

THE MINDFUL ELEMENTS



In this Packet, you will receive:

- INFORMATION ON HOW TO MAINTAIN HABITS FOR SELF-AWARENESS BASED AROUND THE FIVE ELEMENTS.
- HOW TO LABEL OUR EMOTIONS TO BECOME EMOTIONALLY INTELLIGENT.
- CREATE HABITS FOR BETTER FOCUS AND DISCIPLINE.
- LEARN HOW TO CREATE A RITUAL TO FOLLOW EACH DAY



"Confidence is Simply Being Present"

THE SELF AWARENESS TOOLS

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- A white dove with its wings spread, holding an olive branch in its beak. Overlaid on the dove is a geometric diagram consisting of a large triangle with a circle inside it, and various lines and points connecting the vertices and the circle. The diagram is colored in shades of green, blue, and red.
1. BREATH - AIR - WEEK 1
 2. VOCABULARY / SPEECH - EARTH - WEEK 2
 3. POSTURE - EARTH - WEEK 2
 4. DRISHTI POINT / TRATAKA - FIRE - WEEK 3
 5. KECHARI MUDRA - FIRE - WEEK 3
 6. REALITY CHECKS - WATER - WEEK 4
 7. SUBCONSCIOUS PROGRAMMING - WATER - WEEK 4
 8. SENSING THE BODY - SPIRIT - WEEK 5

I _____ DECLARE AND VOW TO MYSELF TO
COMPLETE THE ASSIGNED TASKS, AND TO ALLOW MYSELF TO
BE PUSHED IN AREAS OF MY LIFE I HAVE PREVIOUS RAN
FROM. I WILL NO LONGER MAKE EXCUSES FOR MYSELF.



BREATH – AIR - WEEK 1

THIS WEEK IS TO ALIGN YOU TO ELEMENT OF AIR.

OUR FIRST TOOL OF AWARENESS IS OUR BREATH.

IT IS THE MOST IMPORTANT TOOL IN OUR TOOL BOX BECAUSE IT IS
ALWAYS ACCESSIBLE TO US.

IN EVERY MOMENT WE HAVE THE
CHOICE TO FOCUS IN ON OUR BREATH.

PLEASE USE THE WORKSHEET

TO TRAIN YOURSELF EVERY HOUR FOR THE
NEXT 7 DAYS TO FOCUS ON YOUR BREATH.

THINGS TO TAKE NOTE OF:

NOTICE WHEN YOU MAKE AN EXCUSE TO DISCONTINUE THE PRACTICE.
NOTICE WHEN YOU SAY YOU WILL JUST CATCH UP TOMORROW.
NOTICE WHEN YOU FORGET.
NOTICE WHEN YOU RATIONALIZE THAT YOU ALREADY KNOW IT.
NOTICE WHEN YOU JUSTIFY THAT YOU WERE TOO TIRED.



YOU WILL BE ASKED TO BE HONEST AND HELD ACCOUNTABLE FOR THIS TOOL. IF YOU MISS AN HOUR OR A DAY, WE WILL EXPLORE THE RATIONALIZATION TO SEE IF IT IS TRULY JUSTIFIED.

THE RULES FOR THIS EXERCISE ARE THE FOLLOWING:

1. EVERY HOUR YOU ARE AWAKE FOCUS YOUR ATTENTION ON YOUR BREATH FOR AT LEAST 1 MINUTE.
2. DURING THIS MINUTE NOTICE WHERE YOUR MIND WAS BEFORE YOU FOCUSED BACK ONTO YOUR BREATH.
3. YOU CAN PERFORM THE DMT BREATH DURING THIS MINUTE WHICH IS INHALE NOSE, EXHALE NOSE, INHALE NOSE, EXHALE MOUTH, INHALE MOUTH, EXHALE MOUTH.
4. ONCE COMPLETE, WRITE DOWN THE EXACT TIME TO TAKE NOTE OF WHEN IT WAS COMPLETED.
5. AS AN ADDED EXERCISE IF YOU WISH TO CREATE THE TIME, SET 20MINUTES ASIDE EACH DAY UNTIL NEXT WEEK AND DEDICATE THIS TIME TOWARDS THE "DMT" BREATH I INSTRUCTED IN #3.

FOR MORE INFORMATION ON THIS BREATH VISIT MY YOUTUBE CHANNEL: <https://www.youtube.com/watch?v=B-q29mpG1t8>



BREATH WORKSHEET

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>5AM</u>							
<u>6AM</u>							
<u>7AM</u>							
<u>8AM</u>							
<u>9AM</u>							
<u>10AM</u>							
<u>11AM</u>							
<u>12PM</u>							
<u>1PM</u>							
<u>2PM</u>							
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<u>11PM</u>							
<u>12AM</u>							
<u>1AM</u>							
<u>2AM</u>							
<u>3AM</u>							
<u>4AM</u>							



VOCABULARY / SPEECH –EARTH– WEEK 2

THE NEXT TOOL OF SELF-AWARENESS IS OUR USE OF WORDS AND POSTURE.

WORDS ARE OUR ABILITY TO CAST SPELLS INTO THIS REALITY, TO SOLIDIFY BELIEFS AND PROGRAM THE WATERS WE CARRY WITHIN THESE VESSELS.

BASED ON THE SCIENTIFIC STUDIES CONDUCTED BY DR. MASARU EMOTO WE KNOW WATER CAN BE PROGRAMMED. WHAT IS AN AFFIRMATION BUT A SET OF VIBRATION AND STRUCTURE TO COMMAND AND PROGRAM THE WATERS WITHIN YOUR OWN BODY.

IF YOU ARE NOT MINDFUL OF THE WORDS YOU USE ON A DAILY BASIS YOU WILL CONTINUE TO LIMIT YOUR REALITY CREATION BASED ON YOUR OWN UPBRINGING. THIS IS WHY THANKS TO THE LIGHT BEINGS COMMUNITY. I HAVE DISCOVERED FOUR PIVOTAL WORDS TO TAKE OUT OF YOUR VOCABULARY.

THE WORDS ARE AS FOLLOWS:

TRY – TO TRY IS TO AUTOMATICALLY GIVE YOU AN EXCUSE TO PROCRASTINATE OR PASS SOMETHING OFF.

CAN'T – IS AN IMMEDIATE DENIAL OF POSSIBILITY WITHOUT FIRST EXPLORING YOUR MIND AND BODY IN CONJUNCTION TOWARDS THAT SAID GOAL.

