

## TOP MEDITATIONS

This is not magic - it is meditative *exercises*

As such,

It will take time to blossom, but with time the feelings will go from  
Slightly subtle to an accumulation of real inner Growth.

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Numerous Spiritual traditions use the **breath**

As the *most 'centering element'* of

Deepest Prayer and Contemplative Meditation,

While Psychologists use the breath for them

Deep meditative, relaxing and analyzing work.

Breath in Deeply from the diaphragm,

Allowing our lower tummy to relax and expand to bring in the breath

To our deepest capacities and chakras.

We bring our awareness to the air and Universal Light that begins to waft by the nose  
Down towards our lowest chakra, then visualizing a rush of Light building up from our depths and  
washing up the back of our spine like a wave churning white and foamy.

This wave washes all the way up to our shoulders and the crown of our heads.

Building with a gathering intensity, then radiating right out towards the infinite

That's my visual that comes to me, soon, in various times and places,

A visual will be inspired within that resonates with us even more,

And more...

That's what it's all about... Just simply follow your breath...

It will lead you within...

And beyond.

With the experience of daily morning deep meditations, this breathing process can be evoked  
many times throughout the day to immediately bring you to your zone.

Breathing in I Smile

Breathing out I relax

This is a wonderful moment

Or

In, out

Slow, Deep

Smile, release

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The seven perennial practices are:

- \* Transform your motivation: reduce craving and find your *Soul's* desire.
- \* Cultivate emotional wisdom: heal your heart and learn to love.
- \* Live ethically: feel good by doing good.
- \* Concentrate and calm your mind.
- \* Awaken your spiritual vision: see clearly and recognize the sacred in all things.
- \* Cultivate spiritual intelligence: develop wisdom and understand life.
- \* Express spirit in action: embrace generosity and the joy of service.

These Sacred 'Ways', by themselves, can be an all encompassing  
'Call and answer' meditation.

*Glide into your zone...*

Take a breath and release... - Read the first practice

Take another breath and release – contemplate the meaning of the practice,  
While following your calm and steady breath...

Take as long as it takes to follow what ever arises through the inspiration of this practice.

Repeat for all 7 practices.

Whether in a deep meditation or a quiet contemplation in any moment of 'revere'

~ Ponder this ~

- \* What is really important in your life?
- \* What really matters?
- \* What would you be better off doing more of?
- \* What would you be better off doing less of?

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### **The Buddhist Sweeping Meditation**

*Glide into your zone...*

Once there - turn your attention to the top of your head, if there are any tensions there,  
Mentally loosen & let 'em go.

If they are really 'glowing' then take a moment to massage your head for a moment,  
Then gently return to your breath... And your head...

Then your forehead, then the back of your head, the base of your head. Eyebrows, checks...  
Flex your face with a big smile, a big 'O', a big pucker....

The let 'em all go.

Work your way down your entire body

First, imagine a muscle or body part, then flex or tighten, then release fully.

Work your way all the way down to your toes.

Then,  
Allow your focus to universally be at one with your entire body.  
Feel it glow, breath.... Feel the calm power of your being

***All is  
As it should be***

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Visualize your future self,  
Look to see where you are and what type of environment you are in.  
Does your future self look different in any way? What is your posture like?  
How do you feel? What emotions are predominant?  
What fears are gone? What strengths are obvious?  
What new capacities are evident?

Now imagine being your future self and ask,  
“Of all the things I have done, what makes **me happiest?**”  
Allow a moment or two for an answer to arise from the wisdom in your mind,  
And take time to savor and reflect on the answer. When you are ready,  
Move on to the following questions and repeat the same process for each one.

Ask yourself:

- \* Of all the things that I have done, what makes me most **satisfied?**
  - \* What is the most valuable thing I have learned?
  - \* What is the best thing I have done to help other people?
  - \* What are my most satisfying relationships like?

When you have responses to these questions, then ask:

- In order to achieve these goals,
- \* what strengths and capacities do I need to recognize in myself?
    - \* in what ways do I need to stop underestimating myself?
    - \* What could I do now to begin achieving these goals?

