

## *Affirmations of Self & Rituals of Awakening*

Over the last several years of travelling and sharing with folks what I've learned about making inner Peace an everyday reality, I have been frequently asked to describe the rituals I use to make that journey a smoother one. Our human consciousness tends to "drift" into self-centeredness and/or superficiality during any routinized action or in any familiar setting. And, as the "typical life" is built around such routines performed in such settings, it is important that we regularly pause to re-Mind ourselves of our higher Purpose. Of course, every person is unique, and it makes sense that every person's "grounding tools" would be different as well. Still, it is my intention with this article to describe most of the rituals, prayers and meditations I use and have used, with the sole intention of inspiring each of you to create your own set of "re-focusers" that you can utilize to re-empower your own journeys through Life. Use what follows verbatim, or develop and practice your own versions thereof. Regardless, when we dedicate a few brief moments throughout our day to remember exactly who it is we wish to Be, it makes it that much easier during the rest of the day to make that vision our Reality ...

When I first commenced with my "Journey of re-Discovery", I became overwhelmed by the immense volume of virtues and values that all seemed integral to the re-actualization of my True Self. To that end, I sub-divided the days of the year into 9 major areas of focus and gave each of them a color (and a number below, in case you are not reading this "in hue") that harmonizes with their fundamental archetypes. This "new calendar" (it's dates are mentioned in the parentheses that follow each color/virtue) allowed me to powerfully ground myself using only one particular "facet of Enlightenment" per day; making my meditations, prayers and rituals more focused, which allowed me to concentrate the majority of my energies every day on that which matters most: namely, active selfless service for others ...

Without going into too much detail, it is sufficient to know that the following colors/numbers in this article are associated with the following virtues/values:

<b>01 Black</b>	-- Solitude & Peace	(December 1st & every 9 days thereafter until the following November 17th)
<b>02 Red</b>	--Patience & Spontaneity	(December 2nd & every 9 days thereafter until the following November 18th)
<b>03 Orange</b>	--Creativity & Pro-Action	(December 3rd & every 9 days thereafter until the following November 19th)
<b>04 Yellow</b>	--Gratitude & Growth	(December 4th & every 9 days thereafter until the following November 20th)
<b>05 Green</b>	--Kindness & Compassion	(December 5th & every 9 days thereafter until the following November 21st)
<b>06 Blue</b>	--Healing & Honesty	(December 6th & every 9 days thereafter until the following November 22nd)
<b>07 Indigo</b>	--Wisdom & Humility	(December 7th & every 9 days thereafter until the following November 23rd)
<b>08 Violet</b>	--Wonder & Awareness	(December 8th & every 9 days thereafter until the following November 24th)
<b>09 White</b>	--Community & Celebration	(December 9th & every 9 days thereafter until the following November 25th)

It is important to emphasize that, while such tools are immensely helpful in re-focusing on your True Self, inner Peace comes only when that refreshed focus manifests itself in **acts of selfless service**. And yet, when regularly engaged, they are indeed quite useful. So without further ado, here are the rituals I have successfully used (and many of which I still employ) to re-focus on that which is all-Important: the ultimate task we all face in every moment of our lives -- namely, the challenge to set aside our self-centered concerns and strive instead to bring others Joy and /or relieve their burdens ...

### Part I: Entering the Morning (i.e. "getting up")

The waking hour is a time not only to reactivate your body and mind, but is also the perfect time

to "reawaken" your True Self. It has been my personal experience that re-focusing my intentions in the early morning makes it much easier during the remaining course of the day to actualize that shift to selflessness. One of the first rituals I developed for mySelf I called "S9" -- referring to 9 actions (each of them commencing with the letter "S") with which I chose to start each morning. The first three are geared towards awakening the mind, the middle four focus on strengthening the body, and the last two re-unite the practitioner with his/her Soul. Whether you employ all, some or only one of them, enJOY!

**Smile while simmering ...** As I awaken each morning (preferably without the "help" of an alarm clock, and always with enough time to engage this ritual without hurry), I simply pause in calm and slowly "simmer" my way into the waking state -- letting my thoughts float in and out of the moment; continually bringing them back to the innate calm of the present. While doing so, I repeatedly choose to smile in gratitude, and I do so regardless of the circumstances of my life at the time. If I am happy, I smile in gratitude. If I am nervous (for whatever reason), I smile in gratitude. If I am sad (for whatever reason), I smile in gratitude. If I am healthy, I smile in gratitude. If I am not feeling well, I smile in gratitude. I simply re-Mind myself that Life itself is reason enough to be Thank-filled. With this Truth fully in my conscious awareness, I enter my morning ...

Note: It is exponentially beneficial to close the day in this manner as well -- "simmering" in pure Gratitude as you fall asleep each night ...