SHOULD – IS NEGATING THE CURRENT EXPERIENCE YOU ARE HAVING BY WANTING IT TO BE SOMETHING DIFFERENT, APPLYING A FILTER OF EXPECTATIONS ON AN OUTCOME AND THE COMPLETE DISALLOWANCE OF THE LESSON PRESENTED.

NEED– IS THE ASSUMPTION THAT YOU MUST HAVE THIS SAID THING, PERSON OR OBJECT IN ORDER TO FULFILL YOUR DESIRES AND WANTS TO BE COMPLETE.



IN THE FOLLOWING PAGES YOU WILL BE GIFTED A WORKSHEET TO KEEP TRACK OF ALL THE TIMES YOU SAY THESE FOUR WORDS. THIS IS TO BEGIN TO SOLIDIFY THE TOOL OF OUR WORDS.

THE RULES:

1. USE THE WORKSHEET PROVIDED TO WRITE DOWN THE NUMBER OF TIMES YOU SAY EACH WORD.

2. EACH TIME A WORD IS SAID YOU MUST SAVE \$1 AND PLACE IT INTO A JAR.

WHY? WITHOUT PENALTY THERE IS NO RISK VS REWARD SYSTEM IN PLACE AND THE MIND WILL CONTINUE TO RATIONALIZE A BEHAVIOR IT HAS BEEN USING SINCE IT WAS FIRST INTRODUCED TO THESE WORDS.

THE USE OF THIS JAR WILL BE DISCUSSED AT A LATER DATE.

WHAT YOU MAY NOTICE ON VOCABULARY:

AS YOU BEGIN THIS PRACTICE IT MAY BE DIFFICULT TO CATCH YOURSELF SAYING THESE WORDS. SO I SUGGEST WRITING THEM DOWN ON POST IT NOTES AND LEAVING THEM IN RANDOM AREAS OF YOUR HOUSE.

YOU MAY NOTICE HOW YOU HAVE LIMITED YOUR CREATIONS BECAUSE OF THESE WORDS.

YOU MAY NOTICE HOW OTHERS AROUND YOU USE THESE WORDS AS A MEANS TO GET OUT OF SITUATIONS THEY FEEL THEY HAVE NO POWER OVER.

YOU MAY NOTICE AS YOU BEGIN TO CHANGE YOUR VOCABULARY YOU WILL BEGIN TO SHIFT YOUR REALITY INTO A MORE PROGRESSIVE AND POSITIVE MANNER.



POSTURE – EARTH - WEEK 2

THIS WEEK IS TO ALIGN YOU TO THE ELEMENT OF EARTH.

WHEN WE ARE PRESENT WITH OUR POSTURE AND AT ALL TIMES KEEP OUR AWARENESS ON CORRECTING THIS POSTURE, WE ARE THEN THE MASTER'S OF THE EXPERIENCE.

IT TAKES A LEVEL OF AWARENESS TO KEEP YOUR POSTURE UPRIGHT. YOU MUST MENTALLY TELL YOUR BACK TO STRAIGHTEN AND THE PROCESS OF THIS ACTION ALLOWS YOU TO BE PRESENT IN THE WAY THE BODY IS BEING POSITIONED, THE WAY YOUR HANDS FLOW WHEN YOU SPEAK, AND THE POSITIONING OF YOUR FEET WHEN YOU WALK.

DURING THIS WEEK 2 YOU ARE ASKED TO UTILIZE THE CHARTS PROVIDED AND TAKE NOTE OF WHEN YOU CORRECT YOUR POSTURE AND YOUR VOCABULARY IN A MORE PROGRESSIVE MANNER.

WHAT YOU MAY NOTICE ON POSTURE:

AS THE DAY PROGRESSES WHEN YOU CORRECT YOUR POSTURE, YOU MAY BEGIN TO JUDGE YOURSELF AND COMPARE YOURSELF TO OTHERS. THIS IS DUE TO THE EGO NOT WANTING TO BE SEEN OR NOTICED. THE MIND WILL BEGIN TO RATIONALIZE THAT YOU DON'T HAVE TO FIX YOUR POSTURE AND THAT IT IS ALREADY FINE.

YOU MAY NOTICE THAT PEOPLE ARE TYPICALLY HUNCHED OVER IN A SUBMISSIVE MANNER.



VOCABULARY WORKSHEET

REMOVE WORDS: **TRY - CAN'T - SHOULD - NEED**

WRITE DOWN THE NUMBER OF TIMES YOU HAVE SAID THESE WORDS.
HAVE A JAR FOR EVERY TIME YOU SAY THESE WORDS TO DONATE \$1 TO IT.

THIS IS SO WE CAN REFLECT ONCE WE MEET THE NEXT WEEK.

USE SMALL LINES LIKE THIS FOR EACH TIME | | | | A WORD IS SAID.

WORD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRY							
CAN'T							
SHOULD							
NEED							

POSTURE WORKSHEET

DO A CHECK IN ON YOUR POSTURE 3 TIMES A DAY.

SPLIT THE CHECK INS EVERY 2 TO 3 HOURS.

WRITE DOWN A CHECK MARK FOR EACH CHECK IN YOU DO.

WE WILL REVIEW THE FOLLOWING WEEK TO

FIND OUT IF THERE WAS HESITATION.

POSTURE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 ST ✓							
2 ND ✓							
3 RD ✓							



DRISHTI POINT / TRATAKA

– FIRE – WEEK 3

THIS WEEK IS TO ALIGN YOU TO THE ELEMENT OF FIRE.

IF YOU REFLECT UPON ANY PROJECT YOU HAVE EVER COMPLETED, ANY TASK YOU HAVE COMPLETED, ANY GOAL YOU HAVE SET, YOU MAY NOTICE THAT THERE HAS ALWAYS BEEN A COMMON FACTOR.

THIS FACTOR IS YOUR POINT OF FOCUS, WHAT IT WAS YOU WERE AIMING FOR. YOU ARE PAINTING THE TARGET RED SO YOU KNOW WHEN YOU MISS AND KNOW WHEN YOU HIT THE TARGET.

THIS FOCAL POINT IN YOGA IS KNOWN AS A DRISHTI POINT, WE USE THESE FOCAL POINTS TO AIM OUR AWARENESS AT, WHICH IS OUR ARROW, AND AT THE OTHER END OF THE ARROW OR THE AWARENESS IS THE EXPERIENCE YOU WISH TO HAVE AND RECEIVE.

