

ENHANCING THE INTUITIVE COPING STYLE  
THROUGH TRANSPERSONAL COURSE INSTRUCTION:  
A PILOT STUDY

By

David W. Miller

Bachelor of General Studies, August 31, 1972 University of Nebraska  
Master of Business Administration, December 18, 1982 University of Nebraska  
Master of Science, December 19, 1987, University of Nebraska

A Culminating Project submitted to the Faculty of  
Atlantic University in Partial Fulfillment of the  
Requirements for the Degree of

MASTER OF ARTS in TRANSPERSONAL STUDIES

ATLANTIC UNIVERSITY  
Virginia Beach, Virginia  
OCTOBER, 2006

Approved by:

---

Mark Thurston, Committee Chairperson

---

Amy Betit, Committee Member

---

H. A. Stokely, Administrator

## ABSTRACT

### ENHANCING THE INTUITIVE COPING STYLE THROUGH TRANSPERSONAL COURSE INSTRUCTION: A PILOT STUDY

David W. Miller  
Atlantic University  
Virginia Beach, VA

Many people are unaware of their inherent intuitive skills for dealing with the stressful situations of modern life. But others are aware of this intuitive transcendent phenomenon in the form of hunches and have learned how to sporadically use it. A few have learned how to trigger this intuitive skill and use it to cope with modern life. This culminating project for Atlantic University addresses the question of what kind of training experiences might be used to help people adopt an optimal coping style for modern life. The assumption was that the deepening of one's own experience with meditation and intuition would have a positive impact.

Adapting the work of Dr. Kenneth Pargament on "spiritual coping style," a new instrument for measuring "intuitive coping style" was developed. Sixteen college juniors and seniors then served as voluntary participants in a training program that lasted for three weeks. During those three weeks, they received training in the principles of transpersonal psychology, along with instructions and practice with a set of meditation exercises. Although meditation has been verified as beneficial through numerous meditation research projects, it is still a relatively unknown subject matter to young college students. Another questionnaire instrument was used to measure effectiveness in meditation, as well as additional factors related to attitudes and spiritual awareness. A third source of data for this project was a content analysis of the narrative journals kept by the students during the three-week training course.

Results showed noteworthy changes in how these students perceive their use of intuition for coping with life challenges.

## ACKNOWLEDGMENTS

My sincere gratitude goes out to each of my teachers in Transpersonal Studies at Atlantic University for the course curriculums they created that has added so much to my life. I wish everyone could take these courses. Special thanks go to Drs. Mark Thurston and Amy Betit who patiently worked with me on my Culminating Project.

To my wife, Mary Ann, I offer a very sincere “thank you” for the morning open-eye meditation dialogues and editing of my papers. Our morning dialogues helped clarify areas in the curriculum that were very abstract in nature.

Special appreciation is reserved for Edgar Cayce, Thomas Sugrue, and the Association for Research and Enlightenment which provided the material which put me on this path.

## TABLE OF CONTENTS

Acknowledgments. . . . .	iii
Chapter 1: Introduction . . . . .	1
Chapter 2: Methodology for The Pilot Project . . . . .	5
Chapter 3: Results and Discussion . . . . .	10
References . . . . .	20
Appendix 1: Pre and Post Self-Questionnaire Survey: Discover Your Own. . . . .	21
Intuitive Coping Style, an adaptation by Miller (1998) of Pargament's questionnaire.	
Appendix 2: Transpersonal Assessment Scale . . . . .	27
Appendix 3: Course Curriculum References . . . . .	33
Appendix 4: Pre and Post Numerical Data for Transpersonal Assessment Scales. . . . .	39
Appendix 5: Transpersonal Assessment Scales Data Analysis . . . . .	41
Appendix 6: Intuitive Coping Skills Questionnaire Pre and Post . . . . .	44
Data Analysis	
Appendix 7: Intuitive Coping Skills Survey T-Test Analysis . . . . .	47
Appendix 8: Students' Journal Entries . . . . .	50
Appendix 9: Curriculum Models Used in Presentation . . . . .	56
Appendix 10: Original Scripts for Guided Meditations Used . . . . .	63
During the Course	
Appendix 11: Consent Form for Adult Subjects . . . . .	100

## Chapter 1: Introduction

I believe that we are not helpless victims. In the face of crisis, we are guided and grounded by a system of habits, values, relationships, personality, and beliefs about God. For years, psychologist Dr. Kenneth I. Pargament has studied the role of spirituality and religion in people grappling with illness, deaths of loved ones, loss of job, major crimes, terrorism, and war. To help people better understand their own coping styles, regardless of doctrine, he created a self-measure questionnaire. For this project, the questionnaire I have created on intuitive-based ways of coping with life challenges is an adaptation of his questionnaire on spiritual coping style. My project explores the extent to which a relatively short and intense course – delivered face-to-face to a group three hours daily over three weeks on themes of transpersonal psychology – can impact a person’s attitudes toward dealing with life issues, and especially how he or she might begin to embrace the roles that meditation and intuition have to offer.

My project is based on the following hypothesis:

*Exposure to fundamental concepts of transpersonal psychology and supervised training in meditation will be associated with a more integrative style of coping with life challenges and an enhancement of self-reported spiritual awareness.*

This project is a blend of a demonstration service project with a pilot study research project. The small sample size makes it difficult to draw statistical conclusions. That is to say, we don’t know how much any student actually applied of what was presented in the course, but we can at least say that the student was “exposed” to transpersonal concepts, and there was supervised meditation training (although no charting of meditation frequency) during the three weeks of the course (See Appendix 10 for meditative exercises).

The experimenter’s bias is that a left-brain/right-brain synthesis is the superior coping style and that intuition itself has this integrative flavor – as opposed to the exclusively left-brain control style or the passive, right-brain-only approach. Admittedly, a nine-item self-inventory is not a definitive measure of coping style, but it is an instructive and useful indicator.

Because of the relatively small sample size of this project (16), it takes the form of an experimental pilot study. There is not sufficient data to make definitive claims with regard to the hypothesis described above. However, this project provides an opportunity to observe and report on trends which may be noteworthy.

### **Personal Background and Motivation**

I wish to find out if one can determine whether or not there is a noteworthy change in one's acceptance of an intuitive, inner voice, after taking a course on spirituality that includes exercises in meditation. People are skeptical of their intuition especially when one equates this with the "still small voice." So the project addresses the question of what role a short, educational course might have in reversing that widespread skepticism.

While attending a business conference, I had the occasion to listen to a vice president of a major corporation talk about how their company is beginning to pay more attention to the intuition of some of their people. I then asked him what he thought of the ability to train people to better connect with their intuition. "Yes," he said. "We like the idea but we are not ready to take that step." I don't remember the exact words that followed, but the implication was that his level of society is still reluctant to acknowledge the intuitive nature of humans to the extent that they are willing to take on a training program. They will take notice of information from the intuitive level, but they don't want people to realize that this is what they are doing, especially on a daily basis.

### **What Is Intuition?**

Participants were invited to use their own definitions of "intuition" (see instructions in Appendix 1). But mainstream society sees intuition as "the immediate knowing of something without the conscious use of reasoning" (Webster's New World Dictionary, 1971, p. 290). Charles Tart (1983, p. 246-7) writes that "Intuition is immediate apprehension of some aspect, form, feature, or dimension of the real. It is the basic function of that structural element of psychic energy which is known as *sattva*. It is central to all psychic functioning and is therefore operative on all levels of psychic existence...It can be conscious, unconscious, or

superconscious.” Tart also suggests that “some would call intuition the greatest skill possessed by man” (p. 88). Tart also implies that intuition, which comes from the intuitive mind, the unconscious, becomes liberated when the discriminating mind (the conscious mind) is quieted (p. 156).

However, I believe that intuition is something more. It is also what is called the “still small voice” that operates out of the unconscious, and its operation depends upon the “personality type” or the way a given person chooses to perceive the world. Intuition is non-linear knowing what is right for us. In support of this conclusion, Edgar Cayce (reading 1500-4) stated, "Intuition is God in man, revealing to him the realities of being; and just as instinct guides the animal, so would intuition guide man, if he would allow it to do so."

For some, intuition may also be an inner knowing that something is not right, even if that person does not quite know what to do about the situation. As a simple example, intuition is being on the golf course and about to hit your ball when you get this feeling that something is wrong. You might ignore the feeling and hit the ball, only to find out that you erroneously hit another golfer's ball, something your intuition was trying to warn you about.

Or, intuition can occur when you are driving down the street and obey a strong urge to turn and take a different way home. You might find out later that an accident had occurred in an intersection up the road from your location when the intuitive impression came to you.

As previously stated, intuition, in metaphysical terms, is listening to the "still small voice within." I know people who thoroughly believe that this still small voice is the intuitive voice of the soul attempting to guide us along our path of life. Carl Jung, noted Swiss author, medical doctor and psychiatrist, says that the guidance we receive from deep within the unconscious is a result of the "supreme values (that) reside in the soul" (Jacobi & Hull, 1978, p. 20). What's more, Jung sees the soul and psyche as profoundly intertwined with the intuition – with intuition being one of the four “functions” that comes from the psyche (Jacobi, 1973, p. 32). One could deduce from the works of Carl Jung that intuition comes more to the surface of consciousness with the recognition and acceptance of the process of getting to know oneself on the road to individuation.

I would suggest that what Jung calls "supreme values" could well be the spiritual or universal values and behaviors that we find so many cultures stipulating as necessary to solve the worldwide problem of human rights abuse. These necessary values and behaviors are love,

compassion, fairness, trustworthiness, honesty, responsibility, and respect for others. It could be argued that the more credence and attention we give to letting these universal values and behaviors manifest in our lives, the more our intuition will manifest in our everyday consciousness.

There are two individuals for whom I have special respect and whose theories fit with the underlying concept of this research and service project. Both have told us about the reality and importance of an intuitive inner nature. Edgar Cayce repeatedly said that our intuitive guidance comes from that part of God that is within all of us. And Carl Jung asserted that the intuitive guidance we receive from our soul is the result of the supreme values that reside in our unconscious. Is it too much a stretch of the imagination then to suggest that each of us has the capability of intuitively listening to and being guided by the universal core values?

Furthermore, I suggest that we must make an active effort to manifest those values and behaviors in our daily lives. That is one key premise of my research into our intuitive nature.

I believe that when people come to accept that they do, in fact, have intuitive skills and that the biblical “still small voice” is real, then they will actually begin to experience more intuition in their everyday life. Many already accept intuition in its other forms as innovation and creativity. But there are still many giants in the fields of business and politics that ridicule arational, non-linear based mental activity. However, I believe that it is time to help the general public become aware of the existence of an intuitive-based-consciousness just waiting for activation.

Why is an increased acceptance and use of intuition a potential benefit for society? Because intuition seems to perceive, without evaluation or judgment, the information it receives. It perceives primarily through the unconscious or inner perception. Whereas sensation pays attention to details, intuition tends to ignore physical details and focuses instead on the inner meaning and its inherent potentialities. For example, the sensation function will smell the flowers, while the intuitive function notes the overall atmosphere surrounding the flowers. People who have intuition as their primary function will tell you where something comes from and where it is going (Jung, 1970, p. 49). From this one can imply that the intuitive seems to know the “inner meaning of the event” (Jacobi, 1973. p. 12). For example, during meditation, your intuition may get a message or idea that you experience as a “knowing” of the truth about something that is still emerging in your life.

## Chapter 2: Methodology for the Pilot Project

Twenty-one college students at Dana College, Blair, Nebraska, participated in my project as part of a three-week January, 2006, school term. They ranged in age from 19 to 22 years, and most were juniors or seniors. The students in the pilot project were self-selected in the sense that they chose my course on transpersonal psychology and meditation from a listing in the college catalog. Of the 21, there were 5 women and 16 men. The three-week course in transpersonal psychology and meditation served as a “treatment” period for purposes of the research study.

I administered a “pre-treatment” and “post-treatment” application of the “Discover Your Own Spiritual Coping Style” questionnaire adapted by Miller (1998) from Pargament’s (1998) “Spiritual Coping Style” questionnaire. My survey questioned the participant’s knowledge of acceptance of intuition in his or her everyday life. I also administered pre- and post-course the Transpersonal Assessment Scale Inventory questionnaire (Richards & Thurston), with special attention to the “Spiritual Awareness” scale results. This inventory also has items related to meditation, and if there were students who were already meditators before starting the course with me, it would provide the opportunity to compare self-report indicators of meditation success before and after the three-week course (See Appendices 1 and 2 for copies of the questionnaires).

In terms of the course curriculum, I taught the students a mini-course with six primary sections:

- A Transpersonal View of Life,
- Brain Operations,
- Consciousness,
- Free Will,
- Intra-Communications, and
- Meditation

Details are provided in the form of the Course Curriculum Bibliography found later in the project report (Appendix 3). See also Appendix 9 for a pictorial view of the models used to explain the curriculum.

In terms of research design, several research strategies were employed. In fact, one significant feature of this culminating project is the array of research strategies that I was able to weave into the fabric of the overall project. As a combination of demonstration service project

to the college community and an experimental application project – to use the categories defined for Atlantic University culminating projects – my work made an attempt to synthesize five of the research approaches outlined by Braud & Anderson (1998).

I used a heuristic approach whereby I encouraged the students to initiate their own discovery of their inner nature. I expected the participants to further their discovery through dialogue with others. As previously noted, there were 21 college students ranging in age from 19 to 21 years-old, primarily with academic status as juniors and seniors. Sixteen volunteered to fill out the pre-treatment surveys; 19 filled out the post-treatment surveys.

I incorporated into the project the five characteristics of organic research:

- Sacred: Preparing the Soil – expanding the consciousness of researcher and participant in the form of lecture and dialogue. I presented material on transpersonal studies prior to each meditation exercise. This set up the mind to be more spiritually oriented.
- Personal: Planting the Seed. I used the personal by planting the seed through disclosing my own personal experiences to help explain the works of Abraham Maslow, Carl Jung, etc.
- Chthonic: The Roots Emerge. My perspective on this is that when we plant the seeds of the spiritual path, a spiritual life takes on its own existence and the wise ego follows the inner guidance as it arrives at the beta consciousness level. I alerted the students to their eternal feminine and to be open to any archetypal images that may arise in their dreams or meditations. From this the students would then be able to take hold of the course material and apply it to their daily thinking. I saw positive results of this occur almost within the first week of class.
- Relational: Growing the Tree. The physical and spiritual life is like a fruit tree. If we get too far away from the balanced center we are liable to move out onto branches that cannot support the weight of negativity. We learn through life's experiences what works, and thus are able to produce the fruits of the spirit. Students themselves reported how they then took on the relational as they began to manifest in their lives the fruits of the spiritual tree they have grown.
- Transformative: Harvesting the Fruit. Finally, through discussion and disclosure of some of their own physical and spiritually-oriented experiences and listening to the experiences

of others, the participants reported in their journals the transformative insights into their existence as well as the right to reap the harvest of the fruits of their labor which began to bring about healing in their own lives (Braud & Anderson, 1998, p. 121).

To facilitate transformation I attempted to create an educational and supportive environment that might create a transpersonal experience for each participant – something that for most of them would be a new spiritual experience into an altered state of consciousness. One significant aspect of this transpersonal/transformative experience was the potential for the participant to go through the “mind-shift” as the consciousness alters from dominant beta to the alpha frequency of consciousness. This is the same “mind-shift” Tart (1983) writes about occurring during the practice of “zazen where the aspirant clearly feels a qualitative shift in his pattern of mental functioning” (p. 196).

I used a phenomenological approach in that I have studied the phenomena of meditation and its potential to create an altered state of consciousness: to make alpha, theta, or delta frequency dominant. From the participants’ journals I ascertained that I was able to generate within them an altered state of consciousness or transpersonal experience which for many was a new spiritual experience. I allowed an incubation period for subconscious development of my understanding of what transpired in the class as well as the students’ responses. I then used the discipline of meditation, going into an altered state of consciousness, lower brain frequency domination, and would receive ideas as to how to respond to some student comments as well as receiving ideas on changes for the course. I also received help from my dream state phenomenon in bringing forth a deeper understanding of the project. From this understanding I was able to see what changes could be made that would make future course presentation, meditation and transpersonal experience even more meaningful.

In the analysis of the data I used a hermeneutical approach. Through students’ and my analysis and interpretation of the transpersonal material I found evidence for the expected increases in the participants’ use of intuition. This is a finding that I believe has implications for the general public. That is to say, we can all look for interpretive ways in which intuition comes into play in our normal, daily lives – for example via daydreams and intuitive insights; and, what’s more, it seems likely that these experiences can sometimes be initiated at will once one gains an understanding of how this process works.

I had the opportunity to express in the three-week training class Carl Jung's proposition that individual souls and the world are united in one consciousness. We explored ways in which the physical, emotional, and mental realms of us all do, in fact, blend.

To further describe the variety of methodologies incorporated into the various aspects of this project, I used a qualitative, heuristic teaching method and an idiographic approach to collect data through two questionnaires: "Discover Your Own Intuitive Coping Style" and the "Transpersonal Assessment Scales." The questionnaires were quantitative methods of self-analysis in regard to acceptance of intuition in one's daily life.

This pilot study research, using Braud & Anderson's description, could also be described as a "phenomenological study" since I experienced the "mind-shift" as I too went into an altered state of consciousness with the participants. I learned how to create the "mind-shift" upon demand which automatically moves my consciousness from beta into alpha. When I went into my own altered state of consciousness, I prayerfully asked for help and protection for all involved. I then saw all of us surrounded in white light. Next, I attempted to cognitively and affectively understand what I was feeling. The phenomenological dimension was also active in that I had the participants keep a daily journal of their own experiences – journals which they knew they would be sharing with me later as a part of the course structure. In reading their journals, I learned how the participants felt about any changes that occurred, and I allowed any arational expressions or sensations to arise during my reading of this aspect of the data collected for the pilot study. In other words, I used the journaling/narrative approach as a means to gather data about what the participants may have experienced, and I looked for allegoric or metaphoric phrases as symbols of what may have transpired cognitively or affectively in the students' meditation and follow-on activities.

In order to expand my own intuitive grasp of some of the narrative data, I attempted to apply Braud & Anderson's (1998, p. 178) modes of intention. The primary intention was to listen for my own emotional reactions while I read the journals. Intention two was to listen for the emotional tone the student was attempting to put into his or her journal. Intention three was to look for any recurring words or themes that might give hints to any subconscious projections. Basically, I attempted to let the material move me instead of me just "acting on it." While reading the participants' journals, I was in a semi meditative/altered state of consciousness. In many ways this was one of the most novel elements of this entire culminating project. As the

researcher, I was looking for evidence of physiological, psychological, and spiritual changes that happened to the students as they participated in my course about transpersonal psychology and as they began to regularly practice meditation. In essence, there was the potential for them to move in their personal belief structures, as the personality potentially changed from experiencing life as a physical being to experiencing life as a spiritual being that inhabits a physical body. But the perceptions of such changes (even subtle changes) is an elusive matter, and it is perhaps an intuitive task as much as one that involves measuring changes with quantifiable psychological instruments. Hence, my decision to employ a phenomenological approach to certain aspects of the data analysis, including the way I went about reading the students' journal narratives. I felt I was able to introduce an innovative transpersonal-intuitive analysis that involved reading the journals "in a meditative state while noting my visual, auditory, and proprioceptive impressions and sensations" (Braud & Anderson, 1998, p. 179). Included in that strategy was my embracing the way synchronistic circumstances were able to "speak to me" and "guide me" in uncharted terrain and territories of my research as well as in my life in general. For example, I sometimes experience a synchronistic occurrence of symbolic impressions during and after my research, including the meditative, intuitive way that I went about analyzing the students' journal narratives. I then kept in mind the idea that these symbolic impressions might have a mythical or archetypal meaning (Braud & Anderson, pp. 182-184), designed to help me form some of the conclusions regarding the project.

## Chapter 3: Results and Discussion

There are several types of data and levels of Results, each of which comes from a distinct means of analysis. The pre- and post-treatment psychological inventories were scored and then evaluated using standard statistical analyses, as described below. Given the relatively small number of participants in the pilot research project, we can best hope for only indications and trends, without being able to make any broad conclusions from the data, even though I did go through the steps of running some data analyses of the results I was able to obtain.

However, just as important as these numerical data are the narrative data from the students' journals, as well as the researcher's own observations, and those, too, are presented in this section on Results and Discussion.

### Scoring the Psychological Inventories.

The Transpersonal Assessment Scale Questionnaire was scored using a scoring key provided by Thurston and Richards, the researchers who developed the instrument and created normative data based on 300 individuals in 1998. An average of six items of the sixty-nine item inventory were associated with the respective scales. For purposes of this research project, I was most interested in the scale score related to spiritual awareness and to the scale score related to success with Meditation, but there were interesting trends among the other scales as well.

The other questionnaire, the nine-item inventory that I developed for this pilot research project, is an adaptation of Pargament's "Spiritual Coping Style" questionnaire. My adaptation entitled "Intuitive Coping Style," also has nine items (see Appendix 1) and produces scores related to each of three different styles for making use of intuitive input when dealing with life stressors. The scoring is done with the simple arithmetic described just below. What follows is also the descriptive explanation given to the students to help them understand the meaning of the scores. These descriptions were revealed only after the students had completed the post-treatment administration of the inventory, so as not to bias questionnaire responses.