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***Awakening Mantra***

originally in Hinduism and Buddhism  
a word or sound repeated to aid concentration in meditation.

Gently repeat your favorite name for the concept of God,  
First as a whisper  
Then soon just repeat within your mind.

Tao  
The intuitive knowing of "life"  
***Primordial essence***

Fundamental nature of the universe  
The flow of the universe,  
The Universal Light,  
The One,  
The Great Mystery...  
Yahway  
Ja  
God

In time...

You will discover for yourself that

**"God's name cannot be heard without a response-  
Nor said without an echo in the mind  
That calls you to '*remember*  
Which is the first steps to  
'Awakening'**

### **Contemplative Prayer**

*This technique is almost the same as the Awakening Mantra above.*

Almost any phrase can be used, providing only that it is  
Spiritually meaningful and Calls forth  
Positive feelings of your heart and mind.

"The Light Within Resonates with the Light beyond"

"The Universal Light illuminates my inner Light"

"God's Light illuminates my inner Light"

"With Grace I see the Light within me, within All"

"The Peace of the One is within me"

"Love glows within me in harmony with the Love of All"

When you have reached a point of 'such calmness',  
That no thoughts arise, including the 'sacred sound or words'

...

You then make no effort whatsoever and **simply rest in the silence.**

This ***silence of the mind***

Unveils the profound experiences of the sacred

That lie ***beyond*** thoughts and images.

**"The presence of God"**

... ..  
"I give, so shall I receive.  
I will receive what I offer now."

Meditate and Think of those experiences and qualities of mind  
that you would like to give to others  
And thereby enjoy for yourself.

"I offer **love** to everyone  
I offer **happiness** to everyone  
I offer **peace** to everyone  
To everyone I offer **healing**  
I offer **rest** to everyone"

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### All Encompassing Love

Put away all hindrances –  
Let your mind full of love pervade...The whole wide world  
- Above, below, around and everywhere -  
Altogether continue to pervade with love filled thought  
Abounding, sublime, beyond measure.  
*da Buddha*

***Glide into your meditative 'zone'...***  
Bring your Awareness to a sort of glowing sensation  
And feelings of warmth from 'within'...  
As you do  
Think of someone you love dearly  
Visualize the person clearly in your mind's eye  
Be aware of any feeling of warmth and love that arise as you see this person.

When you are aware of warm feelings,  
Expand your awareness to include people around you.  
Housemates, close by neighbors....  
Let your feelings of warmth and love embrace them too.  
Continue to follow your breath and the golden light energy that cycles...

Next

Visualize a larger circle of embrace to include the whole block  
Then the city, the state, country, planet....  
Then the universe right up to the  
**'Edge of the Big Bang'** where you will  
**Embrace nothingness and everything at the same time.**

This is wonderfully laid out with the light breath – buoyancy,  
Floating out to larger circles of embrace.  
... Until one gets to the edge of the big bang... Then further to pure emptiness...

This is a meditation I came up with that helps  
**Connect the focused breathing into a visualization**  
**That takes you to the edge of the Big Bang..**  
**Which then helps with visualizing pure emptiness**

Bring our awareness to the air and the Universal Light that begins to  
Waft by the nose down towards our lowest chakra,  
Then  
Visualizing a rush of Light building up from our depths and  
Washing up the back of our spine like a wave churning white and foamy.  
This wave of light  
Washes all the way up to our shoulders and the crown of our heads.  
Building with a gathering intensity, then popping right out towards the infinite  
Feel the sensation of this light washing up and filling your inner self with light.  
This light expands and permeates our inner being and gives us subtle buoyancy.  
This buoyancy builds with each breath cycle.  
Soon our buoyancy lifts us from our perspective and we float just off the floor.  
Our loved ones we embrace those close to us is sent our glow  
We feel their happiness and content-ness.

We breath in more of the Universal Light and  
Our buoyancy lifts us to view our neighborhood.  
With this perspective, we expand our circle of Love to embrace everyone below us...

Then we breath in more Light and float higher to view the whole island or one's country.  
We shine our glow towards all below, we feel their Love and content-ness.

