy of creative partnerships. Everyone needs to realign with human values which are characteristics of the soul: peace, truth, love, compassion, and the holy unity of all things. When everyone honors and celebrates these healing aspects, we'll have equilibrium in our communities and stabilize the world composite.

It's time to deepen our understanding of what it means to be a conscious co-creator, an empowered state that provides a foundation for leadership, success, and economic self-sufficiency. When we direct our energy toward sharing resources and solutions, we affirm our self-worth and can stand firm for what is right and just. Collectively, it becomes

a gift to the world because this energy is used to strengthen relationships in the family and community.

Currently, I am connecting people and passing the grace. Technology has made the world a more intimate place for us to be a supportive community and I make certain grace flows through all of it – in our e-newsletters, blog, audio programs, and live events. I'm a conduit for grace and I'd love to meet each of you to share this amazing gift!

I choose to be positive about life's strife as it is a part of our personal growth process. Remember, each of us is a spark of the Divine, which is a magnificent proposition when it comes to realizing our potential.

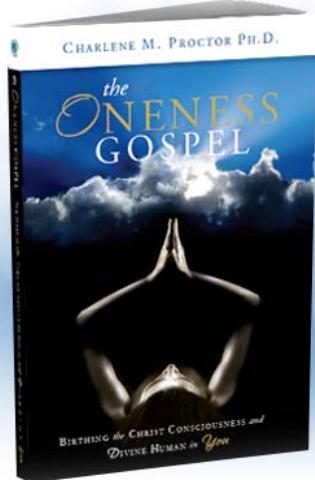
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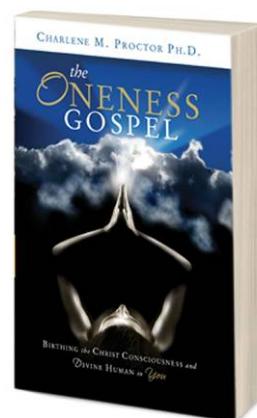


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Humanity's final phase of awakening is a rekindling of oneness, which is a higher level of conscious awareness—the Christ consciousness. *The Oneness Gospel* reveals how to open your divine potential by seeing truth, and guides you to a higher level of self-awareness and a more authentic experience of who you truly are.

About Charlene



The Rev. Dr. Charlene M. Proctor is the founder of [The Goddess Network](#), an on-line educational resource for topics on spiritual growth, positive thinking, consciousness, and unity. Charlene inspires people to rediscover their own ability to lead authentic lives. Charlene is a subject matter expert for [Self Growth.com](#) and [Beliefnet.com](#), the world's largest personal growth websites. *Your Empowerment Zone*, a 13 week series on Lifetime Television's *The Balancing Act* reached millions of viewers searching to improve their lives. Her affirmations, lectures, and electronic programs reach a worldwide audience daily. She is a frequent media guest and among the Top 100 Thought Leaders of 2007. (The Warren Bennis Leadership Magazine).

She is the author of the bestselling book [Let Your Goddess Grow! 7 Spiritual Lessons on Female Power and Positive Thinking](#). A recipient of a coveted IPPY award for one of the best books in 2006 addressing women's issues, *Let Your Goddess Grow* has inspired many readers. Charlene has also written [The Women's Book of Empowerment: 323 Affirmations That Change Everyday Problems into Moments of Potential](#).

[Radio shows](#) across the U.S. have interviewed Charlene, including Jesse Dylan (*The Good Life Show* on Sirius Satellite), Jim Harper at Magic 105.1 (*Sunday Brunch*), WJR's Lloyd Jackson (*The Big Story*), Multicultural Radio's Sunday Magazine, (Associated Press) Between the Lines, Shadow Broadcast Services (Distributed to 2,000 stations), KPFK Los Angeles (*The Aware Show*), the international XZone, and many others. She is profiled in *The Courage Code*, an award-winning book featuring stories of women who are making a difference in the world.