To find your coping style, add your scores from the test questions as shown below.

Add scores from:

Questions 2, 4, and 9 = \_\_\_\_\_ Self-Directed (Internal)

Questions 3, 5, and 7 = \_\_\_\_\_ Deferring (External)

Questions 1, 6, and 8 = \_\_\_\_\_ Collaborative (Interactional)

Whichever group scores highest is your primary style.

Your intuitive coping style is an important part of who you are. Changing it may not be easy or appropriate. Also keep in mind that you may use elements of more than one style, and your style may change from situation to situation. Thus, the descriptions given here can only give a glimpse of your approach to problem solving.

**The Self-Directing Style (Left Hemisphere Oriented).** You are primarily an active problem-solver who perhaps does not believe in intuition or believes that you have the skills and strength to deal logically with life's ups and downs, without needing to use hunches or intuition. Research shows that your style allows you to handle many of life's problems effectively. However, when faced with more severe, uncontrollable problems, you may develop physical, psychological, and intuitive spiritual distress.

To improve your ability to cope with extreme crises, you may want to write a list of situations where, no matter what you do personally, the end result is out of your hands. Then ask yourself whether it makes sense to try to control the uncontrollable. Or, ask yourself whether there's any place in your life for graceful acceptance of the inevitable? Or even active surrender?

You may find that meditation, prayer, or religious rituals will help you to draw upon forces beyond yourself and let you master the art of letting go. In the process, you may find great relief. You may also enhance the control you do have in life by turning over the control you don't have to the transcendent.

**The Deferring Style (Right Hemisphere Oriented).** Rather than actively solve problems yourself, you prefer to surrender responsibility to your intuition. Research shows that your style may provide reassurance and relief during severe, uncontrollable situations. It is also extremely useful in programs like the *Twelve Steps* of Alcoholics Anonymous. However, the deferring style may discourage the active learning and experimentation so necessary for growth.

To improve your ability to cope with stress, start by taking complete stock of yourself. As a deferring copier you are already well aware of your limitations and the need to look beyond

yourself, but you may be less aware of your own strengths. It may be hard for you to identify your own abilities without feeling arrogant or self-centered.

But a number of self-help and spiritual tools are handy. Try thinking about your resources as gifts. Imagine your intuition supporting you, encouraging you, and giving you the strength to tackle tough problems. Regular prayer, meditation, or participation in spiritual type rituals may help empower you. Spiritual counsel may also help you find room for personal strength within the context of any religious and spiritual traditions.

With these tools, you may become better able to cope with difficult problems. At the same time, you may find that you enhance your relationship with your intuition by developing your own gifts and resources.

**The Collaborative Style (Hemispheric Partnership).** You see your intuition as a partner who works together with you in coping. Thus, your style emphasizes the power of your relationship with your intuition, rather than the power of you or your intuition alone. Research shows that your style enables you to handle a wide range of life's problems effectively. The collaborative style has been associated with higher levels of competence, fewer psychological and physical symptoms of distress, and spiritual well-being.

If you would like to strengthen your abilities to cope, take stock of your relationship with your intuition. Consider how to foster your sense of spirituality without self-centeredness on the one hand or self-denigration on the other. Traditional religious services, rituals, and readings may help. So may spiritual retreats, meditation, chanting, and listening to spiritual music – or develop your own rituals. As a Collaborative coper, you are able to draw upon your relationship with your intuition for strength in times of stress. But to what ends? Think about the values you ultimately strive for. Neither self-centeredness nor other-centeredness are likely to be completely satisfying. As the Jewish sage Hillel said, "If I am not for myself, who is for me, and being for my own self, who am I?"

Through your relationship with your intuition, you may find the right balance in your life. You may also find that by enriching yourself you enrich the lives of others, and that by enriching the lives of others you enrich yourself.

### **Analysis of the Numerical Data**

As noted earlier, the sample size for this pilot project was relatively limited. Nevertheless, to demonstrate how a research project of similar intentions but much larger numbers might proceed in the data analysis, I used a variety of statistical analyses using Microsoft's XCELL Statistical Program (such as the t-test: Two-Sample Assuming Unequal Variances Program) for the data from the two psychological inventories.

Appendices 4-7 present the raw data scores and mean scores for the respective inventories, pre-treatment and post-treatment. For the data on the Transpersonal Assessment Scales, I have also indicated the "norm" as calculated by Richards and Thurston in their initial administration of this inventory to 300 individuals. It should be noted that in calculating mean scores, I did not use data from the three students who took the post-treatment inventories but had not taken the pre-treatment administrations of those questionnaires. Their scores are, however, present as raw scores in the appendices.

For t-test analyses for six of the Transpersonal Assessment Scales – Ideals, Will, Energy, Success, Inward, and Awareness – the "t-critical" value was greater than the "t-Stat" value. This suggests that the application of course information on spirituality and training in meditation had a positive effect on how one intuitively copes with life challenges, and it had a positive impact on spiritual awareness.

With reference to the Meditation Scale, Thurston and Richards on a previous study of meditators show a mean of 36.30. Since I was unable to give this part of the questionnaire to the students in the beginning they were asked to answer these questions only at the end of the course. This scale stands alone in the data analysis as I have only a post course analysis. Although this class mean did not go as high as that shown by Thurston and Richards (36.30), I consider that for first-time meditators to achieve a mean of 33.42 after 12 days of actual meditation exercises to be noteworthy. I also gave the Meditation questionnaire to two long-term meditators who scored 43 and 46. I conclude therefore that the application of course information on spirituality and training in meditation had a positive effect on how one intuitively copes with the challenges, and it had a positive impact on spiritual awareness.

There was one surprising result of the analyses, however. With reference to the "Unhappiness" scale, there was an increase in the mean from 25.70 to 26.50, between pre- and post-treatment. See below for my speculations about that outcome.

In regard to the three scale scores for Intuitive Coping Style, Appendix 6 & 7 indicates that there were the following changes in mean scores (pre-treatment to post-treatment).

Self-directed mean from 8.00 to 7.00, a change of 1.00

Deferring mean from 7.31 to 7.94, a change of .63.

Collaborative mean from 9.19 to 10.50, a change of 1.31.

Statistical analysis of these changes in mean score indicate that on the Self-Directing Style, I was able to reject the null hypothesis and accept the alternate hypothesis. The application of course information on spirituality and training in meditation had a positive effect on how one intuitively copes with life challenges, and it had a positive impact on spiritual awareness. Specifically there was a decrease in the Self-Directive Style (left-hemisphere processing) of information.

On the Collaborative Style, I was able to reject the null hypothesis and accept the alternate hypothesis:  $t$ -Critical was greater than  $t$ -Stat. The application of course information on spirituality and training in meditation had a positive effect on how one intuitively copes with life challenges, and it had a positive impact on spiritual awareness. Specifically there was an increase in the Collaborative Style (Dual hemispheric processing) of information.

On the Deferring Style, I was able to reject the null hypothesis and accept the alternate hypothesis:  $t$ -Critical was greater than  $t$ -Stat. The application of course information on spirituality and training in meditation had a positive effect on how one intuitively copes with the challenges, and it had a positive impact on spiritual awareness. Specifically there was a slight increase in the Deferring Style (right-hemisphere operations) implying more acceptance of the intuition.

On the Self-Directing Style, I was able to reject the null hypothesis and accept the alternate hypothesis:  $t$ -Critical was greater than  $t$ -Stat. The application of course information on spirituality and training in meditation had a positive effect on how one intuitively copes with life challenges, and it had a positive impact on spiritual awareness. Specifically there was a decrease in the Self-Directive Style (left-hemisphere processing) of information.

### **Analysis of the Narrative Data**

Appendix 8 contains some of the highlights of the students' journal entries, along with my personal reflections and comments, appearing as italicized annotations of the respective entries. While these data are not "hard science" and don't readily lend themselves to any kind of statistical analysis, they are an important part of the Results of this project. Not only do the narrative inputs by students reveal "what was going on inside them" as they moved through the course in transpersonal psychology and began to practice meditation, what's more they provided me – the researcher – with the chance to intuitively interpret the impact of the learning experience I was providing. In addition to my annotative comments in Appendix 8, here is a short list of my conclusions from the consideration of these narrative data:

- *A course on transpersonal studies can challenge the participant's thinking, feelings, and actions. Following is what one student said: "This class has changed my thinking in life more than any class I have ever taken. It has affected the way in which I think about life. I am now thinking positively more than I used to, because of the negative affects of it on water. These influenced my feelings positively. Again, I am trying to think more positively and find my true meaning in life. I don't know if that's necessarily through spirituality though." This student really liked Dr. Masaru Emoto's Hidden Messages In Water. To see how your negative words and emotions can affect your body seems to be a major lesson for these students, as well as the beginning toward learning the interconnectedness of us all.*
- *Another major theme that triggered student response was prayer. They all knew about prayer but had never seen the statistics applied to how prayer really works. Following is one student's comment: "One of the main things that hit home for me was the chapter of Prayer. I realized that 99% of my prayers were selfish and from my ego. Even if I learned nothing else in this class, this is almost life changing. I have come to realize that maybe our world is not black & white...but there are thousands of shades of gray. After taking this class I now want to know what gray is."*

- I always gave the students what the materialistic scientists say about consciousness and spirituality, finishing with how the truth can come only from both the heart and mind. A lot of these students are open-minded and get upset when people ridicule and judge without investigation. Following is one student's comment: "I appreciate that I took this class because I learned many things that I didn't know before. I like that people are right and left brained. Facts I didn't know before have enlightened me and I am grateful for that because the more I know the better it helps my spiritual and mental judgments. Overall this class is worth what it offers and a good class. [of] All the information I gathered I don't like it when it gets too scientific and not enough from the heart. When a feeling comes from the heart I don't think science can judge that."*
- One theme I always encounter is how overwhelming the material is for the everyday mind to take on. They typically have never read nor heard of this material. Here is one student's comment but I have heard it many times: "From day one I encountered so much information that it was overwhelming. I tried to understand most of it, and through all, I understand a lot of it. I got so much out of the class that I will further look for the light in my life and keep it with me. I would like to personally thank you for clarifying some things in my life that I needed fixed. I have no negative experiences or comments for the class. Overall, I have thought did a very nice job. On the last day of class, I felt the way to a more spiritual life can be achieved through patience, love, understanding and guidance. Thank you again."*
- In the class I got extensively into how our negative thoughts and emotions (anger) can create dis-ease in our own bodies. I also brought out the importance of forgiveness. Students seem to understand this concept and see the logic of staying positive. Here is one student comment: "I think it [the class] helped me to understand about my life and its purpose. I learned a lot of good habits like Universal Values and meditating. The most important though is by learning to not create dis-ease in the body, don't be angry at other people because it affects you*

too. This course influenced my thinking because it forces you think outside the box. I will adjust my behavior to meditate more at least once a day after this course is over. I will also give thanks for the water I drink and the food I eat. Also, I will try not to get angry at things and be at peace with myself, and I will try and give forgiveness for others for the bad things they have done and try not to judge others.”

### **Discussion of the Results**

Admittedly, the “treatment” involved in this pilot study research project – a three-week course in transpersonal psychology and instruction in meditation practice – is a relatively brief time in which to expect deep changes in a person’s perception of life and his or her use of intuitive faculties to cope with life stressors. Furthermore, the study is limited in regard to having had no way of controlling for or monitoring a wide variety of other factors going on during that three week period. Such “other factors” could well be idiosyncratic (e.g., breaking up with a boyfriend right in the midst of the treatment period) or they could be more global (e.g., in the extreme case, I can only imagine what might have been the compounding impact had I been running this training course in early September 2001 and had the terrorists’ attacks happen mid-course). Nevertheless, in spite of the limitations created by 1) small sample size, and 2) inability to control for other life variables, there are interesting trends that are in evidence – trends that for the most part are completely supportive of the hypothesis I articulated at the beginning of this report.

In regard to the increase in “Unhappiness,” I was surprised because the literature in general suggests that practicing meditation on average leads to a decrease in dissatisfaction with life. I can only speculate that the content of the three-week course might have been experienced by some students as stretching them and thereby creating certain apprehensions. In other words, taking my course might have been the equivalent of taking people “outside of the box” – or, in the analogy of *The Cave* by Plato, it would be like stepping outside and seeing a higher dimensional reality. Taking on greater knowledge and understanding of life might well have created the potential for young adults (most of them twenty years old) to also take on some apprehension and fear of just what life is all about. At the same time, that expanded view of life

could still have had a positive impact on one's sense of spirituality and enhanced an openness to more intuitively cope with life challenges.

As an alternative explanation, this mean increase in the Unhappiness scale may be largely attributable to scores from two students who may have either misunderstood certain questions related to this scale or even mis-marked their answers. One student went from a pre-treatment score of 22 to a post-treatment score of 44. The other went from a pre-treatment score of 32 to 44. The first one had difficulty accepting the concepts. Even though he espoused an open mind, it was obvious in class that he did not. If a hypothetical data analysis were conducted by removing the two 44 scores from the data pool, this unexpected increase in Unhappiness would be eliminated. Obviously this is one of the drawbacks of having to use a relatively small sample size – it makes the data especially vulnerable to “outliers”—that is, data points that are considerably divergent from the rest of the sample.

Perhaps of interest is that the two participants who scored high in unhappiness in the post survey also scored low on the post-only meditation scale. As there was no pre-meditation score this by itself may mean nothing other than something may have been keeping these two young people from getting into and/or appreciating the meditation exercises.

As for the External Control scale, it too showed a slight increase. I suspect that this is attributable to factors that I observed in the classroom. On many occasions I saw in these young adults (twenty-year olds) the disbelief in the ability to take charge of their lives. During the training course, the belief often came up in class discussion about the power that others had over their lives. Some expressed the belief in luck, fate, chance, and that their bosses had the ability to control their existence and job. Although the course material went into detail about how to access the unconscious for better control over one's life, there was strong resistance to this concept as displayed in their journals (see Appendix 8 for examples). From this observation I see the need to create a stronger program for unfreezing this external-oriented programming, install a new program, and then freeze the new program in place through dialogue and meditation.

With reference to the Meditation scale (which was scored *only* post-treatment because pre-treatment there were not sufficient numbers of students who had any meditation experience) the most meaningful comparison is with normative data published by the developers of the inventory. Thurston and Richards indicate a mean of 36.30 in their work with three hundred

subjects. Although this class mean did not go that high, I consider that for first-time meditators to achieve a mean of 33.40 after 12 days of actual meditation exercises to be noteworthy. I also gave the Meditation questionnaire to two long-term meditators who scored 43 and 46.

In regard to interpretation of the Results from the Intuitive Coping Style Inventory, I believe that there are some strong indicators that my research project hypothesis is supported (even if not “proven”). For example, there was a decrease in the mean score for the Self-Directed Style. I interpret that to mean that the application of course information on spirituality and training in meditation had a positive effect on how one intuitively copes with life challenges, and it had a positive impact on spiritual awareness.

At the same time there was an increase in the mean score for the Collaborative Style, which I see as indicative of the way in which meditation (and even a general understanding of the principles of transpersonal psychology) encourage an individual to be more integrative in his or her way of dealing with life stressors.

Additionally, there was a slight increase in the mean score for the Deferring Style, implying more acceptance of intuition.

In summary, I conclude that the application of course information on spirituality and training in meditation had a positive effect on how one intuitively copes with life challenges, and it had a positive impact on spiritual awareness.

## References

- Braud, W., & Anderson, R. (1998). Transpersonal research methods for the social sciences. Thousand Oaks: Sage Publications
- Cayce, E. Reading 1500-4. Association for Research and Enlightenment, Virginia Beach: A.R.E. Press.
- Jacobi, J. (1973). The psychology of C.G. Jung. New Haven: Yale University Press.
- Jacobi, J., & Hull, R.F.C., (Eds.) (1978). C. G. Jung, psychological reflections, New York: Princeton University Press.
- Miller, D. (1998). Adapted with permission from Pargament, K., Ph.D., Self Test, Discover Your Own Spiritual Coping Style, Spirituality & Health Fall (1998).
- Pargament, K., Ph.D. (1998). Self Test, Discover Your Own Spiritual Coping Style, Spirituality & Health (Fall).
- Tart, C. (1983). Transpersonal psychologies. El Cerrito, CA: Psychological Processes.
- Thurston, M. (1973). The philosophy of research. The A.R.E. Journal, 8(3).
- Thurston, M., & Richards, D., Transpersonal Assessment Scales, received from Atlantic University, 2006.

## Appendix 1

### Pre and Post Self-Questionnaire Survey: Discover Your Own Intuitive Coping Style, an adaptation by Miller (1998) of Pargament's questionnaire.

We are not helpless victims. In the face of crises, we are guided and grounded by a system of habits, values, relationships, personality, and beliefs about God. For years, psychologist Dr. Kenneth I. Pargament has studied the role of spirituality and religion in people grappling with illness, deaths of loved ones, being fired, major crimes, terrorism, and war. To help people better understand their own coping styles, regardless of doctrine, he created a self-measure questionnaire. The following questionnaire is an adaptation of his questionnaire on spiritual coping style.

Use your own definition of intuition when answering these questions. Read each statement then circle the number that indicates how often the statement applies to you.

**1 = Never 2 = Occasionally 3 = Fairly often 4 = Very often 5 = Always**

1. When it comes to deciding how to solve a problem, I use my intuition in partnership with facts and logic.

1      2      3      4      5

2. After I have gone through a rough time, I try to make sense of it without relying on my intuition.

1      2      3      4      5

3. In carrying out solutions to my problems, I wait for my intuition to kick in and know that somehow it will work it out.

1      2      3      4      5

4. When faced with trouble, I deal with my feelings without aid of my intuition or hunches.

1      2      3      4      5

5. When a situation makes me anxious, I wait for my intuition to take those feelings away.

1      2      3      4      5

6. Together, my logic and intuition put my plans into action.

1      2      3      4      5

7. I do not think about different solutions to my problems because my intuition provides them for me.

1      2      3      4      5

8. When I feel nervous or anxious about a problem, I work with my intuition to find a way to relieve my worries.

1      2      3      4      5

9. When thinking about a difficulty, I try to come up with possible solutions without help from my intuition.

1      2      3      4      5

### **DISCOVER YOUR OWN INTUITIVE COPING STYLE SCORING**

To find your coping style, add your scores from the test questions as shown below. Add scores from:

Questions 2,4 & 9 \_\_\_\_\_ Self-Directed (Internal)

Questions 1,6 & 8 \_\_\_\_\_ Collaborative (Interactional)

Questions 3,5 & 7 \_\_\_\_\_ Deferring (External)

Whichever group scores highest is your primary style.

Your intuitive coping style is an important part of who you are. Changing it may not be easy or appropriate. Also keep in mind that you may use elements of more than one style, and your style may change from situation to situation. Thus, the descriptions given here can only give a glimpse of your approach to problem solving.

### **THE SELF-DIRECTING STYLE (Left Hemisphere Oriented)**

You are primarily an active problem-solver who perhaps does not believe in intuition or believes that you the skills and strength to deal logically with life's ups and downs yourself without use of hunches or intuition. Research shows that your style allows you to handle many of life's problems effectively. However, when faced with more severe, uncontrollable problems, you may develop physical, psychological, and intuitive spiritual distress.

To improve your ability to cope with extreme crises, you may want to write a list of situations where, no matter what you do personally, the end result is out of your hands. Then ask yourself whether it makes sense to try to control the uncontrollable. Or whether there's any place in your life for graceful acceptance of the inevitable? Or even active surrender?

You may find that meditation, prayer, or religious rituals will help you to draw upon forces beyond yourself and let you master the art of letting go. In the process, you may find great relief. You may also enhance the control you do have in life by turning over the control you don't have to the transcendent.

### **THE DEFERRING STYLE (Right Hemisphere Oriented)**

Rather than actively solve problems yourself, you prefer to surrender responsibility to your intuition. Research shows that your style may provide reassurance and relief during severe, uncontrollable situations. It is also extremely useful in programs like the Twelve Steps of Alcoholics Anonymous. However, the deferring style may discourage the active learning and experimentation so necessary for growth.

To improve your ability to cope with stress, start by taking complete stock of yourself. As a deferring coper you are already well aware of your limitations and the need to look beyond yourself, but you may be less aware of your own strengths. It may be hard for you to identify your own abilities without feeling arrogant or self-centered.

But a number of self-help and spiritual tools are handy. Try thinking about your resources as gifts. Imagine your intuition supporting you, encouraging you, and giving you the strength to tackle tough problems. Regular prayer, meditation, or participation in spiritual type rituals may help empower you. Spiritual counsel may also help you find room for personal strength within the context of any religious and spiritual traditions.

With these tools, you may become better able to cope with difficult problems. At the same time, you may find that you enhance your relationship with your intuition by developing your own gifts and resources.

### **THE COLLABORATIVE STYLE (Hemispheric Partnership)**

You see your intuition as a partner who works together with you in coping. Thus, your style emphasizes the power of your relationship with your intuition, rather than the power of you

or your intuition alone. Research shows that your style enables you to handle a wide range of life's problems effectively. The collaborative style has been associated with higher levels of competence, fewer psychological and physical symptoms of distress, and spiritual well-being.