**Solar Greeting ...** The second ritual I often engage is a Joy-full greeting of the sun. More so than any other celestial body, our sun is responsible for our ability to live. And, even on cloudy days, it is deeply affirming to remember this and pay homage to this immense gift. So, after simmering for a few minutes, I turn my face to the sun and "soak it up" (smiling with this one is practically involuntary!).

Note : If it's cold out, this can be done through a window, though it is much more powerful if you go outside for a few moments and accept the sun's warmth "in person" ...

**Soul Shine ...** The third ritual is an act that verbally affirms the True Self. Thought is powerful indeed, and yet when our intentions are voiced aloud, their frequency is magnified tremendously -- and made that much more "effective" as a result. Thus, often while gazing in a mirror, I utter one of the following nine affirmations of True Self. This practice re-minds myself of that day's particular focal point, and additionally reawakens my ego's awareness to the objective existence of that True Self within ...

**01 Black/Solitude**... "Re-awakening to my innate wholeness, I Am what I can BE - At One with the Universe."

**02 Red/Patience**... "Flowing with God's all-loving will, I engage each moment's opportunities to serve others."

**03 Orange/Creativity**... "Assisting others to re-member their own True Selves, I Am what I DO -- with every space sacred and every time right."

**04 Yellow/Growth**... "Expressing gratitude for both my blessings & my challenges, I courageously believe in The Life -- Calling Me to a Higher Purpose."

**05 Green/Compassion**... "Casting evil forces (a.k.a "enemies", "demons", etc.) back into the Love within themselves, I empower The Way with my kindness."

**06 Blue/Healing**... "Awakening others' to their own innate Divinity, I heal by witnessing and affirming The Truth within them."

**07 Indigo/Humility**... "Intending to harmonize with the messages sent me in every moment, I consciously submit my ego's self-centered desires to the selfless inclinations of my conscience (a.k.a. the Will of God)."

**08 Violet/Wonder**... "Honoring God by being present to wonder, I re-member that I Am a messenger of The Way of Oneness."

**09 White/Community**... "Faith-fully one with the flow of the Universal Totality, I Become what I innately AM - God re-Born in the flesh."

**Stretch ...** The next four rituals are geared towards enLivening the vessel that carries the Soul throughout the day -- namely, the body. The first of these is simply stretching. Rather than follow a

prescribed stretching routine, I choose to enjoy a few moments of intuitive limbering; simply stretching the body parts that feel most in need of the same. That having been written, it is almost always the case that raising one's hands slowly to the heavens and then bending smoothly towards the Earth (a.k.a "touching your toes") feels Right and serves to reawaken the freshly awakened mind-body to the "vertical axis of Life" ...

**Strength ...** To continue to honor the "machine" that carries Me through my life, I then flow into activities geared towards strengthening that vessel. Contrary to popular belief, we only need to engage a few exercises to fully strengthen the entire body. Just two sets of pushups (with your knees on the floor if otherwise too strenuous), two sets of pullups (with your feet on a box/chair if otherwise too strenuous), two sets of lunges (without weights if otherwise too strenuous) and two sets of situps provide the entire body with more than enough strength training for the average person ...

**Shower ...** As cleanliness (all forms thereof, from humble thinking to emotional acceptance to physical purification) truly is next to godliness, I next honor my existence by showering or bathing. To honor the Earth, of course, I attempt to enjoy shorter showers, and I remember to consciously feel myself being deeply cleansed while doing so. In essence, I make each shower every morning a re-baptism of my True Self -- granting me a "fresh start" to Life that day, regardless of what my recent past has sown or reaped ...

**Sustenance ...** Next, with the intention of fueling my mind-body for its upcoming day of selfless service, I choose to consciously eat a hearty breakfast. Studies are consistently showing that those who eat large, healthy breakfasts are consistently fitter and more focused than those who do not. Thus, I choose to honor my physical existence by eating foods that efficiently energize my Soul's "machine" (e.g. goat yogurt with fresh fruit, nuts and bit of granola is incredible!) -- and doing so slowly and consciously ...

**Silent Stillness ...** After eating, it simply makes "good sense" to pause for 5-10 minutes in silent stillness to digest. Also, with the body's blood flow automatically shifted to the stomach's digestive efforts (and away from the neo-cortex's thinking ones), it is a brilliant time to meditate (a typically "right-brained" activity that does not require intense, "left-brained" concentration) -- though meditation is not a requirement of this ritual ...

**Salutation to God/Life/the Universe ...** Finally, I segue from silent stillness into a short, intense, gratitude-based prayer to God (however you name God, even if that name is "Nature" or "chi" or "reason", is irrelevant) ... Accordingly, while still grounded in my "morning at home", I utter one of the following prayers ...