BY KEEPING THIS DRISHTI POINT IN ALL THAT YOU DO, IF DISTRACTIONS COME THEY WILL PASS BY BECAUSE YOU KNOW WHERE YOU WANT TO GO. THIS IS WHY IT IS VITAL TO IMPROVE OUR WILL POWER AND OUR ABILITY TO COMMAND OUR ATTENTION IN ANY GIVEN SITUATION.

WITH PRACTICES SUCH AS SUNGAZING AND TRATAKA WE CAN DEVELOP THIS WILL POWER TO PUSH PAST BOUNDARIES AND LIMITATIONS WE HAVE PREVIOUSLY UNCOVERED BY USE OF OUR VOCABULARY AND OUR ACTIONS.

WHAT IS TRATAKA? TRATAKA IS CANDLE GAZING, HOWEVER WITH A TWIST, IN THIS GAZING OF THE CANDLE YOU ARE DOING MORE THAN JUST MINDLESSLY LOOKING AT AN OPEN FLAME. YOU ARE BUILDING YOUR INNER FLAME, AND



GENERATING WILL POWER. THIS IS ALSO GOING TO TEACH YOU WHERE TO FOCUS YOUR ATTENTION DURING MEDITATION WHEN THE EYES ARE CLOSED.

THE PRACTICE: TRATAKA

THIS WEEK YOUR ASSIGNMENT IS TO EVERY NIGHT BEFORE BED DEDICATE 15 MINUTES TOWARDS CANDLE GAZING FOR THE NEXT SEVEN DAYS.

THE PROCESS:

1. SET YOUR INTENTION TO BE RELEASING AND PURGING OF OLD THOUGHTS AND PATTERNS.
2. ENSURE ALL OTHER LIGHTS IN THE ROOM ARE OFF.
3. SET A TIMER FOR 10 MINUTES.
4. AS YOU STARE INTO THE FLAME ALLOW THE FLAME TO BURN AWAY THE THOUGHTS THAT NO LONGER SERVE YOU.
5. LOOK AT THE OUTER EDGES OF THE FLAME AND KEEP YOUR GAZE ON IT.
6. DO YOUR BEST TO NOT ALLOW MUCH BLINKING AS THE TEARS IN YOUR EYES WILL PROPERLY LUBRICATE THE EYES AS YOU PROGRESS.
7. ONCE THE TIMER RUNS OUT, TURN IT OFF AND QUICKLY CLOSE THE EYES.
8. PAY ATTENTION TO THE COLORS, AND SHAPE OF THE OUTLINE OF THE FLAME. DO YOUR BEST TO KEEP IT ALIVE IN THE MIND AND NOTICE HOW YOU NOW HAVE A POINT OF REFERENCE AS TO WHERE TO KEEP YOUR ATTENTION DURING MEDITATION.
9. STAY WITH THE EYES CLOSED UNTIL THE OUTLINE OF THE FLAME IS GONE AND THE COLORS ARE GONE.
10. LOG YOUR TIME ON THE WORKSHEET ONCE COMPLETED.



WHAT YOU MAY NOTICE ON TRATAKA:

YOU MAY NOTICE HOW THE EYES WANT TO ADJUST AND CORRECT ITSELF THE FURTHER YOU GO INTO THIS MEDITATION.

YOU MAY NOTICE AS YOU DIVE DEEPER INTO THE PRACTICE EVERYTHING AROUND THE FLAME WILL BEGIN TO DISAPPEAR.

YOU MAY NOTICE THERE WILL BE A CORD OF LIGHT EXTENDING FROM THE CANDLE FLAME WANTING TO CONNECT TO YOUR HEART THE MORE OPEN AND ALLOWING YOU ARE.

YOU MAY NOTICE HOW THOUGHTS BEGIN TO FADE AS EACH ONE COMES AND YOUR FOCUS IS ON THE FLAME, IT EXTINGUISHES AND ABSORBS THOSE THOUGHTS INTO THE LIGHT TO BE TRANSMUTED.

ONCE THE EYES ARE CLOSED YOU MAY NOTICE SHAPES, COLORS, AND FACES. YOU MAY NOTICE THERE IS A TYPE OF VORTEX CREATED BEHIND THE EYES AND IF YOU ALLOW YOURSELF TO EXPLORE IT YOU CAN TRAVEL TO DIFFERENT SCENES AND EXPERIENCES.

TRATAKA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15 MINUTES							



KECHARI MUDRA – FIRE - WEEK 3

WHAT IS KECHARI MUDRA?

IN YOGA THEY CALL IT THE “KING OF ALL MUDRAS” WHERE YOU UTILIZE YOUR TONGUE IN CERTAIN POSITIONS IN ORDER TO HASTEN DEEP SPIRITUAL STATES OF CONSCIOUSNESS.

WHY IS IT CONSIDERED THE KING OF ALL MUDRAS?

WELL IT IS BECAUSE IT IS A PRACTICE DISCOVERED MANY HUNDREDS OF YEARS AGO. KECHARI TRANSLATES TO “TO FLY THROUGH INNER SPACE”. WHEN DONE CORRECTLY YOU FEEL A DEEP SENSE OF PEACE, CLARITY AND FOCUS. YOUR APPETITE OR HUNGER OF FOOD GOES AWAY DURING THE PRACTICE. THE ULTIMATE GOAL IS TO EXCRETE A LIQUID KNOWN AS “AMRIT” WHICH IS A SWEET TASTING LIQUID THAT IS RELEASED FROM THE PINEAL GLAND DOWN THROUGH THE SINUS PASSAGE AND CAN BE COLLECTED WITH THE TONGUE WHEN PERFORMING THIS TONGUE LOCK.

SOME OF YOU MAY HAVE ALREADY UNKNOWINGLY PERFORMED THIS MUDRA WHEN IN MEDITATION, WHEN DOING PHYSICAL YOGA, WHEN WAKING UP EARLY IN THE MORNING, OR WHEN YOU ARE IN DEEP THOUGHT.



THERE ARE 4 PRIMARY STAGES OF KECHARI MUDRA.

