



# WORKBOOK

A brief questionnaire for each chapter, challenging the readers to look deeper into their own spiritual journeys with affirmations, meditations, and spiritual exercises.

# Rosenberg Self Esteem Scale

Instructions: Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

1. On the whole, I am satisfied with myself.

Strongly Agree, Agree, Disagree, Strongly Disagree

2. At times I think I am no good at all.

Strongly Agree, Agree, Disagree, Strongly Disagree

3. I feel that I have a number of good qualities.

Strongly Agree, Agree, Disagree, Strongly Disagree

4. I am able to do things as well as most other people.

Strongly Agree, Agree, Disagree, Strongly Disagree

5. I feel I do not have much to be proud of.

Strongly Agree, Agree, Disagree, Strongly Disagree

6. I certainly feel useless at times.

Strongly Agree, Agree, Disagree, Strongly Disagree

7. I feel that I'm a person of worth, at least on an equal plane with others.

Strongly Agree, Agree, Disagree, Strongly Disagree

8. I wish I could have more respect for myself.

Strongly Agree, Agree, Disagree, Strongly Disagree

9. All in all, I am inclined to feel that I am a failure.

Strongly Agree, Agree, Disagree, Strongly Disagree

10. I take a positive attitude toward myself.

Strongly Agree, Agree, Disagree, Strongly Disagree

## Scoring:

Items 1, 3, 4, 7, 10 are scored. Give "Strongly agree" 3 point, "agree" 2 points,

"Disagree" 1 point, and "Strongly Disagree" 0 points.

Items 2, 5, 6, 8, 9 are reverse scored. Give "Strongly Disagree" 3 point, "Disagree" 2 points,

"Agree" 1 point, and "Strongly Agree" 0 points.

21-30 points: Can be defined as high self-esteem, 15-20 points: Can be defined as moderate self-esteem,

0-14 points: Can be defined as low self-esteem



# Introduction

1) What is the primary cause of human suffering?

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2) What is the highest spiritual aspiration we can attain to?

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3) At the core, what or who am I?

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4) What prevents us from awakening to the truth?

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5) Organized religious organizations have indoctrinated their followers into what spiritual misbelief for millennia?

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**Affirmation:** "I am very awake and I awaken more every day!"

**Self-contemplation Meditation:** Sit quietly in meditation, when body is comfortably still, and thoughts have settled, look deeply into the Christ Center (between the eyebrows), looking out as though at a distant inner horizon, gently place on the tableau of the mind the inquiry "What am I?" This is not a pondering exercise; it is a form of Divine contemplation. We are simply looking at this question, waiting for internal revelation.

**Exercise:** Review Rosenberg Self-Esteem Scale, if did not score "High Self-esteem," review questions and begin to ask simple question: "How can I more fully accept myself without judgement?"



# Chapter 1: Grace

1) What is God?

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2) Where is God?

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3) What is my definition of Grace?

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4) If God is to be found within me, then where is Grace to be found?

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5) For a spiritual aspirant, all choice distills to a single choice, what is it?

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**Affirmation:** “God is in me and I am in God. Grace is in me and I am in Grace!”

**Surrender Meditation:** Sit quietly in meditation, when body is comfortably still, and thoughts have settled, look deeply into the Christ Center (between the eyebrows), imagine yourself to be floating in the great ocean of consciousness. Choose to surrender any sense of a small individualized self. Floating in the ocean of consciousness, give yourself to God until it is no longer you and the ocean, it's just the ocean.

**Exercise:** Just 3 things: Create a priority gratitude list. Name just 3 things for which you are grateful. Keep those on your person for 3 days reviewing it several times a day. If inclined, share your gratitude list with someone close.



# Chapter 2: Clouds

1) What is preventing us from experiencing our Divinity?

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2) What am I attached to? Can I let it go?

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3) What am I averse to? Can I let it go?

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4) Our experiences in the world are an expression of?

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5) Am I willing to do the inner work required to be free? If so, what practical steps can I take to remove the clouds from my mind?

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**Affirmation:** "Everything in my mind, my body, my consciousness is in Divine order!"

**Sacred Heart Meditation:** Sit quietly in meditation, when body is comfortably still, and thoughts have settled, look deeply into the Christ Center (between the eyebrows), simultaneously place your awareness at the heart (4<sup>th</sup> chakra). Begin to gently breath into the heart. With each breath feel the heart to be opening to God and Spirit. Choose to release any heaviness or restriction you feel. Rest in the quiet for a long time, nurturing the silence with your attention. Open yourself to the possibility of an unrestricted existence.

**Exercise:** Begin to notice what triggers you. What stirs your mind into a negative internal self dialogue. Becoming aware of the triggers is a powerful first step towards self-actualization and Self-realization. Once the triggers are recognized, we can begin to practice the mind of a witness, neither moved by praise or blame... watching our negative feelings come and go, knowing we are not them.



# Chapter 3: Surrender

1) What is surrender?

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2) The journey of Soul remembrance is a journey of?

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3) To find the lasting freedom we seek, we must?

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4) If we want Spirit (God) to give new form to our experiences, we must?

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5) What should our first act of surrender be?