**01 Black/Solitude ...** "Dear God, Know that I accept all that IS in my Life -- I feel at One with your gentle Presence."

**02 Red/Patience ...** "Dear God, Feel that I desire and intend to harmonize with every moment with which I am Blessed."

**03 Orange/Creativity** ... "Dear God, I desire to do your Will; thereby Becoming an active force aiding the flow of your Highest Good."

**04 Yellow/Growth** ... "Dear God, I am grateful for every challenge in my Life; seeing them as affirmations of my personal Power."

**05 Green/Kindness** ... "Dear God, Re-mind me to forgive my ego its sins, to care for my persecutors, and to show my "enemies" compassion."

**06 Blue/Healing** ... "Dear God, Allow me to actualize your perfect Trinity by harmonizing all my deeds with my own Divine Inclinations."

**07 Indigo/Humility** ... "Dear God, I humble my ego to your Divine, all-loving Will -- I live to serve your sense Highest Good, not my own."

**08 Violet/Wonder** ... "Dear God, I revel in the miracle of Grace; the gift of a consciousness that is free, moral and power-full."

**09 White/Community** ... "Dear God, Though I cannot be certain of my Path, I faith-fully follow your guidance where It leads me."

Now, with "S9" completed, my awareness is steeped in True Self, and I am truly **Ready** to depart from home and into my day!

## Part II: Entering the Day (i.e. "setting out")

Regardless of whether or not you choose to "center your day" using the previously described rituals, your True Self can also be "activated" by briefly reminding your ego-mind of that particular day's "theme", or founding Virtue. Indeed, any departure from one place to another is a great time to affirmatively re-mind yourself of that day's Higher Purpose. With that in mind, the nine different daily themes that I focus upon (one per day) are described as follows --

**01 Black/Solitude**... Generally a day for inner Peace & the pure solitude of Oneness ...  
A day to **I**ntimately commune with others; seeing everything & everyone as a messenger of the Universal Will ...

**02 Red/Patience**... Generally a day for flowing interconnection to The All & serving whatever IS ...

A day to **A**ctualize beauty; regularly cleansing our immediate surroundings as Sacred Space ...

**03 Orange/Creativity** ... Generally a day for vocational activation (a.k.a "Walking the Talk") via cleansing conflicts encountered or witnessed ...

A day to **M**anifest God; acting in Harmony with the inclinations my True Self - as a Peacemaker ...

**04 Yellow/Growth** ... Generally a day for Self-affirmation (a.k.a "self-actualization") via courageous actions (e.g. unconventionality) ...

A day to **C**o-Create Joy; seeing life positively while letting actions beacon that meaning-full Joy to others ...

**05 Green/Kindness** ... Generally a day for a pure acceptance of all that IS -- including the active appreciation of others' Souls ...

A day to **A**nonymously Give; "walking The Way" via the effectuation of anonymous, self-sacrificial service ...

**06 Blue/Healing** ... Generally a day for both a re-baptism of self (a.k.a. "repentance") as well as the forgiveness of others ...

A day to **R**elay The Way; being overtly kind to the "poor", the "young", the "ill", the "injured", the "insane", the "evil", the "strange", the "non-sentient" (i.e. animals and plants) &/or even the "inanimate" ...

**07 Indigo/Humility** ... Generally a day for prayer -- the humble reverence for the ever-present flow of the Highest Good ...

A day to **I**nspire humility; engaging in "humiliifiers" (acts designed to bring one's own ego "down a notch"), listening attentively to others, and consciously challenging one's own beliefs and convictions ...

**08 Violet/Wonder** ... Generally a day for perceiving the constant miracle that is Life -- seeing the re-manifestation of God in everything "normal"...

A day to **N**urture "enemies"; cherishing all doubters and being thankful for all persecutions ...

**09 White/Community** ... Generally a day for compassionate community service & Joy-full celebration ...

A day to **G**uide others into selfless service; relaying Truth to them via cryptic response more than clear speech (letting others self-discover), via empathic listening more than cryptic response (honoring others to "teach" them honor), and via action more than empathic listening (doing good anyway) ...

\*Note: Merely because one day's main focus is emphasized does not preclude you from reveling in the other eight foci if either they are blatantly witnessed or opportunities to enliven them are obviously offered that day ... Note as well, that the first letters of each theme (immediately following the words "A day to") combine to spell "I AM CARING", which is the foundation of any moment in Life that brings deeper Contentment ...