If you would like to strengthen your abilities to cope, take stock of your relationship with your intuition. Consider how to foster your sense of spirituality without self-centeredness on the one hand or self-denigration on the other. Traditional religious services, rituals, and readings may help. So may spiritual retreats, meditation, chanting, and listening to spiritual music - or develop your own rituals. As a Collaborative coper, you are able to draw upon your relationship with your intuition for strength in times of stress. But to what ends? Think about the values you ultimately strive for. Neither self-centeredness nor other-centeredness are likely to be completely satisfying. As the Jewish sage Hillel said, "If I am not for myself, who is for me, and being for my own self, who am I?"

Through your relationship with your intuition, you may find the right balance in your life. You may also find that by enriching yourself you enrich the lives of others, and that by enriching the lives of others you enrich yourself.

## **Reference**

Kenneth I. Pargament, Ph.D., Self-Test, discover our own spiritual coping Style, [Spirituality & Health Magazine](#), New York: Spirituality & Health Pub., Fall, 1998, 24-27, [WWW.spiritualityhealth.com](http://WWW.spiritualityhealth.com). Used with permission from Spirituality & Health.

**(Miller's questionnaire was adapted from the following survey)**

## **SPIRITUAL COPING STYLE**

Kenneth I. Pargament, Ph.D., (1998), researched and created a questionnaire to help one discover his or her way of spiritually coping with life. Following is Pargament's original questionnaire.

### **SELF-TEST....DISCOVER YOUR OWN SPIRITUAL COPING STYLE**

We are not helpless victims. In the face of crises, we are guided and grounded by a system of habits, values, relationships, personality, and beliefs about God. For the last 15 years, psychologist Dr. Kenneth I. Pargament has studied the role of spirituality and religion in people grappling with illness, deaths of loved ones, being fired, major crimes, terrorism, and war. To help people better understand their own coping styles, regardless of doctrine, he has created this self-measure.

Use your own definition and image of the Higher Power or spiritual core we call God when answering these questions. Read each statement then circle the number that indicates how often the statement applies to you.

1 = Never, 2 = Occasionally, 3 = Fairly often, 4 = Very often, 5 = Always

1. When it comes to deciding how to solve a problem, God and I work together as partners.

1 2 3 4 5

2. After I've gone through a rough time, I try to make sense of it without relying on God.

1 2 3 4 5

3. In carrying out solutions to my problems, I wait for God to take control and know somehow he will work it out.

1 2 3 4 5

4. When faced with trouble, I deal with my feelings without God's help.

1 2 3 4 5

5. When a situation makes me anxious, I wait for God to take those feelings away.

1 2 3 4 5

6. Together, God and I put my plans into action.

1 2 3 4 5

7. I do not think about different solutions to my problems because God provides them for me.

1 2 3 4 5

8., When I feel nervous or anxious about a problem, I work with God to find a way to relieve my worries.

1 2 3 4 5

9. When thinking about a difficulty, I try to come up with possible solutions without God's help.

1 2 3 4 5

## Appendix 2

### Transpersonal Assessment Scales

The following items look at a variety of attitudes, personality traits, and styles of intuition. For each statement, please circle the number that corresponds to your agreement or disagreement with the statement, from (1) for Agree Strongly to (5) for Disagree Strongly. Please answer all the questions. If you don't feel much either way, circle (3) – do not circle two numbers for the same question. It is important that you not leave any blank, since if you do, our analysis program will have difficulty analyzing your questionnaire.

Name \_\_\_\_\_ Date \_\_\_\_\_

Age: (in years) \_\_\_\_\_ Sex: Male \_\_\_\_\_ Female \_\_\_\_\_

Agree strongly (1)

Agree somewhat (2)

Agree and disagree equally (3)

Disagree somewhat (4)

Disagree strongly (5)

1. 1 2 3 4 5 I have found an inspiring life purpose.
2. 1 2 3 4 5 Events in my life usually occur as a result of the actions of other people.
3. 1 2 3 4 5 I am generally attentive as I go about my daily life.
4. 1 2 3 4 5 I am often distressed by happenings in my life.
5. 1 2 3 4 5 Sometimes if I choose to I can smell, taste or feel things that are not there.

6. 1 2 3 4 5 When I am ill, I feel that my personal attitude plays a significant role in my healing.
7. 1 2 3 4 5 As I reflect on my life, I often see little reason to exist.
8. 1 2 3 4 5 Frequently I have the experience of remembering a past event so vividly that I feel as if I were reliving that event.
9. 1 2 3 4 5 As I see the world in relation to my life, I find it full of meaning.
10. 1 2 3 4 5 I am often scared.
11. 1 2 3 4 5 I sometimes feel possessed by some form of negative energy.
12. 1 2 3 4 5 I will only attain a position of responsibility if my superiors decide to give it to me.
13. 1 2 3 4 5 I have found no mission or purpose in life.
14. 1 2 3 4 5 I often feel ashamed.
15. 1 2 3 4 5 If I attain a position of responsibility, it will be primarily due to luck.
16. 1 2 3 4 5 I have not yet found an ideal to guide my life.
17. 1 2 3 4 5 I am frequently enthusiastic.
18. 1 2 3 4 5 I often feel close to the presence of God, as I understand the divine.
19. 1 2 3 4 5 I am aided in my life by communication from a higher source.

20. 1 2 3 4 5 I am often inspired by life.
21. 1 2 3 4 5 I often find that I'm at the right place at the right time, or that just what I need comes to me just when I need it.
22. 1 2 3 4 5 When I am ill, I feel that God (or a higher creative force) plays a significant role in my healing.
23. 1 2 3 4 5 When I listen to music, I can become so involved with it that I am unaware of my surroundings.
24. 1 2 3 4 5 I regularly see how a greater purpose is at work in the lives of other people.
25. 1 2 3 4 5 I often feel upset.
26. 1 2 3 4 5 As I reflect on my life, I always see a reason for being here.
27. 1 2 3 4 5 My life is usually controlled by powerful others.
28. 1 2 3 4 5 I am usually irritable.
29. 1 2 3 4 5 I sometimes feel that my self is fragmented and out of control.
30. 1 2 3 4 5 When I am ill, I feel that support people (friends, spouse, etc.) play a significant role in my healing.
31. 1 2 3 4 5 I frequently feel guilty.
32. 1 2 3 4 5 I have a strong personal will.

33. 1 2 3 4 5 When I am ill, I feel that doctors and other medical professionals play a significant role in my healing.
34. 1 2 3 4 5 Once I've collected the information I need, I'm very good at making decisions and sticking to them.
35. 1 2 3 4 5 I am usually alert.
36. 1 2 3 4 5 Success or failure in relationships is largely a matter of good or bad fortune.
37. 1 2 3 4 5 What happens in my life is primarily determined by powerful other people.
38. 1 2 3 4 5 I am usually nervous.
39. 1 2 3 4 5 There is a meaningful order in the world, beyond chance, which guides my life.
40. 1 2 3 4 5 The higher level of understanding of my spiritual self may override my conscious desires.
41. 1 2 3 4 5 I frequently feel awe and wonder about life itself.
42. 1 2 3 4 5 I frequently feel like I'm tapping in to an energy bigger than my own.
43. 1 2 3 4 5 When I am watching television or a movie, I often become so absorbed in the story that I am unaware of other events happening around me.
44. 1 2 3 4 5 I see the lives of other people benefiting from my life.

45. 1 2 3 4 5 I generally feel jittery.
46. 1 2 3 4 5 I usually feel joyful about living.
47. 1 2 3 4 5 I don't give up easily once I've set my mind to a goal.
48. 1 2 3 4 5 The creative force in the universe continues to play a major role in determining what will happen in my life.
49. 1 2 3 4 5 When I am ill, I feel that chance or fate plays a significant role in my healing.
50. 1 2 3 4 5 Once I set an intention to do something, it gets done.
51. 1 2 3 4 5 My success depends on the degree to which I am in accord with universal principles.
52. 1 2 3 4 5 I frequently feel afraid.
53. 1 2 3 4 5 As I see the world in relation to my life, I am often confused.
54. 1 2 3 4 5 I feel I have little power over my life when compared with the people in charge.
55. 1 2 3 4 5 If bad luck is going to happen, there is nothing I can do about it.
56. 1 2 3 4 5 I sometimes become so involved in a fantasy or daydream that it feels as though it were really happening to me.
57. 1 2 3 4 5 Events in my life usually occur as a result of chance factors which no one can control.

**58.** 1 2 3 4 5      If I want to accomplish something, I must please the people with power over me.

**59.** 1 2 3 4 5      Sometimes I find that I can sit staring off into space, thinking of nothing, unaware of the passage of time.

### **MEDITATION ITEMS**

Answer these item only if you currently meditate.

**60.** 1 2 3 4 5      In meditation my attention is often drawn to worries from daily life.

**61.** 1 2 3 4 5      I'm very inspired when I finish meditating.

**62.** 1 2 3 4 5      When I meditate I have to expend considerable effort to stay in the meditative state.

**63.** 1 2 3 4 5      When I am meditating, even the thoughts and memories that pop up still seem to be linked to my affirmation or mantra.

**64.** 1 2 3 4 5      My body seems to get involved in meditation in a very positive way.

**65.** 1 2 3 4 5      Painful or distracting memories from the past often rise up in me when I am meditating.

**66.** 1 2 3 4 5      During meditation I am usually able to remain in the meditative state effortlessly.

**67.** 1 2 3 4 5      I find that I become anxious and uncomfortable when I am meditating.

**68.** 1 2 3 4 5      Everything else seems to go away when I meditate except for my chosen focal point.

**69.** 1 2 3 4 5      I feel like I belong to something great and wonderful when I meditate.

## Appendix 3

### Course Curriculum References

#### Transpersonal View of Life

- Atwater, P.M.H., (2003). The new children and near death experiences. Rochester: Bear & Company.
- Braud, W., & Anderson, R. (1998). Transpersonal research methods for the social sciences. Thousand Oaks: Sage Publications.
- Carroll, L., and Tober, J., (1999). The indigo children . Carlsbad: Hay House.
- Cayce, E. (1995). The complete Edgar Cayce readings. Virginia Beach, Virginia: A.R.E. Press.
- Campbell, J. (Ed.) (1971). Transpersonal research methods for the social sciences. New York: Penguin Books.
- DeMello, A. (1998). Walking on water. New York: Crossroads Publishing, pp. 57-58.
- Carroll, L., & Tober, J. (1999). The indigo children. Carlsbad: Hay House.
- Goble, F. (1971) The third force. New York: Pocket Books.
- Holmes, E. (1938). The science of mind. New York: Dodd, Mead & Co.
- Jacobi, J. (1973). The psychology of CG Jung. New Haven: Yale University Press.
- Maslow, A. (1970). Motivation and personality, (2 ed). New York: Harper & Row.
- Maslow, A. (1971). The farther reaches of human nature. New York: Viking Press.
- Ray, P., & Anderson, S. (2000). The cultural creative. New York: Three Rivers Press.
- Rocco, E. (2005). Love Your Enemy. Science of Mind, May, 96.
- Strauss, W., and Howe, N., (1991). Generations: The history of America's future, 1584 to 2069. New York: William Morrow.
- Tart, C. (2004). On the scientific foundation of transpersonal psychology: contributions from parapsychology. Journal of Transpersonal Psychology, Vol.36, No. 1, 66-90.
- Welch, J. (1982). Spiritual pilgrims, Carl Jung and Teresa of Avila. New York: Paulist Press

#### Brain

- Bohm, D. (1977). Bohm sees hologram as model for new description of reality. In M.

- Ferguson, (Ed.). Brain/mind bulletin-2 July 4.
- Bohm, D. (1977). Pribram's paradoxes: How does the brain know? In M. Ferguson, (Ed.).Brain/mind bulletin-s, July 4.
- Brandwein, P., & Ornstein, R. (1977). The duality of the mind, Instructor 86.
- Ferguson M. (1973). The brain revolution. New York: Taplinger.
- Gazaniga, M. S. (1983). Right hemisphere language following brain bisection. American Psychologist. May.
- Guzman, E. (1976). Mind control. Laredo: Institute of Psychorientology.
- Judy, D. (2004). Book Review of Hogue, David, A. (2003). Remembering the future, imagining the past: Story, ritual, and the human brain. Cleveland: OH. Pilgrim Press, 216 pp. ISBN 092981492. Journal of Transpersonal Psychology, Vol. 36, No. 1.
- Loye, D. (1982). People with 'balanced brains' better forecasters. In M. Ferguson (Ed.), Brain/mind bulletin, 7, p. 3.
- Loye, D. People with balanced brains better forecasters in M. Ferguson (ed), Brain/mind bulletin
- Millay, J. (1981). Bilateral 'synch': key to intuition? In M. Ferguson (Ed.), Brain/mind bulletin vol 6, No. 9. Los Angeles: Interface Press.
- Pinto, J. (2003). Measuring spirituality and the human brain. InTech magazine, August 20.
- Restak, R. 91995). Brainscapes. New York: Hyperion.
- Schulz, M. L. (1998). Awakening intuition. New York: Three Rivers Press.
- Tart, C. T. (1983). Transpersonal psychologies. El Cerrito: Psychological Processes.
- West, S. A. (1976), Creativity, altered states of awareness, and artificial intelligence, Journal of Altered States of Consciousness.
- Zaidel (1977). "Left dominates even when less able." In M. Ferguson (Ed.), Brain/mind bulletin, Theme Pack III.
- Zdenek. M. (1983). The right brain experience. New York: McGraw-Hill.

## **Consciousness**

- Baker, T. (Viewed 2004). Healing attitudes and emotions. TS-505 The transpersonal. Bible, King James Version.

Blackburn, S. (2004). The world in your head. New scientist, September.

Bourne, L., & Ekstrand, R. (1982). Psychology, 4<sup>th</sup> Ed. Chicago: Holt, Rinehart and Winston.

Bowers, K., Regehr, G., Balthazard, C., & Parker, K. (1990). Intuition in the context of discovery. Cognitive Psychology, 22, cited in Wade and Tavis.

Butler, M.A. (Viewed 2004). Intuition and creativity. TS-505 The transpersonal view of Edgar Cayce Video Programs. Virginia Beach: Atlantic University.

Campbell, J., (Ed.). The portable Jung. Kingsport: Kingsport Press. Pp. XXVIII, 83.

Cayce, E. (1995). The complete Edgar Cayce readings, Virginia Beach, Virginia: A.R.E. press.

Das, S., Lama. (2004). Buddha's inner science of mind and the joy of awakening. Science of Mind, 77 (9).

Gard, R. A. ed. , (1961). Buddhism. New York: George Braziller.

Gregorc, A. (1982). An adult's guide to style. Gabriel Systems, Inc.

Holmes, E. (1938). The science of mind. New York: Dodd, Mead and Company.

Jacobi, J. (1973). The psychology of CG Jung. Yale University Press: New Haven.

Jung, C. (1984). Man and his symbols. New York: Dell.

Jung, C. G. (1978). Psychological reflections, ed. Jolande Jacobi & R.F.C. Hull. New York: Princeton University Press.

Krishna, G. (1974). Higher consciousness. New York: Julian Press.

Loudon, D, and Bitta, A.J. (1988). Consumer behavior, 3rd. Ed. New York: McGraw-Hill.

Maslow, A. (1970). Motivation and personality, 2<sup>nd</sup> Ed. New York: Harper & Row.

Maslow, A. (1971). The farther reaches of human nature, New York: Viking.

McGarey, W. (2002). Let's take a look at our attitudes. Retrieved May, 2004, from <http://www.members.tripod.com/~arescott/pathways/DrBonAtt.html> (2 of 4) [9/16/2002 2:07:25 AM]A.R.E. Clinic: Pathways to Health.

Munro, M. (2003). National Post, Thursday, January 30 from WEB: <http://www://nationalpost.com/sciencetech/story.html?id=CBD4FD6A-4554-4086-9F5C>

Puryear, H.B. Free intro: spiritual guidance for practical life decision-making. Retrieved, 2004 from: <http://www.atlanticuniv.org/phpTemplates/securecourses/freeintro.php?ID=12b.htm>

Russell, P. (2002). From science to God. Las Vegas: elf Rock productions.

Sheldrake, R. In a book review of A new science of life by J. P. Tarcher. Retrieved (ND):

[Http://www.thymos.com/mind/sheldrak.html](http://www.thymos.com/mind/sheldrak.html)

- Stewart, L. (1998). Harmony in chaos. Science of mind magazine, March.
- Tart, C. (1983). States of consciousness. El Cerrito: Psychological processes, Inc.
- Tart, C. (2004). On the scientific foundation of transpersonal psychology:  
Contributions from parapsychology. The journal of transpersonal psychology,  
Vol. 36, No. 1.
- The new millennium (1997, video series), Virginia Beach: Atlantic University.
- Thurston, M. PhD. (1997). More great teachings of Edgar Cayce. Virginia Beach: A.R.E.
- Thurston, M. PhD. (1996). The great teachings of Edgar Cayce. Virginia Beach: A.R.E.
- Wade, T., & Tavris, C., (2003). Psychology, 7<sup>th</sup> Ed. Upper Saddle River: Prentice Hall.
- Wilber, K. (1983), The great chain of being, in Paths beyond ego, ed. Walsh, R., M.D., Ph.D.  
and Vaughan, F., Ph.D. New York: Tarcher/Putnam.
- Wilber, K. (1983). Eye to eye. New York: Anchor Books.
- Wolf, F. A., (1996). The spiritual universe. New York: Simon & Schuster.

## **Freewill**

Bible, King James Version

- Cayce, E. (1995). The complete Edgar Cayce readings, Virginia Beach, Virginia: A.R.E. Press.
- DeMello, A. (1990). Awareness. New York: Image Books.
- Dyer, Wayne, (1991). The awakened life, (audio cassette). Chicago: Nightingale-Conant.
- Fowler, J. (1981). Stages of faith. San Francisco: Harper & Row.
- Fowler, J. (1983, November). Interview with L. Lawrence. Psychology Today.
- Holmes, E. 1938). The science of mind. New York: Dodd, Mead & Co.
- Jung, C. (1978). Aion, 2<sup>nd</sup> Ed. Princeton: Princeton University Press.
- McDermott, R. A., (1996). The essential Steiner. Edinburgh: Floris Books.
- Steadman, J. (1997). The faith that endures. Science of Mind magazine, December. 66.
- Thurston, M. (Retrieved 2004). TS 504 module III, audio session 2, Virginia Beach, Virginia:  
Atlantic University.

## **Intra-Communications**

- Clark, R. A. M.D. (1953). Six talks on Jung's psychology. Ann Arbor: Boxwood Press.
- Edinger, E.F., (1974). Ego and archetype. Baltimore: Penguin Books.
- Jacobi, J. (1973). The psychology of C. G. Jung. New Haven: Yale University Press.
- Jung, C. G. (1968). Analytical psychology: its theory & practice, New York: Vintage Books.
- Roth, R. (2005). Listening for God. Science of Mind. December.

## **Meditation**

- Atwater, P.M.H. (2003). The new children and near death experiences. Rochester: Bear and Co.
- Bible, King James Version
- Cayce, E. (1995). The complete Edgar Cayce readings, Virginia Beach, Virginia: A.R.E. Press.
- Elkins, D. (1998). Beyond religion. Wheaton: Quest Books.
- Ferguson, M. (Ed.) (1973). The brain revolution, New York: Taplinger.
- Gard, R. A., (Ed.), (1962). Buddhism. George Braziller: New York.
- Harre', R., Lamb, R., (Eds). (1983). The encyclopedic dictionary of psychology. Cambridge: MIT.
- Holmes, E. (1938). The science of mind. New York: Dodd, Mead & Co.
- LeShan, L. (1974). How to meditate. Boston: Bantam Books: 1974.
- Maslow, A. (1971). Farther reaches of human nature. New York: Viking Press.
- Needleham, J. (1980). Meditation: doorway to the transpersonal, In R.N. Walsh, F. Vaughn  
(Eds). Beyond ego. Los Angeles: Tarcher.
- Ornish, D. (1998). "The healing practice of meditation", Science of Mind magazine,  
August.
- Peterson, R. (1990). Creative meditation: inner peace is practically yours. Virginia  
Beach: A.R.E. Press.
- Pinto, J. (2003). Measuring spirituality and the human brain. Intech Magazine, (August  
20). (JimPinto.com)
- Schwartz, G., Ph.D. (2001), cited in Pearl, E. Dr., The reconnection. Carlsbad: Hay  
House.
- Tart, C. (2004). On the scientific foundation of transpersonal psychology: Contributions from

parapsychology. Journal of transpersonal psychology, Vol.36, No. 1.

Thurston, M. The inner power of silence. Retrieved from:

<http://www.atlanticuniv.edu/ba-beta/IS535/introduction>, Chapter 1, 2, 3, 7, 8.  
html [July, 17, 2002].

Thurston, M, & Thurston, S. Twelve positive habits of spiritually centered people.

Retrieved from: <http://www.atlanticuniv.edu/ba-beta/IS535/3-Min-Meditation.html> (1 of 10)  
[July 17, 2002]. AU IS535 Supplemental Reading.

Wilber, K. (1983). Eye to eye. New York: Anchor Books.

