

## Deepening Practices - Session 5

### "Clarity & Focus"

In this session, we connected to the Golden light of the Sun, Inti, the energy of the East, Fire, and New Beginnings.

This particular direction, the gateway of the East, is a powerful direction to study because of the power of the "mind" - ego ...vs... the power of the "Mind" - Infinite Mind, Mind of God.

1) To go deeper with this teaching, take a moment to recognize the power of the Sun, the Infinite energy that brings forth all life.

2) You might journal on what the Sun means to you? Is it something you think about as a power source or something that just controls the weather?

3) Sungazing is a powerful practice, you may be familiar with it.

Always be careful to protect to your eyes from full noontime Sun over- exposure, of course.

- Take some time very early in the morning, or just as the Sun is setting, find a place to sit, allow the light of the Sun into your eyes.
- Breathe and allow the Sun to flood through your eyes for a brief amount of time.
- Do this for a few minutes, imagine, breathing sunlight through every cell in your body, and notice what you feel.

4) Take a moment, put aside the small mind, negative thoughts, and limiting beliefs.

- Maybe even notice what your inner dialogue is
- Breathe!
- Open yourself to lift and rise into the pristine frequency of the Higher Mind, or Mind of God.

( you might go back and review the recording, tap into the frequencies at the beginning meditation, or the meditation at the end of the call)

Let your Self shift consciously.

- Sit still and listen. Be.

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- Allow yourself to receive messages from the Great Beings of Light who watch over the Highest Realms.

If that is challenging for you, notice your thoughts around that.

- You might start by journaling and asking through a sentence stem...

" I connect easily to Divine Mind by...."

" How can I connect into Divine Mind more and receive inspiration?"

" What is it that I need to know today for my highest good ? "

Formulate your own questions, and ask as if you are asking a friend!

5) Consider for a moment that you are a vehicle for the Mind of God to express and experience this physical realm. How would you focus your consciousness ?

If you put forward your greatest dreams, visions, creations, what do you think would happen?

6) I AM is a Creative statement... what are some of the positive statements you can come up with, that will help you to anchor in a greater sense of personal power, peace, health, wealth , abundance....?

- Make a list of your own personal Mantras that will help you claim your positive future.

In addition, be sure to also visualize whatever it is that you are wanting to manifest, as already done.

As always, have fun with it!

As we release the past and come into balance, we find a greater sense of peace and healing on this journey to the Center, which we will discover next week.

As a reminder, you might go back and just do segments of the recordings to replay the meditations, which are generally after the break at one hour, of course, some are dispersed throughout... I hope you enjoy and dive deeper!

With much love,

Mari