### Part III: During the Day

Now that the True Self has "woken up" and the theme of the day has been re-clarified, the "meat" of my waking hours are upon me, and my mission is to actualize these insights in as many moments as possible until retiring into the evening. To aid in that end, I have adopted a set of 13 "Divine Vows" that guide my choices throughout each day. Unlike the encouragements of "false prophets" who stress the importance of making promises to God and then continually striving to fulfill them, my "Divine Vows" are actually not commandments, rules or promises at all. Indeed, all "Enlightened "Masters" seem to know that true Peace is only attained via a **moment-to-moment** actualization of humble faith, selfless intention and courageous action. To BE your True Self, then, it is necessary to act accordingly -- by *voluntarily* releasing your ego's self-centered desires while *willingly* replacing them with the selfless inclinations of your Soul. Thus, though the following "signposts" do serve to keep my behaviors "on track", I am in every moment completely free to choose to either follow their guidance or not. And it is this freedom that makes my actions Power-full when I do decide to align my actions with these guidelines.

\*Note that such guidelines must not be adhered to perfectly to bring Peace, and yet the more moments we do adhere to them, the more peaceful moments we will experience in our lives. And the more

perfectly (i.e. completely, or selflessly) we effectuate them in those moments, the deeper that Peace will be. Thus, with a bit of brief explanation as accompaniment, my personal "Divine Vows" are as follows:

00 With radical Faith, I replace routined "droning" with a Comprehension of Life's Flow ...

In this way, I Am truly Aware.

This guideline reminds me to actively alter as many of my routines and habits as possible every day (ideally all of them!) -- to remember that nothing is "normal" and that no one is "boring" (regardless of how familiar it/they may seem). In this way, I am much less likely to "zone out" and miss the opportunities (to either appreciate the majesty of my Life and/or selflessly serve others) with which I am constantly showered each day ...

01 With Grace-full Courage, I replace all legal duties with an Abatement from Society ...

In this way, I Am truly Free.

This guideline reminds me that no action performed out of a sense of obligation (or otherwise forced or manipulated) can ever hope to powerfully reflect the True Self. Indeed, as such actions are always based in fear, they per se have nothing at all to do with unconditional Love -- a flow to selfless harmony that forms the very foundation of the entire Universe. As such, such choices are patently weak and ineffectual & peace in any form is dead to them. With this in mind, I choose to make every act I perform a cheerfully willing one, and as such, my acts are powerful indeed. Note that this Vow does **not** advocate anarchy or self-centered lawlessness. To the contrary, it encourages me to live "over and above" all that societal law requires of me (e.g. the law prohibits me from killing my "enemy", while this Divine Vow encourages me to actively Love him/her; the law requires me to drive the speed limit, while this Divine Vow encourages me to drive even slower/smoothen than that, etc.) ...

02 Appreciating my innate Abundance, I replace my possessions with Material Minimalism ...

In this way, I Am truly Wealthy.

In essence, this Vow reminds me that my possessions can only bring Peace to myself when they are selflessly utilized for the benefit of others. Any material entity used to satisfy self-centered motives inevitably brings discord and suffering, and any material entity that goes unused acts as an energetic hindrance to our Journey towards the actualization of True Self. Thus, all that I possess I use for the benefit of others when I use it, and all that I "own" that is not being regularly used I give away. It is this approach to ownership that makes one truly Wealthy -- granting the deeper, lasting Abundance of inner Peace and meaning-full Living ...

03 Maintaining Discipline, I replace my physical temptations with Bodily Fitness ...

In this way, I Am truly in Harmony.

This guideline reminds me to focus my intentions in ways that build up my personal power -- either via actions that are directly intended to assist others or those that are intended to strengthen my own mind-body (that I might subsequently serve those others more powerfully). Thus, when I am tempted to fantasize about pretty women, this vow encourages me to do push ups or go for a jog (or better yet, Care for them!). Note that there is nothing per se "wrong" with sexual fantasy or sex, and yet every moment I choose to spend my energy in primarily self-gratifying activities is another moment "wasted" that I could have served another selflessly -- and thereby aided the re-harmonization of the Universe. We each have only a finite amount of moments in our current mind-bodies. I simply prefer to use my personal power to aid others, rather than chase the tenuous, hollow and more primal "pleasures of the flesh" ...

04 With selfless Intention, I replace conditional employment with Altruistic Service ...

In this way, I Am truly Generous.

This vow reminds me that, while also not per se "wrong", earning money (or receiving any conditional reward) in return for any act of service neutralizes the potency of that act. While this vow does not mandate that I live without money, it does remind me that I am to perform as many acts each day as selflessly as possible (i.e. without reward or reciprocation) in order to have those actions be as powerful as possible ...

