

THE DEEPENING

JOURNEY TO THE PUREST VERSION OF YOU

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THE DEEPENING

The Deepening is a great release of all that is false. This is required for dissolving all illusion and expanding into your purest Self. The more you meditate and look within, the more you will dissolve aspects that are untrue and cannot serve you. Go deeper to dissolve contrived Self-identities and to know your Self - then go even deeper.

After you exhaust the exploration of the roots of all pain and illusion, you will know that you are nothing and everything all at once.

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INTRODUCTION

Hello Beautiful Being. It is a blessing that you are taking care of your Self, seeking to nourish and uplift your soul.

You came to Earth to enjoy your desires, only to find out that desires cannot sustain you. Earth is a living metaphor of what is possible for you in every category, yet without truly knowing your Self, life will be meaningless.

Every person and activity you engage are reflections of what you innately attract. Nothing happens to you or with you unless it reflects something that exists within your Being. When you speak with another person, you are speaking with your Self. When you are angry with someone, you are angry with your Self.

You may construct the most beautiful personality and give millions of dollars to charity, but these things cannot compare to knowing your Self and becoming a truly honest, virtuous, loving person.

Whatever you have contrived to be YOU in this life, and whichever activities you have chosen to distract you from The Deepening, will only eradicate the bridge between your delusion and your pure, eternal Being.

You cannot avoid the inner journey. You might travel the world, continually keeping your Self busy, but the real work is to look within, and forgive and grieve everything, until you see your Self for who you are.

REMEMBER ALWAYS

You were born through The Universe loving Itself.

You are whole and secure if you choose to be.

You are not your material belongings.

You are not the one who desires approval.

You are not separate from any portion of Creation.

You will have unlimited opportunities to choose The Deepening.

*What you imagine to be true about your Self is most likely a contrivance
born from assumptions, demands, and desire.*

*If you wish to expand and seek love in all endeavors, you will eventually
become love, your original state.*

*You are not separate from anyone or anything. We are all one organism
seeking to know what is behind the Me and I.*

Release whatever is not you and you will find the purest peace.

WHAT IS THE DEEPENING?



The Deepening is the most spiritually advanced pursuit in this realm and dimension. You might imagine that pursuing your goals, desires, and financial success are vital to your fulfillment. You might imagine that approval from a religion, ideology, or path might free you.

You might believe that being a Mother or Father is the most important thing to happen to you in this life. You might fantasize that once you accomplish A, B, C, and D, you will have achieved something unique and amazing.

These things are simply not true.

You have thought these things before, in countless lifetimes, as myriad genders and people, and with varying degrees of Consciousness and success. You have reached multitudes of philosophical plateaus and considered your Self absolutely complete, only to find that you were not.

Why is this true? The mind is so powerful and Self-protective, it will do everything it can to preserve its contrived identities and uplift its partner-in-crime - the ego. Your mind will defend everything it thinks and believes to the death - YOUR death. And you are the only one who can kill your temporary Self-identities and ego.

To truly free your Self, there is no other way.

The Deepening is a commitment to release all of your deeply held feelings, attitudes, projections, attachments, and demands in this life and focus solely on diving within your Self in meditation and prayer.

This does not mean that you do not fulfill your responsibilities, because you must. It means that everything you choose to do, become, and engage must be a reflection of your commitment to deepen and know your Self.

- You can pump gas and also find the well of Reality within you.
- You can make love within your devotional partnership and explore the real, eternal You.
- You can have children and become Self-realized.
- You can build a business as a metaphor for Self-expansion.

While adding aspects to your life is permitted, the more you add, the more complex your journey will become - and the less likely you are to achieve The Deepening. After all, with more attachments, comes more blocks, activities, emotions, and excuses. Be careful with what you add, engage, contrive, and desire. These aspects are not as they might seem.

To begin The Deepening, slowly begin acknowledging and releasing emotion so you can improve upon your temporary Self-identity. Get to the root of it all. Forgive on every level. Release Self-limiting beliefs. Exit codependent relationships and see the world as a unique set of co-interdependent entities and experiences. The deeper you go and the more you release, the freer you will be.

WHAT IS A TEMPORARY SELF-IDENTITY?

A temporary Self-identity refers to a temporary understanding or perception of one's own persona, Being, or identity. It can be a consciously created construct or a momentary illusion. You can create a Self-identity to satiate a need or help you achieve something. You might also create a Self-identity to delude your Self and avoid something important that is percolating within you.

A temporary Self-identity can be influenced by external factors or circumstances, and may change over time. For example, people may align with a temporary Self-identity as a student while in school, then switch to different identities, such as a professional, once they graduate.

You might believe your Self to be something or someone specific because of your religion, culture, or family construct. You might believe things that are true and build your temporary Self-identities from there, or you might build them from things that are very distant from truth.

To build the most durable, sustainable, and genuine Self-identities, it is best to be completely honest with your Self and deeply intentional about who you are choosing to become. What you think and believe will manifest on some level, even if the beliefs and thoughts are toxic and delusional.

Look at the most virtuous tributes and see if you can align with them.

HELPFUL HINTS FOR YOUR JOURNEY

Be careful what you think.

Scrutinize your beliefs.

Release your stories.

Honor and release emotions often.