1. STAGE ONE IS UTILIZING THE TIP OF THE TONGUE AND TOUCHING THE HARD PALETTE ON THE ROOF OF YOUR MOUTH. ONCE DONE, YOU MASSAGE THE ROOF OF THE MOUTH WITH A BACK AND FORTH MOTION TO STIMULATE THE PINEAL GLAND.
2. STAGE TWO IS MOVING THE TIP OF THE TONGUE TO THE SOFT PALETTE, BEYOND THE HARD PALETTE OF THE MOUTH AND STIMULATING THIS REGION USING THE SAME MOVEMENTS.
3. STAGE THREE IS TYPICALLY WHERE INDIVIDUALS STOP BECAUSE THEY BECOME DISCOURAGED OF THEIR ELASTICITY OF THE TONGUE AND NEVER MOVE TOWARDS IT. STAGE THREE INVOLVES MOVING THE ENTIRE TONGUE PAST THE UVULA AND UP INTO THE TOP OF THE ROOF OF THE MOUTH. THIS TAKES LEVELS OF DEDICATION AND TONGUE FLEXIBILITY TO ACHIEVE. THIS IS WHY IT IS KNOWN AS TONGUE YOGA, IN ORDER FOR THIS TO OCCUR YOU MUST GO TO STAGE TWO AND ONCE YOU FEEL THE STRETCHING OF THE TONGUE APPLY PRESSURE WITH YOUR FINGER TO PUSH FURTHER BACK. DOING THIS OVER A PERIOD OF MONTHS WILL ALLOW THE TONGUE TO THEN MOVE BEYOND THE UVULA AND INTO THAT NEXT PASSAGE. ONCE IN STAGE THREE YOU LEAVE THE TONGUE BACK THEIR WHILE STIMULATING THE SOFT MEMBRANES ABOVE AND GETTING TO KNOW THE AREA AS THIS IS AN UNEXPLORED AREA OF YOUR BODY AND MAY REQUIRE GETTING USED TO.



4. STAGE FOUR INVOLVES STRETCHING THE TONGUE EVEN FURTHER AND MOVING IT TO THE NASAL PASSAGE AND PLACING IT INTO ONE OF THE OPENINGS TO STIMULATE THE GLANDS AND ABSORB THE AMRIT DIRECTLY FROM THE SOURCE.

HOW WILL YOU KNOW WHEN THIS IS DONE CORRECTLY?

YOU WILL TASTE A PORTION OF YOUR SALIVA TO BE MUCH DIFFERENT THAN THE REST; IT MAY TASTE LIKE METAL, OR LIKE SWEET CANDY. THE TEXTURE MAY FEEL DIFFERENTLY AS WELL AND IT MAY SEEM LIKE A LINING HOVERING ABOVE THE SALIVA. THE SENSATIONS YOU WILL FEEL, WILL GIVE THAT OF PEACE AND CALMING SENSATIONS.

WHAT YOU MAY NOTICE ON KECHARI MUDRA:

YOU MAY NOTICE AS YOU PROGRESS ON KECHARI MUDRA YOU WILL BEGIN TO UTILIZE IT DURING YOUR NORMAL AND DAILY MEDITATION PRACTICES.

YOU MAY NOTICE THE ROOF OF YOUR MOUTH BECOMES "ITCHY" MORE OFTEN BECAUSE IT IS A SENSATION AS AN INDICATOR TO BEGIN APPLYING THE MUDRA TO STIMULATE YOUR PINEAL GLAND.

YOU MAY NOTICE WHEN YOU ARE IN SITUATIONS OR EXPERIENCES YOU WILL USE KECHARI MUDRA TO REGAIN YOUR AWARENESS OF SELF.

EACH DAY UNTIL NEXT WEEK PERFORM
KECHARI MUDRA FOR 1 MINUTE

KECHARI	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 ST ✓							



REALITY CHECKS – WATER - WEEK 4

THIS WEEK IS TO ALIGN YOU TO THE ELEMENT OF WATER.

WHAT IS A REALITY CHECK? IT IS A SERIES OF CHECK IN'S WITH YOURSELF THAT CAN RANGE FROM QUESTIONING, GESTURES, TOUCHING A BODY PART, OR WRITING SOMETHING DOWN TO CHECK IF THIS IS A DREAM OR YOUR PRIMARY REALITY.

I SAY A PRIMARY REALITY BECAUSE THIS, THAT WE ARE EXPERIENCING IS TOO A DREAM. HOWEVER BECAUSE OF THE AMOUNT OF TIME WE HAVE INVESTED INTO THIS DREAM, IT IS "REAL" TO US.

CREATING REALITY CHECKS ALLOWS YOU TO BEGIN CREATING HABITS AND CHECK INS TO BE PRESENT IN ANY SITUATION. BECAUSE OF THE CONSISTENCY OF THESE CHECK INS, THEY THEN BEGIN TO SEEP INTO OUR SUB-CONSCIOUS AND WE WILL THEN PERFORM THESE SAME CHECK INS WHEN WE ARE IN OUR DREAM STATES.

WHAT HAPPENS WHEN THIS OCCURS? WELL WE CREATE WHAT IS KNOWN AS A LUCID DREAM, A DREAM IN WHICH YOU KNOW YOU ARE DREAMING AND HAVE CONTROL OF WHAT YOU GET TO DO IN THIS DREAM.

PERFORM 3 REALITY CHECK INS EVERY DAY WITH A 2-3 HOUR INTERVAL.



YOU HAVE THE FOLLOWING OPTIONS TO
USE TO PERFORM YOUR REALITY CHECKS:

QUESTIONS - ASK YOUR SELF -

“ AM I DREAMING RIGHT NOW? “

“ IS THIS A DREAM ? “

GESTURING – MOVE THE BODY IN CERTAIN WAYS

YOU CAN POKE THE TIP OF YOUR NOSE

YOU CAN DO A YOGA MUDRA OF YOUR CHOICE

WRITING – SOLIDIFY BELIEFS WITH POST IT NOTES

DURING THESE REALITY CHECKS YOU CAN WRITE DOWN A QUESTION
WRITE DOWN THINGS YOU WOULD WANT TO BE TOLD TO YOU WHEN YOU
ARE IN A STORY OF THE MIND TO READ.

PLACE THESE POST IT NOTES THROUGHOUT RANDOM PLACES OF THE
HOUSE FOR WHEN YOU ARE IN DEEP EMOTIONS YOUR EYES WILL BE
GUIDED TO THESE POST IT NOTES TO ASK YOURSELF A QUESTION.

REALTY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
✓							
1 ST ✓							
2 ND ✓							
3 RD ✓							



SUBCONSCIOUS PROGRAMMING

— WATER - WEEK 4

HOW CAN WE PROGRAM OUR SUBCONSCIOUS?

