

How to Meditate - Part 2

Good morning, good afternoon, good evening, wherever you are, I'm sending you lots of love and appreciation and we're starting our second training on how to meditate. And in our first class, we did a lot of clearing on really being able to own your space and live in your space to hear yourself when you meditate rather than the static, the noise. We cleared also religious programming and programming preventing you from being successful in your meditation practice, and we'll be doing some clearings again today along with some mantra. So it's gonna be a wonderful morning and please do sign in, say hello. We have a few more class members joining us today and it's getting closer to the holidays. Yay.

Hey and I'm watching people sign in. Haruko and Tony and Nina. Good morning everyone. Just to let you know we've got some awesome things coming up in January and we'll be sending out an announcement this week but if you're wanting to be an apprentice and get certified online, we have a program in starting in January. A year-long program for those of you who would like to apprentice with me online and we also have the wealth program starting in January. We have the beautiful from the inside out weight lightening up program, the weight loss program, starting in January. Grow younger is also starting in January. So there's a whole lot of exciting stuff coming up in January. But December is all about going deeper in your spiritual life and I'm so happy that you're joining me in this journey towards a deepening of self awareness and-- Oh. Lots of people signing in. I see-- Let's see. Laurie and Tammy and Laurene and Bridget. How wonderful. Bridget, where are you from? Australia. Austria. Is that right? I think that's Aus-- Must be Austria. Bridget, that's an Austrian name. How beautiful. Well, welcome everyone and I'm sure there's also people on the phone line. I wanna welcome everybody whether you're on the live stream or on the phone line and we'll start with an opening mantra and I'll sing it for you once so that you can hear how it sounds and then-- oops. I think we've got the end instead of the beginning here. There we go. We'll get started here.

So in the sun temples in Bacti Temples this is song before you would begin any ceremony or storytelling which would be a singing event would be called a Baschan or Akirtan. So this is done before or before a Puja or-- most rituals. [Sings in Sanskrit from 00:03:14 to 00:03:44]. Alright and if you'd like to try it, let's do it one more time. We'll do it one line at a time. Call and response. Now this mantra really invokes the power of Lord Ganesha who dispose all obstacles so that our class today or any time that you're setting up a special time to meditate, this is like clear all the obstacles beloved lord in my space so that I may be successful in connecting and communing with you. Okay. I'll sing one line and then you can sing the line after me and we'll do a 'call and response'. [Sings in Sanskrit from 00:04:28 to 00:05:30]. And then you might sing, [Sings in Sanskrit from 00:05:32 to 00:05:51]. Beautiful. Beautiful. You did a wonderful job. Okay.

Well, time to get started on our clearings. Let's see what we've got on our next slide here.

Removing the obstacles from our path and today we're clearing all that interrupts the flow and easeful meditation for mantra and Jappa as meditation. Just essentially repetitive prayer. Mantra is like an affirmation and Jappa just means that you're doing it on a Mala or prayer beads. Another thing that's occasionally done is mantra done with the fingers. So I'm gonna back up so you can see. So we're gonna do Sa, Ta, Na, Ma. Sa, Ta, Na, Ma. And you're gonna hold it this way so it's balancing the right and left hand hemispheres of the brain. Sa, Ta, Na. Ma. Sa, Ta, Na. Ma. Sa, Ta, Na. Ma. Close your eyes as you're doing this and breathe in through the nose and out through the mouth. We'll do it 10 times through. Sa, Ta, Na. Ma. Sa, Ta, Na. Ma. Sa, Ta, Na. Ma. Sa, Ta, Na. Ma. Sa, Ta, Na. Ma. Sa, Ta, Na. Ma. Sa, Ta, Na. Ma. Sa, Ta, Na. Ma. And then just hold your fingers in Dian Mudra. This is the mudra of infinity with palms facing up on your lap and just feel the energy, the vibration of the 'Sa, Ta, Na. Ma'. Balancing the right and left hemispheres of the brain. Notice any changes in your body.

And go ahead-- let's rub our hands together and creating some spiritual energy, some heat, some topos. Get your hands-- your palms/your hands nice and warm. It may take a minute if your house is a little chilly. We have a beautiful sunny day but it's risk outside here on top of mountain central coast of California. Get your hands nice and hot. And when they are finally nice and hot, I want you to put your right hand over your heart chakra and your left hand over your right hand in a universal mudra of self-love and self affinity, and now we'll use an American or an English mantra. We're going to say, "I love myself." And energize that with a breath in to the nose and out through the mouth. Let's say it again, "I love myself." And hold, and release. And a second mantra, "I trust myself." And breathing in through the nose and holding. And the last one, "I express my unique self." And in through the nose and holding, and just feeling that permission to be yourself. Permission to express your unique self and releasing. And let's go to bear grip and this is really activation of strengthening your voice; and since we're using the voice today, let's go ahead and strengthen the voice. This is called bear grip.