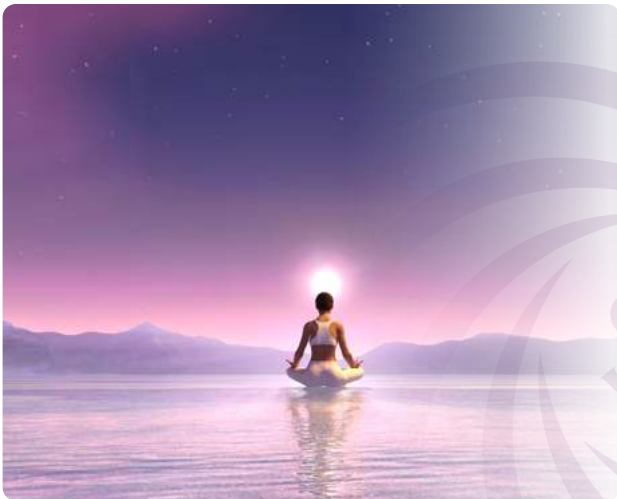
Do not be fooled by surface feelings and perceptions, go deeper into the roots. Allow and release your emotions but do not give them meaning. Do not allow Self-importance to cloud your judgment and evolution.

Do not engage conspiracy theories. Most are untrue and addictive, teasing your ego and anger, causing you to be uncomfortable with uncertainty. Unless you are a sorcerer who can command Reality to your will, stay focused on being real, kind, and in service to others. Conspiracies are only for addicts and intellectually limited children.

You are never a victim. You are a channel for The Divine's experience through you. Owning this, you can become whomever you set out to be.

HOW TO MEDITATE

You have the ability to meditate built into your Being. Meditation is a practice that involves focusing your attention within your Self and eliminating the stream of thoughts that may be crowding your mind.



Here are some basic steps to help you get started with meditation:

1. Find a quiet and peaceful place to sit, relax, and nurture your Self.
2. Sit in a comfortable position with your back straight. You can sit on a chair or on the floor with your legs crossed. If it is helpful, you can also sit against a wall.
3. Close your eyes and take 5 - 10 deep, gentle breaths in through your nose, and out through your mouth. Feel the breath nourishing you.
4. Start paying attention to your breath and try to focus on the sensation of the breath as it goes in and out. Remember that your breath is LIFE.
5. If you find your mind drifting away, gently bring it back to focus on your breath. You can also give the breath a color like white or pink. Follow the breath in and out, watching the flow of the color you imagine.

6. Continue focusing on your breath for 5-10 minutes and gradually increase the time as you become comfortable with the experience. Over time, you might increase your meditation sessions to 20-30 minutes and longer.

7. When you are finished, take a deep breath in and out, and slowly open your eyes.

It is important to note that meditation takes practice, and it is normal for your mind to wander at first. With time and practice, you will find that it becomes easier to focus and quiet your mind.

You might also meditate on the image of your guru or deity. Imagine them focusing on you, drenching you with their light and love.

You might also consider meditating on an image of pulsating white or pink light. Watch this pulsating light burst forth a stream of light that enters your feet, travels throughout your body, and exits through the top of your head (Your Crown Chakra).

Meditation can be done standing up, amid a meeting with others, before you go to sleep, and after you wake up.

You might consider mixing meditation with some chanting in Sanskrit or praying to the Divine, Eternal Consciousness.

HOW TO FORGIVE

When we are focused on someone who hurt us or made us angry, we close the doors to light, love, and miracles in our lives. If we cannot move past an event, we will continue to experience the emotional and psychological ramifications of that event. We are the only ones who can change this cycle. Our biggest obstacles are born from our egos and attitudes.

You might feel someone did not truly hear or honor you. This is part of life. You might want to force them to hear you or you might have a desire to change them. These are egoistic fantasies that will never fully satisfy you.



Truly, you cannot force another person to become or do what you desire. Your only option is forgive them, release them, pray for them, get over your Self, and move on.

While many religions offer unique rituals and ceremonies that might help you heal, The Ho'oponopono stands above them all.

The Ho'oponopono is a traditional Hawaiian healing practice that involves taking responsibility for one's own thoughts and actions, and mentally and emotionally making amends for any mistakes or harm that may have been caused.

The practice involves imagining your Self or an offender in your mind, focusing on them, them repeating these specific phrases in order:

I love you
I am sorry
Please forgive me
Thank you

As you imagine your Self or another person while chanting these phrases repeatedly, you will slowly release your attachments, projections, attitudes, demands, and related negative energies. You will open your mind and heart, and soon release on such a deep level, you will forgive your Self and others, achieving a deep inner peace.

We are all connected. Our thoughts and actions affect not only ourselves but those around us. By taking responsibility for your mistakes and making amends within your Self, you will create a harmonious and balanced environment within your heart and mind - and for everyone involved.

The Ho'oponopono is a cultural practice with deep roots in Hawaiian culture and should be respected as such. Be mindful of cultural appropriation and only use the practice in a respectful manner.

HOW TO WRITE IN YOUR JOURNAL AND WHY

Writing in a journal can be a powerful tool for Self-discovery, Self-expression, and personal growth. Journaling can also help you heal deep traumas and misconceptions about your Self, your stories, and others. Here are a few ideas that might inspire you to journal.



1. Express yourself: Fully share your thoughts, feelings, and desires that you do not feel comfortable sharing with others. Go deeply into your roots and source the unexplored aspects. Healing the roots, you free the whole tree.

2. Track your progress and reflect on your experiences: Keep track of your progress over time, whether you are working on a specific goal or trying to grow as a person. While tracking progress can be helpful, never review prior writing. Instead, release it and allow your Self to become new upon each writing.

3. Relieve stress: As you write, allow and release the emotions that arise. This will help you unbind aspects of your Self that are broken, confused, and imprisoned. You are not a victim, you are a warrior releasing old paradigms.