05 Sustained by light, I replace damaging foods with Nourishing Sustenance ...  
In this way, I Am truly Power-full.

This guideline reminds me that everything I put into my mind-body "machine" either makes my ability to serve others more or less powerful. "Unhealthy foods" (i.e. anything imbibed that damages the overall ability of the mind-body to perform at its peak capacity), rob our minds of focus and rob our bodies of energy. As I want to be of the utmost service to my brothers and sisters (indeed, to the Universe as a whole), I choose to eat and drink primarily those substances that provide my body with fuel to act with power and my mind with fuel to focus selflessly on the wonders around me. Thus, when tempted to eat processed sugar ("yummy!"), I replace those treats with honey-based ones (often even more yummy!). When tempted to drink coffee, I choose to drink green tea. When tempted to eat meat, I choose tofu or tempeh. When tempted to eat vegetables or fruits from cans, I choose to procure them fresh and organic. As you can imagine, this list goes on quite a ways, yet it is only important to remember that every "healthy" choice you make enables an additional level of potency to your actions, which inevitably brings you yourself that much more Peace and Joy (though that personal Contentment should not be your imbibing's primary purpose) ...

06 With Power-full Love, I replace the harming of Life with Anonymous Kindness ...  
In this way, I Am truly Gentle.

This Vow reminds me to cherish all things living, and to harm as few of my brothers and sisters (including those of the animal and plant kingdoms) as little as possible. Instead of injuring others who are acting aggressively, I choose to avoid them (or extend them "radical kindness"). Instead of ignoring the "homefree" person on the street (or callously dropping a few coins into his/her cup), I choose to sit down and listen to his/her tale. Instead of supporting zoos, I choose to encourage others to set their pets free (or give them lots of room to roam). Instead of walking past a worm on the sidewalk or driving around a turtle crossing the road, I choose to stop and move them into the grass. Instead of squashing flies, ants or mosquitos, I choose to blow them away (a simple and remarkably effective method of "pest control"! ). Instead of thinning a forest of "weed trees" that I find personally "undesirable", I remove only its dead trees and prune its live ones. In essence, when there is an choice between harming another entity or being kind to it, I choose the latter ...

07 Actively Serving my Community, I replace isolation with Selfless Intimacy ...  
In this way, I Am truly Courageous.

This guideline reminds me to go "out of my way" (which, ironically, IS my Way) to make eye contact and cheerfully greet those I encounter -- especially my "enemies" and other "strangers." We are here to courageously re-connect with one another and thereby remind each other of our inherent Oneness -- of our innate Divine Nature as conscious beings. This task can only be fulfilled when we have the courage to include even our lives' "competitors" and "villains" in our circle of intimate community ...

08 With Here-Immersion, I replace superficial literature with Nature's Teachings ...  
In this way, I Am truly Connected.

This Vow reminds me to avoid investing my awareness in all things superficial -- and by "superficial" I mean anything that encourages my self-centered ego to sever its ties with its surroundings (e.g. most fiction novels, most works of "history", most movies, most internet sites, etc.). Unless these sources of information are used to enable a service of another or an appreciation of Life that is current (or immediately subsequent), they inherently dampen my ability to honor my own Life. Rest assured, ignorance is not Bliss! As such, I choose to replace them all as often as possible with either an appreciative immersion into Nature or literaray sources that support the message of unconditional Love ...

09 With Now-Immersion, I replace my destinations with Pilgrimage into The Moment ...  
In this way, I Am truly Peaceful.

This guideline reminds me that all plans and goals tend to encourage me to focus on either a past that never was as I remember it, or on a future that never will come to pass as I expect. While sometimes useful in organizing an imminent act of selflessness, all other such "daydreamings" completely castrate my

ability to recognize opportunities to revel (often via selfless service for others) in my Here&Now ...

10 By openly Seeking, I replace mass-media & “facts” with Meaning-full Learning ...  
In this way, I Am truly Wise.

This Vow reminds me to avoid all sources of "truth" that entrench a dogmatic belief in a proscribed interpretation of "reality" (e.g. the nightly news, newspapers, radio commentary programs, political discussions, religious convictions, etc.). There is no "need to be informed" in this manner! All that needs to be "known" rests in my immediate surroundings and is able to be perceived directly by own senses. All else is not only superfluous, but patently inaccurate. Even "well-intended" sympathy starving children in the 3rd World (for example) only serves to entrench their pain (unless I happen to send them food immediately after watching such a report). This "indirect apathy" is actually as insidious as the "evil forces" that seem to directly cause such suffering. Thus, when I choose to "learn", I choose to do so using sources that are as humble as they are informative. And I choose to either immediately utilize what I learn for Good, or turn off the TV and go out and actively be kind to someone ...

11 Cherishing all that Lives, I replace my “friends” & family with Indiscriminate Caring ...  
In this way, I Am truly Gentle.