So my right hand-- this is my right hand and it's facing in towards my neck and my left hand is gripping my right hand. And you can activate this with an 'Om'. 'Om'. 'Om'. 'Om'. Let your arms go to your sides and palms facing up. I'd like you to feel again any shifts. You've made the eternal sound of 'Om'. Just close your eyes and feel any shifts in your body. Are your cells more enlightened or alive? Can you feel more presence, more clarity, more serenity? And as we begin and just moving your neck around and your shoulders around and beginning to release tension. Maybe things that you've stored up. Nervous energy. Just tension from the week, month, the year, the holiday seasons. Just feel it to your body a little more deeply.

This class is really about presence. It's about coming into presence. I'd like to also just activate, though I hadn't plan this, I'm just feeling intuitively so I will include this in the homework. I don't have it on your PowerPoint but let's do the mantra-- Actually I can type it into the PowerPoint. The mantra for the immediate manifestation, income, and immediate removal of debt. So the immediate manifestation of income is [Speaks in Sanskrit from 00:14:16 to 00:14:21], and the one for removing debts is [Speaks in Sanskrit from 00:14:23 to 00:14:28]. So I think that probably would like it to see it on the screen. So let me scoot forward again. Can't see all of me but you can see my face and I'll just pop that up on the screen so we can chant that together. Oops. Forgot to do the screen share. There we go.

Okay. So the first one, "Om gum shrem kesepra Gunapati namha", is the immediate manifestation of money. And the second one, "Om gum rena mochena gunapati namaha", removal of debts. Okay. Let's do 'Om gum shrem kesepra'. Let's do that 10 times. Okay? Okay and starting now. [Sings in Sanskrit from 00:16:30 to 00:17:35]. Let's go on to removal of debt. [Sings in Sanskrit from 00:17:40 to 00:19:30]. And just go ahead and feeling again to the shifts in the body. Are you feeling tingly and awake? Are you feeling more present? And we begin our clearings. Clearings for using the sacred word as a path to profound meditation and the clearings we're doing today are mantra, jappa, rosary and repetitive chant which opens the door to profound stillness and to connection. We're gonna be clearing religion righteousness, the idea that mantra is wrong or our way is the only way; bloodline preventing self discipline; spiritual interruption, guests, guides, pests, and parasites; cycles and timelines; can only do this with others or in a temple; permission to do it my way and removing the fear of doing it or saying it wrong and causing a bad result.

Okay and we'll be getting/going with our pumping and so this is what we're clearing today and let's pop down. Gotta skip one here and we'll start with Lucifer stops, bloodline, soul contracts, demonic curses, evil spirit curses, satanic curses, and ghosts. So we're gonna be removing controlling energies. And we're gonna pop back up to the one just above it and we'll do the Tryambakam mantra as we pump and if some of you are new, just gonna show you we're doing the quantum pump. Just the hand-- the arm-- elbow down at your side here and the hand pumping. So that's-- we're doing the quantum pump to do the clearings. Alright my dears and it looks like this and it looks like this at this side. It's pretty fast. Once you get used to it and are pumping away, it does go pretty quickly. Okay.

And then we're gonna go into the Tryambakam mantra and while we're doing clearings, we'll be chanting the Tryambakam mantra ten times. It's a little longer mantra and this mantra is for removing all of the bad stuff. Destroying obstacles to health. So literally could-- you could chant this and it could destroy cancer or tumor, something like that. Destroy illness in the body and it's creating new life. So it's Shiva Shakti energy. The

creator/destroyer energy. And it goes like this and I think many of you have heard me do this before. We've got this out on quite a few different programs, so. Let's go ahead and do it ten times through as we pump. [Sings in Sanskrit from 00:22:37 to 00:26:38]. You should be starting to feel a real shifting in your energy field. And just breathing and enjoying the energy, the vibratory rate, the increased connection.

And then let's continue pumping and we'll be chanting 'In the stillness' which is in English. So let's do that next. "In the stillness, In the quiet, In the open heart, There I am. I am essence, I am breath, I am light of God, I am I am. In the stillness, In the quiet, In the open heart, There I am. I am essence, I am breath, I am light of God, I am I am. In the stillness, In the quiet, In the open heart, There I am. I am essence, I am breath, I am light of God, I am I am."