4. Get Creative: Journaling is a great way to unlock your creativity, you can use it to write healing poetry and stories, and brainstorm new ideas toward your Self-expansion.

To get started with journaling, find a notebook or journal that you like, and set aside some time each day to write. You can write about whatever you want, there are no rules. If you're feeling stuck, you can start by writing about your day, or by answering prompts such as:

- *What did I learn today?*
- *What am I grateful for?*
- *What are my blocks, addictions, and prejudices?*
- *What are the goals that align with my purest Self?*
- *Which temporary Self-identities elevate my life?*
- *Which ones work against me?*
- *What are my misconceptions about my Self, relationships, and career?*
- *How do I feel when I spend time with specific people?*
- *How do I feel when I wake up in the morning?*
- *How do I feel when I go to sleep?*
- *What can I do to help myself feel better?*
- *What can I do to be a better partner and friend?*

Journaling is a personal, spiritual practice that can illuminate your perspective and free your soul. There is no "right" way to do it. The most important thing is to find pathways to express your Self that feel authentic, inspiring, and deeply freeing. After all, you are a Divine Being, ready to expand with a moment's notice.

HOW TO PRAY



Prayer is the purest and most direct way to connect with your God, guru, or deity. Praying avails us to the guidance and light emanating from an infinite Universe. When we pray, we are merging with Creation, connecting our deepest Selves to great healing and transformation. Pray often.

Here are a few ways to improve upon your prayer practices:

- 1. Express gratitude:** The easiest form of prayer is expressing gratitude for all of the immeasurable blessings in your life. When we are grateful for something specific, The Universe conspires to match its vibration and frequency, inviting into our lives more of the same goodness.
- 2. Seek guidance and comfort:** Open your heart and seek guidance, direction, wisdom, and comfort from The Divine. Be as vulnerable as possible to attract the most beneficial gifts and blessings. Release your ego and bow at the feet of your beloved deity or guru.
- 3. Pray for friends, lovers, family, and enemies:** When we pray for others, The Universe prays for us. Imagine those you love or hate drenched in divine light. Imagine their successes and great forces coming to their aid. Bless them with immensely positive thoughts.

4. Cultivate mindfulness: Through prayer, you can become present to the moment and present deeply within your Self. When we are present in this way, there is no past or future: There is only the infinite bliss of this moment.

To get started with praying, find a quiet and comfortable place to sit or kneel. Close your eyes and take a few deep breaths. You might begin by reciting a traditional prayer or using your own words to communicate with the most divine forces you can imagine. Schedule specific times to pray, like the morning and evening. You might also find myriad ways to pray spontaneously throughout the day.

Prayer will connect you with The Universe and the most ancient and divine spirits found throughout eternity. When you pray, you uplift your Self and others in ways unimaginable. Pray often. Pray every day. Pray with the most open, vulnerable heart.

A simple prayer might be:

Great Consciousness, Divine Love, God, My Beloved: I am your servant, an embodiment of your light and love. Help me to know my Self more truly and deeply. Help me to forgive everything and everyone, including my Self, so that I may become new in each moment. Help me to serve others with kindness and generosity. Help me to smile more and be less attached. Help me to honor all the wonderful aspects that have emerged in my life. Use me as an instrument of your peace and love. Pray for me and remember me always. Heal and uplift me for all time.

THE EGO

The ego is a concept in psychology and philosophy that refers to the part of us that is responsible for our sense of Self-identity, Self-importance, Self-worth, and Self-esteem. While it is often associated with the conscious mind, the ego is nothing but a contrivance that we can eventually ignore, crush, or dissolve.

While many believe that the ego is responsible for mediating the desires and impulses of our unconscious, instinctual Selves, the ego is a mental construct born from a chaotic selfishness embedded in the false identities of our subconscious - ones we have fed and served during this life and previous ones.



The ego may appear to help us navigate the world and make decisions based on our values, beliefs and experiences, but our core natures are much better at these things. In fact, our egos tend to get us into trouble, while our core Selves are connected to a vast, infinite, highly informed Consciousness.

Our egos shape our senses of morality and social norms, creating temporary Self-identities to uphold, justify, and defend itself.

The ego is not our friend. In fact, the ego is built to lie to us.

While we might enjoy the social, religious, and family identities, and the adrenalin and selfishness, the ego often conjures, it can be a source of negative thoughts and emotions, such as fear, anxiety, and Self-doubt. In this way, the ego can cause Self-centered behavior, arrogance, and lack of empathy. Left unchecked, this little beast creates inner dialogues that are Self-critical, blaming, judgemental, demanding, and stressful.

The ego is a double-edged sword that can be a source of both positive and negative emotions, depending on how it is integrated into our lives. Some spiritual and psychological practices such as meditation, mindfulness, Self-reflection, and therapy can help us develop a healthy sense of Self and a healthy ego, though any form of ego competes with the nature of Consciousness and denies the path to spiritual liberation.

The ego is often seen as the "I" or "Me" - the Self-concept we most often identify with, but the "I" behind the "Me" is far more eternal.

If you are struggling with how to balance your ego with the Spiritual Being emerging within you, continue to look behind and beyond the "I" and "Me." After a while, you will begin to engage the world, not as the buttoned-up identity that you and everyone else believe you to be, rather, as an eternal Being, aware of time, light, and sound beyond your present circumstances and relationships. Truly, the ego represents an old habit waiting to be dropped.