I HAVE DISCOVERED THREE WAYS, THE FIRST WHICH WAS DISCUSSED IN THE PREVIOUS SECTION REGARDING QUESTIONING OF OUR REALITY.

THE SECOND BEING AFFIRMATIONS TO SOLIDIFY BELIEFS.

THE THIRD UTILIZING WATER AS A MEDIUM TO SOLIDIFY BELIEFS. WHICH WILL BE DISCUSSED IN THE RITUAL DOCUMENTATION.

AFFIRMATIONS ARE ONE OF THE MOST IMPORTANT FRAMEWORKS TO USE IN OUR REALITY CREATION. LET'S TALK ABOUT WHY THAT IS, DID YOU KNOW THAT YOU CAN PROGRAM WATER USING MUSIC, LABELS ON A CONTAINER, AND IMAGES?

TAKE THIS PRINCIPLE AND NOW UNDERSTAND THAT YOU ARE A CONTAINER OF WATER. YOU HOLD WITHIN YOU 70 TO 80 % WATER!

WHEN YOU SPEAK WORDS TO YOURSELF OUT LOUD OR IN YOUR MIND, YOU ARE PROGRAMMING THE WATER IN YOUR BODY TO RECIPROCATATE THE SAME EMOTION AND INTENTION BEHIND THE WORDS YOU ARE SPEAKING.

FOR EXAMPLE: IF YOU CONSTANTLY TELL YOUR SELF

"NO ONE LOVES ME, I AM NOT APPRECIATED, NO ONE VALUES ME,
NO ONE SEES ME, I AM USELESS, I AM A VICTIM,
I AM POWERLESS TO THIS, TO THAT."

WHAT YOU ARE DOING IS TELLING YOUR WATER TO RETAIN THAT DATA SO THAT IT CAN SOLIDIFY INTO A BELIEF.



WATER IS A LIQUID CRYSTAL, IT IS A CRYSTALLINE FORMATION WHICH MEANS BECAUSE OF THIS FORMATION OF ATOMS IT FORMS THE SACRED GEOMETRY IN YOUR BODY. IT HAS THE ABILITY TO RETAIN INFORMATION.

WE CAN CIRCUMVENT THESE BELIEF STRUCTURES BY CREATING NEW AFFIRMATIONS THAT EMPOWER US SO THAT WE CAN BEGIN TO EMBODY IT WITHIN OUR WATER IN OUR OWN BODY.

WITH THIS, WE WILL CREATE A POWER STATEMENT
(A PRACTICE DISCOVERED WITHIN THE LIGHT BEINGS COMMUNITY)

WHAT IS A POWER STATEMENT?

IT IS A STRUCTURED SENTENCE THAT IS COMPRISED OF:

I AM -

TO DEDICATE THE SENTENCE TO SELF

THE WATER MAGISTER -

THE IDENTITY YOU WISH TO EMBODY IN PLACE OF YOUR CURRENT ONE.

WISE, DEDICATED, HUMBLE, STRONG,

COMPASSIONATE, ABUNDANT, INSIGHTFUL -

CHOOSING 6 TO 10 POSITIVE ADJECTIVES THAT EMPOWER THE VERSION OF YOU, YOU WISH TO EMBODY.

AND I TRAVEL THE WORLD WHILE MAKING MONEY. -

AN ACTION THAT YOU WISH TO DEDICATE TOWARDS ONCE YOU ARE IN FULL EMBODIMENT OF THE IDENTITY.

WRITE YOUR POWER STATEMENT BELOW AND SAY IT EVERY MORNING!

POWER STATEMENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 ST ✓							



SENSING THE BODY – SPIRIT - WEEK 5

THIS WEEK IS TO ALIGN YOU TO THE ELEMENT OF SPIRIT.

WHEN OUR BODY IS STAGNANT, WE ARE STAGNANT.

WHAT DOES IT MEAN TO BE STAGNANT?

IT MEANS TO NOT MOVE THE BODY, DANCE, OR DO SOME FORM OF EXERCISE.

THE BODY IS A DIRECT REPRESENTATION OF WHAT WE ARE IN THE EXTERNAL FORM. IN HERMETICISM IT STATES "AS ABOVE, SO BELOW". THIS CAN BE INTERPRETED IN MANY DIFFERENT WAYS. IF THE BODY IS FLEXIBLE, THE MIND IS FLEXIBLE AND OPEN, IF THE BODY IS FLOWING AND MOVING, THE THOUGHTS AND EMOTIONS CAN FLOW AND MOVE. WE CAN DIRECTLY AFFECT OUR THOUGHTS AND PROGRAMMING BY CHANGING AN ASPECT OF OUR DAILY HABITS WITH A SIMPLE MOVEMENT OF THE BODY.

THE BEST TIME TO MEDITATE IS ONCE YOU HAVE DONE SOME SORT OF BODY MOVEMENT FOR AN EXTENDED PERIOD OF TIME. IN YOGA IT IS CALLED SAVASANA, CORPSE POSE. THE POSTURE OF SURRENDER TO ALL THAT IS AROUND US, SO THAT WE MAY BE REBORN INTO THE NEXT VERSION OF OURSELVES. BUT TO ATTAIN THIS POSTURE WE MUST EXPRESS OURSELVES IN FORM OF MOVEMENT.



FOR THESE NEXT 7 DAYS YOU ARE TASKED WITH MOVING THE BODY FOR A PERIOD OF 10 MINUTES IN ANY WAY YOU SEE FIT. BUT IT MUST BE CONTINUOUS MOVEMENT. ONCE THE MOVEMENT IS DONE SIT DOWN WITH AN UPRIGHT POSTURE AND CLOSE THE EYES AND FOCUS INWARD IN THE DIRECTION OF WHERE TRATAKA SHOWED YOU FOR FIVE ADDITIONAL MINUTES.

WHAT YOU MAY NOTICE ON BODY MOVEMENT:

YOU MAY NOTICE THE EXCUSES AND RATIONALIZATIONS THE MIND WANTS TO CREATE TO PREVENT YOU FROM ACCESSING DEEPER STATES OF CONSCIOUSNESS.

YOU MAY NOTICE DURING THE PRACTICE THE MIND MAY WANT YOU TO GIVE UP AND RATIONALIZE YOU HAVE DONE ENOUGH.