We breathe in more Light – Now we can see the all the islands or one's state.  
We breath in more Light and we can see half the planet.  
We send them all our glow, and we feel their love and content-ness.

We breath in more light – we can see the whole earth rotating in its splendor.  
We send our glow to light up the whole planet with our Love,  
Feelings of Peace, tranquility and rest.

We breath in the Light and float past our moon...  
Then float past our planets, out past Pluto...  
Until the whole universe is laid out before us...

Where we shine our glow to every being in every world  
and now feel the universe glowing with our own Light.

We breath in more light – and soon we come to the edge of the Big Bang.  
Looking one way you see the scattered remnants of the universe...  
Looking the other you see nothing but ‘Pure Emptiness’

Breathe in more light and now  
Float deep into the “Pure emptiness”  
This is a sacred place where we witness pure quite  
And the bliss of no thing arising.

**In Perfect stillness**  
**Is where you will feel the languid of the Universe**  
Linger in this bliss for as long as you can...  
When you can no longer keep your monkey mind quiet,  
Backtrack your way back.

~ ~ ~

**Another version –**  
This can be done just like above or  
Just simply Focus on one dear one and work your way up to  
All beings in All worlds  
It’s best to start with **YOU!**

; -)

Phrases like:

**May I be:**

Kind, happy, loving, and peaceful,  
Joyful, gentle, calm, and loving

*Then progress to:*

**May you be...**

Then,

**May ALL people be**

...

**May All Beings in All Worlds be...**

Kind, happy, loving, and peaceful,  
Joyful, gentle, calm, and loving

**Visualize**

**The entire Universe spread out towards infinity**  
**With your back towards the edge of the Big Bang.**  
**Feel that Love Light you shine out to the All...**

**Now...**

**Turn around and face the Pure Emptiness and be at one with Pure Tranquility,**

## Calm and peaceful

~ ~ ~ ~

### This advanced version

Can be done *after* the above versions have been done a few times

Start with

Someone you **really Don't care for**

Expand that to a few or a number of these types of people

You really don't respect their actions

But can offer peace, love and harmony

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A very cool version of this:

Visualize someone you love standing in front of you.

Take a moment to experience the warm feelings you have for this person.

Recall their characteristics that inspire you...

Imagine that an Inner Light is radiating from within this person

This glow grows in intensity until the body almost disappears

Now imagine

That standing next to your radiant friend is ***someone you do not like.***

See the light from your friends illuminating and filling this person...

Until he or she begins to radiate light just as your friend does.

Recognize the same radiance in them both.

Now begin to feel their radiance illuminating and feeling you until your body begins to

Fade into the background as you also become a radiant source.

In this vision, there is no difference between you, your friend, and the disliked person.

You have united with them in what Taoism calls "the radiance of the Tao within"

Yoga knows this as - "The Inner radiance which is free from sorrow."

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## DISCOVER YOUR FUTURE SELF

A short, to the point version of this meditation

Imagine yourself as you would most like to be at some future time,

Perhaps a few years from now.

Imagine yourself living where you would most like to live and

Having done the things you most want to do.

See yourself having achieved what you want, having learned what you want to learn,

Having made significant contributions to others, and having healed old relationships

And established, satisfying new ones.

Now...

Look 100 years –  
Did we live our life in a way that seems worth it from this perspective?  
1000 years and life as we know it will indeed be beyond our imagination...  
But knowing Spirit, now 'within' us will be the same Spirit as then,  
In that timeless sort of way that gives us  
Inspiration for which...  
What we do today - will plant the seed  
For both the physical world and the future 'embodiment' of our Souls.  
In other words:  
The efforts to gain a higher awareness in this life  
Will carry with your soul to where ever you end up next.  
Like always, we will have to start from the beginning again,  
As is the 'cycle of things',  
But that inner awareness, we achieve now will be that 'inner pull' in the next lives.  
Unite with your inner Light.

From the perspectives of our future self and 1000 years beyond...  
In order to achieve the goals one envisions to make a positive difference:

- \* what strengths and capacities do I need to recognize in myself?
- \* in what ways do I need to stop underestimating myself?
- \* ***What could I do now to begin achieving these goals?***

So don't worry if the effort towards Spiritualization  
Does not seem to help one to earn a living.  
It will certainly give you the tools needed to cope with life.