Charlene is a tireless community supporter and has produced [The Empowerment Show](#) for women living in transitional housing shelters who have been homeless or victims of domestic violence. She has taught many women how to live with more confidence and grace through her workshops and experiential learning programs. Avon Corporation and Lighthouse/PATH have generously supported her work.

An ordained Minister of Spiritual Peacemaking, Charlene holds a Doctor of Philosophy degree from the University of Michigan. She is a certified blessing giver and oneness trainer from the Oneness University in Fiji and India. Charlene is dedicated to awakening individuals from all walks of life to the magnificence of their own Divine gifts. In her free time, she enjoys ballroom dancing and can be seen competing at many national events throughout the year.

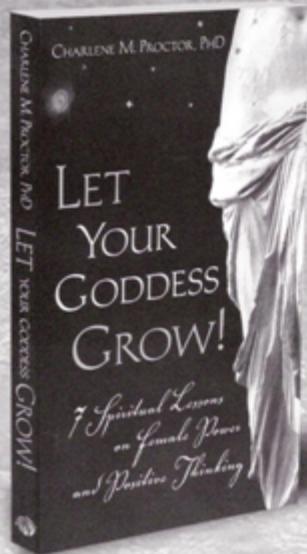
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Be sure to watch her new TV series entitled "Your Journey to Joy" on Comcast On Demand. *Your Journey to Joy* is designed to help you search within and create your personal journey to joy and happiness. Visit www.charleneproctor.com and select from several lessons on positive thinking, authenticity, and empowerment.

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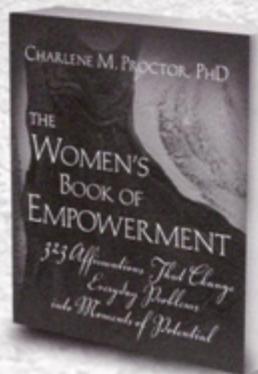
Let Your Goddess Grow!
7 Spiritual Lessons on Female Power
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Author, Charlene M. Proctor, Ph.D



The Women's Book of Empowerment:
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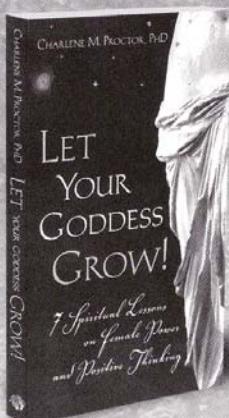
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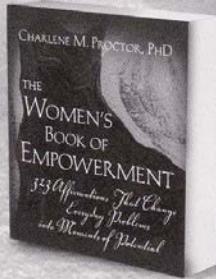
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Author Bio:

Dr. Charlene M. Proctor is the founder of The Goddess Network, a live and on-line educational community that teaches people affirmative thinking and realization. She regularly inspires 40,000+ subscribed members to rediscover their ability to lead authentic lives with confidence. *Let Your Goddess Grow!* reached #23 best seller status on Amazon.com on its release date. A recipient of a coveted IPPY award for one of the best books in 2006 addressing women's issues, she develops empowerment programs for women from all walks of life. Her lectures and electronic programs reach a millions of listeners daily through Beliefnet.com, SelfGrowth.com and many other internet and media venues. Visit www.thegoddessnetwork.net for more information on Charlene's work with the homeless, the Oneness Blessing, and Deeksha.

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Links and Resources

Books about Oneness, Deeksha, and Grace:

- [Awakening into Oneness](#) by Arjuna Ardagh
- [Deeksha: The Fire from Heaven](#) by Kiara Windrider
- [Creating True Peace: Ending Violence in Yourself, Your Family, Your Community, and the World](#) by Thich Nhat Hanh
- [Oneness: Great Principles Shared by All Religions](#) by Jeffrey Moses
- [Working with Oneness](#) by Llewellyn Vaughan-Lee
- [Original Blessing](#) by Matthew Fox
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