## Appendix 4

### Pre and Post Numerical Data for Transpersonal Assessment Scales

PRE-IDEALS	POST IDEALS	PRE WILL	POST WILL
29	22	26	26
22	23	21	26
19	28	23	23
24	24	26	26
22	26	27	30
28	31	25	27
29	30	26	24
22	22	27	27
29	31	25	25
21	27	23	23
30	16	20	12
22	33	24	26
32	28	21	27
22	15	21	8
24	21	26	23
Mean 25.00	25.13	24.07	23.53

PRE ENERGY	POST ENERGY	PRE SUCCESS	POST SUCCESS
23	23	23	23
17	22	22	25
19	20	19	20
23	22	26	24
19	30	23	35
24	24	27	27
24	22	26	24
26	25	31	31
18	25	20	28
23	23	25	25
20	12	24	15
23	24	28	27
30	23	32	26
16	12	14	16
21	21	23	27
Mean = 21.73	21.87	24.20	24.87

PRE INWARD	POST INWARD	PRE AWARE	POST AWARE
24	21	17	21
19	22	21	21
19	18	14	20
15	19	21	23
22	30	22	32
15	21	27	24
19	22	14	24
20	27	32	32
18	27	18	27
24	21	23	24
19	12	20	16
25	24	23	27
25	20	25	21
10	14	11	22
20	21	16	25
Mean = 19.60	21.27	20.27	24.93

PRE UNHAPPY	POST UNHAPPY	PRE EXTERNAL	POST EXTERNAL
22	44	22	42
22	21	24	25
25	18	30	26
21	23	19	25
17	26	23	37
39	23	27	20
26	21	32	18
33	28	30	16
28	25	19	29
32	44	20	28
24	29	30	22
20	19	30	21
21	22	24	22
27	29	24	24
28	25	22	30
Mean = 25.67	26.47	25.07	25.67

## Appendix 5

### Transpersonal Assessment Scales Data Analysis

t-Test: Two-Sample Assuming Equal Variances

	<i>Variable</i> 1	<i>Variable</i> 2
Mean	25	25.13
Variance	16.43	28.84
Observations	15	15
Pooled Variance	22.63	
Hypothesized Mean Difference	0	
df	28	
t Stat	-0.08	
P(T<=t) one-tail	0.47	
t Critical one-tail	1.70	
P(T<=t) two-tail	0.94	
t Critical two-tail	2.05	

PRE AND POST IDEALS

Variances

	<i>Variable</i> 1
Mean	21.73
Variance	13.64
Observations	15
Pooled Variance	17.45
Hypothesized Mean Difference	0
Df	28
t Stat	-0.09
P(T<=t) one-tail	0.47
t Critical one-tail	1.70
P(T<=t) two-tail	0.93
t Critical two-tail	2.05

PRE WILL

t-Test: Two-Sample Assuming Equal Variances

	<i>Variable</i> 1	<i>Variable</i> 2
Mean	24.07	23.53
Variance	5.78	34.27
Observations	15	15
Pooled Variance	20.02	
Hypothesized Mean Difference	0	
df	28	
t Stat	0.33	
P(T<=t) one-tail	0.37	
t Critical one-tail	1.70	
P(T<=t) two-tail	0.75	
t Critical two-tail	2.05	

PRE AND POST ENERGY

	<i>Variable</i> 1
Mean	24.2
Variance	21.03
Observations	15
Pooled Variance	23.72
Hypothesized Mean Difference	0
Df	28
t Stat	-0.37
P(T<=t) one-tail	0.36
t Critical one-tail	1.701
P(T<=t) two-tail	0.71

t-Test: Two-Sample Assuming Equal Variances

	<i>Variable 1</i>	<i>Variable 2</i>
Mean	19.6	21.27
Variance	17.26	21.92
Observations	15	15
Pooled Variance	19.59	
Hypothesized Mean Difference	0	
Df	28	
t Stat	-1.03	
P(T<=t) one-tail	0.16	
t Critical one-tail	1.70	
P(T<=t) two-tail	0.31	
t Critical two-tail	2.05	

PRE AND POST INWARD

	<i>Variable 1</i>
Mean	20.27
Variance	30.21
Observations	15
Pooled Variance	24.35
Hypothesized Mean Difference	0
Df	28
t Stat	-2.03
P(T<=t) one-tail	0.03
t Critical one-tail	1.70
P(T<=t) two-tail	0.05
t Critical two-tail	2.05

	<i>Variable</i> 1	<i>Variable</i> 2
Mean	25.67	26.47
Variance	33.24	61.84
Observations	15	15
Pooled Variance	47.54	
Hypothesized Mean Difference	0	
df	28	
t Stat	-0.32	
P(T<=t) one-tail	0.38	
t Critical one-tail	1.70	
P(T<=t) two-tail	0.75	
t Critical two-tail	2.05	

PRE AND POST UNHAPPY

	<i>Variable</i> 1	<i>Variable</i> 2
Mean	25.07	25.67
Variance	19.64	47.67
Observations	15	15
Pooled Variance	33.65	
Hypothesized Mean Difference	0	
Df	28	
t Stat	-0.28	
P(T<=t) one-tail	0.39	
t Critical one-tail	1.70	
P(T<=t) two-tail	0.78	
t Critical two-tail	2.05	

PRE AND POST EXTERNAL

## Appendix 6

### Intuitive coping Skills Questionnaire Pre and Post Data and Analysis

SURVEY		INTUIT COPING STYLE				2006
Pre Self	Post Self	Pre	Post	Pre	Post	
Directed	Directed	Collaborative	Collaborative	Deferential	Deferential	
7	6	12	11	8	10	
6	6	11	16	8	11	
11	8	10	6	6	5	
4	5	6	12	6	10	
8	5	9	10	5	7	
6	6	9	10	8	10	
10	10	6	8	4	9	
10	10	5	11	8	7	
6	4	9	13	6	9	
9	10	9	11	9	8	
6	7	9	10	7	5	
7	6	13	11	12	7	
10	9	6	7	6	6	
10	8	12	11	10	10	
9	6	10	9	7	6	
9	6	11	12	7	7	
Mean =						
8.00	7.00	9.19	10.50	7.31	7.94	

Pre Self directed	Post		Pre Deferential	
	Deferential			
Mean	8.00	7.94	Mean	7.31
Standard Error	0.51	0.49	Standard Error	0.49
Median	8.5	7.5	Median	7
Mode	6	10	Mode	8
Standard Deviation	2.03	1.95	Standard Deviation	1.96
Sample Variance	4.13	3.80	Sample Variance	3.83
Kurtosis	-0.97	-1.34	Kurtosis	1.08
Skewness	-0.33	-0.02	Skewness	0.72
Range	7	6	Range	8
Minimum	4	5	Minimum	4
Maximum	11	11	Maximum	12
Sum	128	127	Sum	117
Count	16	16	Count	16
Largest(1)	11	11	Largest(1)	12
Smallest(1)	4	5	Smallest(1)	4
Confidence Level(95.0%)	1.08	1.04	Confidence Level(95.0%)	1.04

	Post Self Directed		Pre collaborative		Post Collaborative
Mean	7.00	Mean	9.19	Mean	10.50
Standard Error	0.48	Standard Error	0.60	Standard Error	0.59
Median	6	Median	9	Median	11
Mode	6	Mode	9	Mode	11
		Standard		Standard	
Standard Deviation	1.93	Deviation	2.40	Deviation	2.37
Sample Variance	3.73	Sample Variance	5.76	Sample Variance	5.6
Kurtosis	-0.99	Kurtosis	-0.78	Kurtosis	1.28
Skewness	0.44	Skewness	-0.32	Skewness	0.20
Range	6	Range	8	Range	10
Minimum	4	Minimum	5	Minimum	6
Maximum	10	Maximum	13	Maximum	16
Sum	112	Sum	147	Sum	168
Count	16	Count	16	Count	16
Largest(1)	10	Largest(1)	13	Largest(1)	16
Smallest(1)	4	Smallest(1)	5	Smallest(1)	6
Confidence		Confidence		Confidence	
Level(95.0%)	1.03	Level(95.0%)	1.28	Level(95.0%)	1.26

## Appendix 7

### Intuitive Coping Skills Survey T-Test Analysis

#### Self Directing Style

t-Test: Two-Sample Assuming Unequal Variances

	<i>Variable</i>	
	<i>Variable 1</i>	<i>2</i>
Mean	8.00	7.00
Variance	4.13	3.73
Observations	16	16
Hypothesized Mean		
Difference	0	
Df	30	
t Stat	1.43	
P(T<=t) one-tail	0.08	
t Critical one-tail	1.70	
P(T<=t) two-tail	0.16	
t Critical two-tail	2.04	

## Collaborative Style

t-Test: Two-Sample Assuming Unequal Variances

	<i>Variable</i>	<i>Variable</i>
	<i>1</i>	<i>2</i>
Mean	9.19	10.50
Variance	5.76	5.60
Observations	16	16
Hypothesized Mean		
Difference	0	
Df	30	
t Stat	-1.56	
P(T<=t) one-tail	0.06	
t Critical one-tail	1.70	
P(T<=t) two-tail	0.13	
t Critical two-tail	2.04	

## Deferring Style

t-Test: Two-Sample Assuming Unequal Variances

	<i>Variable</i>	<i>Variable</i>
	<i>1</i>	<i>2</i>
Mean	7.31	7.94
Variance	3.83	3.80
Observations	16	16
Hypothesized Mean Difference	0	
Df	30	
t Stat	-0.91	
P(T<=t) one-tail	0.19	
t Critical one-tail	1.70	
P(T<=t) two-tail	0.37	
t Critical two-tail	2.04	

## Appendix 8

### Students' Journal Entries

There were 19 students who turned in final journals. Following are some of their comments. All were positive with some more extensive than others. Instructor's follow-on comments are in italics.

"This class has changed my thinking in life more than any class I have ever taken. It has affected the way in which I think about life. I am now thinking positively more than I used to, because of the negative affects of it on water. These influenced my feelings positively. Again, I am trying to think more positively and find my true meaning in life. I don't know if that's necessarily through spirituality though."

*This student really liked Dr. Masaru Emoto's Hidden Messages In Water. To see how your negative words and emotions can affect your body seems to be a major lesson for these students, as well as the beginning toward learning the interconnectedness of us all.*

"I think that this class has changed my way of thinking ...positively. I find in my everyday life that I am now using the information that I have learned. One of the main things that hit home for me was the chapter of Prayer. I realized that 99% of my prayers were selfish and from my ego. Even if I learned nothing else in this class, this is almost life changing. I have come to realize that maybe our world is not black & white...but there are thousands of shades of gray. After taking this class I now want to know what gray is. The only negative comment I have is that when reading the chapters and answering the questions, it was very confusing sometimes & I always had to read the material over & over many times to understand. However, I do understand that this kind of material is confusing."

*This was a female student who was operating at the "B" level. She is left hemisphere oriented and plans (hopes) to go on to Law school.*

"I appreciate that I took this class because I learned many things that I didn't know before. I like that people are right and left brained. Facts I didn't know before have enlightened me and I am grateful for that because the more I know the better it helps my spiritual and mental judgments. Overall this class is worth what it offers and a good class. (Of) All the information I gathered I don't like it when it gets too scientific and enough from the heart. When a feeling comes from the heart I don't think science can judge that."

*I always give the students what the materialistic scientists say about consciousness and spirituality. A lot of these students are open minded and get upset when people ridicule and judge without investigation.*

"From day one I encountered so much information that it was overwhelming. I tried to understand most of it , and through all, I understand a lot of it. I got so much out of the class that I will further look for the light in my life and keep it with me. I would like to personally thank you for clarifying some things in my life that I needed fixed. I have no negative experiences or comments for the class. Overall, I have thought did a very nice job. On the last day of class, I felt the way to a more spiritual life can be achieved through patience, love, understanding and guidance. Thank you again."

*Again his comment is typical in that students stipulate how they have changed their attitude about life and will begin manifesting a more positive behavior.*

“I think it (the class) helped me to understand about my life and its purpose. I learned a lot of good habits like Universal Values and meditating. The most important though is by learning to not create dis-ease in the body, don't be angry at other people because it affects you too. This course influenced my thinking because it forces you think outside the box. I will adjust my behavior to meditate more at least once a day after this course is over. I will also give thanks for the water I drink and the food I eat. Also, I will try not to get angry at things and be at peace with myself, and I will try and give forgiveness for others for the bad things they have done and try not to judge others.”

*In the class I get extensively into how our negative thoughts and emotions (anger) can create dis-ease in our own bodies. I also bring out the importance of forgiveness. Students seem to understand this concept and see the logic of staying positive.*

“I enjoyed the class – learning about the transpersonal path. I really enjoyed learning about the psi phenomena as that is what I have always thought the mind is capable of, just not adept at. I also found the class especially interesting because of my upbringing – I was not raised in this country. My father is in the military and I was also not raised with a strong religious background. So it's not like there was a lot of programming or belief structure to overcome. For the most part my belief structure has been open for me to come up with on my own instead of being fed beliefs of the people around me. I think the class is made for the open minded, and I don't think it will have magically transformed peoples' belief structures. But I think it will start people asking questions about life, where we're headed.”

*This young woman was not afraid of speaking out. Her attitude was one of, “I know that.” I do believe she enjoyed the research that backed up the psi phenomena.*

“This class has changed the way I look at some things, however, I do not believe all of the things talked about just because I like to form my own beliefs through a combination of things I have learned and already believe. I do believe though that this is a very good class that forces one to think and evaluate their life and beliefs. This causes someone to become more strong in what they believe if they are able to question it.”

*In the beginning of the class, I tell them to not believe a word I say just because I said it. I encourage them to check it out. If they do not like something, I tell them to put it on a mental shelf. I urge them to not ridicule outright anything they hear in class, giving Einstein's quote that it is only ignorant people who ridicule something without first investigating the material.*

“I really enjoyed this course because it opened my mind to a whole new world of possibilities. It challenged me to think about the higher power. I believe the students that you're teaching are completely capable of understanding the material. I think this should be taught to students in the future. I loved the meditation sessions because it helped me relax and get in touch with my inner nature. I really liked learning about the body, mind, and spirit in general.”

*This course covered material the students had never before come in contact with. Their faces at first show incredulity but then slowly change into acceptance and eager dialogue. It is quite an experience for me just to observe the change in these students.*

“I can’t begin to explain the help this class has given me. I was so intrigued from day one. I have learned so much about my soul, my Self, my path. My mind was already open but was very opened up to so much more. I loved the variety of topics also that we covered (soul travel to conspiracy theories to aliens! (;>)) What I loved most about this class was that the message was positive. It was impossible to not take something out of this class. Even if you didn’t agree with what was being preached about (or a certain religious ideas that related), the message given out was one of peace, love, and tranquility along with your chosen path. It applies to every religion. At first I was a little skeptical to the ideas of some things discussed, but I realized it was my ego (only after being told). There was really nothing negative about this class. Thank you for sharing the knowledge and being our teacher in more than just our classroom.”

*The underlined words were made by the student. Again, we see the skepticism of the opening day’s presentation. Throughout the class I make every attempt to keep it positive, even when I have to explain the “darkness” I try to keep it positive.*

“I took this class because when I met with Miller he asked me if I had an open mind & this intrigued me. Once I attended the first class I knew that I would be taking a lot out of this class. I found that many of my beliefs matched ideas and concepts within transpersonal psychology. The things that I will stick with me for the rest of my life are the ideas about negativity & anger. “You reap what you sow.” I will also make an attempt to keep up with my meditations because I know it has had a positive affect on my mind & body. I truly believe that I am on the break of my spiritual path but I have things to deal with. All in all I loved this class, it’s not too often that I dive into a class to the extent I have with this course.”

*This was an eighteen year old who needed special permission to take the course as I learned, so I thought, that it took about twenty years of life to reach a certain level of maturity in order to take on this material. Consequently in order to take the course the student had to be of Junior standing or at least 20 years old, or by permission of instructor.*

“I really enjoyed this course. I’ve been struggling a lot with what I’ve been experiencing, but I’m sure there was a good reason why I was sent to Dana College. My spiritual level is a lot higher than it was when I came in. This course has helped me answer most of my questions, but I’m still seeking answers. The good news is that my door is open now, the seed is planted.”

*He is talking about his spiritual doorway to his higher consciousness. The seed planted he is talking about were all the spiritually-oriented seed thoughts the course has to offer for planting into one’s open mind for future manifesting the “Fruits of the Spirit.”*

*Overall, the above student comments were typical. The only negative comments received at the end pertained to there being too much material to take in with not enough time for discussion. With reference to the course, I have removed some material and put in further clarification on some of the more complex issues.*

In a previous presentation I asked the following question of the students as part of their final journal entry: “Should this course be taught in the regular semester at Dana College?” Following are some of the students’ comments:

“One reason I think this class should be taught again is because the information that is brought forth is something that all people should have the chance to be exposed to. I feel that if

everyone got a chance to hear this information we received the world (would) be totally different: I think there would be less sickness. One of the main things that I will take from this class is I used to have a dirty mouth. But after I learned about the negative energy that brings into your body I have kind of cleaned it up little. But I feel it should be taught over a semester where you can have the chance to get more in depth with the material and discussions.”

*This was a student who was raised in an environment where the male was considered dominant and a foul mouth was the norm. Calling each other “mother XXXXXX” etc., was the way one expressed himself in the world and to others.*

“I will be the first to admit that I was initially extremely skeptical about this course. The ideas of the Meditation and Spirituality through consciousness seemed a little far fetched – but I was intrigued after our first meeting so I decided to ahead and give it a shot. Growing up as the daughter of a Lutheran pastor, many of the beliefs I had grown up with and never been asked or expected to question were challenged. This made me uncomfortable – yet these past three weeks have showed me that sometimes true personal growth and progress requires a little bit of discomfort. As the class progressed I learned that its purpose was to inspire truth through self-discovery. Its goal is not to force a set of ideas on us – rather it provides students with the necessary tools to uncover their soul, and to live life on a unique and more significant path.”

*This student’s response was typical of the many I received verbally. They are doubtful, uncomfortable, and skeptical but they come around. She questioned the material as most do but she was accepting of the documented research and began to get involved in the dialogue.*

“Dana College takes pride in challenging their students’ expectations of learning. This class will do that and some. This class will make people think in a way they have never thought before about different things and some things they already knew. If Dana College starts an undergraduate program in this area they will be one of the few in the nation. It would bring more people, and have that prestige over numerous schools. I know that Dana College is a Lutheran school, but one thing that Dana wants to do is help students find themselves. There are a lot of people out there looking for something and this class can help them find it. It will make a lot of people feel good about themselves when they hear what this will offer to them. Not only in a religious standpoint, but also as an academic and just in general, life. I feel like Dana College, as well as its students will benefit greatly by this class.”

*This student was one of our star basket ball players and student leader. He has a quiet nature but students listen to him. When a young man of this nature takes the course and likes it there is a good chance that he will take this into his life and practice what he learned.*

“This class along with others like it should be offered at Dana. I think that it gives students the chance to explore themselves and their interests. Not only are they able to discover new information, but they can share this with other students. By allowing this they may feel more comfortable and not be scared or nervous that what they are learning is only of interest to them. With classes like this we can become more aware of ourselves and appreciate why we want to continue learning. Plus it gives us a stepping stone and helps us seek what we want.”

*I offer the class once a year and maybe in the summer. Students pass on to their friends that which they learned. Just this last summer I taught the course with only three students: one of them took it because his friends had talked so much about what he had learned.*

“I have taken the Spirituality and Consciousness course and would like to voice my praise for the class. I have been raised by a very religious family and was always sheltered by them. I was unaware of the possibilities that there are other explanations to life’s mysteries before taking this course. Professor Miller has taken an extremely large amount of time to research the topic and offer as much information as possible about every aspect within it. His explanations of the text are detailed and powerful. As convincing as this information may be, Professor Miller just presents the information to you without forcing it upon you. This allows the student to evaluate the information and absorb it whether they agree with it or don’t believe a word. The atmosphere of the class was very relaxed and conducive to learning. Despite disagreeing with the text, I enjoyed the class immensely. The only problem with the course is the lack of time allowing us to go into detail about specific topics. If this class were offered during the regular semester, it would be more elaborate and cover the topic to better satisfy my curiosity. I believe that Dana College should allow Professor Miller to teach this course during the regular semester and publish adequate textbooks for the students.”

*I talked primarily about spirituality and consciousness so some students referred to this course in that way. This student did challenge some of the material primarily from his Lutheran background. For example: the Christ Consciousness. He had never been exposed to this idea. As for thinking that by offering this during a regular semester there would be more time for discussion, a full 45 hours was given to this course during the January “Discovery” class. If anything, less material should be covered.*

“This course meets all high academic standards and also promotes Spirituality in our life. (Faith) This course is worthy because there is much more info that could be given during the semester plus during interim 350 dialogue questions. These questions are hard and not easy it makes students think about their lives.”