By putting many things into proper perspectives  
And viewing life from many perspectives,  
This will give you a solid foundation to 'make you stand in life'...

And the ***After Life***

;-)

But it's best to focus on the here & now,  
Live in the moment, Look within  
And go beyond.

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## **Recall Helpful People**

**Glide into your meditative 'zone'...**

Recall two or three people that have been particularly helpful to you.  
Recall how they've been helpful.

Take a few minutes to remember their kindness and allow the feeling of Gratitude to arise.

## **Recall Loving People**

Bring to mind the gifts they give

Consider their characters and personalities and behavior.

What qualities make them so kind, helping and loving  
Take notice of your mind as you reflect on these people  
You may find yourself feeling grateful and loving because,

**Simply by directing attention to specific people,  
We begin to feel the qualities they express**

These wonderful people have powerful effects on us.  
Think of Loving People and Love arises.

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### **I Will Receive What I offer Now**

"I give, so shall I receive.  
I will receive what I offer now."

***Glide into your meditative 'zone'...***

Think of those experiences and qualities of mind  
that you would like to give to others  
And thereby enjoy for yourself.

To Everyone - I Offer

Love

Happiness

Peace

Healing

Rest

Say these things in your mind slowly with feeling and meaning  
Visualize the people receiving and enjoying these gifts.  
Repeat over & over with the focus one follows the breath  
If your thought wanders, gently bring yourself back

This exercise can be extended into other tasks of the day,  
Like dishes, gardening, watering....

Simply pause, take few slow breaths and begin the sentences for as long as you wish

In a meeting or other sort of group with an intense focus of subject:  
With the dynamics of emotions running high while creative results need to be... Created

Take a few moments to get into a quick 'zone' and repeat these lines...  
Wishing happiness to everyone in the room and  
An encouraging vibe towards creativity and the common solution.

**This can transform your feeling and make you a calming, healing influence for others.**

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### **Meditating to Sacred Sounds**

Nature has countless organically Sacred Sounds  
Waterfalls, babbling brooks, ocean waves,  
Trees with rustling leaves...  
and Rain

Find a place in nature, even if it's just right outside of work for a break.

At times when you just can't get to sacred nature sounds...

Headphones

With the sounds of nature or meditation music  
Allow the sounds help you focus and relax deeply

There are clever 'brain wave' engineered sounds that are incorporated into nature sounds that help resonate the brain to the frequencies they will vibrate or function at during the Deeper stages of meditation.

It's all about focusing one's awareness on the moment.  
Be the 'witness' as the sounds arise in you.

The same can be done with:

### **Mindful Music**

Music has a remarkable power to evoke emotions and stir the soul.

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### **Mindfulness Meditation**

Designed to enhance awareness through Insight meditation

We normally follow our breath and when thoughts come in  
We quickly but gently *return* focus to the breath and *no* thoughts...

Glide into your zone and really

Visualize the golden light of the breath's path as it cycles...

Notice the ever changing current of endless sensations that make up the breath cycle.

The more clear and sensitive your awareness becomes,  
***The more sensation you can observe in a single breath***

Before long, another experience will catch your attention.

There may be a sound nearby or in the distance,  
A tickle in the body, a thought or image in the mind.

Whatever it is, if your mind is drawn to it,  
***Allow your attention to shift to this experience and explore it carefully.***  
If it is a sound, try to hear the vibrations. If it is a body sensation, explore it deeply.

Finally,  
Try to catch the subtle, fleeting, and powerful of all the mind's creations-  
Your Thoughts  
They whiz by fast & dissolve quickly... Or linger annoyingly.

Simply observe and study them and they will change and pass away by themselves.  
When they do, simply return your attention to the breath and begin exploring it again.

There is no need to struggle with heavy mental calculations and  
Engineering a solution to these thoughts...  
Emphasis on simply being open to all experiences without wishing they were different or  
Trying to change them, is a superb method for developing the patience and persistence  
Required to run this race of life

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#### COMMIT TIME TO SILENCE AND SOLITUDE

Make time for some quiet, introspective contemplation time.  
This is also and in conjunction with your daily meditations.  
You may, if you wish, Glide into your zone...