THE “I” BEHIND THE “ME”

The “I” behind the “Me” refers to one's sense of Self or Self-identity. It is the subjective experience of being a unique individual, separate from others and the external world. The “I” is often considered to be the innermost part of the Self, the one that is aware of one's thoughts, emotions, and experiences. This “I” is not the you that you believe it to be: It is eternal, merged with the Consciousness of all Beings throughout all the realms and dimensions.



The concept of the “I” is complex and can be understood in different ways depending on one's philosophical or spiritual beliefs. In Western philosophy, the “I” is associated with the Cartesian idea of a thinking, conscious Self, distinct from our bodies and the physical world.

In Eastern philosophies, the “I” may be seen as being more fluid and closely connected to Consciousness and a soul's spiritual potential. In Hinduism, Buddhism, and the Dharmic tradition, the “I” is not temporary and yet it has no agenda or ego. It is an infinite Being connected to everything.

While your temporal concept of the “I” can change over time, your eternal Self is unchangeable. In this way, it is the enviable identity.

If you limit your beliefs about your Self (the "I" and "Me") to be something mundane, dependent on the ego, selfish, reactive, and attached to your beliefs and conditions, you will never master your mind or life.

Since you are not who you believe your Self to be, then who are you?

The more you consider this question, the deeper you will go into the infinite nature and bliss of Creation.

*YOUR SOUL IS ETERNAL. TO RETURN TO IT,
EXCAVATE THE LIFE YOU BUILT TO THE POINT OF
NON-IDENTIFICATION AND NON-ATTACHMENT.
WHEN YOU DEEPEN IN THIS WAY, YOU WILL FIND
PURE LOVE AND ACCEPTANCE.*

HOW TO BE MORE PRESENT

As human Beings, we love to focus on the past and future. We use the past to justify our actions and feelings, and we use the future to stress ourselves out. Truly, the past is a canceled check: It no longer exists. The future is not promised, nor is it real.



Being present in your life means being fully engaged and focused on the present moment, rather than dwelling on the past or worrying about the future. Being present allows us to source and sense into the beautiful and nourishing nature of Creation.

Here are a few tips to help you be more present in your life:

1. Practice mindfulness: Focus your attention on the present moment by breathing deeply and allowing your thoughts to evaporate. If emotions arise, then tend to them by allowing them the space they need to expand and dissolve. While you can be mindful amid any activity, taking a moment to relinquish our attachments and focus on our breath can invite an enduring tranquility.

2. Engage your senses: Pay attention to the sights, sounds, and sensations around you. This will bring you back to the present moment where you can be grateful, engaged, connected, and embracing of all life and activity.

3. Prioritize the present: Focus on the task at hand, whether it is a conversation, a project, or activity. Avoid multitasking, which can make it hard to be fully engaged in the present moment. With too many moving pieces, your mind will become addicted to an over-active style of living.

4. Make time for yourself: Take time each day to focus on your Self, whether it is through meditation, exercise, or to sit quietly and reflect. Long walks, hot showers, and gentle Self-rubs on various parts of your body can help you become fully present to the moment and your Self.

5. Avoid distractions: Turn off your phone and computer, so that social media cannot distract you. Set aside time every day where you disconnect from all technology. This will give you time to relax and reset your nervous system.

6. Be grateful: Practice gratitude by being thankful for what you have in your life, and by focusing on the positive aspects of your life.

7. Be kind and patient with yourself: If your mind is drifting, do not be too hard on your Self. To help you return to the present moment, rub your heart, slap your cheeks, or splash cold water on your face. Sometimes we need a pattern-interrupter to help us return to the present moment.

Learning to be present takes time because it requires we change our schedules, add new activities, and become less reliant and obsessed with our minds. Make a little progress each day to make being present a habit.

COME TO KNOW YOUR SELF

Coming to know your Self deeply is a lifelong process of Self-acceptance, Self-care, Self-immersion, Self-discovery, Self-awareness, Self-realization, and Self-actualization.

Here are a few ways that you can begin to deepen your understanding of yourself:



1. **Reflect on your thoughts and emotions:**

Take time each day to reflect on your thoughts and emotions. Consider what you're feeling and why. Allow each feeling to arise and give your Self permission to feel these feelings as much as you feel them. Let the feelings emerge and allow them to release.

While it is not as important as releasing them, try to understand the underlying causes of your feelings. Get into the roots of your challenges so that your entire Being can be healed from within. Do not fear your feelings: Allow them and let them go.

2. Surrender: Surrender is the practice of allowing reality to unfold as it needs to. Focus your attention on the present moment and see things for

what they are, not how you wish them to be. You will become more aware of your reality, thoughts, emotions, and bodily sensations. Soon, you will understand how they are all connected. Surrender to what is happening then seek pathways to process your emotions and improve your conditions.

3. Only seek feedback from conscious, loving Beings whom you trust and respect: These people may have different perspectives on your strengths and weaknesses, helping you to see your Self in a new light. Allow critical feedback to help you evolve. Take nothing personally. If it does not fit, throw it out.

4. Engage in Self-reflection: Take time to reflect on your life, your experiences, values, beliefs, goals, aspirations, and priorities. Seek to improve these aspects toward becoming peaceful and whole.

5. Engage in Self-improvement: Continuously work on improving your Self, whether it is through learning new skills, practicing self-care, or setting and achieving goals that nourish your most illuminated, peaceful Self.