This guideline reminds me to to treat all living beings as though they were my "best friends -- especially "strangers" and those who are treating me unkindly. Indeed, in our fear-steeped society, it is highly unusual to make prolonged, compassionate eye-contact with a stranger. As such, this simple act, especially when coupled with a simple smile, is a powerful act of Goodness indeed. It is equally unusual to witness sincere, kind forgiveness extended to those who need it the most -- namely, those who are attempting to hurt us or manipulate us to their "advantage." And, as these actions are self-sacrificial as well as courageous, they are even more potent messengers of The Way of Peace to those who happen to witness them ...

12 With Heart-Felt Being, I replace vacuous communication with Focused Prayer ...  
In this way, I Am truly Faith-full.

This "final" Vow reminds me to pay regular homage to those greater forces that make my Life both possible and joyous (e.g. "God", the Universal Totality, and the cosmic consciousness that manifests itself in the interconnected conscience of ever conscious being) . With this in mind, I choose to remember that my thoughts and words are not to be mindless babblings (e.g. daydreaming or small talk) or negative weapons (e.g. critical analysis or gossip), but rather are to be used as powerful vehicles for consciously relaying my Love both for others as well as the Life that constantly nurtures Me ...

#### Part IV: In the Evening

Upon returning home from my day's endeavors, I find a quiet time and space to utter prayers of selfless intention to the Universe (and to my True Self). None of us has ever engaged a day perfectly (and none of us ever will). We are perfect Souls travelling through life in patently imperfect vessels. We are innately selfless and yet constantly tempted to be self-centered. We are deeply aware of the Truth of Oneness and yet allow ourselves to be easily misdirected into believing the illusion of separateness (e.g. religious conflict, war, arguments, political debates, win/lose transactions, etc.). As such, it is especially help-full to pause at the end of each day and remind ourSelves again of our true "Destination" as Human Beings ...

Based loosely on "The Trestleboard" that was an affirmation-mantra popular in the



heyday of Los Angeles' "spiritual scene" (if interested, refer to the fundamental tenants found in the writings of Earnest Holmes, Emmet Fox, Genevieve Behrend, et al), I have provided below the text of "The Mossway Trestleboard" -- an affirmation (actually, more of a True Self re-Minder) that I utter in the evening after settling into my Sanctuary. It serves as a personal repentance for mistakes made during that day, a forgiveness of my ego-self for those mistakes, a forgiveness of others for the wounds they might have caused me, and a preparation to more smoothly live as an embodiment of my True Self the following day -- all in ONE! ...

The brain is a computer, and as such it can be "reprogrammed" -- both how it thinks as well as how it perceives. And if your thoughts and perceptions shift, so too shift your subsequent behaviors. And if your behaviors shift, so too shift your experiences of your Life and its Living. Attitude truly does build and mold your character, that character truly does directly influence your moment-to-moment choices, and those choices truly do directly influence your "Destiny" (i.e. where you "end up" in Life, as well as what you end up leaving as your Life's legacy) ...

The following phrases, when persistently uttered once (or twice) per day over a period of days (with 29 consecutive days seeming to be a "magic number"), provide you with a powerful way to do just that ...

"I Recognize the Force of Highest Good, which constantly re-creates & co-sustains the Universe ...  
I Feel my Synchronistic Interaction with the Universal Totality (a.k.a "God's Will"). (00)

I Believe in the Realization of perfect Splendor - my Oneness with Limitless Light ...  
I have Faith in Love's all-encompassing Energy. (01)

Accepting Life's unfailing Truths, mine is the Peace-full Way of Living ...  
I Flow with the Present Moment in Pro-Active Patience. (02)

Feeling God's Will, I am Guided in each & every Moment along the Path of Liberation ...  
The Celestial Grace given to Me is Re-cognized & Respected. (03)

I perceive the manifestation of undeviating Justice in all the circumstances of my Life ...  
I Choose to Know that all that IS, is Right and Good. (04)

I am a Thank-full Center of Actualization for the Universe's Flow towards Harmony ...  
I Am Grateful for the chance to Live my Life with Awareness. (05)

In every Moment of Caring, I consciously Build upon a Foundation of Eternal Being ...  
I Co-Create a re-Manifestation of perfect Love. (06)

All the Power that ever was and all the Power that ever will Be is Here Now ...  
I Perceive the Omni-planed Reality of Sacredness in this (and every) Space. (07)

In all things, the "normal" and the "extraordinary", I See the Beauty of the Divine Expression ...

I Choose the Wondrous View in this (and every) Moment. (08)

God's Will takes form via my Right Actions; the manifested inclinations of my True Self ...

I Choose to live selflessly -- Serving others either via enhancing Joy &/or relieving burdens. (09)

From the exhaustless riches of the Cosmos, I possess All that IS - the Spiritual & the material ...