Or

I recommend finding a comfortable stance to gaze out at the  
The endless beauty of the nature you are viewing

If you have more time, move to a relaxed, reclined-back comfy position.  
You may seek healing for recovering from a major 'life' event.  
You may need to ponder one of life's hard choices.

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#### REVIEW YOUR LIFE

If you haven't done this for a few years or longer,  
**You should set aside a reasonable amount of time to reflect your whole life.**

Look back on how you felt and dreamed during your life and  
How those feelings and dreams are now.

Are you where you expected to be, or...

Are you on the way?...

Perhaps you are at a crossroads of Life... *Again...*

You could be facing an uncertain future...

Or

You could be facing the same old boring future that you have endured for far too long...

Either way... It scares you... or at least is very daunting and UN-inspiring.

or somewhere in between...

Everything could be going just fine...

Except for that 'mysterious Inner Pull'

that is *screaming subtly from our soul* that...

***There must be something more to 'It All'...***

Take some time to casually reflect your whole life.

Being among the uplifting and inspiring places in nature

may help invigorate ye 'ol memories...

After casually reflecting on one's life for a period of time...

Then sit with pen, paper or keyboard and put down your thoughts of:

Where you are

Where do you want to be

and

How are you going to get there.

It may help to sort of 're-create' a diary of your life...

As you recall each 'new' old memory... Others will pop up...

Jot them down in your digital journal of choice.

This deep process of reviewing one's Life,

Helps us understand ourselves more.

Now we can put the many components of our life into a more 'Integrated' process..

Kind of like the Zen-Psy "Big Mind" process.

Once you've got your "Life" down on print,

It's right there in front of you... Nothing scary about your life...

Just a few "To Do" lists...

It's All Good... Or at least as it should.

This may take hours, days or weeks. But it is very necessary.

You will now be able to enjoy the 'Daily Reflections'.

The end of the day

Is a particularly valuable time for self-examination, since then we can

Review the full day's activities and their lessons.

*The goal is to*

Learn, **not** to blame; to grow in wisdom, not to fall into guilt;  
To appreciate our strengths as much as to recognize our weaknesses.  
We can learn as much, and sometimes even more,  
From our mistakes as from our good choices

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## **CORRECTIVE VISUALIZATION**

Now that one has gotten this far along their 'Path' ...  
There probably aren't many people you tend to piss off...  
Or at least without just cause

Perhaps you are now recently achieving a new higher standard of awareness,  
and your patience and tolerance can handle more  
'Unacceptable behavior' without letting it get to you,  
Because you can now see past the exploding egos and  
See through to the real reasons 'shit just ain't right'.

Issues are no longer Right and Wrong ...  
With the wrong folks needing to be trounced.

Now...

You are able to love them more, Inspire them more.  
With your new found wisdoms, you can educate them in loving thoughtful ways.  
People that happen to offend one with deep spiritual insights are in need of  
More understanding and less condemnation... More patience and Love.

When you know you will have to face an annoying asshole,  
at work or some place you can't avoid them.  
Perhaps this 'asshole' has 'mucked' with you before...  
and in geeky little 'office wars', you have exchanged some ...  
"Dynamic vibes" ...

Take a few minutes to relax.

Recall a time when you spoke or acted in a way you now regret.  
As vividly as you can, imagine yourself back in that same situation.  
Visualize the place you were in and the people who were there.

Recall what you were doing and how you felt.

Then allow yourself to watch the scene unfold and  
Watch yourself, make the error and observe the consequences.

Now

Restart the visualization from the beginning and again allow the scene to unfold.

However,

This time see yourself making a wiser choice

and notice how you feel as you do so.

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## CONTACT YOUR INNER TEACHER

We have within us this remarkable wisdom that will guide and help us  
*if* we learn how to recognize and draw on it.

The following exercise is one way to do so.  
Close your eyes and relax.

Imagine yourself in a beautiful place, perhaps your favorite beach, mountain, or garden.  
See yourself there and enjoy the feelings this special place evokes.