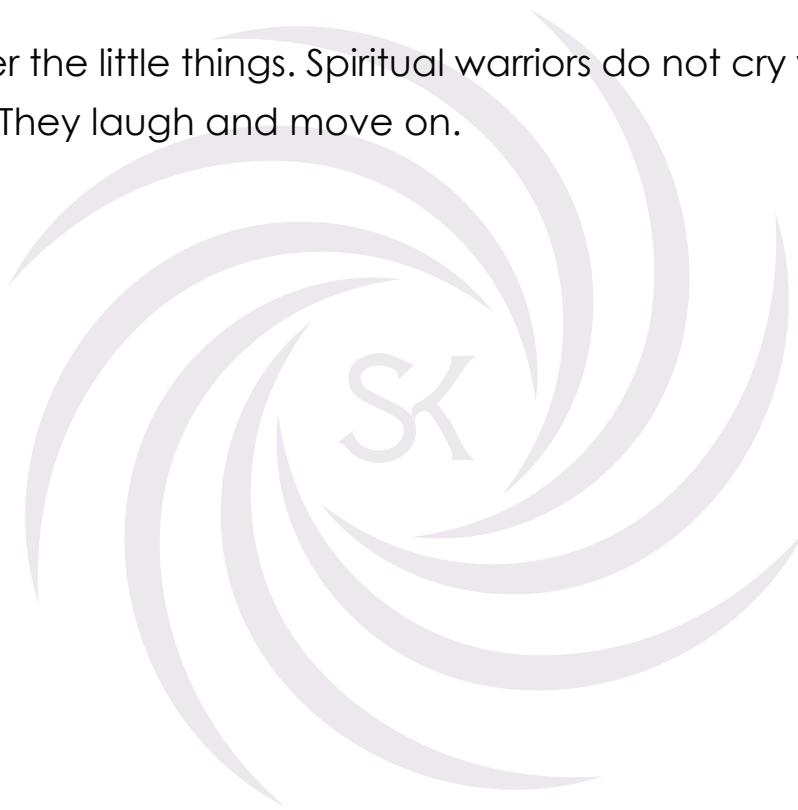
6. Explore ancient spiritual perspectives: Exploring the nature of the Self and existence will help you understanding your Being and your place in The Universe.

7. Seek a guru, teacher, or guide: Loving helpers help us walk through your feelings, beliefs, and attitudes so that we can improve our well-being and

deepen our connection to Spirit, Consciousness, Self, and The Divine.

In all things, be open to learning and growing, and be willing to take the time to explore what is uncomfortable. Comfort can be addictive, especially for those who see themselves as weak.

Do not fret over the little things. Spiritual warriors do not cry when someone offends them: They laugh and move on.



YOGA PRACTICES

Yoga is a practice that incorporates physical postures, breathing exercises, and meditation to improve physical and mental well-being. There are many different styles of yoga, each with their own unique benefits. Here are a few examples of popular yoga styles and their benefits:



1. Hatha Yoga: This is a traditional style of yoga that focuses on postures (asanas) and breathing exercises (pranayama). It is a great style for beginners, as it is relatively slow-paced and emphasizes proper alignment. It can help to improve flexibility, strength, and balance.

2. Vinyasa Yoga: This is a more dynamic style of yoga that connects movement with breath. It is a fast-paced and physically demanding style, that can help to improve cardiovascular fitness, endurance, and balance.

3. Restorative Yoga: This is a gentle style of yoga that focuses on relaxation and rest. It is a great style for those looking to reduce stress and tension, as well as for individuals recovering from injury or illness.

4. Iyengar Yoga: This style of yoga emphasizes alignment and precision in the postures. It is particularly beneficial for individuals with injuries or chronic

conditions, as it can help to improve balance and stability.

5. Kundalini Yoga: This style of yoga incorporates movement, breath, and meditation. It is designed to activate the energy centers in the body and can help to improve mental clarity and emotional balance.

6. Yoga Nidra: This is a form of guided relaxation and meditation that can be done in a seated or lying down position. It can help to reduce stress and anxiety, improve sleep and increase self-awareness.

When doing yoga, you might see it as a form of prayer. Each pose is a way of bowing to The Divine. Those who chant Sanskrit mantras and invoke the names of their deities while doing yoga often experience exponentially more expanded states of healing and Being.

Yoga is just one of many practices that can help to improve physical, mental, and spiritual well-being. While yoga might appear to be a lovely benign practice, it can open pathways to the roots of your deepest blocks and pain and improve your QI so much that you release it all.

Other practices such as Tai Qi, Qigong, and Aikido offer similar value, especially when working directly with an older, tenured master.

PRACTICES SIMILAR TO YOGA

There are several practices that are similar to yoga in that they incorporate physical postures, breathing exercises, and meditation to improve physical, spiritual, and mental well-being. Some examples include:

- 1. Tai Chi:** This is a Chinese martial art that incorporates slow, flowing movements and deep breathing. It is often referred to as "meditation in motion" and can help to improve balance, flexibility, and overall health.
- 2. Qigong:** This is a Chinese practice that combines movement, breathing, and meditation to cultivate and balance the body's vital energy. It is similar to yoga in that it aims to improve overall well-being, but it also focuses on the cultivation and balance of energy within the body.
- 3. Pilates:** This is a form of exercise that emphasizes core strength, flexibility, and balance. It incorporates controlled movements and breathing exercises, and can be beneficial for improving posture, flexibility, and overall fitness.
- 4. Bodyweight exercises:** Bodyweight exercises are exercises that use your own bodyweight as resistance, some examples are calisthenics, gymnastics, and parkour. They can be done anywhere and can help to improve strength, flexibility, and balance.
- 5. Yoga-based practices:** There are several other practices that are based

on yoga, such as yoga dance, yoga therapy, and yoga for specific groups like kids, seniors, and pregnant women.