*Actually there were about 250 dialogue questions. However, here is another student who suggests that the course be cut back – too much information in just one semester. I have changed the course accordingly.*

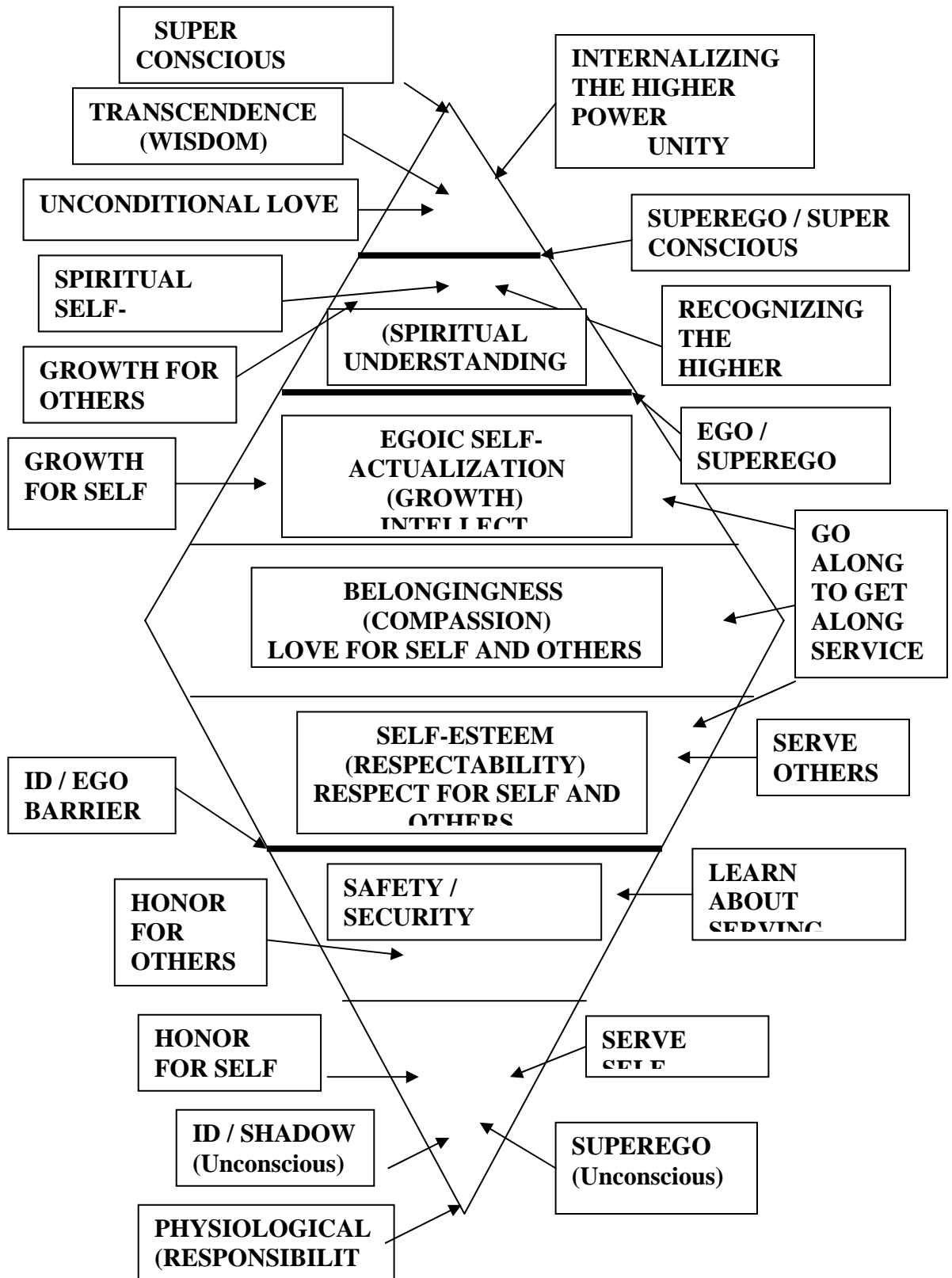
“When I first signed up for my interim class, I was a bit skeptical in what I was getting myself into. When you think about Spirituality and Consciousness there were many things that came to my mind and I had never taken the time to think about how important the information is. I used to ridicule those who tried filling me in on all the aspects behind it and it turns out I was the ignorant one. After taking this class I have opened up my mind, body, and soul to a completely new dimension that I never took seriously. I am an athlete here at Dana College and it is almost weird how much this class has helped me with that part of my life. The meditation portion of the class has helped me with visualization; relaxation, and personal satisfaction. The amount of positive energy that I feel I now have is another thing that I feel I have gotten from taking this course. Not only has this helped me with my athletics but I think as a student and most importantly as a person. I have been introduced to many different ideas and thoughts that I never could have imagined considering in my life. Professor Miller has given me ideas and thoughts that I have been looking for, for some time now.”

*These comments are typical of those received.*

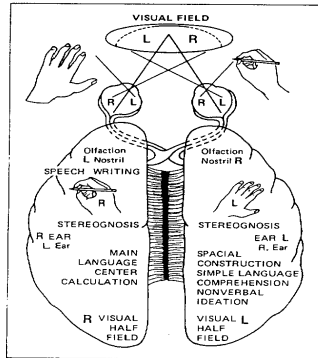
## **FOLLOWING ARE SOME SPECIFIC FEEDBACK STATEMENTS FROM THE STUDENTS' HOMEWORK DURING THE COURSE**

- I love the idea of learning how to relax, especially the benefits that can come as a result.
- I enjoy the meditation at the end of the class. It feels great leaving class so relaxed.
- One student commented on how he believes behavior is changing in that the more he meditates the more he is able to activate the lower brain frequencies (alpha, theta, and delta).
- A female student commented that when she meditates in class she tends to fall asleep but then has vivid dreams. One dream was about water. She felt good about the dream.
- "I am more of a calm person and I have only been meditating for a week now."
- I think the spiritual benefits of meditation outweighed the benefits given up in order to meditate.
- I told the students that the great philosopher Edgar Cayce said that the purpose of meditation was "to attune ourselves to the infinite nature of being – to allow the infinite to express in the finite" (Thurston, Inner Power of Silence). I also gave the warning by many teachers and sources of meditation information that "warn against meditating to obtain something directly for ourselves (e.g., psychic ability or better health)" (Thurston). I then asked the students, "Which information should I teach?" Their response was that I should give them both and let them decide which one to choose to use as motivation – the attunement to the infinite or the benefits.
- "I really liked the countdown from 10 to 1. I also liked how he let his soul be his guide through meditation. He didn't really tune us (out) but his soul would tell him when we have had enough. I also like a lot of the mental pictures."
- "I really have become more confident and intuitive. I was able to build a close connection with my soul. This enabled me to give better advice to people...I believe also that I was delivered from an addiction that I had."
- "One thing I would suggest is using a little softer voice. Sometimes I am jolted a little by inconsistencies in his voice" (Miller's comment: I remember that at times I can get carried away and may get louder – I will tone this down. During the meditation I maintain a low soft voice throughout the exercise).
- "He doesn't say that we're wrong...he always can agree with what we say, whether it's against him or not."
- "More in-group activities instead of talking all the time."
- "I really enjoyed this class. I've learned a lot from it on myself."
- On Emoto's Hidden Messages, a student said he was going to change his language as he often used negative phrases in his speech. ( He did change).
- I actually had students (20 years of age) thank me for teaching this course.

## Appendix 9: Curriculum Models

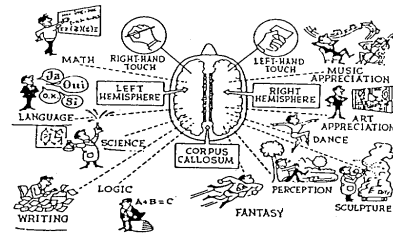


# BRAIN FUNCTIONS



Schema showing the way in which the left and right visual fields are projected onto the right and left visual cortices, respectively. The schema also shows other sensory inputs from right limbs to the left hemisphere and that from left limbs to the right hemisphere.

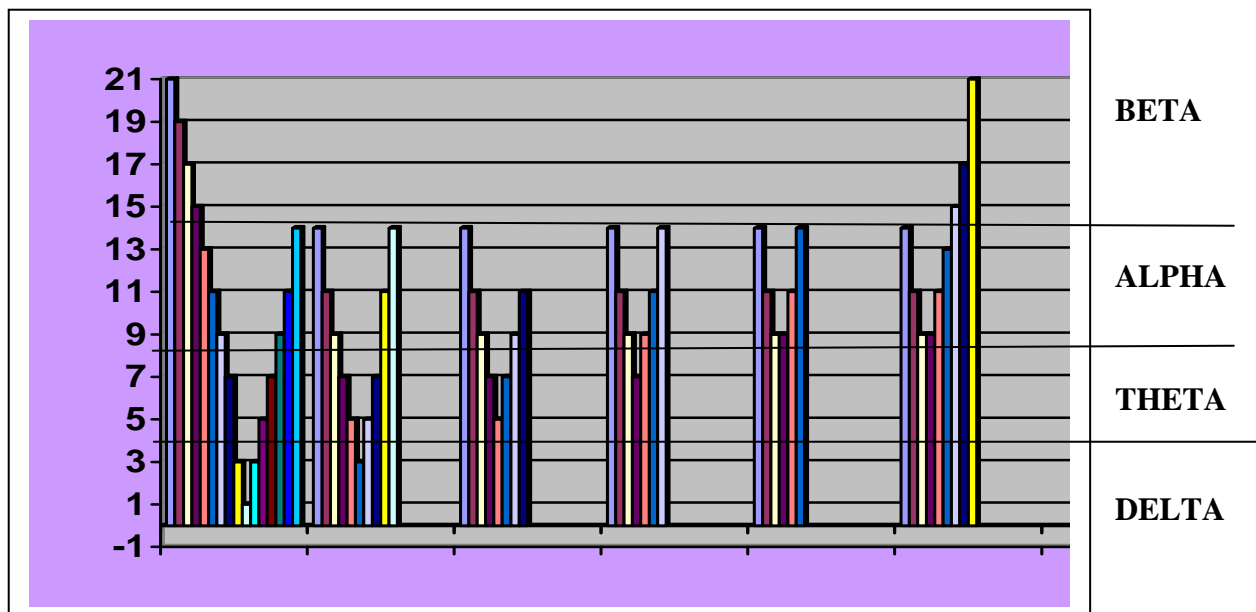
# BRAIN FUNCTIONS



## HEMISPHERIC DISCRIMINATIVE PROCESSING OF THE BRAIN

Since the split brain operations of the 1960s, bi-lateral hemispheric activity has undergone intense study. At first it was hypothesized and seemingly verified that the left and right hemispheres of the brain were each specialized in certain information processing and output. Language and analytic tasking being done by the left with spatial and highly cognitive processing being assigned to the right. Research now indicates that there exists a dual role capability in hemispherical processing. That the two hemispheres do function together in many tasks with the left usually taking a dominant role. However, new studies in alpha brainwave activities imply a method whereby the two hemispheres can be synchronized to function holistically, negating the usual asymmetric and dominant activities of a bi-lateral processing brain.

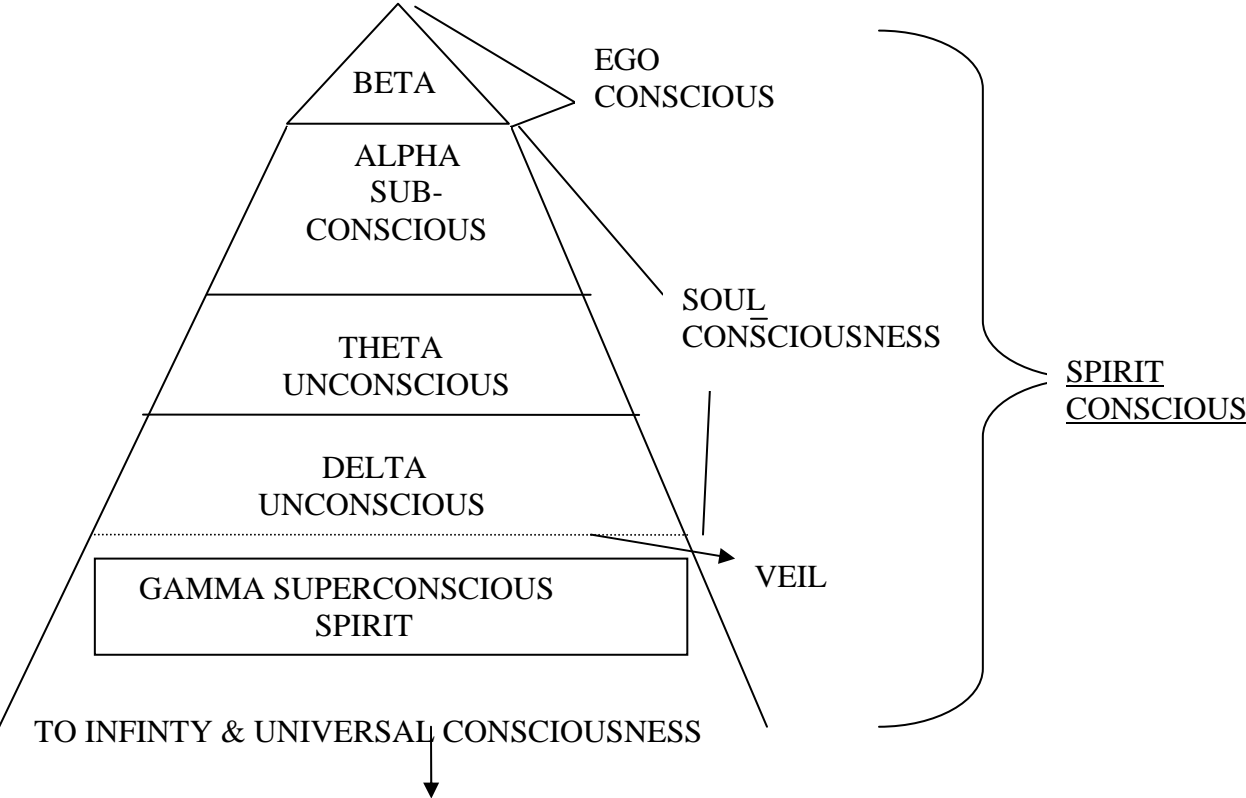
## DOMINANT BRAIN FREQUENCY DURING SLEEP



**BEYOND ZERO (0) CPS, WHAT WE MAY KNOW AS MINUS (-1), WE GET INTO THE SPIRITUAL WORLD OF CONSCIOUSNESS OUTSIDE OF TIME AND SPACE. THIS HAS BEEN CALLED GAMMA CONSCIOUSNESS.**

**AT NIGHT WHEN WE GO TO BED, OUR CONSCIOUSNESS IS OPERATING IN BETA AT 21 CYCLES PER SECOND (CPS). OUR EYES CLOSE AT 14 CPS, WE FALL ASPEEP, AND ALPHA, 7-14 CPS, BECOMES DOMINANT. OUR CONSCIOUSNESS THEN DESCENDS DOWN THROUGH THETA, 4-7 CPS, INTO DELTA, 0-4 CPS, STOPPING AT ABOUT 2 CPS, THEN OUR CONSCIOUSNESS BEGINS THE PROCESS OF RECYCLING BACK UP TO ABOUT 14 CPS. WE MAY OR MAY NOT AWAKEN WHEN OUR CONSCIOUSNESS REACHES 14 CPS. THIS TAKES ABOUT 90 MINUTES. OUR CONSCIOUSNESS THEN BEGINS THE DESCENT PROCESS ALL OVER. IT DOES THIS IN 90 MINUTE INCREMENTS, BUT EACH TIME NOT GOING AS DEEP. FINALLY TOWARDS THE END OF THE SLEEP PERIOD WE END UP PRIMARILY IN THE ALPHA RANGE.**

**CONSCIOUSNESS AND ASSOCIATED BRAIN FREQUENCIES**



# **FREE WILL**

**DIVINE MIND  
GRANTS  
FREE WILL  
TO CREATED  
SPIRITUAL CHILDREN OF GOD: SPIRITS**

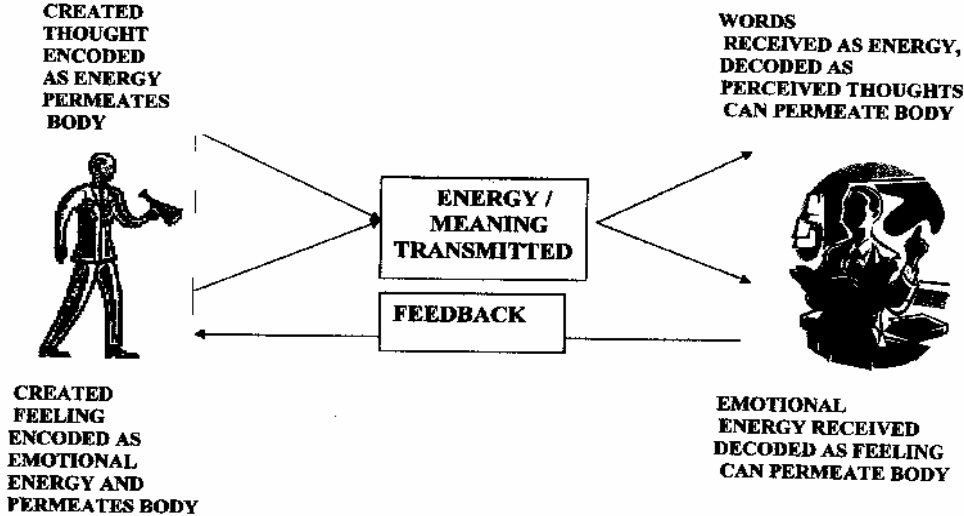
**SPIRITS  
GRANT  
FREE WILL  
TO CREATED SOULS**

**SOULS  
GRANT  
FREE WILL  
TO  
CREATED EGOS**

**CREATED EGOS  
VOLUNTARILY  
CHOOSE  
TO GIVE  
THIS WILL BACK  
THROUGH THE PROCESS  
OF  
DISSOLUTION  
AND  
INDIVIDUATION**

# COMMUNICATION MODEL

## INTRA AND INTER COMMUNICATION



## **MEDITATION FOR ACHIEVING WHOLENESS: FIVE STEPS**

**Step 1: Voluntary *attention*.** Sit quietly and “just experience your body, and the energy flowing within your body and between you” and the different levels of your consciousness.

**Step 2: “Attention creates *connection*.”** “When you allow your mind, consciously or unconsciously, to experience energy and information, this process promotes connections between your” conscious, subconscious and your superconscious.”

**Step 3. “Connection fosters *self-regulation*.”** Like a team of three individuals “who together achieve greatness...the dynamic connections among the” different levels of consciousness enables the now team of consciousness to organize and control itself (termed self-regulation), with the guiding assistance of the inner self or intuitive nudges.

**Step 4. “Self-regulation promotes *order*.”** “What you experience during (meditation) as wholeness, success, or even beauty, reflects an organizing process made possible by connections allowing self-regulation.”

**Step 5. “The order is expressed with *ease*.”** When the three levels of Consciousness are connected through intent by meditation, the three partners “are allowed to fulfill their respective roles, the self-regulation process can occur effortlessly. The process flows.”

Adapted from Schwartz, G., Ph.D. (2001), cited in Pearl, E. Dr., [The reconnection](#) .Carlsbad: Hay House

## Appendix 10

### Eleven Relaxation Meditation Exercises

Relaxation is a physical act as well as an art form and an objective method for regulating your body as well as your consciousness. Once you achieve the ability to regulate body and consciousness the next step is to develop the ability to take on the higher levels of consciousness that exist within your subconscious. Meditation then is the art of relaxing physically and mentally moving the body and mind into a level of consciousness conducive to communicating with your receptive/soul nature. We use our consciousness to activate the relaxation response as well as the follow-on meditation activity.

The brain and body respond best to the inputs from the consciousness when an ideal has been set: The brain likes to have a goal, a purpose which it can objectively pursue. Your soul primarily resides in the Light, in the lower levels of consciousness. The ego primarily resides in the beta consciousness where also resides darkness. Meditation requires a disciplined mind that allows you to stay in control of the thought process, rejecting thoughts conducive to the dark. Because meditation is all about activating the right hemisphere then you will use the language of the soul in the process of relaxing and going into deeper levels of consciousness. That language is composed of symbols, of imagery. Your soul speaks to you in your dreams and uses imagery. You will use imagery in communicating with your soul. The more often you communicate with your soul in its own language the better you become at receiving information back from your soul. In the beginning, the more symbols you use the better you become. Eventually you will become so proficient that all you will have to do is think that you wish to be at the communication level with your soul and you will be there.

Meditation is a form of self-hypnosis in that it is you talking yourself through the process of physically and mentally relaxing and controlling your thought process. Many hypnotists use a form of countdown, combining numbers with symbols that create a relaxing of the muscles and control of the random thought processing. For example, the number FOUR (4) is designated as the wakened state where your eyes are open. Number THREE (3) simulates the state of eyes closed, the beginning of alpha domination. Remember, the beginning of alpha domination occurs when you first fall asleep which usually occurs after you close your eyes. Number TWO (2) is associated with being physically relaxed. Number ONE (1) is associated with being mentally relaxed, you letting go of all strenuous thought processes. At this level you are beginning to gain control of your thought processes, being where you want to be. Whenever a hypnotist wished to take a subject even deeper they count down even longer to symbolize to the mind that it is to take the mind even deeper into the soul consciousness. They will use a 4 to 1, a 10 to 1, or even a 100 to 1 countdown to relax the body and mind even more. In these exercises this is what you will be doing.