In just a moment you are going to invite into that place an extraordinarily wise person.  
It may be a great spiritual teacher, or  
It may be an unknown wise man or woman.  
Whoever it is,  
This person will embody qualities such as  
Great wisdom, love, and complete acceptance of you just as you are.

Think of these qualities and how it would feel, to be in the presents of being.  
This being of pure white light, or a Blue Light glow, an aura of one's Higher Self or even  
an image you might imagine to be *you* in your '**Highest**' form.

Invite this wise person into your place of beauty and introduce yourself.  
Take time to savor the experience of being in the presence of a person of  
Deep wisdom and boundless love.  
What does it *feel* like to be with someone who  
Understands and loves you completely?

What fears and defenses melt into nothingness in the presence of someone  
Who accepts you just the way you are?

Here is an opportunity to learn and get advice about anything that concerns you.  
Take a moment to think of the questions you would most like to ask.

Then ask your first question and wait quietly for the answer.

There is no need to try to make anything happen.  
Simply relax and allow the wisdom within you to respond.  
When you are ready,  
Ask your next question, wait for a response,  
and  
Continue with any further questions.

Next,  
Ask the wise person if he or she has anything to tell you.  
Again, just relax and wait for an answer.  
Then ask if there are any questions the wise person has for you.

Finally,  
Ask the wise person if he or she will be available to you in the future  
at any time you request help or do this exercise.

Then  
Express your thanks for the gifts of this meeting.

**Now**  
**Imagine yourself beginning to merge with the wise person so that your**  
**Bodies, hearts, and minds melt into one.**

**Actually, you already are one,**  
**Because the sage and the qualities such as love and wisdom**  
**are creations and part of your own mind.**

Feel that you have absorbed the qualities of the wise person and explore the experience.

What is it like to be wise?  
What does it feel like to be fearless and to have  
No need to defend yourself in any way?  
What is it like  
to feel boundless love and care for all people, including yourself?  
And what does it feel like  
to accept and love yourself completely, just as you are?

After you have savored this experience,  
Gently open your eyes.  
Try to make the transition slowly and gently so  
You can bring back the qualities you experienced.  
Take a moment to reflect on the fact that these feelings  
Wisdom, fearlessness, love, and acceptance  
are not new or foreign to you.

They are actually aspects of yourself that you projected onto the wise person.  
True, these qualities are not fully developed or always accessible to you yet, but  
they are available and await your attention to grow and flourish.

Your Inner Teacher – Can help with your ‘Life Review’

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## TOP MINDFUL WAYS FOR DAILY PRACTICE

The seemingly simple tasks done with a focused awareness can be a profound 'Awakening' for spiritual growth

### Transform Daily Activities into Sacred Rituals *Turning Work into Service*

Much of what we do each day is ***already a service***.  
Whether it is cleaning, cooking, or accounting, a lot of it is for the benefit of other people, whether they are clients, friends, or family.

Whether we do it as service or drudgery, however,  
Is up to us.

Take a few minutes to think about your daily activities.  
Is there one you would like to do for a day in a spirit of service?

It could be a complex technical task at work or something as simple as shopping.  
Choose an activity. Then think of ways in which it helps people.  
Perhaps your work will allow others to get their work done more easily;  
Perhaps the shopping will feed your family and friends. ..

Concentrate on these benefits, then choose to see and  
Do your task as a service to these people.

With practice

The rewards of helping become increasingly obvious.

As they do,

You may wish to see more and more activities  
from the perspective of service until it ***becomes***  
***A natural way of life.***

Even the simplest tasks of opening a door  
First, take one deep, calming breath, and then in direct calm focus  
Efficiently open the door, no longer hurling the door open and barging right in.

Those few seconds of focused calmness are just enough to put one into a tranquil groove  
as you glide into where ever the door has led you

; -)

**Driving: - Start by leaving a few minutes earlier!**

Open the door like just mentioned, starting with one calming breath  
Don't just hop in quickly - Take your time to just glide in efficiently, no rush.  
Once settled, take another calming breath... - Then start the motor, do your seat belt & mirrors...  
When you're all set to go,  
BREATH two or three calming breaths.... Then calmly make your way  
Enjoy the ride, and be...