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**Affirmation:** "I accept what God brings to me and with grace and dignity knowing that all things will change!"

**Empty Bowl Meditation:** Sit quietly in meditation, when body is comfortably still, and thoughts have settled, look deeply into the Christ Center (between the eyebrows), and place the awareness on the breath. When the breath is calm and steady, begin to inhale and exhale through the nose for even counts of 6 in and 6 out. Watch as the breath comes in through the nose, fills the lungs with cool air and then watch as the breath leaves warmed. Repeat this several times. Still using even count breathing, now notice the still pauses between each breath in and each breath out. That moment when the inbreath surrenders to the outbreakh and the outbreakh surrenders to the inbreath. At this moment of surrender, we are thoughtless, aware only of our existence-being.

**Exercise:** (Distress Tolerance) Over the next week, choose to accept what comes to you as if it was coming directly from God. Train yourself to accept each difficult situation with dignity and grace, knowing that this too shall pass.



# Chapter 4: Clearing

- 1) When we commit to any spiritual enlightenment tradition, awakened spiritual forces within enkindle what?

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- 2) Why do emerging core issues brought up from the subconscious challenge us?

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- 3) We render our negative thoughts, drives, and habits powerless by?

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- 4) To dissolve negative mental patterns expressing as our experiences in the world we must?

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- 5) Spiritually, what does it mean to be the observer or witness?

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**Affirmation:** "I am immortal Spirit, functioning through this body and mind. Yet, I am superior to them. There is nothing in my body or mind I cannot overcome and transcend."

**Accepting Negative Thoughts Meditation:** Sit quietly in meditation, when body is comfortably still, and thoughts have settled, look deeply into the Christ Center (between the eyebrows), inwardly take the mental position of being the observer. Give the mind permission to bring negative thoughts to the surface and wait. As they arise choose to let them be for a moment and breath into them. When the breath is again calm, choose an opposite positive thought that countermands the first negative thought. Each time the negative thought arises, replace it with the positive over and over again if necessary. Doing so, neutralizes the negative thought rendering it harmless. Rest in the silence for a long time after.

**Exercise:** begin to monitor your internal dialogue, notice how often the internal dialogue is negative or self-defeating. Simply catch the thought, observe it, and let it go.



# Chapter 5: Authenticity

1) What practices are integrated into every enlightenment tradition?

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2) The Spirit of God only moves in the direction of?

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3) Choice comes with ...?

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4) Why is it important to develop a spiritually altruistic viewpoint on the spiritual path?

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5) True or false? The principle of nonviolence is passive. Why?

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**Affirmation:** "At the core, I am Spirit expressing in wonderous diversity."

**Calling God in Song:** Sit firmly in meditation posture committed to sitting until you can feel the divine presence in you. Begin chanting "OM" or "Amen" slowly, quietly, turning inward and feeling the word vibrating within. Then chant or listen to a chant which enlivens your devotional ardor. Start gently, building in intensity and volume, changing the rhythm and intonation. Look deeply into the third eye silently calling for God with desire. Chant until you feel the presence of God in the quiet then sit in silent absorption until you have the relaxation response followed by a peak experience. Know inwardly that you have communed with God and God has heard you.

**Exercise:** Truth: commit to one week of speaking only the truth. But it must be kind, diplomatic, and uplifting to those who you are speaking to.



# Chapter 6: The Way Home

1) All enlightenment traditions lead to what realization?

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2) What are the four primary paths leading home to realization?

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3) What is your primary awakening path?

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4) We know we need to walk away from a person or a situation when?

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5) Realization of Truth is not function of the mind, it is...?

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**Affirmation:** "I thank God for the opportunity to contribute to the uplifting influence of Spirit in whatever way I am called."

**Reflection & Inspiration Meditation:** Sit quietly in meditation watching the flow and rhythm of the breath. Place the awareness at the Christ center (between the eyebrows). Slowly open the mind to the past and ask yourself when was I the happiest. Simply place the thought on the tableau of your mind, wait and watch. Times will rise up from the depths of your awareness. Notice the feelings that arise upon this reflection. Feel the creative current of joy that bubbles up from the wellspring of these memories. Allow yourself the opportunity to enjoy these memories and the feelings of happiness that come with them. Slowly, begin to accept this joy as your future. What would it feel like to be happy and joyous moving forward? In this contemplative state accept these ideas and inspirations as fact, as your reality.

**Exercise:** Write down how you can choose to practice altruism more effectively. Choose one simple act of kindness you can practice daily to make the world a better place.



# Chapter 7: “One Thing”

1) Often, when facing our thoughts and feelings, the only action we can take is?

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2) Describe the practice on “One Thing” or “One Principle?”

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3) How does practicing “One Thing” dissolve the ego?

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4) Where does true joy come from and as a result of what??

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5) What is the practice of equanimity?

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**Affirmation:** “I am on friendly terms with a friendly world.”