And let's do ten Hail Marys and just feel the shifting and energy and this mantra brings in Mother Mary, it brings in love, it brings in blessings to your home and your family, it calms and soothes the spirit, and creeps away spiritual parasites. Okay. So we'll do this ten times. This is from the illumination rosary. And any of these mantras, all of these mantras, are appropriate to do a hundred and eight times through or 58 times through. So you don't need to follow. Perhaps like the rule of this rosary is to do 10 repetitive Hail Mary Holy Mary in a call and response. Ten-- Let's see. That's 5 times through on 3 different decades. So you could potentially do a hundred and fifty of these if you did the entire rosary. So let's just do the Hail Mary Holy Mary. Let's do this ten times through. "Hail Mary, Mother of humanity, all Deities Love Thee, Blessed are you throughout creation and blessed are your children on Earth. Holy Mary, Mother of the Highest One, Nourish us with wisdom and inspire us through our experience in and out of body. Amen. Hail Mary, Mother of humanity, all Deities Love Thee, Blessed are you throughout creation and blessed are your children on Earth. Holy Mary, Mother of the Highest One, Nourish us with wisdom and inspire us through our experience in and out of body. Amen. Hail Mary, Mother of humanity, all Deities Love Thee, Blessed are you throughout creation and blessed are your children on Earth. Holy Mary, Mother of the Highest One, Nourish us with wisdom and inspire us through our experience in and out of body. Amen. Hail Mary, Mother of humanity, all Deities Love Thee, Blessed are you throughout creation and blessed are your children on Earth. Holy Mary, Mother of the Highest One, Nourish us with wisdom and inspire us through our experience in and out of body. Amen. Hail Mary, Mother of humanity, all Deities Love Thee, Blessed are you throughout creation and blessed are your children on Earth. Holy Mary, Mother of the Highest One, Nourish us with wisdom and inspire us through our experience in and out of body. Amen. Hail Mary, Mother of humanity, all Deities Love Thee, Blessed are you throughout creation and blessed are your children on Earth. Holy Mary, Mother of the Highest One, Nourish us with wisdom and inspire us through our experience in and out of body. Amen. Hail Mary, Mother of humanity, all Deities Love Thee, Blessed are you

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Beautiful, everyone. So beautiful. And you might wanna be keeping a journal and noticing what mantras alter you in what kinds of ways. I know I'm tingly from head to toe from this mantra. So you might notice which ones shift your energy out. Which ones cause more calmness and peace. Which ones seem to make you feel stronger or healthier. Which ones promote ease if you're under anxiety. So you might be keeping a journey of your feelings and responses so that you have your own kind of spiritual toolbox of mantra that can alter reality. And understanding, and I'm sure you're getting this, that mantra is the doorway in and then there's the silence, the stillness, the serenity that comes when mantra is complete and that's a beautiful and deep experience of meditation. And we have finished clearing amplification. We'll be clearing again in that same group; we'll be clearing: group mind, group mind virus, black magic, curses, and trauma and you can pump and let me just remind you of what we're clearing. Oops. Sorry. There it is. Religious righteousness, cycles, spiritual interruptions, bloodline preventing self discipline, permission to do it my way, can only do it inside the temple. So that's where we're-- that's what we're clearing and the field we're clearing right now is the field of perception. There we go. So just go ahead and pump. Pump for clearing and we'll go on to another mantra. It's kind of fun, isn't it?

So this mantra helps bring in love. It's a Lakshmi mantra. And there's a much longer mantra, the Lakshmi Stotum that can be done powerfully but this is very simple. It's a very easy way to learn the mantra for Lakshmi, and Lakshmi brings in blessings. She is - you always see her with a pot of gold and she's got gold at her feet and typically gold pouring out. So right here, this is gold pouring out of her-- one of her hands. Typically there's a hand pouring gold out. Oh yeah. This hand has got gold pouring out and here she is with gold and there's gold down around here. So she is considered the goddess of the home and it's especially sweet. Lakshmi is kind of like Santa Claus in India and they leave little footprints and put little prices in children shoes on the night celebrated for Lakshmi. So she's a little bit like the Hindu Santa Claus.

Alright and the chant, very simply, [Sings in Sanskrit from 00:39:19 to 00:40:20]. Just take a moment to see how the energization with Lakshmi. Maha Lakshmi, mother Lakshmi, the name of mother Lakshmi. Eternal sound. Maha meaning the great Lakshmi. Lakshmi, the goddess of blessings and the name Namaha is the name. And then we have more mother blessings and this is also invoking mother goddess. [Sings in Sanskrit from 00:41:15 to 00:41:38]. So let's do that in a call and response. [Sings in Sanskrit from 00:41:41 to 00:42:26]. And again just taking a moment to feel the shifts. Feel the awakening. Is it happening in your arms or in the core of your body or in your feet? On top of your head? Where are you feeling your awakening? Where are you feeling the divine connection and the divine energy flowing?