YOU MAY NOTICE HOW AT PEACE YOU BECOME ONCE YOU SIT FOR THOSE 5 MINUTES AND FOCUS INWARDS ON THE FOREHEAD.

BODY MOVEMENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10MINUTES A DAY & 5MINUTE MEDI							



HOW TO LABEL OUR EMOTIONS TO BECOME EMOTIONALLY INTELLIGENT

WHAT ARE EMOTIONS? EMOTIONS ARE OUR MECHANISM AND FRAMEWORK THAT ALLOWS US TO PEER INTO WHAT ASPECTS OF OUR BEING WE GET TO EXPLORE.

THEY ARE OUR INTERNAL COMPASS THAT ALLOWS US TO PROCESS THE INFORMATION WE ARE RECEIVING FROM THE OUTSIDE WORLD, WHICH IN TURN ALLOWS US THE CHOICE TO PROCEED OR DISCONTINUE AN EXPERIENCE.

WHAT IS EMOTIONAL INTELLIGENCE? IT IS THE ABILITY AND SKILL TO FEEL AN EMOTION WITHOUT PREVENTING THE FLOW OF ENERGY THAT SURGES BEHIND IT. KNOWING THE EMOTION WILL NOT TAKE OVER YOU AND YOU WILL NOT LOSE CONTROL OVER YOUR EXPERIENCE.

BASED ON THE STUDIES OF KEVIN WALTON FROM THE LIGHT BEINGS COMMUNITY,
THERE ARE 6 BASE EMOTIONS AND MATURE FORMS OF THESE EMOTIONS.

GATEWAY EMOTION - MATURE FORM

1. SADNESS -> GRATITUDE
2. ANGER -> WILLPOWER
3. FEAR -> CONFIDENCE
4. JOY -> PEACE
5. SURPRISE -> WONDER
6. GUILT -> LOVE

USING THE TOOLS OF AWARENESS YOU CAN THEN CATCH YOURSELF WHEN YOU ARE FEELING THESE EMOTIONS, IN ORDER TO TRANSMUTE THEM INTO THEIR MATURE FORM. THERE ARE MANY WAYS TO TRANSMUTE AN EMOTION.



PRACTICES TO TRANSMUTE THE EMOTION

PRACTICE #1

MIRROR WORK – WHAT IS MIRROR WORK? IT IS ESSENTIALLY MIRROR SCRYING BUT DEDICATING THE ENTIRE PRACTICE TOWARDS SELF-LOVE.

THIS IS DONE BY FIRST CATCHING THE EMOTION YOU ARE FEELING AND LABELING IT. ONCE LABELED YOU WOULD SET A TIMER FOR 10MINUTES AND LOOK INTO YOUR OWN EYES AND THE VERSION OF YOURSELF YOU ARE LOOKING AT IN THE MIRROR IS THE PHYSICAL REPRESENTATION OF THE EMOTION YOU ARE FEELING.

EXAMPLE: UNWORTHY DAVID, UNAPPRECIATED DAVID, OR ANGRY DAVID

I WOULD THEN SPEAK OUT LOUD TO THIS VERSION OF MYSELF OF THINGS I WOULD HAVE WANTED TO BE TOLD TO ME BY OTHERS.

EXAMPLE: I SEE YOU UNWORTHY DAVID, I LOVE YOU UNWORTHY DAVID. I SEE YOU ANGRY DAVID, I LOVE YOU ANGRY DAVID. I AM SORRY IT TOOK THIS EXPERIENCE FOR ME TO PAY ATTENTION TO YOU. KNOW THAT I AM HERE WITH YOU NOW SO THAT YOU CAN BE FELT FULLY AND WHOLLY.



PRACTICE #2

INSTEAD OF DISALLOWANCE OF THE EMOTION TO SURFACE, ALLOW THE EMOTION TO BE FELT FULLY, KNOWING YOU ARE SAFE AND IN COMMAND OF FEELING IT TO ITS FULLEST EXTENT.



HOW WOULD THIS LOOK?

IF YOU ARE FEELING ANGRY YOU WOULD CREATE A SAFE CONTAINER TO SCREAM OUT LOUD INTO A PILLOW, YOU COULD BUY A NERF BAT AND HIT YOUR BED AND LET ALL THE ANGER OUT.

ONCE IT IS FULLY FELT, YOU WOULD THEN SIT DOWN AND COME BACK TO ONE OF THE TOOLS OF AWARENESS TO CENTER YOURSELF ONCE MORE.

PRACTICE #3

OPEN HEART COMMUNICATION – THIS REQUIRES ANOTHER PERSON TO BE THE MIRROR INSTEAD OF A PHYSICAL OBJECT.

IN THIS OPEN HEART COMMUNICATION, YOU ALLOW WHATEVER WORDS WISH TO FLOW OUT AND THE PERSON LISTENING COMES FROM A PLACE OF NON-JUDGMENT AND ACCEPTANCE OF WHAT IS BEING SAID.



THEIR ROLE IS TO JUST BE A CONDUIT OF RECEPTIVITY SO THAT YOU CAN EXPRESS YOURSELF WITH HOW YOU TRULY FEEL ABOUT A SITUATION WITHOUT THEM PROVIDING YOU A WAY TO FIX IT.

USE THE WORKSHEET TO KEEP TRACK OF HOW OFTEN YOU ARE UTILIZING ONE OF THESE PRACTICES TO TRANSMUTE THE EMOTION AND GIVE LOVE TO THAT ASPECT OF YOURSELF.

USE A SINGLE LINE IN THE CORRESPONDING DAY TO SHOW HOW OFTEN YOU WERE ABLE TO TRANSMUTE THE EMOTION INTO SOMETHING ELSE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



WHAT IS A RITUAL?

A RITUAL WHEN BROKEN DOWN LOGICALLY IS AN ACTION THAT IS PERFORMED TOWARDS A DESIRED PURPOSE OR INTENTION TO CONVINCE THE LOGICAL SIDED MIND, OR BELIEF SYSTEM THAT IT IS TRUE. BEING THAT WE ARE CREATORS OF OUR REALITY, WE CAN CULTIVATE AND CREATE RITUALS THAT BEST SERVE US TO BEGIN TO REGAIN OUR ABILITIES TO MANIFESTING WHAT IT IS WE DESIRE.

