

This written material and all images are copyrighted and may not be reproduced without the permission of the author/artist

© Marakai D'ane' MFA

The Tool

Before beginning Part 1 of the meditation, choose an image on my website to have ready for viewing. If you purchased a print, sit comfortably, hang the image on the wall in front of you at eye level. I have created a series of images and symbols that function as visual doorways holding messages for the viewer from the deeper mind level.

Part 1: Preparing the body to shift the personality consciousness to deeper state of consciousness

I teach a method of preparing the physical body, emotional body, and mental body (all the domain of the personality consciousness) to reach the deeper state of consciousness to be receptive to the soul mind level. Use the traditional method of eyes closed with this segment of the meditation.

The personality part of the self is the part you function from daily. This level is built from all past thoughts and actions from past incarnations. It is the part of the self that influences how you behave in any given situation.

This tool helps to prepare you to move from being a victim of circumstance, anger or blame around an event, to accepting the event as an opportunity to transform the personality. Half-forgotten relics of your experiences of this lifetime have been the surface building blocks of your conscious mind that are there for you to transform. The purpose underling the experience is to move into a higher quality of thought and feeling. Part one of this tool moves your consciousness below the level of habitual coping behavior into a receptive state where you may now view an image or symbol with your eyes open.

Part 1 preparation takes 20 -25 minutes

It is important to give your brain a job. You will be speaking to yourself throughout Part 1 aloud or silently. Your voice is directive, guiding you rather than listening to someone else guide you. Your own rhythm of connecting to your physical, emotional, and mental bodies is established. This approach helps with focus and learning so that your conscious mind instructs the physical, emotional,

and mental parts of you that are responsible for raising the quality of your thoughts and feelings as well as the well-being of your physical body.

Physical body level: 5 -10 minutes

1. The key phrase repeated throughout the physical level is “*physical body, relax, release all tension from all muscles, tendons and cells in the body.*”
2. Repeat this phrase as many times as possible as you focus on parts of your body from your toes to your head. Toes, arches, heels, ankles, calves, front and sides of legs below knees, knees, upper legs: front, back sides, hips, tailbone, spine lower back, middle back upper back, shoulders, upper arms, forearms, wrists, hands, fingers, thumbs, front of body, heart muscle, chest, abdomen, neck, front and back, jaw, face and brain. Visualize the whole body again to release any secondary tensions. Visualize the whole body again to release any secondary tensions.
3. Now tell your physical body to be receptive to the soul infused healing light of your etheric body to remove the causation of any injuries to the physical body.

Emotional body level: 5 -10 minutes

1. The key phrase repeated out loud or silently throughout the emotional level is “*emotional body be calm.*”
2. Repeat the phrase like a mantra while visualizing soft waves moving in and out from a calm blue ocean on a warm sandy beach. Watch the sparkles of light shift and change on the surface of the rhythmic movement.
3. Slowly move from the rhythm of the movement of the waves to the rhythm of your own breathing.
4. Now tell your receptive emotional body to allow the rhythm of your gentle heartbeat to flow pictures throughout your bloodstream from your ancestral body records that will remove any injuries to your emotional body and guide you through current events.

Mental body level: 5 -10 minutes Imagine a luminosity extending all around your head transforming the pattern world of your mental body into quiet receptive transparent light. Illumination is an alignment of the conscious mind to the subconscious mind. The conscious mind then becomes a student of the subconscious mind or soul mind.

1. The key phrase repeated throughout the mental level is “*mental body be still, be quiet.*”
2. Repeat the phrase while visualizing the area around your head as luminous. See the soft luminous light saturate the brain and let the light move into your nervous system.
3. Look at the area around your head and see a color that will bring you an impression about what is important for you to know. Watch the soft luminous transparent color saturate around and into your head, down through your body, filling your body so much that, it moves out all around you.

Continue to part 2 View an image or symbol

Part 2: Building a visual doorway 10 minutes eyes open, silent viewing

Your inner mind pictures are activated by viewing the image you choose. Let your mind flow freely as your eyes follow the abstract pattern, color, form, or symbol. Allow any inner mind pictures or impressions you receive to appear during the meditative session. This interactive exercise will help you to relate to any psychic information perceived in the image or symbol.

1. Open your eyes, look at the image and symbol, be open and the image will give meaning to you if you are willing to look. Allow your mind to wander across the surface of the image.
2. Write down any messages you receive.
3. Ask your higher mind or ancestral body records a question while viewing the image. If a symbol enters your mind, it will be your inner guidance. Draw it and analyze its meaning for further insights.

Spirit is movement and energy vibration. Soul is the intelligence directing the rate of vibration. Pattern is the universal fluid, the thought, the idea.