

Guidance and the Remembrance

If possible, find a quiet space for this meditation. Sit in a comfortable, relaxed position. Begin to focus on your breath, taking deeper and deeper breaths with each inhalation and exhalation.

Notice your body and any tension, let it release through the next exhalation.

Then after a few minutes, bring your awareness to your heart, place your hand over it, and slowly, with each breath begin to repeat the Divine name of your choosing. You may repeat this name silently. In the beginning, however, it tends to be easier to say it aloud.

As you repeat the Divine name over your heart, notice what happens from an observer's perspective. Do you feel more open? Do you feel closed? Continue...

Each time you say the Divine name into your heart, allow the repetition of It to take you deeper and deeper inside yourself. If a visualization helps you, imagine moving slowly down (staircase, elevators, anything that helps you feel as if you are dropping inside yourself more deeply).

After a few minutes, let the Divine light fill your being. As you inhale, receive more of the light letting it spread over your entire body.

Remember to exhale as well, releasing any holding or tension or negative emotion if needed.

Stay and enjoy this place for as long as you are able.

Slowly open and close your eyes, and when you are ready, gently come back from the deep space you were in, bringing the heightened state of awareness with you.

Continue breathing deeply as you become aware of your body. Feel the gratitude for the connection you just experienced.

As you move throughout your day/evening, notice how you feel after doing this spiritual meditation. You can do this practice anytime, although sitting quietly while you are getting accustomed to the Remembrance is best.

Sit comfortably. Lying down is not recommended during this process because you might get a little too relaxed and fall asleep!

Take a nice, deep breath.

Roll your head slowly in circles and release all the tension there.

Keep taking deep breaths and move in whatever way you need to move to release any stress in the rest of your body.

Slowly shift your awareness to your chest area and place your hand on your heart.

As you breathe in and out, imagine yourself going deeper inside yourself with each inhalation, and releasing tension and stress with each exhalation.

After a few minutes, let yourself open to the Source of all things (whether you call it God, Yahweh, Adonai, Elohim, Universe, Jesus, Allah, Om, Spirit, or Source does not matter, whatever opens your heart and helps you connect deeper within you).

Become aware of the Love resting deep inside your heart, specifically for you. Feel the natural “flow” and “ease” of things in this space. Stay here a few minutes. If you want to take it further, you can bring the choices with which you are struggling into this space and see what happens. Usually from this place, your perception will shift, and you may receive more insight about these options.

When you feel complete, slowly let yourself ease back from the spiritual meditation. As you take some more deep breaths, check in with yourself and see how you feel. You might notice more peace, connection, calm, etc. We recommend doing this more than once. The more you use this practice, in addition to other *tools for decision making*, the more ease you will experience with making decisions, and in your every day life.

So how do you get to know your *Spiritual Coach*? Go for a walk. Allow your mind to think of nothing except the miracle in front of you, whatever that might be. In other words witness what comes before your eyes. If the wind caresses your body and the clouds wave hello, or a bird flies across your path (with or without pooping on you) then open your heart and feel the grace that's given to you, freely. If difficulty or anger or tragedy comes in front of you, then breathe. This too shall pass.

Another way to access your Spiritual Coach is to sit quietly and breathe. Allow your mind to clear from thoughts about your day, your week, your month, your life. Open to receive the gifts of your body, your breath, your heart, your eyes, your ears, your mind, your hands, your feet, your digestion. Continue to ponder these without dwelling or thinking about them, but simply appreciating them. Allow your heart to open to other things that are miracles or gifts in your life. By doing this practice of acknowledging the beauty and glory of your life, you tap into the flow that is the Spiritual Coach. This flow will begin to respond to you even more deeply and you will hear it through your emotions, your intuition, a deeper sense of knowing that can function even more clearly than a GPS. Eventually you will be able to see with your inner eye, to hear with your inner hearing, to know with your inner heart and mind. Communicating with the Spiritual Coach is not a state of perfection or enlightenment; it is simply a tool to navigate this existence, this life with a lot more peace, much more love and bucket-loads of fun.