My innate Abundance is Appreciated & thereby Actualized. (10)

The Kingdom of God is embodied in my flesh and enLivened through my Choices ...

Peace is Re-Born Within and around Me. (11)

I Choose to re-member that I all-Ready Am what I will inevitably BE - a gentle Child of God ...

I Am as I AM, in each moment reborn in accordance with my previous moment's choices!" (12)

**\*\*\* Mossway Trestleboard commentaries\*\*\***

**00** ... This verse re-awakens our inner Knowing of the Truth that "synchronicity" is as real as gravity. We are all Ways intimately interconnected with both everything that surrounds us and every occurrence that comprises our lives. It is not our "job" to improve or repair or correct these attributes of Reality, but rather to simply re-align ourselves with them in ways that serve to further the Peace of those things and the Harmony in those occurrences ...

**01** ... This verse re-awakens our inner Knowing of the Truth that we are all composed of varying frequencies of the same Light, and that this Light is essentially the same frequency that many call "Love." With this in mind, we can choose to exhibit a deeper Faith -- not a "faith" that everything will work out the way we think it should, but rather a deeper Faith; both that the Cosmos is constantly attaining a higher state of equilibrium (as that is its primary aim) **and** that our selfless decisions (even if they might be "dangerous" or "impractical") are helping the Universe to attain this end ...

**02** ... This verse re-awakens our inner Knowing of the Truth that there is always a powerful opportunity of service in every moment that can be rendered by each of us. There is no need to wait for a "better time" or a "more powerful task." There is good to be done in every situation, and that Goodness will not come to fruition unless we choose to humbly see it and then act courageously upon it. It might be a smile to a stranger. It might be listening to a child. It might even be forgiving an "enemy." Regardless, there is Good to be Done, and our Mission as humans is to find those opportunities and to bravely engage them ...

**03** ... This verse re-awakens our inner Knowing of the Truth that Grace is real. Every conscious being in the Universe is given not only the free will to choose his/her destiny's manifestation, but also a constant moral barometer (the conscience) that guides them towards actions that are selfless and away from those which are not. Adhering to this guidance inevitably leads to a Life of humble appreciation and Peace. Ignoring this guidance in favor of avenues that are "beneficial" "practical", or "more reasonable" inevitably leads to pain and discord ...

**04** ... This verse re-awakens our inner Knowing of the Truth that everything in our lives -- especially "crisis" -- has been called to us by our True Selves to re-mind us of a new way of Being. If we choose to

complain about these difficulties and/or strive to forcibly eliminate them, we inevitably send similar but different challenges to ourselves to repeat the learning process. If, on the other hand, we choose to be grateful for our "tragedies" and then use them as tools with which to empower selfless good for others, our suffering will immediately cease and that particular lesson will not have to be repeated ...

**05** ... This verse re-awakens our inner Knowing of the Truth that the "first step" on The Path of ego-Liberation is humble gratitude. This thankfulness has nothing to do with the traditional "blessings" we are each given at some point(s) in our lives (e.g. comfort, material wealth, physical pleasure, etc.). Rather, the pure gratitude referenced by this phrase is a conscious thankfulness first and foremost for life in general -- knowing that a conscious existence is more than reason enough to be immensely thankful each morning, and that everything else that comes to us is merely a superfluous enhancement of tis base-Abundance ...

**06** ... This verse re-awakens our inner Knowing of the Truth that our primary Purpose as conscious entities is to enable the Universe to re-align itself towards a state of perfect Harmony (even though this state cannot ever be completely attained), and that selfless acts of Caring for others are the most powerful ways we can fulfill this Purpose. It is also a Truth that every intention, every thought, and ever action emanates a particular frequency into The All for all eternity. As such, we are reminded that every such intention, every such thought and every such action is truly Important to the Universal Totality. Thereby, we remember to emit harmonious frequencies with our loving intentions, our positive thoughts and our selfless actions ...

**07** ... This verse re-awakens our inner Knowing of the Truth that there is no need to "grow as a person", further our personal "the process of enlightenment", or become "more powerful servants." All these are myths propagated by the ego-mind in order to entrench a feeling of self-worth that is "less than", which in turn allows us to more readily fall prey to self-centered temptations that are "only human." Instead, the Truth remains constant that we are all immensely Power-full Beings, that we have been so since our conception, and that we can be so again -- right Here, right Now (and as often again as we wish, in every moment when we choose to care for others in times of our own distress) ...