### ***Aware***

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Before beginning meditation,  
a practitioner will repeat words such as,  
“I dedicate this practice to my awakening  
in order that I may serve and awaken all beings.”

At the end of the meditation, the practitioner will close by  
Dedicating the benefits to others with words such as,  
“I offer the benefits of this practice  
to the welfare and awakening of all beings.”

### **Say a 'Dedication'**

***Before, during or after any worthy task***

but

Not in a meaningless rush to stuff one's face  
Be truly thankful for the many people that did their part to  
Help bring this food to your table

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***Find a reason to feel Grateful to each person you meet.***

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### **See Teachers Everywhere**

View everyone you meet as a teacher  
Treat them with '*some amount of*' reverence, kindness and delight  
Not so much that you overly inflate their egos,  
Encouraging them to spout more self centered, non sense.

Set a neutral, but inspiring natural tone, vibe or personality.  
Be aware of the qualities of each person that you like and inspire you to be like more often  
and  
Be aware of the qualities that you do not like, but inspire you never to be like

**When someone is being an 'asshole' - Just smile and *thank him*,**  
Internally thankful for the real life lesson – ‘Live and in person’ - to demonstrate  
How **Not** To Be!

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### **Tell the Truth for a Day**

... then continue everyday

If you find you are beginning to lie or stretch the truth or over exaggerate

HUMBLE UP

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### **Give Up da Gossip**

Avoid gossip in the obvious ways of being cruel and mocking some one that is not present.

If there a moral to the story that must be told, try to say it about an anonymous party.

Keep the tale about the moral of the story & not to 'disenfranchise' another.

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### **Do No Harm**

Being harmless is a wonderful gift.

It means we are not acting from, and therefore reinforcing anger in ourselves

and that people are safe in our presence,

This allows them to let down their guard, set aside their defenses and pretenses

and feel at peace

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### **Do One Thing At A Time**

For each activity you encounter - Focus your entire attention on the task at hand

Don't let your mind wander

Focus on your breath during your task, especially when your thoughts wander.

***Do your task in rhythm with your relaxed breath***

Even if it requires your full thought power...

~ ***all in rhythm with breath*** ~

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### **Transform Interruptions Into**

**Another way to embrace your 'Mindfulness'**

Taking a moment to relax and let go of any annoyance

When an issue or a boss cries out

Allows you to be calm, cool and collectively reassuring

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### **Become A Good Listener**

Listening carefully and attentively as someone speaks is a gift.

Other people will enjoy your full attention, while you learn more about them,

Train your attention, and sensitize your awareness

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### **Find Beauty in This Moment**

Treat yourself to taking a moment - Two or three times each day,

to look around and find something of beauty.  
- It could be anything –  
Relish the simple beauty of the clouds, or sunset, or happy child...  
then bring your awareness to your 'inner self',  
Notice how it feels inside too  
Relish these sights and sounds of beauty.  
Then bring these feelings along with you into the day's groove.

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### **Mindful Speech**

**Carefully observe and refine the emotions and motives of your speech**

Are you trying to look good, to impress, belittle someone or defend yourself?  
Or

**Is your intention to speak born out of a desire to  
Inform, help or heal?**

**Become aware of your intentions before you speak and you will begin to  
Integrate the practices of awareness, ethics, and emotional transformation.**

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### **Open to the Sacred in Nature**

Plan to put yourself into nature as part of your practice  
Even if it's just a walk around the block, even if you live in the ghetto the sky is beautiful  
Take a bike ride to get out of da hood a bit further that will take you to a spot of beauty.  
Find new reasons to pull off the road for a scenic view.  
Treat yourself to the splendor of nature and breath it all in.

There is no need to do much.  
Simply open yourself to the surroundings and appreciate the magnificence of the scenery, the  
varieties of plant and animal life  
Feel how being in such beauty naturally soothes and heals.

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View and treat everyone you meet as a Saint  
A holy person or a peaceful, loving, compassionate one of Wisdom  
*Naturally with reverence, kindness and delight!*  
Seeing the Sacred in others,  
Helps us recognize the Sacred in ourselves.