And our next mantra is the Gayatri mantra. This is the mantra of enlightenment and it's really enlightenment of planet Earth. Gayatri is the mother. Alright. [Sings in Sanskrit from 00:43:39 to 00:43:57]. Let's do a call and response. [Sing in Sanskrit from 00:44:00 to 00:45:09]. And then all together. [Sings in Sanskrit from 00:45:14 to 00:45:27]-- Oh. Excuse me. [Sings in Sanskrit from 00:45:30 to 00:46:25].

You might begin to have a sense of who you are and stillness inside. It's who you are in the universe. Why you came in this incarnation. Mantra shifts down the chatter of the mind. Really causes you to own the center of the head. It's very important that mantra be said aloud. There's more power in it and that power goes out into the universe. So in this moment, as we've been chanting and clearing and pumping and really being present, just notice who you are, what has shifted for you. And our field of perception is clear. All the things we were clearing. So we'll be clearing emotions and mantra. So the emotional brain, religious programming, the aura and etheric body, and emotion platforms next. You could keep pumping and we'll also be clearing DNA at this point. And DNA itself and from transplants and also DNA resets. So anything that would interfere or interrupt the flow and presence of divine through the practice of mantra.

And this would be a great time now if you wanted to share with the group what you've been experiencing. The shifts and changes, you could share them now in the chat box and we could hear some of the breakthroughs that people have had or have you experiences or awareness. So this would be a wonderful time to go into the chat box and everybody's still pumping and we're clearing both emotions and DNA now. So we'll be pumping for a few minutes on emotions and DNA, and I'd love to hear how your shifting and how your body is responding to the sacred mantras.

And-- Oh here comes some. There's Roxanne. Hi there, dear. "Interesting. While we were doing the wealth mantra, my browser crashed and I had to restart and got back on for half of the debt and wealth." Fantastic, Roxanne. Erin, "The mantras are very powerful. I feel deep calm in my whole body but a lot of deeply calming yet active energy in my solar plexus. Thank you." Wonderful, Erin. That's wonderful. I think about

the prayer from the Gnostics which is a prayer of surrender and I think that spoken word in this way repetitive is the doorway into serenity but I love this prayer and it could an opening prayer. "I have been part and I have lost my way, the archons taken my vision, at times I am filled with thee, but often I'm blind to thy presence when all I see is this world of form. My ignorance and blindness are all I have to offer, but these I give to thee willingly, holding back nothing and it my hour of darkness, when I am not even sure there is a thou hearing my call, I still call to thee with all my heart. Hear the cry of my voice, clamoring from this desert, for my soul is parched and my heart can barely stay willingly."

And I think about the presence of the divine and how we aspire to awaken that in ourselves and how the sacred mantra, the repetition of sacred words, the repetition of claiming like, "I am essence. I am breathe. I am the light of God. I am, I am." These mantras shift and alter us. They allow our spirit to go more deeply into our body. They allow us to be more present and more awake, more fully expressed in this life, in this body. Nina, "As I pump, listen to your voice and chanted along, I put my amplification crystals on my various chakras on my body and I feel my stomach is gurgling and mind is silent. Talk about amplifying the positive vibrations." Oh that's great. Yay.

And we're just pumping and we're-- the-- clearing. And it's a wonderful morning. I feel very meditated myself. So our last slide, I know we're going to do [Speaks in Sanskrit from 00:54:51 to 00:54:53]. So let's see. Let's see what-- Let's see. "May the entire world be filled with peace." So let's chant that together. [Sings in Sanskrit from 00:55:04 to 00:55:13]. Here we go my dears. I'm sorry. Coming up. [Sings in Sanskrit from 00:55:21 to 00:55:30]. Let's just end with three long 'Oms'. [Starts chanting from 00:55:43 to 00:56:25]. And hands in prayer position. Opening the palms in lotus, and integrating the heart with the high self with the energies of the Divine. Breathing in and out. And as you breathe in, say, "Sut". Sut. And as you breathe out say, "Nom." Sut means my name and Nu-- Excuse me. Sut means truth and Num means my name. Sut. Num. Sut. Num. Sut. Num. Sut. Num. Sut. Num. And receiving the blessings in this cup or lotus. Noticing that your name now is truth and that you resonate with the vibrations of pure truth. Serenity of needs and of vitality. I honor the god/goddess within you. I honor that deep presence that ever-- immortal being in you and each of us. God bless you. Have a wonderful week. I hope to see you in illumination on Thursday and we'll see you next week in class. God bless, everyone. Buh-bye.

[End of Transcription at 01:10:46]