WE KNOW THAT ENERGY MUST BE PROPELLED IN FORWARD MOTION SO THAT IT CAN HIT ITS MARK OR DESTINATION. BY APPLYING A SIMPLE ACTION IT ALLOWS THAT INTENTION TO BEGIN TO MANIFEST IN OUR WORLD BECAUSE NOW WE HAVE TAKEN THE TIME WHICH IS OUR CURRENCY AND DEDICATED A SAFE SPACE TOWARDS THE DESIRED OUTCOME.

HOWEVER THERE IS A WARNING FOR RITUALS AND IT IS BECAUSE YOU ARE NOW ASKING THE UNIVERSE FOR A DESIRED OUTCOME, AND YOU HAVE DEDICATED A SPECIFIC TIME TOWARDS THIS. YOU ARE NOW CALLING UPON YOUR HIGHER SELF FOR EVERY EXPERIENCE POSSIBLE TO UNLOCK OR PULL OUT THE SIDES OF YOU THAT MUST BE HEALED IN ORDER FOR THAT END GOAL OR INTENTION TO BE MANIFESTED. THIS IS BECAUSE YOU ARE CULTIVATING FREQUENCY AND VIBRATION, THE VERSION OF YOU WHO EXISTS IN THAT FUTURE "NOW" MOMENT DOES NOT EXPERIENCE THE SAME LIMITATIONS OF THE MIND THAT YOUR CURRENT STATE DOES.

IN ORDER TO ALIGN OURSELVES TO THAT VIBRATION OR FREQUENCY WE MUST NOW EXPERIENCE EVERYTHING POSSIBLE TO LET GO OF THAT LIMITATION AND TO PROPERLY ALIGN OURSELVES WITH THAT "NOW" MOMENT.

SO BE WARNED THAT IF YOU INTEND TO DO RITUAL WORK, YOU ARE ASKING FOR ACCELERATION TOWARDS YOUR SOUL'S GROWTH.



IF THIS IS SOMETHING YOU CURRENTLY HAVE DIFFICULTIES WITH PROCESSING I WOULD HIGHLY SUGGEST DEVELOPING EMOTIONAL INTELLIGENCE SO THAT WHEN THESE CHALLENGES COME YOU CAN FEEL THEM HEAL THEM AND RELEASE THEM TO ATTAIN THAT DESIRED OUTCOME.

NOW PAIRING THIS WITH ANOTHER FRAMEWORK SUCH AS SIGIL'S YOU CAN SPEED UP THE PROCESS EVEN MORE BY DEVELOPING UNIQUE LANGUAGE WITHIN A SYMBOL THAT REPRESENTS A DESIRED OUTCOME.

FACTORS TO KEEP IN MIND IN A RITUAL

- BE SURE TO INCLUDE ALL 5 ELEMENTS IN A RITUAL AND GIVE HONOR TO EACH ONE AS YOU UTILIZE THEIR CREATIVE FORCES. THIS IS WHY DURING EACH WEEK ON OUR TOOLS OF AWARENESS WE ARE PAYING HOMAGE TO EACH ELEMENT. WE MUST ALIGN OURSELVES TO THE ELEMENTS AND HONOR THEM AS IF THEY WERE BEINGS, BECAUSE THEY ARE.
- BE CREATIVE! A RITUAL DOES NOT HAVE TO BE DONE EXACTLY LIKE YOUR PREDECESSORS. USE WHAT THEY TAUGHT YOU AND BUILD UPON IT, MAKE IT YOUR OWN! YOU MUST BELIEVE IT INTERNALLY FOR IT TO EVEN WORK PROPERLY.
- IT IS THE SPUR OF THE MOMENT THOUGHTS DURING RITUAL PRACTICE THAT DESERVE YOUR ATTENTION TO INCORPORATE IT WITHIN THE TOTALITY OF THE PRACTICE.



THE FIVE ELEMENTS ARE:

EARTH, FIRE, WATER, SPIRIT, WIND

EARTH – THIS CAN BE REPRESENTED BY THE ALTAR BOARD OR WOOD YOU CONDUCT YOUR RITUALS ON.

FIRE – THIS CAN BE REPRESENTED BY A CANDLES FLAME.

WATER – THIS CAN BE REPRESENTED BY HAVING A COPPER CUP FILLED WITH WATER. COPPER BEING A CONDUCTOR AND AMPLIFIER OF ENERGY.

SPIRIT – THIS IS YOU, YOU ARE THE SPIRIT PERFORMING THE RITUAL, GIVE HONOR TO YOURSELF.

WIND – THIS CAN BE REPRESENTED BY BREATH WORK OR BLOWING OUT THE CANDLE, OR USING A SMUDGE FAN USING FEATHERS.

REMEMBER THAT WHEN YOU USE ANOTHER PERSON'S RITUAL YOU ARE TAPPING INTO THEIR COLLECTIVE CONSCIOUSNESS THEY HAVE BUILT THAT SURROUNDS THAT RITUAL AND INTENTION. THIS SAME FACTOR IS TRUE FOR SIGILS. YOUR SIGIL WILL ALWAYS BE STRONGER THAN ANOTHER PERSON'S AS LONG AS YOU ARE CHARGING IT.

REMEMBER THAT ONCE THE RITUAL IS COMPLETE. YOU HAVE BEGUN TO SOLIDIFY THAT BELIEF. A RITUAL IS ONLY TO BE USED UNTIL THAT BELIEF IS NOW SOLIDIFIED.

DO NOT FORGET THAT IT IS ALWAYS YOU WHO IS GIVING POWER TO THE RITUAL. NOT THE RITUAL GIVING POWER TO YOU!