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### **PRACTICE ALL-EMBRACING KINDNESS**

*Simply*

**Be as kind as you can to as many people as you can.**

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## Awakening Service

Involves three steps

- 1 - Begin an activity by **dedication to a Higher purpose** *larger* than your own satisfaction.
  - 2 - **Relinquish attachments** to your **ideas** of how things *ought* to turn out.
  - 3 - Learn from the Process
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## DAILY MINDFUL WAYS

Start your day with a long morning meditation and some yoga stretches.

Be very mindful of your lower spine and all its connections  
as your core chakra for centering posture.

Get ready for your day without a radio or TV going, just focus on the shower, teeth brushing

Prepare your meal with focus;

Eat your meal with a dedication and gratitude for your nourishment

Enjoy the subtle details of the tastes, the textures, the aromas.

Take your time to chew in a non-rushed manner,  
because you have set aside time to eat relaxed

Continue your day as such - Driving without the distractions of the radio  
Breathing steadily, calmly focused on all aspects of driving safely and most of all  
Enjoy the Ride!

Some people actually get into a sort of zone while they drive... That may be too deep,  
As we need to not let our focus drift off the task of being alert to our task of safely driving

No cell phones while driving unless purpose mounted smart phone for maps only...  
Better to learn your route before you head out

But when you do talk to someone on the phone - Give them your absolute full attention  
and breath calmly and enjoy each moment,  
No rush, but be time efficient with most non personal calls

Later, when we do want to relax with Tv or Music - Then Do JUST that ;-)  
Turn on the music at a reasonable level and just sit there and enjoy it as fully as you can  
Even close your eyes and watch the 'concert' with your 'mind's eye'... and Breath like a meditation.

Some 'music' or relaxing audio can really take your meditations to Deeper levels, and Get you to your zone in quickly by helping to focus your concentration and calm your monkey mind

If you need your Tv fix - Pick out a **'quality'** show  
Get your snack & drinks, dim the lights & breath calmly... when ya can ;-)

If you go to a restaurant, pick a quiet one so you can either calmly enjoy your meal or be able to enjoy conversation with your dinner friends...

Eat your meals with the single task of enjoying your meal.  
Don't eat while you work - This is inefficient for ether task of eating or working.  
Don't watch Tv or listen to the radio or even read.

Reading is a big pleasure,  
But it distracts us from being aware of the subtleness of the meal and really enjoying the meal.  
Mind and body are multi tasking in opposing ways.  
When you just simply enjoy your meal, the aromas, the textures, the tastes...  
You whole digestive system gets in sync with the eating process,  
Your stomach becomes receptive to the nourishment that's coming it's way.  
Taking the time to enjoy the aromas, even before the first bite, actually gets the 'juices flowing'  
Your mouth waters a bit getting ready to *'grease the skids'* so the food just glides right on down  
To your stomach that has started to do what it does with the food that coming' on down....

Again - Even a 'Born again Atheist' could appreciate these benefits  
While the Spiritualist is Aware that bringing your meditative focus to all tasks at all times is an essential step to Higher and Deeper stages.

Most Spiritualist tend to flow into a **"voluntary simplicity lifestyle"**  
Less cluttered by excess activates and possessions,  
**A life outwardly simple yet but Inwardly rich.**

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notes....

Most couples fall into:  
Spiritual but not religious &  
Religious but not spiritual enough

So they are very clear they don't want any of 'their own religion's dogmas  
and certainly no ones else's dogmas.

The ones that do not fall into this category  
**have found Spirit** in their own ways  
**There are very Religious couples**  
that have spent a life time of Deep Devotion that has included *some sort of*

Deep Centering Prayer, Quite Contemplation and or Meditative Prayers.

**There are very *Spiritual* couples**

That 'Seek the Way' and have spent much devotional time towards that "Path"  
which also has *included some sort of*  
Deep Centering Meditations and Quite

The ones that *have found Spirit* in their own ways  
have a calming, *knowing*, peaceful, loving and compassionate feel to their...  
personality or aura