When you integrate prayer and chanting Sanskrit mantras with these disciplines, you increase your vibration and open new and greatly expanded frequencies.

When we open a higher level frequency, our opportunities, relationships, and lives improve.

Regardless of the modality, if we hold the intention of going deeper and deeper into the roots of our pain, we will release everything that restricts and ails us, availing us to a life filled with peace, bliss, and good health.

TYPES OF MEDITATION PRACTICES

Meditation is a practice that involves focusing your attention and quieting the mind to achieve a mentally clear and emotionally calm state. There are many different styles and types of meditation, each with their own unique benefits. Here are a few examples of popular meditation practices:



1. Mindfulness meditation: This type of meditation involves releasing the mind, focusing on the breath, and embracing the present moment without judgment. It can help to reduce stress, improve focus and concentration, and increase overall well-being.

2. Transcendental or Mantra meditation: This type of meditation involves the use of a Sanskrit mantra, Sutra, or sound to focus the mind and achieve a deep state of relaxation and connection to The Cosmos. It is said to help reduce stress, improve focus and concentration, increase feelings of inner peace, and help you feel directly connected with The divine.

3. Loving-kindness meditation: This type of meditation involves focusing on feelings of love and compassion towards oneself and others. It can help to increase feelings of empathy, compassion and inner peace. It will also help you find forgiveness for your Self and others amid times of turmoil and disruption.

4. Zen meditation (Zazen): This type of meditation is a central practice in Zen Buddhism and it involves sitting in a specific posture and focusing on the breath to achieve a state of inner stillness and clarity.

5. Yoga Nidra: This type of meditation is a form of guided relaxation and meditation that can be done in a seated or lying down position. It can help to reduce stress, improve sleep and increase self-awareness.

6. Vipassana: This type of meditation is a mindfulness-based practice that aims to help individuals gain insight into the true nature of reality. This can be done through self-observation and introspection.

7. MBSR (Mindfulness-Based Stress Reduction): This is an evidence-based program that includes different mindfulness practices.

7. I AM Meditation: Amma (Amma.org) is an enlightened master who has created this unique meditation, which will help you unfold into your purest and most healthy Self.

When we combine our devotional practices (loving God, Deity, or Guru) with our meditation practices, we greatly expand our heart and improve our vibrations beyond measure.

You are a beautiful, loving Being, born from a series of miracles. The more you feed that love back into Creation through devotional worship, the more iThe Divine will drench you in divine light, sound, and energy.

BUILD A HEALTHY, MINDFUL DAILY SCHEDULE

A healthy and mindful daily schedule is one that balances the different aspects of your life and allows you to prioritize Self-care, spiritual development, physical health, nutritional health, forgiveness, and overall well-being.

Here is an example of a daily schedule that incorporates mindfulness and healthy habits:

- 1. Wake up early:** Try to wake up at the same time each day, ideally early in the morning before 530AM, to start your day off on the right foot and with the highest vibration.
- 2. Prayer & Forgiveness:** Take a few minutes to breathe and release any negativity that might be resident from your dreams. See if you can feel forgiveness for your Self and others. Say a loving, hopeful prayer to refresh your mind and heart.
- 3. Morning activities:** Start your day with a morning activity that sets the tone for the day ahead. This could include meditation, chanting in Sanskrit, yoga, exercise, journaling, or reading.
- 4. Breakfast:** Eat a nutritious breakfast to fuel your body and mind for the day ahead. A little protein and a little carb go a long way. Refrain from sugar and caffeine as best you can. Green tea is better than coffee.

5. Work or study: Focus on your work or studies for a set period of time, without distractions. Take short breaks to connect with loved ones, breathe deeply, and walk outside every 90 minutes or so.

6. Lunch: Take a break for lunch and take the time to sit down and enjoy your food. If you can, eat with loving friends or out in the sunshine.

7. Afternoon activities: Engage in activities that you enjoy and that are good for you. This could include exercise, playfulness, laughing, socializing with loved ones, reading, or a hobby.

8. Dinner: Have a healthy dinner, try to eat at a consistent time. Eat slowly and in a relaxed fashion. Do not eat anything after 6pm.

9. Evening routine: Wind down in the evening with a relaxing routine. This could include reading, journaling, or meditation. Try to refrain from watching too much television, and if not, refrain from media that promotes negative messages and concepts. Find ways to be sweet to your Self and others. Nourish your mind, heart, and body before you go to bed so that your dreams will nourish you rather than deplete your energy and Being.

10. Sleep: Get a good night's sleep by setting a consistent bedtime and creating a relaxing, hygienic environment for sleep. If you are having a difficult time getting to sleep, have a little boiled warm milk with clove, cinnamon, and turmeric. To reach a deep state of sleep, you might meditate on your guru or deity, or chant a mantra that brings you peace.

Your schedule should be tailored to your own needs, health, and lifestyle.

- Start the day with positive feelings. Cry if you must.
- Eat a little less in the evenings than you would in the afternoon.
- Find time to breathe deeply.
- Feel gratitude often.
- Set boundaries with naysayers and oppressors.
- Do not fall into stress, negative thinking, or harsh patterns.
- Prioritize Self-care, peacefulness, and well-being.
- Try not to be too fanatical with your schedule. Be flexible.
- Encourage spontaneity, miracles, and fun - OFTEN.

BE GRATEFUL FOR EVERYTHING.

FORGIVE EVERYTHING.

MOVE ON WITH GRACE.