### **BEGINNING RELAXATION EXERCISE**

*(DO THIS EXERCISE ONCE, MAYBE TWICE, BEFORE MOVING ON TO THE SECOND LEVEL)*

Following is a physical, mental, and spiritual exercise that can help you learn how to gain better control over your brain, your feelings, and your physical body. If you are working alone or with one or two others it is recommended that you record the following exercise in a voice that is respected. Then play back the exercise at a setting that everyone can hear but not too loudly. It would also help to have playing in the background some other sound such as a baroque, four beat type music, sounds of rainfall, or a water fall, or just go out and buy a tape specifically designed for alpha-inducing meditation. Ask your local music store for help.

**PHYSICAL IDEAL.** Before you begin, make yourself comfortable. Take your shoes off, or undo a tight belt or pants. If you sit in a chair, sit with your feet flat on the floor as crossed legs are believed to block the flow of energy. Put your hands in your lap and uncurl your fingers to let body heat escape naturally. If you feel you have to lie down, do so. The main thing is to feel relaxed and comfortable.

**MENTAL IDEAL.** Hold a positive mental attitude, thinking forgiveness and giving thanks for this ability to sit and relax. Accept the unity of your mind with your body.

**SPIRITUAL IDEAL.** Have and maintain a spiritual attitude of unconditional love. This can also be stipulated through a spiritual ideal such as “Thy will be done,” or “I am a servant of the Lord.”

**IF YOU ARE DOING THIS ON YOUR OWN** read the following slowly letting your body respond, or close your eyes and listen to the following from a recording or another person's voice: After you get used to the countdown method you can just count yourself down using the **FOUR to ONE** technique, then go into an imagery exercise of relaxing your body. At the end you will then be counting yourself back out, in reverse, **ONE TO FOUR**.

**WITH YOUR EYES OPEN YOU ARE CURRENTLY AT LEVEL FOUR (4).  
CLOSE YOUR EYES. VISUALIZE A POSITIVE EVENT FROM YOUR LIFE THAT  
MADE YOU HAPPY. RECALL THE HARMONIOUS FEELING YOU FELT IN  
YOUR HEART AT THE TIME.**

**WHILE HOLDING THE POSITIVE FEELING IN YOUR HEART, TAKE A DEEP  
BREATH VISUALIZE ENERGY COMING IN AT THE BOTTOM OF YOUR FEET RISING  
UP YOUR LEGS, INTO YOUR ABDOMEN, CHEST, THROAT, AND HEAD. WHEN THE  
ENERGY REACHES THE TOP OF YOUR HEAD REVERSE THE PROCESS AND  
VISUALIZE THE ENERGY NOW FLOWING BACK DOWN THROUGH THE BODY AND  
OUT YOUR FEET.**

**DO THIS TWO MORE TIMES - BREATH IN, EXHALE, BREATH IN, EXHALE.  
YOU ARE NOW AT LEVEL THREE.**

**TO ENTER LEVEL TWO, YOUR PHYSICAL AND MENTAL RELAXATION  
LEVEL, FOCUS YOUR MIND ON YOUR FEET. NOW, TIGHTEN THE MUSCLES IN  
YOUR TOES AND FEET. RELAX THE MUSCLES IN YOUR TOES AND FEET. (P)  
FEEL THE RELAXATION IN YOUR TOES AND FEET. (P) YOUR FEET ARE NOW  
RELAXED. (P)**

FOCUS YOUR MIND ON YOUR LOWER LEGS. TIGHTEN YOUR MUSCLES IN YOUR LOWER LEGS AND RELAX THEM. (P) FEEL THE RELAXATION IN YOUR LOWER LEGS. (P) YOUR LOWER LEGS ARE NOW RELAXED.

FOCUS YOUR MIND ON YOUR UPPER LEGS. TIGHTEN THE MUSCLES IN YOUR UPPER LEGS THEN RELAX THEM. (P) FEEL THE RELAXATION IN YOUR UPPER LEGS. (P) YOUR UPPER LEGS ARE NOW RELAXED.

FOCUS YOUR MIND ON YOUR ABDOMINAL AREA. TIGHTEN YOUR ABDOMINAL MUSCLES AND THEN RELAX THEM. (P) FEEL THE RELAXATION IN YOUR ABDOMINAL AREA. (P) YOUR ABDOMINAL AREA IS NOW RELAXED.

FOCUS YOUR MIND ON YOUR CHEST. TIGHTEN THE MUSCLES IN YOUR CHEST AND RELAX THEM. (P) FEEL THE RELAXATION IN YOUR CHEST. (P) YOUR CHEST IS NOW RELAXED.

YOUR FEET, LEGS, ABDOMINAL AREA, AND CHEST ARE NOW COMPLETELY RELAXED. (P) FEEL THE PEACE IN YOUR MIND AND HEART THAT COMES WITH THIS RELAXATION. (P)

FOCUS YOUR MIND ON YOUR THROAT. TIGHTEN YOUR THROAT MUSCLES AND THEN RELAX THEM. (P) FEEL THE RELAXATION IN YOUR THROAT. (P) YOUR THROAT IS NOW RELAXED.

NOW FOCUS YOUR MIND ON YOUR FACE, YOUR HEAD. TIGHTEN YOUR FACIAL MUSCLES AND THEN RELAX THEM. (P) FEEL THE RELAXATION IN YOUR

FACE AND HEAD. (P) YOUR FACE AND HEAD ARE NOW RELAXED.

YOU CAN NOW FEEL HOW RELAXED YOUR WHOLE BODY IS. FEEL THIS RELAXATION. YOU ARE NOW AT LEVEL TWO (2).

WHEN YOU ARE ABLE TO STILL THE BODY AND BECOME PEACEFUL YOU OPEN YOUR MIND AND HEART TO THE GREATER COMPASSION AND UNDERSTANDING OF YOUR HIGHER CONSCIOUSNESS, THAT PART OF DIVINE PRESENCE THAT RESIDES WITHIN EACH OF US. FEEL NOW HOW RELAXED THE BODY IS WHEN YOUR HEART AND MIND ARE OPEN TO THAT PEACE AND LOVE. (P)

IT IS THIS PEACE AND LOVE FEELING THAT BRINGS YOU INTO LEVEL ONE.

YOU ARE NOW AT THE BEGINNING STAGE OF LEVEL ONE (1), YOUR COMPLETE PHYSICAL AND MENTAL RELAXATION LEVEL WHERE YOU CAN BETTER COMMUNICATE WITH YOUR SOUL CONSCIOUSNESS.

TAKE A FEW MOMENTS NOW TO REFLECT UPON THIS PEACE THAT FILLS YOUR BEING UNTIL YOU NEXT HEAR MY VOICE.

((GIVE THEM 5 TO 10 MINUTES)))

RELAX. I AM NOW GOING TO COUNT FROM ONE TO FOUR. WITH EACH COUNT YOU WILL SLOWLY BRING YOUR MIND BACK UP TO THE OUTER LEVEL OF CONSCIOUSNESS.

ONE – TWO – COMING OUT NOW, FEELING YOUR BODY AS YOUR

CONSCIOUSNESS BEGINS TO TAKE ON AWARENESS OF THE SURROUNDING AREA. THREE - FOUR - EYES OPEN, BRING YOUR MIND BACK TO THE CONSCIOUSNESS OF YOUR PHYSICAL SURROUNDINGS AND FEEL GOOD ABOUT YOURSELF.

#### REVIEW

- Shifting of consciousness from beta dominant to alpha dominant.
- Partnered left brain hemisphere with right brain-hemisphere.
- Did not fall asleep – hopefully.
- Gained more control over mind and brain than you had before.
- Brought alpha consciousness into Random Access Memory (RAM).
- Increased your conscious abilities at problem solving by bringing alpha level of consciousness into everyday consciousness.
- Began operations of moving towards more deductive reasoning.

## SECOND RELAXATION EXERCISE

**PHYSICAL IDEAL.** Before you begin, make yourself comfortable. Take your shoes off, or undo a tight belt or pants. If you sit in a chair, sit with your feet flat on the floor as crossed legs are believed to block the flow of energy. Put your hands in your lap and uncurl your fingers to let body heat escape naturally. If you feel you have to lie down, do so. The main thing is to feel relaxed and comfortable.

**MENTAL IDEAL.** Hold a positive mental attitude, thinking forgiveness and giving thanks for this ability to sit and relax. Accept the unity of your mind with your body.

**SPIRITUAL IDEAL.** Have and maintain a spiritual attitude of unconditional love. This can also be stipulated through a spiritual ideal such as “Thy will be done,” or “I am a servant of the Lord.”

**IF YOU ARE DOING THIS ON YOUR OWN** read the following slowly letting your body respond, or close your eyes and listen to the following from a recording or another person's voice: After you get used to the countdown method you can just count yourself down using the **FOUR to ONE** technique, then go into an imagery exercise of relaxing your body. At the end you will then be counting yourself back out, in reverse, **ONE TO FOUR**.

**WITH YOUR EYES UPEN YOU ARE CURRENTLY AT LEVEL FOUR (4). CLOSE YOUR EYES. VISUALIZE A POSITIVE EVENT FROM YOUR LIFE THAT MADE YOU HAPPY. RECALL THE HARMONIOUS FEELING YOU FELT IN YOUR HEART AT THE TIME.**

**WHILE HOLDING THE POSITIVE FEELING IN YOUR HEART, TAKE A DEEP BREATH VISUALIZE ENERGY COMING IN AT THE BOTTOM OF YOUR FEET RISING UP YOUR LEGS, INTO YOUR ABDOMEN, CHEST, THROAT, AND HEAD. WHEN THE ENERGY REACHES THE TOP OF YOUR HEAD REVERSE THE PROCESS AND VISUALIZE THE ENERGY NOW FLOWING BACK DOWN THROUGH THE BODY AND OUT YOUR FEET.**

**DO THIS TWO MORE TIMES - BREATH IN, EXHALE, BREATH IN, EXHALE. YOU ARE NOW AT LEVEL THREE.**

**TO ENTER LEVEL TWO, YOUR PHYSICAL AND MENTAL RELAXATION LEVEL, FOCUS YOUR MIND ON YOUR FEET.**

**RELAX YOUR FEET. (P) FEEL THE RELAXATION IN YOUR TOES AND FEET. (P) YOUR FEET ARE NOW RELAXED. (P)**

**RELAX YOUR LOWER LEGS. (P) FEEL THE RELAXATION IN YOUR LOWER LEGS. (P) YOUR LOWER LEGS ARE NOW RELAXED.**

**RELAX YOUR UPPER LEGS. (P) FEEL THE RELAXATION IN YOUR UPPER LEGS. (P) YOUR UPPER LEGS ARE NOW RELAXED.**

**RELAX YOUR ABDOMINAL AREA. (P) FEEL THE RELAXATION IN YOUR ABDOMINAL AREA. (P) YOUR ABDOMINAL AREA IS NOW RELAXED.**

**RELAX YOUR CHEST. (P) FEEL THE RELAXATION IN YOUR CHEST. (P) YOUR CHEST IS NOW RELAXED.**

YOUR FEET, LEGS, ABDOMINAL AREA, AND CHEST ARE NOW COMPLETELY RELAXED. (P) FEEL THE PEACE IN YOUR MIND AND HEART THAT COMES WITH THIS RELAXATION. (P)

RELAX YOUR THROAT. (P) FEEL THE RELAXATION IN YOUR THROAT. (P) YOUR THROAT IS NOW RELAXED.

RELAX YOUR FACIAL MUSCLES. RELAX YOUR HEAD. (P) FEEL THE RELAXATION IN YOUR FACE AND HEAD.

YOU CAN NOW FEEL HOW RELAXED YOUR WHOLE BODY IS. FEEL THIS RELAXATION. YOU ARE NOW AT LEVEL TWO (2).

WHEN YOU ARE ABLE TO STILL THE BODY AND BECOME PEACEFUL YOU OPEN YOUR MIND AND HEART TO THE GREATER COMPASSION AND UNDERSTANDING OF YOUR HIGHER CONSCIOUSNESS, THAT PART OF DIVINE PRESENCE THAT RESIDES WITHIN EACH OF US. FEEL NOW HOW RELAXED THE BODY IS WHEN YOUR HEART AND MIND ARE OPEN TO THAT PEACE AND LOVE. (P).

IT IS THIS PEACE AND LOVE YOU FEEL THAT BRINGS YOU INTO LEVEL ONE. ONE.

YOU ARE NOW AT THE BEGINNING STAGE OF LEVEL ONE (1), YOUR COMPLETE PHYSICAL AND MENTAL RELAXATION LEVEL WHERE YOU CAN BETTER COMMUNICATE WITH YOUR SOUL CONSCIOUSNESS.

TO HELP YOU GET EVEN MORE RELAXED AND BE OPEN TO YOUR SPIRITUAL NATURE I AM GOING TO COUNT BACKWARDS FROM TEN TO ONE. WITH EACH COUNT YOU WILL FEEL YOURSELF GOING DEEPER. YOU WILL FEEL EVEN MORE THE INNER PEACE OF LOVE AS YOU GO INTO AN EVEN DEEPER MODE OF REALXATION. (P)

10... 9... 8... FEEL YOURSELF GOING DEEPER. 7... 6... 5... DEEPER AND DEEPER. 4... 3... 2... 1... YOU ARE NOW IN A VERY DEEP STAGE OF RELAXATION. YOU ARE NOW AT A DEEPER LEVEL.

TAKE A FEW MOMENTS NOW TO REFLECT UPON THIS PEACE THAT FILLS YOUR BEING UNTIL YOU NEXT HEAR MY VOICE.

(GIVE THEM 5 TO 10 MINUTES)

RELAX. I AM NOW GOING TO COUNT FROM ONE TO FOUR. WITH EACH COUNT YOU WILL SLOWLY BRING YOUR MIND BACK UP TO THE OUTER LEVEL OF CONSCIOUSNESS.

ONE – TWO – COMING OUT NOW, FEELING YOUR BODY AS YOUR CONSCIOUSNESS BEGINS TO TAKE ON AWARENESS OF THE SURROUNDING AREA. THREE - FOUR - EYES OPEN, BRING YOUR MIND BACK TO THE CONSCIOUSNESS OF YOUR PHYSICAL SURROUNDINGS AND FEEL GOOD ABOUT YOURSELF.

REVIEW

- Shifting of consciousness from beta dominant to alpha dominant.
- Partnered left brain hemisphere with right brain-hemisphere.
- Did not fall asleep – hopefully.
- Gained more control over mind and brain than you had before.
- Brought alpha consciousness into Random Access Memory (RAM).
- Increased your conscious abilities at problem solving by bringing alpha level of consciousness into everyday consciousness.
- Began operations of moving towards more deductive reasoning.

## **THIRD RELAXATION EXERCISE**

**PHYSICAL IDEAL.** Before you begin, make yourself comfortable. Take your shoes off, or undo a tight belt or pants. If you sit in a chair, sit with your feet flat on the floor as crossed legs are believed to block the flow of energy. Put your hands in your lap and uncurl your fingers to let body heat escape naturally. If you feel you have to lie down, do so. The main thing is to feel relaxed and comfortable.

**MENTAL IDEAL.** Hold a positive mental attitude, thinking forgiveness and giving thanks for this ability to sit and relax. Accept the unity of your mind with your body.

**SPIRITUAL IDEAL.** Have and maintain a spiritual attitude of unconditional love. This can also be stipulated through a spiritual ideal such as “Thy will be done,” or “I am a servant of the Lord.”

**IF YOU ARE DOING THIS ON YOUR OWN** read the following slowly letting your body respond, or close your eyes and listen to the following from a recording or another person's voice: After you get used to the countdown method you can just count yourself down using the **FOUR to ONE** technique, then go into an imagery exercise of relaxing your body. At the end you will then be counting yourself back out, in reverse, **ONE TO FOUR**.

(Pre-programming: we will now shorten the physical and mental relaxation exercise. The physical statements on relaxing have been shortened but we have added affirmations at this level that are conducive to establishing a loving connection with your soul nature.)

**CLOSE YOUR EYES, TAKE THREE DEEP BREATHS AND EXHALE. (P)  
YOU ARE NOW AT LEVEL THREE. THREE – THREE - THREE**

**TO ENTER LEVEL TWO, YOUR PHYSICAL AND MENTAL RELAXATION  
LEVEL, FOCUS YOUR MIND ON YOUR FEET. TWITCH THE MUSCLES IN YOUR  
TOES AND FEET AND SAY, “I LOVE MY PERFECT FEET,” THEN RELAX THEM. (P)  
YOUR FEET ARE NOW RELAXED. (P)**

**FOCUS YOUR MIND ON YOUR LOWER LEGS. TWITCH THE MUSCLES IN  
YOUR LOWER LEGS AND SAY, “I LOVE MY PERFECT LOWER LEGS” AND RELAX  
THEM. (P) YOUR LOWER LEGS ARE NOW RELAXED.**

**FOCUS YOUR MIND ON YOUR UPPER LEGS. TWITCH THE MUSCLES IN YOUR  
UPPER LEGS AND SAY, “I LOVE MY PERFECT UPPER LEGS,” THEN RELAX THEM.  
(P) YOUR UPPER LEGS ARE NOW RELAXED.**

**FOCUS YOUR MIND ON YOUR ABDOMINAL AREA. TWITCH YOUR  
ABDOMINAL MUSCLES AND SAY, “I LOVE MY PERFECT ABDOMINAL AREA,”  
THEN RELAX YOUR ABDOMINAL AREA. (P) YOUR ABDOMINAL AREA IS NOW  
RELAXED.**

**FOCUS YOUR MIND ON YOUR CHEST. TWITCH THE MUSCLES IN YOUR  
CHEST AND SAY, “I LOVE MY PERFECT CHEST,” THEN RELAX YOUR CHEST  
MUSCLES. (P) YOUR CHEST IS NOW RELAXED.**

**YOUR FEET, LEGS, ABDOMINAL AREA, AND CHEST ARE NOW COMPLETELY**

RELAXED. (P) FEEL THE PEACE IN YOUR MIND AND HEART THAT COMES WITH THIS RELAXATION. (P)

NOW FOCUS YOUR MIND ON YOUR THROAT. TWITCH THE MUSCLES IN YOUR THROAT AND SAY, "I LOVE MY PERFECT THROAT," THEN RELAX YOUR THROAT AREA. (P) YOUR THROAT IS NOW RELAXED.

FOCUS YOUR MIND ON YOUR FACE, YOUR HEAD. TWITCH YOUR FACIAL MUSCLES AND SAY, "I LOVE MY PERFECT FACE," THEN RELAX YOUR FACIAL MUSCLES. (P) YOUR FACE AND HEAD ARE NOW RELAXED.

YOU CAN NOW FEEL HOW RELAXED YOUR WHOLE BODY IS. FEEL THIS RELAXATION.

YOU ARE NOW AT LEVEL TWO.

WHEN YOU ARE ABLE TO STILL THE BODY AND BECOME PEACEFUL YOU OPEN YOUR MIND AND HEART TO THE GREATER COMPASSION AND UNDERSTANDING OF YOUR HIGHER CONSCIOUSNESS, THAT PART OF DIVINE PRESENCE THAT RESIDES WITHIN EACH OF US.

FEEL HOW RELAXED THE BODY IS WHEN YOUR HEART AND MIND ARE OPEN TO THAT PEACE AND LOVE. (P)

YOU ARE NOW AT LEVEL ONE (1), YOUR COMPLETE PHYSICAL AND MENTAL RELAXATION LEVEL WHERE YOU CAN BETTER COMMUNICATE WITH YOUR SOUL CONSCIOUSNESS.

TO HELP YOU GET EVEN MORE RELAXED AND BE OPEN TO YOUR SPIRITUAL NATURE I AM GOING TO COUNT BACKWARDS FROM TEN TO ONE. WITH EACH COUNT YOU WILL FEEL YOURSELF GOING DEEPER. YOU WILL FEEL EVEN MORE THE INNER PEACE OF LOVE AS YOU GO INTO AN EVEN DEEPER MODE OF RELAXATION. (P)

10... 9... 8... FEEL YOURSELF GOING DEEPER. 7... 6... 5... DEEPER AND DEEPER. 4... 3... 2... 1... YOU ARE NOW IN A VERY DEEP STAGE OF RELAXATION.

TAKE A FEW MOMENTS NOW TO REFLECT UPON THIS PEACE THAT FILLS YOUR BEING UNTIL YOU NEXT HEAR MY VOICE.

(GIVE THEM 5 TO 10 MINUTES)

RELAX. I AM NOW GOING TO COUNT FROM ONE TO FOUR. WITH EACH COUNT YOU WILL SLOWLY BRING YOUR MIND BACK UP TO THE OUTER LEVEL OF CONSCIOUSNESS.

ONE – TWO – COMING OUT NOW, FEELING YOUR BODY AS YOUR CONSCIOUSNESS BEGINS TO TAKE ON AWARENESS OF THE SURROUNDING AREA.

THREE - FOUR - EYES OPEN, BRING YOUR MIND BACK TO THE CONSCIOUSNESS OF YOUR PHYSICAL SURROUNDINGS AND FEEL GOOD ABOUT YOURSELF.