**Compassion Meditation:** Sit quietly in meditation, when body is comfortably still, and thoughts have settled, look deeply into the Christ Center (between the eyebrows). Bring to mind someone whom you care about who is facing challenges. Feel that care in your heart. Think of any difficulties they are facing. Allow your heart to go out to them. As you imagine the person or animal (or planet) you care deeply for, repeat in your mind: May your difficulties be relieved. May you know wellness and peace. May your heart be at ease. Know for them that they are whole and complete as an expression of God.

**Exercise:** Acknowledge that there is only God expressing as. This means all experiences we encounter are also God expressing for our “highest good.” During the next week, each time a difficult or challenging circumstance presents itself, ask, “What is God presenting me and how can I grow from this?”



# Chapter 8: Opposites

1) Discordant thoughts and feelings will eventually burn themselves out when we remain?

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2) Radical Acceptance of thoughts and feelings has what effect on the mind?

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3) The law of metaphysical opposites states that two objects cannot occupy the same space in the?

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4) Human beings have a super power. What is it?

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5) We can replace self judgment with?

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**Affirmation:** "I am a soul, an immortal being of pure consciousness. Bliss and fulfillment are my nature."

**Just Breathe:** Sit quietly in meditation, when body is comfortably still, and thoughts have settled, look deeply into the Christ Center (between the eyebrows). Begin to count each inhalation, allowing the exhalation to naturally release. Count the inhalations until the 10<sup>th</sup> one passes into the body and is exhaled out: rest in the relaxed calm for a few minutes, once again observe thoughts without following them. Begin to count each exhalation, allowing inhalation to naturally flow in. Count the exhalations until the 10<sup>th</sup> one passes out of the body: rest in the relaxed calm for a few minutes, once again observe thoughts without attachment to them.

**Exercise:** During the next week, commit to noticing when you have negative or judgmental thoughts and consciously choose to insert its opposite. Replace hate with love, doubt with faith... Choose to be happy.



# Chapter 9: Company

1) It is better to be alone than be?

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2) As our consciousness expands and we grow in emotional and spiritual maturity, we often must?

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3) As the boundaries of our consciousness broaden, our vibrations?

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4) All boundaries between Soul and Spirit come down when we?

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5) The best company is?

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**Affirmation:** "I live a life of trust."

**Blue Pearl Meditation:** In meditation posture, while looking intently into the third eye, imagine a ball of blue light floating there, in your awareness. Gradually the ball of blue light grows until you are floating in it. Let the ball of blue light grow until it includes the room with you in it. Imagine the blue sphere continues to grow until the building you're in is in it. The blue ball of light grows more to include your town or city. The blue ball expands to include your state, country, continent, then the world, that blue and green marble and all it contains floats in your consciousness within the blue ball of light. Now, let the light expand to include the entire material universe. All there is and all there will ever be floats within your consciousness. Rest in this expanded awareness of oneness. Be at peace with the universe.

**Exercise:** We can choose the company we keep. Honestly assess the people in your life and ask yourself, "Do they support and uplift, or am I made to feel less by their company?"



# Chapter 10: Inner Peace

1) With the unshackling of the mind, and sense detachment comes?

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2) When the world becomes chaotic and overwhelming, it is best to?

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3) A simple way to generate moments of inner discovery is?

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4) Nature itself does not bring us closer to God, what does when we are immersed in it?

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5) To renew and reconnect with our truth, we can?

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**Affirmation:** “I am the light; within me is a celestial fire that never dies.”

**“So-Ham” pronounced “So-Hum”, “I am that”** Sit quietly in meditation, when body is comfortably still, and thoughts have settled, look deeply into the Christ Center (between the eyebrows). Place the awareness on the breath allowing it to fall into a natural rhythm. When the breath is regulated and flowing easy, verbally repeat “So” with inhalation and “Ham” with exhalation. Let the sound resonate in the ears, timed perfectly with the breath. After a few minutes let the words fall away while continuing to mentally repeat “So” with inhalation and “Ham” with exhalation. Let the words fill your mind and soothe your heart. Eventually, the mantra becomes more subtle and instead of mentally repeating the words, we listen for them. We listen for “So” when we inhale and “Ham” when we exhale.

**Exercise:** Commit to taking strolls in nature at least twice a week.



# Conclusion

1) What is the only power and expression of that same power?

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2) Grasping for experiences and things reveals what?

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3) Everything we need and hunger for, is where?

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4) Why have we come to this world?

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5) What is ego?

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**Affirmation:** "I am in God and God is in me."

**Tratakum Meditation:** Tratakum meditation using a ghee candle purifies vision and strengthens mental agni. Siting in meditation posture, remain quietly alert. Place the lit ghee candle at eye level in a "windless space" between 12 and 24 inches from you. Look intensely at the candle flame without blinking until the eyes begin to tear. With awareness placed at the ajna chakra, close the eyes and observe the image of the flame dancing in your inner vision. Remain in the stillness until the image of the flame has faded from your awareness. Let your breath be steady and full, let the silent emptiness fill you to overflowing. Feel the peace, balance and strength returning to the body and the mind. When the peak experience has faded and the mind shines in stillness, use the affirmation provided below.

**Exercise:** Start to take a step back from your thoughts and become the witness. Begin to identify with that part of you that is always observing. Notice how thoughts and feelings come and go, begin and end.