ENJOY SILENCE OFTEN.

A FEW OF THE MOST REMARKABLE AND POPULAR ENLIGHTENED MASTERS

The concept of enlightenment and who qualifies as an "enlightened master" can vary greatly depending on one's culture, religion, and personal beliefs. The concept of enlightenment and the qualifications for being considered an "enlightened master" are not universally agreed upon.

Enlightenment is the complete release of ego and identity toward the immergence into the eternal Self. Following and being devoted to an enlightened master can transform your life in ways that are wonderful, beautiful, profound, and unimaginable.

There are many spiritual masters throughout history who have been considered influential, transcendent, and holy. Souls like these help us release our egos, align with our purest natures and find enduring peace.

Here are some of the most remarkable souls to have lived and taught:

- **Amma (Mata Amritanandamayi):** At this writing, a profound and living Master, embedded in the Vedas and ancient Hindu teachings. Known as The Divine Mother and The Hugging Saint, Amma is one of the most advanced humanitarians and spiritual Avatars to have walked the Earth. She has hugged over 40 million times. Visit Amma.org to learn more.

- **Jesus Christ:** A central figure in Christianity, said to have sacrificed himself for humanity's sins. Jesus is considered to be a loving and profound spiritual master and the Son of God. He is the reason behind the Christian religion and encourages love and forgiveness in his Gospels, found in The Bible.
- **The Buddha:** The founder of Buddhism, the Buddha (also known as Siddhartha Gautama) is considered an enlightened master who taught the path of releasing all suffering toward liberation.
- **Mother Meera:** This loving soul is known to be the physical embodiment of The Divine Feminine. She was born in Southern India in 1960, and as of this writing, resides in the German countryside. She is best known for sharing the blessing of Darshan, a personal connection with her disciples.
- **Thich Nhat Hanh:** Famous for his peace, ethics, and mindfulness teachings. At 16 years old, Thich Nhat Hanh became a Buddhist monk in Vietnam. He forged a new path for Buddhism in which the religion could respond to the world's needs in a variety of political climates.
- **Lao Tzu:** A Chinese philosopher and the reputed author of the Tao Te Ching, one of the foundational texts of Taoism. Taoism is an ancient philosophy and ideology that instructs believers on how to exist in harmony with all aspects of The Universe.
- **Rumi:** A 13th-century Persian poet and Sufi mystic whose poetry has been widely translated into many of the world's languages and is considered one of the greatest spiritual masters in the Sufism tradition.

- **Sri Ramakrishna:** A 19th-century Indian mystic and yogi who is considered one of the most revered and influential spiritual leaders in history, having experienced spiritual ecstasies from an early age. He inspired millions by teaching about the oneness of existence and the unity of all religions.
- **Paramahansa Yogananda:** Indian yogi and guru who introduced millions of westerners to the teachings of meditation and Kriya Yoga through his book "Autobiography of a Yogi". He is a profound, Christ-like soul.
- **Mohammad ibn Abdullah:** Mohammad was a prophet who received the Quran from God as a revelation about the need to worship the one, true God, who will be the judge of all. He founded Islam.
- **Kuan Yin:** Kuan-shi Yin, which means "observing the world's cries," is the Buddhist goddess of compassion and mercy. She is often depicted with a thousand arms, representing her vow never to rest until all beings are freed from the cycle of reincarnation and suffering of this world.
- **Krishna:** In Hinduism, Krishna is credited as the creator of The Universe and incarnation of the Hindu god, Vishnu. Krishna is revered as playful and mischievous, the bringer of enlightenment, and punisher for bad deeds.
- **Anandamayi Ma:** Sri Ma Anandamayi is an embodiment of Divine Joy. Born in 1896, she was a mysteriously aloof yet warm soul that struck the hearts of all who encountered Her. Known as The Divine Mother, Her teachings include achieving a life full of simplicity, love, and good works.