#### REVIEW

- Shifting of consciousness from beta dominant to alpha dominant.
- Partnered left brain hemisphere with right brain-hemisphere.
- Did not fall asleep – hopefully.
- Gained more control over mind and brain than you had before.
- Brought alpha consciousness into Random Access Memory (RAM).
- Increased your conscious abilities at problem solving by bringing alpha level of consciousness into everyday consciousness.
- Began operations of moving towards more deductive reasoning.

## **FOURTH RELAXATION EXERCISE COUNTRY SETTING**

**SPIRITUAL IDEAL.** Have and maintain a spiritual attitude of unconditional love. This can also be stipulated through a spiritual ideal such as “Thy will be done,” or “I am a servant of the Lord.”

**MENTAL IDEAL.** Hold a positive mental attitude, thinking forgiveness and giving thanks for this ability to sit and relax. Accept the unity of your mind with your body.

**PHYSICAL IDEAL.** Before you begin, make yourself comfortable. Take your shoes off, or undo a tight belt or pants. If you sit in a chair, sit with your feet flat on the floor as crossed legs are believed to block the flow of energy. Put your hands in your lap and uncurl your fingers to let body heat escape naturally. If you feel you have to lie down, do so. The main thing is to feel relaxed and comfortable.

WITH YOUR EYES OPEN YOU ARE CURRENTLY AT LEVEL FOUR (4).

CLOSE YOUR EYES, TAKE THREE DEEP BREATHS AND EXHALE AND YOU WILL BE AT LEVEL THREE.

IN YOUR MIND SAY THE NUMBER TWO, THREE TIMES AND YOU WILL BE AT LEVEL TWO.

TWO - TWO – TWO. YOU ARE NOW AT LEVEL TWO WHERE YOUR BODY IS PHYSICALLY RELAXED.

LET’S REVIEW SOME AFFIRMATIONS AT THIS LEVEL.

FOCUS YOUR MIND ON YOUR FEET. SAY SILENTLY TO YOURSELF I LOVE MY PERFECT TOES AND FEET. (P)

FEEL THE LOVE IN YOUR TOES AND FEET.

FOCUS YOUR MIND ON YOUR LOWER LEGS. SAY SILENTLY, I LOVE MY PERFECT LOWER LEGS. (P)

FEEL THE LOVE IN YOUR LOWER LEGS. (P)

FOCUS YOUR MIND ON YOUR UPPER LEGS. SAY, I LOVE MY PERFECT UPPER LEGS. (P)

FEEL THE LOVE IN YOUR UPPER LEGS. (P)

FOCUS YOUR MIND ON YOUR ABDOMINAL AREA. SAY, I LOVE MY PERFECT ABDOMINAL AREA. (P)

FEEL THE LOVE IN YOUR ABDOMINAL AREA. (P)

FOCUS YOUR MIND ON YOUR CHEST. SAY, I LOVE MY PERFECT CHEST. (P)  
FEEL THE LOVE IN YOUR CHEST. (P)

YOUR FEET, LEGS, ABDOMINAL AREA, AND CHEST ARE NOW COMPLETELY RELAXED AND FULL OF LOVE (P) FEEL THE PEACE IN YOUR MIND AND HEART THAT COMES WITH THIS LOVE. (P)

FOCUS YOUR MIND ON YOUR THROAT. SAY, I LOVE MY PERFECT THROAT. (P)

FEEL THE LOVE IN YOUR THROAT. (P)  
NOW FOCUS YOUR MIND ON YOUR FACE, YOUR HEAD. SAY, I LOVE MY  
PERFECT FACE AND HEAD (P).  
FEEL THE LOVE IN YOUR FACE AND HEAD. (P)  
YOU CAN NOW FEEL HOW LOVED YOUR WHOLE BODY IS. FEEL THIS LOVE.  
YOU ARE NOW AT LEVEL ONE (1), YOUR COMPLETE PHYSICAL AND  
MENTAL RELAXATION LEVEL WHERE YOU CAN BETTER COMMUNICATE WITH  
YOUR SOUL CONSCIOUSNESS.

TO HELP YOU FEEL EVEN MORE LOVED AND BE OPEN TO YOUR SPIRITUAL  
NATURE I AM GOING TO COUNT BACKWARDS FROM TEN TO ONE. WITH EACH  
COUNT YOU WILL FEEL YOURSELF GOING DEEPER. YOU WILL FEEL EVEN MORE  
THE INNER PEACE OF LOVE AS YOU GO INTO AN EVEN DEEPER MODE OF  
RELAXATION. (P)

10... 9... 8... FEEL YOURSELF GOING DEEPER. 7... 6... 5... DEEPER AND  
DEEPER. 4... 3... 2... 1... YOU ARE NOW IN A VERY DEEP STAGE OF  
RELAXATION.

TAKE A FEW MOMENTS NOW TO REFLECT UPON THIS PEACE THAT FILLS  
YOUR BEING UNTIL YOU NEXT HEAR MY VOICE. (PPP: pause for two minutes)

RELAX. WE ARE NOW GOING TO PRACTICE SOME IMAGING.

PICTURE IN YOUR MIND A COUNTRY SETTING. YOU ARE IN A SMALL  
CLEARING SURROUNDED BY A FEW TREES. SEE THE TREES. WHAT KIND ARE  
THEY? (P)

YOU CAN HEAR WATER BUBBLING NEARBY. LOOK, OFF TO YOUR RIGHT,  
THERE IT IS, A SMALL STREAM OF PLEASANTLY FLOWING WATER. WALK OVER  
TO THE SIDE OF THE STREAM AND SIT DOWN. (P)

LOOK AT THE WATER AND SEE HOW IT BUBBLES AS IT FLOWS OVER SOME  
ROCKS. I AM GOING TO GIVE YOU TIME NOW TO RELAX AND WATCH THE  
FLOWING WATER. RELAX UNTIL YOU NEXT HEAR MY VOICE.

((GIVE THEM 5 TO 10 MINUTES)))

RELAX. I AM NOW GOING TO COUNT FROM ONE TO FOUR. WITH EACH  
COUNT YOU WILL SLOWLY BRING YOUR MIND BACK UP TO THE OUTER LEVEL  
OF CONSCIOUSNESS.

ONE – TWO – COMING OUT NOW, FEELING YOUR BODY AS YOUR  
CONSCIOUSNESS BEGINS TO TAKE ON AWARENESS OF THE SURROUNDING  
AREA. THREE - GIVE THANKS FOR YOUR ABILITY TO DO WHAT YOU DO. FOUR -  
EYES OPEN, BRING YOUR MIND BACK TO THE CONSCIOUSNESS OF YOUR  
PHYSICAL SURROUNDINGS AND FEEL GOOD ABOUT YOURSELF.

## REVIEW

- Shifting of consciousness from beta dominant to alpha dominant.
- Partnered left brain hemisphere with right brain-hemisphere.
- Did not fall asleep – hopefully.
- Gained more control over mind and brain than you had before.
- Brought alpha consciousness into Random Access Memory (RAM).
- Increased your conscious abilities at problem solving by bringing alpha level of consciousness into everyday consciousness.
- Began operations of moving towards more deductive reasoning.
- Activating right hemisphere symbolic mode.
- Partnering right with left hemisphere in interpreting symbols.

**FIFTH EXERCISE: BEGINNING MEDITATION:  
SEVEN STEP METHOD  
TO THE DOOR WAY AND STOP.  
(DO THIS EXERCISE TWICE))**

**SPIRITUAL IDEAL.** Have and maintain a spiritual attitude of unconditional love. This can also be stipulated through a spiritual ideal such as “Thy will be done,” or “I am a servant of the Lord.”

**MENTAL IDEAL.** Hold a positive mental attitude, thinking forgiveness and giving thanks for this ability to sit and relax. Accept the unity of your mind with your body.

**PHYSICAL IDEAL.** Before you begin, make yourself comfortable. Take your shoes off, or undo a tight belt or pants. If you sit in a chair, sit with your feet flat on the floor as crossed legs are believed to block the flow of energy. Put your hands in your lap and uncurl your fingers to let body heat escape naturally. If you feel you have to lie down, do so. The main thing is to feel relaxed and comfortable.

**IF YOU ARE DOING THIS ON YOUR OWN** read the following slowly letting your body respond, or close your eyes and listen to the following from a recording or another person's voice: After you get used to the countdown method you can just count yourself down using the **FOUR to ONE** technique, then go into an imagery exercise of relaxing your body. At the end you will then be counting yourself back out, in reverse, **ONE TO FOUR**.

(Pre-programming: we will now introduce the stepping stones, the spiritual path to the deepest levels of the mind. Again notice the visualization and imagination that is involved to establish a strong connection with the soul nature, and the introduction of the prayer of thanksgiving for self and others.)

**CLOSE YOUR EYES, TAKE THREE DEEP BREATHS AND RELAX AND YOU WILL BE AT LEVEL THREE. THREE – THREE - THREE**

**REPEAT THE NUMBER TWO, THREE TIMES AND YOU WILL BE AT LEVEL TWO --YOUR PERFECTLY RELAXED PHYSICAL AND MENTAL LEVEL**

**TWO – TWO – TWO . YOU ARE NOW AT LEVEL TWO.**

**NOW REPEAT THE NUMBER ONE, THREE TIMES AND YOU WILL BE AT LEVEL ONE, YOUR SPIRITUAL LEVEL WHERE YOU CAN BETTER COMMUNICATE WITH YOUR SOUL CONSCIOUSNESS.**

**ONE – ONE - ONE. YOU ARE NOW AT LEVEL ONE, THE BEGINNING OF YOUR SOUL CONSCIOUSNESS LEVEL.**

**FEEL HOW THIS PEACE FILLS YOUR WHOLE BEING. (P)**

**TO HELP YOU GET EVEN MORE RELAXED AND BE OPEN TO YOUR SPIRITUAL NATURE I AM GOING TO COUNT BACKWARDS FROM TEN TO ONE. WITH EACH COUNT YOU WILL FEEL YOURSELF GOING DEEPER. YOU WILL FEEL**

EVEN MORE THE INNER PEACE OF LOVE AS YOU GO INTO AN EVEN DEEPER MODE OF REALXATION. (P)

10... 9... 8... FEEL YOURSELF GOING DEEPER. 7... 6... 5... DEEPER AND DEEPER. 4... 3... 2... 1... YOU ARE NOW IN A VERY DEEP STAGE OF RELAXATION.

RELAX. PICTURE IN YOUR MIND THE COUNTRY SETTING YOU HAVE VISITED BEFORE. YOU ARE IN A SMALL CLEARING SURROUNDED BY A FEW TREES. (P)

LOOK, THERE IS THE SMALL STREAM OF PLEASANTLY FLOWING WATER.

IT IS NOW TIME TO TAKE A LITTLE WALK. (P) LOOK AROUND. YOU SHOULD SEE A PATH OF STEPPING STONES LEADING TO A BUILDING AND A DOORWAY. (P)

WALK OVER TO THE FIRST STONE AND STOP. (P)

NOTICE HOW EACH STEPPING STONE IS ONE OF THE COLORS OF THE RAINBOW BEGINNING WITH RED. (P) AT THE END OF THE PATH OF STONES YOU CAN SEE A DOOR GLOWING WITH LIGHT THAT LEADS INTO A BUILDING. (P)

THIS PATH REPRESENTS YOUR SPIRITUAL WALK THROUGH LIFE. THE SEVEN COLORED STEPPING STONES SYMBOLIZE YOUR SPIRITUAL CENTERS THAT BECOME ACTIVATED WITH EACH FORWARD STEP. YOUR SEVEN SPIRITUAL CENTERS ALSO REPRESENT THE SEVEN LEVELS OF CONSCIOUSNESS THAT LEAD TO THE DOORWAY OF INFINITY THAT HOUSES THE CONSCIOUSNESS OF YOUR DIVINE SELF. (P)

STEP FORWARD NOW ON TO THE FIRST STONE, ITS COLOR IS RED. (P)

THIS STONE REPRESENTS YOUR CONSCIOUS LEVEL OF PHYSICAL ABUNDANCE AND RESPONSIBILITY, YOUR ENERGY STEP. YOU CAN FEEL THE COLOR RED (P).

STEP FORWARD TO THE SECOND STONE. ITS COLOR IS ORANGE. (P)

THIS STONE REPRESENTS YOUR EMOTIONAL NATURE AND FAITH IN YOUR DIVINE SELF. THIS IS THE LEVEL OF YOUR CONSCIOUS ACCOUNTABILITY FOR LIFE'S CHOICES. YOU CAN FEEL THE COLOR ORANGE (P)

STEP FORWARD TO THE THIRD STONE. ITS COLOR IS YELLOW. (P)

THIS STONE REPRESENTS THE LEVEL OF INTELLECTUAL HARMONY, UNDERSTANDING, AND RESPECT FOR YOUR SELF AND OTHERS THAT YOU CONSCIOUSLY PROJECT OUTWARDS. YOU CAN FEEL THE COLOR YELLOW (P)

STEP FORWARD TO THE FOURTH STONE. ITS COLOR IS GREEN. (P)

THIS STONE REPRESENTS THE LEVEL OF LOVE AND COMPASSION THAT YOU CONSCIOUSLY FEEL TOWARDS SELF AND OTHERS. YOU CAN FEEL THE COLOR GREEN (P)

STEP FORWARD TO THE FIFTH STONE. ITS COLOR IS BLUE. (P)  
THIS STONE REPRESENTS THE FULL DEVELOPMENT AND GROWTH OF YOUR PERSONALITY. YOU CAN FEEL THE COLOR BLUE (P)

STEP FORWARD TO THE SIXTH STONE. ITS COLOR IS INDIGO. (P)  
THIS STONE REPRESENTS THE COMING WISDOM, INTUITION AND HARMONY THAT IS YOURS WHEN YOU CONSCIOUSLY DEDICATE SELFLESS DEVOTION TO THE HOLY SPIRIT, YOUR DIVINE INNER PRESENCE. YOU CAN FEEL THE COLOR INDIGO (P)

STEP FORWARD TO THE SEVENTH STONE. ITS COLOR IS PURPLE. (P)  
THIS STONE REPRESENTS THE SPIRITUAL UNDERSTANDING OF BEING AND HAVING THE HIGHEST SPIRITUAL IDEALS POSSIBLE ON EARTH. YOU CAN FEEL THE COLOR PURPLE (P)

NOW, LOOK AT THE DOORWAY BEFORE YOU. THIS IS THE DOORWAY TO THE GOLDEN WHITE LIGHT, THE CONSCIOUSNESS OF YOUR INNER DIVINE PRESENCE. (P) IS THE DOORWAY OPEN OR CLOSED?

FOR NOW, STAND HERE AT THE DOORWAY AND FEEL THE PEACE AND HARMONY THAT FLOWS FROM BEYOND THE DOOR AS IT FILLS YOUR WHOLE BEING. (P) FEEL ALSO THE ALL ENCOMPASSING LOVE AND COMPASSION THAT ACCOMPANIES THIS PEACE AND HARMONY. (P)

THINK ABOUT HOW FAR YOU HAVE WALKED TO GET HERE. DO YOU WISH TO GO FURTHER AND MANIFEST YOUR OWN SOUL CONSCIOUSNESS INTO YOUR LIFE? (P) DO YOU WISH TO BE THE RETURNING PRODIGAL SON OR DAUGHTER? (P)

ONLY YOU CAN MAKE THESE CHOICES. I AM NOW GOING TO GIVE YOU TIME TO DWELL UPON THESE QUESTIONS. RELAX UNTIL YOU NEXT HEAR MY VOICE. (pause for 5 to 10 minutes) .

RELAX. IT IS NOW TIME TO BRING YOUR MIND BACK TO YOUR PHYSICAL SURROUNDINGS. (P) BEFORE YOU LEAVE THIS LEVEL OF MIND IF YOU FEEL SO INCLINED GIVE THANKS FOR YOUR ABILITY TO DO WHAT YOU DO AND SEND PRAYER ENERGY TO YOUR FAMILY, FRIENDS AND ANYONE ELSE THAT POPS INTO YOUR MIND. (PPP).

I AM NOW GOING TO COUNT FROM ONE TO FOUR. WITH EACH COUNT YOU WILL SLOWLY BRING YOUR MIND BACK UP TO THE OUTER LEVEL OF CONSCIOUSNESS.

ONE – TWO – COMING OUT NOW, FEELING YOUR BODY AS YOUR

CONSCIOUSNESS BEGINS TO TAKE ON AWARENESS OF THE SURROUNDING AREA. THREE - FOUR - EYES OPEN, BRING YOUR MIND BACK TO THE CONSCIOUSNESS OF YOUR PHYSICAL SURROUNDINGS AND FEEL GOOD ABOUT YOURSELF.

#### REVIEW

- Shifting of consciousness from beta dominant to alpha dominant.
- Partnered left brain hemisphere with right brain-hemisphere.
- Did not fall asleep – hopefully.
- Gained more control over mind and brain than you had before.
- Brought alpha consciousness into Random Access Memory (RAM).
- Increased your conscious abilities at problem solving by bringing alpha level of consciousness into everyday consciousness.
- Began operations of moving towards more deductive reasoning.
- Activating right hemisphere symbolic mode.
- Partnering right with left hemisphere in interpreting symbols.
- Introduced the idea of receiving energy throughout your body from the WORD in the form of wonderful, positive energy.

**SIXTH EXERCISE: MEDITATION ON YOUR INNER SANCTUM  
(THIS EXERCISE HAS THEM AT THE DOOR OF THEIR INNER  
SANCTUM COMBINING THEIR SPIRITUAL CENTERS INTO THEIR  
HEART CENTER)**

**PHYSICAL IDEAL.** Before you begin, make yourself comfortable. Take your shoes off, or undo a tight belt or pants. If you sit in a chair, sit with your feet flat on the floor as crossed legs are believed to block the flow of energy. Put your hands in your lap and uncurl your fingers to let body heat escape naturally. If you feel you have to lie down, do so. The main thing is to feel relaxed and comfortable.

**MENTAL IDEAL.** Hold a positive mental attitude, thinking forgiveness and giving thanks for this ability to sit and relax. Accept the unity of your mind with your body.

**SPIRITUAL IDEAL.** Have and maintain a spiritual attitude of unconditional love. This can also be stipulated through a spiritual ideal such as “Thy will be done,” or “I am a servant of the Lord.”

**IF YOU ARE DOING THIS ON YOUR OWN** read the following slowly letting your body respond, or close your eyes and listen to the following from a recording or another person's voice: After you get used to the countdown method you can just count yourself down using the **FOUR to ONE** technique, then go into an imagery exercise of relaxing your body. At the end you will then be counting yourself back out, in reverse, **ONE TO FOUR**.

(Pre-programming: there is a change here. You have already walked the seven steps and know their meaning. It is now time to review the spiritual intention that brought you this far. Your intention has triggered your sixth chakra that then opened the spiritual doorway in your second chakra. From there you brought your spiritually transformed energy up the spiritual path to where you are now ready to enter your inner sanctum).

**CLOSE YOUR EYES, TAKE THREE DEEP BREATHS AND RELAX AND YOU WILL BE AT LEVEL THREE. THREE – THREE - THREE**

**REPEAT THE NUMBER TWO, THREE TIMES AND YOU WILL BE AT LEVEL TWO YOUR PERFECTLY RELAXED PHYSICAL AND MENTAL LEVEL**

**TWO – TWO – TWO . YOU ARE NOW AT LEVEL TWO.**

**NOW REPEAT THE NUMBER ONE, THREE TIMES AND YOU WILL BE AT LEVEL ONE, YOUR SPIRITUAL LEVEL WHERE YOU CAN BETTER COMMUNICATE WITH YOUR SOUL CONSCIOUSNESS.**

**ONE – ONE - ONE. YOU ARE NOW AT LEVEL ONE, THE BEGINNING OF YOUR SOUL CONSCIOUSNESS LEVEL.**

**FEEL HOW THIS PEACE FILLS YOUR WHOLE BEING. (P)  
WHEN YOU ARE ABLE TO STILL THE BODY AND BECOME PEACEFUL YOU  
OPEN YOUR MIND TO THE GREATER SPIRITUAL LOVE WITHIN. FEEL NOW  
HOW RELAXED THE BODY IS WHEN THE DIVINE PRESENCE IS RELEASED AND**

ALLOWED TO COME FORTH IN LOVE. IT'S BEEN SAID THAT "SPIRIT IS LOVE. WHOEVER LIVES IN LOVE LIVES IN SPIRIT, AND IT IN HIM."

TO HELP YOU GET EVEN MORE RELAXED AND BE OPEN TO YOUR SPIRITUAL NATURE I AM GOING TO COUNT BACKWARDS FROM TEN TO ONE. WITH EACH COUNT YOU WILL FEEL YOURSELF GOING DEEPER. YOU WILL FEEL EVEN MORE THE INNER PEACE OF LOVE AS YOU GO INTO AN EVEN DEEPER MODE OF REALXATION. (P)

10... 9... 8... FEEL YOURSELF GOING DEEPER. 7... 6... 5... DEEPER AND DEEPER. 4... 3... 2... 1... YOU ARE NOW IN A VERY DEEP STAGE OF RELAXATION.