- MY MORNING RITUAL TO ALIGN TO ELEMENTS -

1. SIT UP AND STRAIGHTEN YOUR BACK RIGHT WHEN YOU WAKE UP
VISUALIZE THE TOP OF THE HEAD OPENING TO RECEIVE THE ENERGY OF
SOURCE CONSCIOUSNESS, SEE IT FLOW THROUGH THE ENTIRE BODY ALL THE
WAY DOWN TO THE FEET.
2. NEXT VISUALIZE THE ROOT OF THE BODY OPENING TO RECEIVE THE
GROUNDING ENERGY OF THE EARTH COMING UP IN THROUGH THAT CHANNEL,
GOING THROUGH THE ENTIRE BODY ALL THE WAY TO THE TOP OF THE HEAD.
3. NEXT BRING YOUR ATTENTION TO THE STOMACH AREA VISUALIZING BOTH
OF THESE ENERGIES MIXING WITH EACH OTHER AND GOING CLOCK WISE.
4. ONCE COMPLETE BRING YOUR ATTENTION AND FOCUS TO YOUR SHOULDER
BLADES AND BEGIN VISUALIZING WINGS EXPANDING OUTWARD AND TOUCHING
TOGETHER IN FRONT OF YOU AND EXPANDING BACKWARDS. THESE ARE THE
BELLOWS OF YOUR HEART TO CULTIVATE ENERGY AT THE HEART.
5. ONCE DONE BEGIN VISUALIZING 6 BALLS OF LIGHT AROUND THE BODY.
ONE ABOVE THE HEAD TO REPRESENT SOURCE.
ONE BELOW WHERE YOU ARE SITTING TO REPRESENT MOTHER EARTH.
ONE IN FRONT OF YOU AT TORSO LEVEL OF AN ELEMENT OF YOUR
CHOOSING. *NOTE* THE ELEMENT YOU CHOOSE IN FRONT OF YOU WILL BE
THE ELEMENT YOU WISH TO HAVE ASSIST YOU THAT DAY. IF YOU REQUIRE
GROUNDING AND STABILITY CHOOSE EARTH. IF YOU REQUIRE TO PROCESS
YOUR EMOTIONS CHOOSE WATER. IF YOU REQUIRE PASSION AND CREATIVITY
CHOOSE FIRE. IF YOU REQUIRE A PUSH BEYOND BLOCKAGES CHOOSE AIR.



6. ONCE YOU CHOOSE THE FIRST ELEMENT, CHOOSE ANOTHER TO THE RIGHT OF YOU AT TORSO LEVEL.

7. CHOOSE ONE BEHIND YOU TO SUPPORT YOU AT TORSO LEVEL.

8. NEXT CHOOSE THE LAST ELEMENT TO THE LEFT OF YOU.

9. NOW BEGIN TO CONNECT EACH OF THESE BALLS OF LINE WITH A LINE OF ENERGY GOING FROM THE FIRST ELEMENT TO THE TOP, THE RIGHT TO THE TOP, THE BACK TO THE TOP, THE LEFT TO THE TOP.

10. THEN BEGIN TO CONNECT THE FIRST ELEMENT TO THE BOTTOM, THE RIGHT TO THE BOTTOM, THE BACK TO BOTTOM AND THE LEFT TO THE BOTTOM.

11. LASTLY BEGIN TO CONNECT THE FIRST ELEMENT TO THE RIGHT, THE RIGHT TO THE BACK, THE BACK TO THE LEFT AND THE LEFT TO THE FRONT.

12. WHAT YOU WILL NOTICE IS YOU CREATED A THREE DIMENSIONAL DIAMOND AROUND THE BODY, AND A MERKABA. NOW BEGIN VISUALIZING THIS ROTATING CLOCKWISE.

13. SAY YOUR AFFIRMATIONS AND START YOUR DAY!



-MY PERSONAL RITUAL FOR MANIFESTING-

I USE THE SAME ALTAR BOARD PIECE FOR EVERY RITUAL TO CREATE A
POWER OBJECT.

1. USING THE ALTAR PIECE, I HAVE 6 CANDLES TO CREATE THE PERIMETER AND A BARRIER FOR THINGS TO BE PLACED IN THE CENTER. IT ESSENTIALLY TURNS THE PIECE INTO A PORTAL.
2. I PLACE A COPPER CUP FILLED WITH WATER IN THE CENTER OF THE PIECE.
3. I WRITE DOWN INTENTIONS ON A PIECE OF PAPER AND BURN THE PAPER.
4. I THEN TAKE A TINY BIT OF THE ASH AND ADD THIS TO THE WATER, THIS IS TO ALIGN THE WATER AND PROGRAM THE WATER TO THE FREQUENCY OF THE INTENTION.
5. I THEN SET A TIMER FOR 10 MINUTES AND BEGIN TO VISUALIZE A BALL OF LIGHT IN THE CENTER OF MY HEAD. THIS IS A THOUGHT FORM.
6. ONCE THE THOUGHT FORM IS FELT, I BEGIN TO VISUALIZE MY INTENTION AS IF I WAS LIVING IN THAT MOMENT FOR THE NEXT 10 MINUTES.
7. ONCE THE TIMER RUNS OUT I VISUALIZE THE BALL OF LIGHT GOING INTO THE COPPER CUP OF WATER.
8. I THEN DRINK THE COPPER CUP OF WATER TO TAKE IN THE VIBRATION AND INTENTION SO IT PROGRAMS THE WATER WITHIN MY BODY.
9. I SIT FOR A FEW MOMENTS WITH MY EYES CLOSED TO FEEL THE WATER COMMUNICATING WITH MY OWN INTERNAL WATERS.



WHY DO I USE ASHES?

I USE ASHES BECAUSE IN ALCHEMY WHEN YOU BURN SOMETHING USING A FLAME YOU ARE BURNING AWAY THE IMPURITIES. WHAT IS LEFT IS THE PUREST FORM OF WHATEVER OBJECT YOU HAVE BURNED.

TAKE FOR EXAMPLE A SENTIMENTAL OBJECT. ALL OF THE EMOTION THAT OBJECT CARRIES STILL STAYS IN THE OBJECT BUT WHEN YOU BURN IT, WHAT IS LEFT IS THE PUREST FORM OF ENERGY THAT OBJECT CONTAINED IN A SMALL AND COMPACT WAY.

THIS IS WHY WHEN YOU WRITE INTENTIONS ON A PIECE OF PAPER AND BURN IT THEN USE THE ASH AND PLACE A TINY BIT OF IT INTO THE WATER, YOU ARE PROGRAMMING THIS WATER TO VIBRATE AT THE FREQUENCY IN WHICH THE INTENTION WAS SET.

WATER IS A MEDIUM, IT IS A PORTAL, IT LISTENS, IT ABSORBS. WHEN YOU THEN DRINK THIS WATER YOU ARE TAKING IN THE FREQUENCY TO SHARE WITH THE WATER IN YOUR OWN BODY.

IT IS NOT THE LAW OF ATTRACTION, IT IS THE LAW OF VIBRATION. WHAT YOU VIBRATE AT IS WHAT YOU WILL REVEAL THAT WHICH HAS ALWAYS BEEN THERE IN FRONT OF YOU. YOU JUST WERE NOT AT THE VIBRATORY LEVEL TO SEE IT YET.