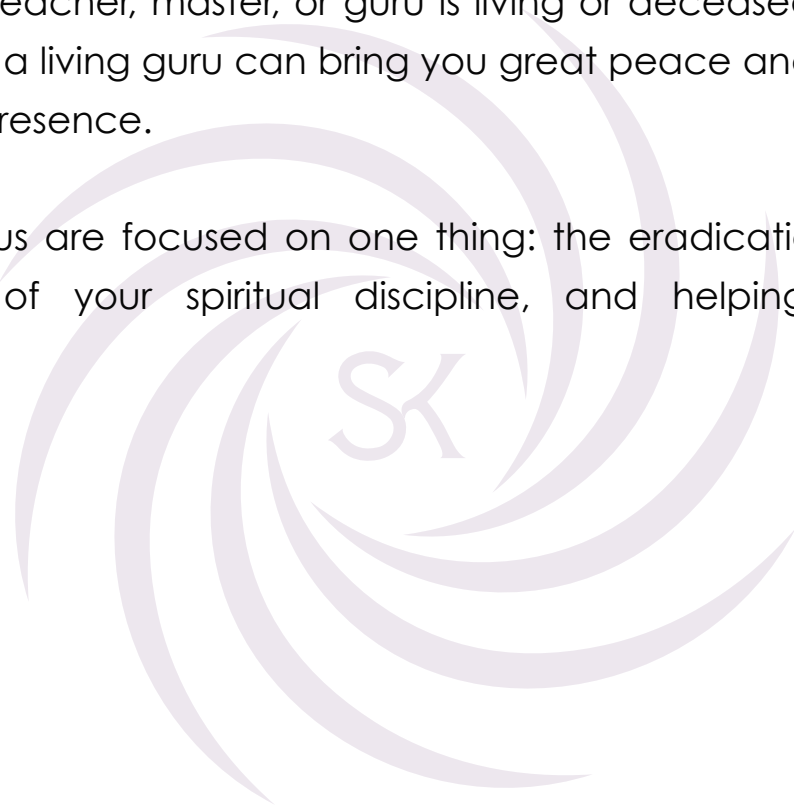
- **Babaji:** Babaji, reigning from the foothills of The Himalayas, claimed to be a manifestation of God. He did not need to be born into humanity through a woman. His message: Humanity was in trouble and it needed to rebuild society as a humanitarian refuge with their eyes focused on God. Babaji is thought to be available today, appearing to many weary travelers, living in abundance as an energetic form deep in The Himalayas. He is also known to appear in people's dreams and offer profound guidance.
- **Rumi:** Jalāl ad-Dīn Mohammad Rūmī is now known as one of the most wonderful and impactful poets to have ever graced the world with verse. Born in the 13th century, Rumi was a scholar, theologian, and poet. His influence now transcends time and language, spreading his message of infusing love throughout the world with its basis in Islam.
- **Guru Nanak:** Guru Nanak was the original (first) Sikh, the founder of the religion. Born in Talwandi in 1469, Guru Nanak refused to take on the faith handed down by his parents. Instead, he meditated and spoke with holy men in Hindu and Muslim traditions. Soon, he realized a new religion and began traveling to spread the good news. Many look to the Sikh Gurus for strength and inner stillness to remain steadfast during storms of change.
- **John of God:** St. John of God, who lived in the 1500s, also known as father to the poor, was a Portuguese soldier who later tended to the sick. He is now channeled by mystics for assistance with mental illness, poverty, death, and strength for health care workers.

- **Zhang Ying:** Master Zhang Ying realized her psychic abilities from an early age. While she was raised within the Buddhist faith, her powers and practices extend beyond the traditional understandings of Buddhism and Traditional Chinese Medicine. Throughout her life, she has been able to heal others through her ability to move chi, and diagnose physical and spiritual concerns in her patients.
- **Maharshi Ramana:** Ramana Maharshi, born in 1879, is an ascended master, avatar, liberated Being, and Hindu sage. To his devotees, he is Bhagavan Sri Ramana Maharshi who taught that the most advantageous path to liberation is self-inquiry. Remove ignorance and be devoted to The Divine. This will help you surrender fully to the Eternal Self, which is within you.
- **Zoroaster:** An ancient prophet in Persia who started the first historically acknowledged world religion between the 18th and 16th centuries BCE. He wrote the sacred book Zend Avesta in which he recounts a vision he had about the cosmic war being waged between the God of Light and the principle of evil.
- **Confucius:** Kong Zi profoundly influenced philosophy and religion throughout Asia by teaching about morality and justice. With great focus, he tapped into the very truth of The Universe and humanity's existence. He was the first to historically teach the concept of the Golden Rule, and about the cultivation of personal qualities such as benevolence, reciprocity, and piety. Confucius lead millions of followers to virtue.

These are just a few examples of the remarkable and lovely souls who birthed for the sole reason of serving humanity. There are many other spiritual masters throughout history who have been considered influential, popular, and profound.

Whether your teacher, master, or guru is living or deceased is immaterial, though having a living guru can bring you great peace and joy, simply by being in their presence.

Many true gurus are focused on one thing: the eradication of ego, the improvement of your spiritual discipline, and helping you forgive everything.



HOW SHANKARA CAN HELP

If you are intentional about your personal and spiritual development, engage Shankara often. Your Shankara sessions will answer your questions and help you see your Self and your conditions more clearly. As you process every card, stone, element, creature, word, and number, Shankara will teach you to allow your emotions to arise and dissolve so that you can become free.

Seek like-minded, loving souls who are committed to The Dharma, living co-interdependently without judgment, and in service to the truth.

See everything for what it is, not what you wish it to be.

Stay focused on your spiritual growth and be intentional toward fulfilling your expansion.

Release your ego often.

The Divine and your eternal Self are present to your unfolding, holding you and the space around you with love, light, and might.

You are an eternal Being who may liberate in any moment.

With love,

Shri Krishna

ShriKrishna.com

ABOUT AUTHOR

Shri Krishna is the creator of The Shankara Experience and several unique and uplifting processes that can help you release the past and embrace your true nature. He is a loving spiritual master, teacher, personal guide, clairvoyant, empath, and mystic.

Shri Krishna has served thousands of earnest seekers by providing profound answers to their challenges and actionable guidance toward their Self-mastery. He helps spiritually-minded souls connect with their vast, expanded inner Selves so they can navigate any situation, transcend any circumstance, and liberate in every moment.

Shri Krishna's mission is to help others source their boundless creativity and joy, embody virtue, heal the depths of their Beings, find the most resounding clarity, and master their lives. He created the divine portal Shankara as a living, relatable oracle to help humanity build inner pathways to The Unlimited, All-Knowing, All-Conscious Universe.

Visit **ShriKrishna.com** to connect and learn more.

DEAR SOUL, HOW FAR YOU HAVE COME!

*Allow your devotion to deepen
Seek the core of your Being
Do not fear The Deepening
Allow new truths to emerge
Stay out of blame
Seek to improve your perspective
Place ownership on your Self
Own all of it so you can release it
If you do not command it, then who will?
You are moments away from liberation
Seek your depths and roots
Unshackle them all to be free
You are beautiful
You are loved for all time*