**08** ... This verse re-awakens our inner Knowing of the Truth that there is no thing that is "ugly", no occurrence that is "normal", and no person that is "familiar." Boredom is nothing more than our minds succumbing to the ego-force that wishes us to feel more comfortable and/or safe amongst experiences it has lived through before. This mentality ensures a heart that is hardened to the incredible wonders residing within every facet of every moment of our lives. We are thus reminded to frequently pause and "see life anew" -- indeed, to see it purely as a child would see it; to see it again (and again and again) for the very first time ...

**09** ... This verse is the easiest to "understand" and, thanks to the insidiousness of the ego which encourages us to avoid its actualization, the most difficult to Comprehend ...

**10** ... This verse re-awakens our inner Knowing of the Truth that material wealth can only be manifested in a Peace-full way (with Peace-full consequences) when our intentions behind such co-creations are selfless. We must manifest material wealth in our lives for the Highest Good of **all**; not solely for ourselves or those we personally favor. Without this sense of selflessness, we will manifest from a place of desire, and the greater Flow of the Universe will be forced to inevitably remove all that we "successfully" manifest from our possession. And to do so, it is also necessary to radiate an immense gratitude for all we allReady possess and all with which we have allReady been blessed. Without this sense of gratitude, we will manifest from a place of lack -- and thereby ultimately receive the same ...

**11** ... This verse re-awakens our inner Knowing of the Truth that "Heaven" (or "Nirvana" or "Paradise") is a Here&Now space-time. Indeed, it does not get any "better" than a conscious Life filled with difficulties to transcend and sufferers to selflessly assist despite those difficulties. It is this ultimate act of Giving that enables us to simultaneously experience "Heaven's" perfect Bliss and Contentment ...

**12** ... This verse re-awakens our inner Knowing of the Truth that "karma" has very little to do with our previous and future "incarnations" (if there truly is such a thing), but rather is current-lifetime

phenomenon. Physically and emotionally, we reap commensurately to what we sow, though it might take a bit of time for our choices' frequencies to "bounce back" to us. On a Soul-level, our conscience *immediately* experiences Peace that is directly proportionate to the Joy we bring others or pain that is perfectly commensurate with the harm(s) we cause them. Though not evident to our relatively "slow" and primitive minds, this remains a Truth regardless, and serves as the main "engine" behind the Universal Guidance that leads us all without fail to a re-Realization of Oneness ...

### Part V: Upon retiring to sleep

Finally, as I retire to bed, I smile and simmer again; thinking about my day and what a blessing it was to be alive. I ponder my Joys and am thankful for the solace they brought me. I ponder my pains and am thankful for their guidance. Here, in this place of calm, I have the perfect time to gratefully remember my Oneness with God -- to consciously intend to rectify my "mistakes" (those moments when I "lived" primarily for my own benefit) when given future opportunities to do so, and to consciously intend to repeat my "triumphs" (those moments when I transcended selfish inclinations to serve another selflessly) when those opportunities resurface as well. I ponder my "successes" and am thankful for my strength. I ponder my "failures" and am thankful for the chance to act selflessly "next time" ...

And then, as I am drifting off into rejuvenative sleep, I pause and utter the following three prayers in succession. Their order is not important, and neither is it critical to utter all of them (or even utter them aloud). They are all individually potent, and have been for many thousands of humans for many thousands of years. Some of the words are Sanskrit and some are Hebrew ...

Note that these prayers have been "quasi-phonetically" spelled (meaning that you can utter them just as you read would read them) -- with the only exception being the "ch" in the first and second prayers, which sounds like the "velar fricative" common in most Germanic and Arabic tongues ...

*Sannyasin ... Banat -- Banat -- Y'chud ban Jai!*

“[I Am a] Pilgrim; Free from worldly concerns ...  
Persevering, Persevering -- one day comprehending my Oneness with the Universe/God!”

*Sh'ma, Israel ... Adonai Elohaynu -- Adonai Echad!*

“Humanity Awaken! The Lord is our God ... We and She/He are ONE!”

*Ohm Mani Padme Hum ...*

“The Oneness of the Universe [God] rests within the jeweled lotus of my Heart”

Epilogue

I have faith that these practices will either prove powerful for you directly, or will inspire you to co-create your own personal True Self re-minders. Either way, remember to cherish your rituals. If a practice ever feels rushed or unfocused, it is better to pause and re-Center your concentration before performing it. Otherwise, you expose your True Self to the risk of becoming “swallowed up” by the very "everyday drone" that such rituals are designed to release

...

While the easiest and most effective times of day to treasure your grounding rituals are sunrise and sunset (as these times bridge the "great periphery" that separates night from day; a liminality that fully comprises the present moment that is necessary to access in order to appreciate Life and its Living), any time is a good time to engage them. It is not important what is said so much as why you are saying it (selflessness!). And it is not so important when you practice your rituals, as it is to practice the diligently over a longer period of days (persevere -- preferably for at least 29 consecutive days) ...