I AM NOW GOING TO COUNT TO 3, AT THE COUNT OF THREE YOU WILL BE STANDING IN FRONT OF THE DOOR TO YOUR INNER SANCTUM. 1 – 2 – 3. YOU ARE NOW STANDING AT THE DOOR TO YOUR INNER SANCTUM. THE DOOR IN FRONT OF YOU IS SHINING VERY BRIGHTLY, SO BRIGHT IT IS ALMOST DIFFICULT TO LOOK AT.

YOU CAN FEEL THE PEACE AND HARMONY FLOWING THROUGH THIS DOOR FROM THE ROOM OF YOUR INNER SANCTUM. IT IS FLOWING INTO YOUR WHOLE BEING. (P) FEEL THE ALL ENCOMPASSING LOVE AND COMPASSION THAT ACCOMPANIES THIS PEACE AND HARMONY. (P)

THINK ABOUT HOW FAR YOU HAVE WALKED TO GET HERE. DO YOU WISH TO GO FURTHER AND MANIFEST YOUR OWN SOUL CONSCIOUSNESS INTO YOUR LIFE? (P) DO YOU WISH TO BE THE RETURNING PRODIGAL SON OR DAUGHTER? (P)

IF YOUR ANSWER IS YES THEN IT IS NOW TIME TO COMBINE ENERGY FROM THE EARTH, FROM NATURE, WITH THAT OF ENERGY FROM THE HEAVENS, FROM GOD. (P)

REMEMBER, THE STEPS REPRESENTED YOUR SPIRITUAL WALK THROUGH LIFE. THE SEVEN COLORED STEPPING STONES SYMBOLIZE YOUR SPIRITUAL CENTERS THAT BECOME ACTIVATED WHEN YOU MOVE YOUR CONSCIOUSNESS INTO THIS LEVEL OF YOUR MIND. YOUR SEVEN SPIRITUAL CENTERS ALSO REPRESENT THE SEVEN LEVELS OF CONSCIOUSNESS THAT LEAD TO THE DOORWAY OF INFINITY THAT HOUSES THE CONSCIOUSNESS OF YOUR DIVINE SELF. (P) TO GET HERE YOU HAD TO HAVE THE SPIRITUAL INTENTION TO TRIGGER YOUR SIXTH LEVEL CHAKRA, A VERY HIGH LEVEL OF INNER CONSCIOUSNESS THAT THEN OPENED THE SPIRITUAL DOORWAY IN YOUR SECOND CHAKRA. YOU ARE NOW SPIRITUALLY ACTIVE; YOU HAVE OPENED YOUR HEART. YOU HAVE AWAKENED.

DO YOU WISH NOW TO BECOME AWARE? AWARENESS MEANS THAT YOU WISH TO TAKE ON MORE KNOWLEDGE ON HOW TO LIVE LIFE SPIRITUALLY.

IF YOUR ANSWER IS YES AND IT FEELS RIGHT, THEN STEP BOLDLY FORTH AND OPEN THE DOOR OR ENTER THROUGH THE DOORWAY THAT LEADS TO YOUR INNER SANCTUM. (P)

ONLY YOU CAN OPEN THE DOOR FROM THIS SIDE. (P) THIS IS THE DOORWAY TO YOUR SOUL. THIS IS THE DOORWAY THAT YOU, YOUR EGO NOW OPENS TO ALLOW THE BEGINNING MANIFESTATION AND GROWTH OF YOUR HIGHER CONSCIOUSNESS. THIS IS THE DOORWAY THAT THE PRODIGAL SON OR DAUGHTER RETURNS THROUGH. THIS IS THE BLESSED DOORWAY THROUGH WHICH YOUR SPIRIT HAS BEEN WAITING FOR YOU.

FEEL THE ENVIRONMENT OF THIS INNER LEVEL OF CONSCIOUSNESS. SEE HOW YOUR EYES ARE ACCLIMATING TO THE WHITE LIGHT. FOR NOW JUST STAND THERE AND USE YOUR INNER SENSES TO FEED YOUR CONSCIOUSNESS. I WILL ALLOW TIME FOR THIS EXPERIENCE, RELAX AND EXPERIENCE YOUR INNER SANCTUM UNTIL YOU AGAIN HEAR MY VOICE. (P)

(pause about 5 TO 10 MINUTES)

RELAX. IT IS NOW TIME TO BRING YOUR MIND BACK TO YOUR PHYSICAL SURROUNDINGS. (P) BEFORE YOU LEAVE THIS LEVEL OF MIND IF YOU FEEL SO INCLINED GIVE THANKS FOR YOUR ABILITY TO DO WHAT YOU DO AND SEND PRAYER ENERGY TO YOUR FAMILY, FRIENDS AND ANYONE ELSE THAT POPS INTO YOUR MIND. (PPP).

I AM NOW GOING TO COUNT FROM ONE TO FOUR. WITH EACH COUNT YOU WILL SLOWLY BRING YOUR CONSCIOUSNESS BACK UP TO THE OUTER LEVEL OF AWARENESS.

ONE – TWO – COMING OUT NOW, FEELING YOUR BODY AS YOUR CONSCIOUSNESS BEGINS TO TAKE ON AWARENESS OF THE SURROUNDING AREA. THREE - FOUR - EYES OPEN, BRING YOUR MIND BACK TO THE CONSCIOUSNESS OF YOUR PHYSICAL SURROUNDINGS AND FEEL GOOD ABOUT YOURSELF.

## REVIEW

- Shifting of consciousness from beta dominant to alpha dominant.
- Partnered left brain hemisphere with right brain-hemisphere.
- Did not fall asleep – hopefully.
- Gained more control over mind and brain than you had before.
- Brought alpha consciousness into Random Access Memory (RAM).
- Increased your conscious abilities at problem solving by bringing alpha level of

consciousness into everyday consciousness.

- Began operations of moving towards more deductive reasoning.
- Activating right hemisphere symbolic mode.
- Partnering right with left hemisphere in interpreting symbols.

- Introduced inductive reasoning of taking individual steps along path of stones towards a destination only understood by having a BIG PICTURE, deductive outlook on life.
- Symbolically walked energy up your chakra system towards the doorway to your higher consciousness center.

## **SEVENTH EXERCISE: ADVANCED SHORTENED MEDITATION METHOD. GO THROUGH THE DOOR INTO THE INNER SANCTUM AND SIT IN THE GOLDEN CHAIR)**

**PHYSICAL IDEAL.** Before you begin, make yourself comfortable. Take your shoes off, or undo a tight belt or pants. If you sit in a chair, sit with your feet flat on the floor as crossed legs are believed to block the flow of energy. Put your hands in your lap and uncurl your fingers to let body heat escape naturally. If you feel you have to lie down, do so. The main thing is to feel relaxed and comfortable.

**MENTAL IDEAL.** Hold a positive mental attitude, thinking forgiveness and giving thanks for this ability to sit and relax. Accept the unity of your mind with your body.

**SPIRITUAL IDEAL.** Have and maintain a spiritual attitude of unconditional love. This can also be stipulated through a spiritual ideal such as "Thy will be done," or "I am a servant of the Lord."

**IF YOU ARE DOING THIS ON YOUR OWN** read the following slowly letting your body respond, or close your eyes and listen to the following from a recording or another person's voice: After you get used to the countdown method you can just count yourself down using the FOUR to ONE technique, then go into an imagery exercise of relaxing your body. At the end you will then be counting yourself back out, in reverse, ONE TO FOUR.

**(Pre-programming: In this exercise you will visualize the energy from the top three centers and the lower three centers coming together in your heart center. You can do this by picturing a ray of energy coming up from the earth and a ray of energy coming down from the Universal Center both meeting at your heart. After this you will move into your Inner Sanctum and go sit in your golden chair. This golden chair is one of your choosing.)**

**CLOSE YOUR EYES, TAKE THREE DEEP BREATHS AND RELAX AND YOU WILL BE AT LEVEL THREE. THREE – THREE - THREE**

**REPEAT THE NUMBER TWO THREE TIMES AND YOU WILL BE AT LEVEL TWO YOUR PERFECTLY RELAXED PHYSICAL AND MENTAL LEVEL**

**TWO – TWO – TWO . YOU ARE NOW AT LEVEL TWO.**

**NOW REPEAT THE NUMBER ONE, THREE TIMES AND YOU WILL BE AT LEVEL ONE, YOUR SPIRITUAL LEVEL WHERE YOU CAN BETTER COMMUNICATE WITH YOUR SOUL CONSCIOUSNESS.**

**ONE – ONE - ONE. YOU ARE NOW AT LEVEL ONE, THE BEGINNING OF YOUR SOUL CONSCIOUSNESS LEVEL.**

**FEEL HOW THIS PEACE FILLS YOUR WHOLE BEING. (P)**

**WHEN YOU ARE ABLE TO STILL THE BODY AND BECOME PEACEFUL YOU OPEN YOUR MIND TO THE GREATER SPIRITUAL LOVE WITHIN. FEEL NOW HOW RELAXED THE BODY IS WHEN THE DIVINE PRESENCE IS RELEASED AND ALLOWED TO COME FORTH IN LOVE. IT'S BEEN SAID THAT "SPIRIT IS LOVE. WHOEVER LIVES IN LOVE LIVES IN SPIRIT, AND IT IN HIM."**

TO HELP YOU GET EVEN MORE RELAXED AND BE OPEN TO YOUR SPIRITUAL NATURE I AM GOING TO COUNT BACKWARDS FROM TEN TO ONE. WITH EACH COUNT YOU WILL FEEL YOURSELF GOING DEEPER. YOU WILL FEEL EVEN MORE THE INNER PEACE OF LOVE AS YOU GO INTO AN EVEN DEEPER MODE OF RELAXATION. (P)

10... 9... 8... FEEL YOURSELF GOING DEEPER. 7... 6... 5... DEEPER AND DEEPER. 4... 3... 2... 1... YOU ARE NOW IN A VERY DEEP STAGE OF RELAXATION.

NOW VISUALIZE THE ENERGY FROM THE TOP THREE CENTERS AND THE LOWER THREE CENTERS COMING TOGETHER IN YOUR HEART CENTER. YOU CAN DO THIS BY PICTURING A RAY OF ENERGY COMING UP FROM THE EARTH AND ONE COMING DOWN FROM ON HIGH MEETING AT YOUR HEART. (P)

I AM NOW GOING TO COUNT FROM ONE TO THREE, AT THE COUNT OF THREE YOU WILL ONCE AGAIN BE STANDING IN FRONT OF YOUR DOORWAY. 1 -- 2 -- 3. (P)

YOU ARE NOW STANDING IN FRONT OF THE DOORWAY TO YOUR INNER SANCTUM. MOVE FORWARD AND ENTER YOUR INNER SANCTUM.

STEPPING INTO YOUR INNER SANCTUM IS YOUR WAY OF SAYING YOU WISH TO BECOME MORE AWARE; THAT YOU WISH TO TAKE ON YOUR SOUL CONSCIOUSNESS. (P).

FEEL THE ENVIRONMENT OF THIS INNER LEVEL OF CONSCIOUSNESS. SEE HOW YOUR EYES ARE ACCLIMATING TO THE WHITE LIGHT.

NOW LOOK AROUND YOUR ROOM, YOU WILL SEE A GOLDEN CHAIR. ONLY YOU KNOW WHAT YOUR CHAIR LOOKS LIKE. IT IS YOUR CHAIR. GO SIT IN THIS CHAIR. IT IS THE CHAIR OF YOUR HIGHER SELF; YOUR MOST POWERFUL GUARDIAN ANGEL. WHILE IN THIS CHAIR YOU WILL RECEIVE THE GOLDEN ENERGY OF YOUR HIGHER SELF. GIVE THANKS FOR THE RECEIPT OF THIS ENERGY.

I WILL ALLOW TIME FOR THIS EXPERIENCE, RELAX AND EXPERIENCE YOUR INNER SANCTUM AND GOLDEN CHAIR. UNTIL YOU AGAIN HEAR MY VOICE. (P)

(pause for about 10 to 20 minutes)

IT IS NOW TIME TO BRING YOUR MIND BACK TO YOUR PHYSICAL SURROUNDINGS. (P) NOW THAT YOU HAVE DISCOVERED THIS INNER LEVEL OF CONSCIOUSNESS YOU CAN COME TO THIS INNER LEVEL OF MIND ANY TIME YOU WANT. BEFORE YOU LEAVE THIS LEVEL OF MIND IF YOU FEEL SO INCLINED GIVE THANKS FOR YOUR ABILITY TO DO WHAT YOU DO AND SEND PRAYER ENERGY TO YOUR FAMILY, FRIENDS AND ANYONE ELSE THAT POPS INTO YOUR MIND. (PPP).

I AM NOW GOING TO COUNT FROM ONE TO FOUR. WITH EACH COUNT YOU WILL SLOWLY BRING YOUR CONSCIOUSNESS BACK UP TO THE OUTER LEVEL OF AWARENESS.

ONE – TWO – COMING OUT NOW, FEELING YOUR BODY AS YOUR CONSCIOUSNESS BEGINS TO TAKE ON AWARENESS OF THE SURROUNDING AREA. THREE - FOUR - EYES OPEN, BRING YOUR MIND BACK TO THE CONSCIOUSNESS OF YOUR PHYSICAL SURROUNDINGS AND FEEL GOOD ABOUT YOURSELF.

## REVIEW

- Shifting of consciousness from beta dominant to alpha dominant.
- Partnered left brain hemisphere with right brain-hemisphere.
- Did not fall asleep – hopefully.
- Gained more control over mind and brain than you had before.
- Brought alpha consciousness into Random Access Memory (RAM).
- Increased your conscious abilities at problem solving by bringing alpha level of consciousness into everyday consciousness.
- Began operations of moving towards more deductive reasoning.
- Activating right hemisphere symbolic mode.
- Partnering right with left hemisphere in interpreting symbols.
- Activated the top three chakra centers and partnered them with the bottom three centers and then combined this energy into the heart center for entrance into your soul consciousness.
- Found and sat in your golden chair.

## **EIGHTH EXERCISE: VERY SHORT MEDITATION EXPRESSING ONE SELF AS LIGHT**

(((Consider saving this exercise for an advanced class.)))

**PHYSICAL IDEAL.** Before you begin, make yourself comfortable. Take your shoes off, or undo a tight belt or pants. If you sit in a chair, sit with your feet flat on the floor as crossed legs are believed to block the flow of energy. Put your hands in your lap and uncurl your fingers to let body heat escape naturally. If you feel you have to lie down, do so. The main thing is to feel relaxed and comfortable.

**MENTAL IDEAL.** Hold a positive mental attitude, thinking forgiveness and giving thanks for this ability to sit and relax. Accept the unity of your mind with your body.

**SPIRITUAL IDEAL.** Have and maintain a spiritual attitude of unconditional love. This can also be stipulated through a spiritual ideal such as “Thy will be done,” or “I am a servant of the Lord.”

**IF YOU ARE DOING THIS ON YOUR OWN** read the following slowly letting your body respond, or close your eyes and listen to the following from a recording or another person's voice: After you get used to the countdown method you can just count yourself down using the **FOUR to ONE** technique, then go into an imagery exercise of relaxing your body. At the end you will then be counting yourself back out, in reverse, **ONE TO FOUR**.

(Pre-programming: there is a change here. You have already walked the seven steps / chakras and know their meaning. It is now time to combine these chakras and the energy source for both into one center, your heart center. You will go through an exercise combining chakra one with chakra 7, chakra 2 with chakra 6, and chakra 3 with chakra five, culminating with you then moving into chakra 4, the heart center. From here you will enter your inner sanctum).

**CLOSE YOUR EYES, TAKE THREE DEEP BREATHS AND RELAX AND YOU WILL BE AT LEVEL THREE. THREE – THREE - THREE**

**REPEAT THE NUMBER TWO, THREE TIMES AND YOU WILL BE AT LEVEL TWO, YOUR PERFECTLY RELAXED PHYSICAL AND MENTAL LEVEL**

**TWO – TWO – TWO . YOU ARE NOW AT LEVEL TWO.**

**NOW REPEAT THE NUMBER ONE, THREE TIMES AND YOU WILL BE AT LEVEL ONE, YOUR SPIRITUAL LEVEL WHERE YOU CAN BETTER COMMUNICATE WITH YOUR SOUL CONSCIOUSNESS.**

**ONE – ONE - ONE. YOU ARE NOW AT LEVEL ONE, THE BEGINNING OF YOUR SOUL CONSCIOUSNESS LEVEL.**

**FEEL HOW THIS PEACE FILLS YOUR WHOLE BEING. (P)**

**TO HELP YOU GET EVEN MORE RELAXED AND BE OPEN TO YOUR SPIRITUAL NATURE I AM GOING TO COUNT BACKWARDS FROM TEN TO ONE. WITH EACH COUNT YOU WILL FEEL YOURSELF GOING DEEPER. YOU WILL FEEL**

EVEN MORE THE INNER PEACE OF LOVE AS YOU GO INTO AN EVEN DEEPER MODE OF RELAXATION. (P)

10... 9... 8... FEEL YOURSELF GOING DEEPER. 7... 6... 5... DEEPER AND DEEPER. 4... 3... 2... 1... YOU ARE NOW IN A VERY DEEP STAGE OF RELAXATION.

YOU ARE NOW COMPLETELY RELAXED AND IN CONTROL OF YOUR CONSCIOUSNESS. YOUR CONSCIOUSNESS IS IN CONTROL OF YOUR MIND. YOUR MIND IS IN CONTROL OF YOUR BRAIN

REMEMBER THE STEPPING STONES SYMBOLIZING YOUR SEVEN CHAKRAS, VISUALIZE NOW EACH OF THE FIRST THREE STEPS, YOUR LOWER SPIRITUAL CHAKRA CENTERS MELDING WITH THEIR COUNTERPARTS CHAKRAS 5, 6, AND 7, YOUR UPPER SPIRITUAL CENTERS: CHAKRA ONE ENERGY COMBINES WITH CHAKRA SEVEN ENERGY; CHAKRA TWO ENERGY COMBINES WITH CHAKRA SIX ENERGY; CHAKRA THREE ENERGY COMBINES WITH CHAKRA FIVE ENERGY.

NOW VISUALIZE THOSE COMBINED SIX CHAKRA CENTERS MELDING INTO YOUR HEART CENTER, YOUR FOURTH CHAKRA (P).

NOW, PROJECT YOUR CONSCIOUSNESS TO THE DOORWAY INTO YOUR INNER SANCTUM (P).

IN YOUR MIND'S EYE SEE YOUR BODY AS FULLY PULSATING WITH LIGHT. (P)

BRING THE LIGHT FROM ABOVE AND THE ENERGY FROM THE EARTH INTO YOUR SPIRITUAL CENTERS, CENTERING IN THE HEART.

NOW, WALK THROUGH YOUR DOOR AND MOVE INTO YOUR INNER SANCTUM AND SIT IN YOUR CHAIR.. (P)

((The following section can be added or not as part of this exercise or SKIP to the next section.)))

(((((( NOW, FOCUS YOUR MIND ON YOUR HEART AREA, THE CENTER OF YOUR CHEST. THIS IS THE CENTER OF THE PULSATING LIGHT OF LOVE OF THE GOD WITHIN. THE CENTER OF YOUR HEART IS LIKE A SMALL SUN WITH LIGHT ENERGY RADIATING OUT TO ALL PARTS OF YOUR BODY. SEE THIS SMALL SUN WITHIN YOU BEGIN TO GLOW AND EXPAND. (P)

THIS LIGHT EXPANDS AS YOU LEARN TO RELAX AND LET GOD'S LOVE ENTER YOUR BEING. (P) THIS IS THE HEART CENTER OF WHAT SOME PEOPLE CALL THE CHRIST, BUDDHA, OR COSMIC LIGHT.

THIS LIGHT HAS TREMENDOUS RELAXING POWERS. THIS IS THE LIGHT THAT IS YOURS TO HAVE AND TO USE. THIS IS THE LIGHT THAT WILL LIGHT YOUR WAY TO THE INNER KINGDOM.

WE ARE GOING TO LET THAT HEART LIGHT COME FORTH NOW AND SHINE. IT WANTS TO COME FORTH, TO GET BIGGER AND BRIGHTER. FOCUS ON THAT LIGHT. (P)

NOTICE HOW AS YOU RECOGNIZE AND ACCEPT ITS EXISTENCE, IT GROWS. (P) IT IS GETTING BIGGER AND BRIGHTER AND SPREADING THROUGHOUT YOUR CHEST AREA MOVING DOWN INTO YOUR ABDOMEN. (P)

SEE HOW THE LIGHT IS ALSO MOVING UP INTO YOUR THROAT AREA. (P) NOW FEEL HOW YOUR ABDOMEN REACTS AS THE LIGHT MOVES INTO IT. (P)

YOU FEEL EACH AREA OF THE BODY CHANGE AS THE LIGHT SPREADS. (P) THE LIGHT IS MOVING INTO THE AREA OF YOUR HIPS, (P)

NOW THE LIGHT IS MOVING FROM YOUR THROAT AREA INTO YOUR HEAD. (P) YOU CAN FEEL THE LIGHT AS IT FILLS YOUR MOUTH, NOSE, FOREHEAD, (P) NOW YOUR WHOLE HEAD IS FILLED WITH THIS LIGHT. (P)

THE LIGHT IS MOVING DOWN INTO YOUR THIGHS, NOW INTO YOUR KNEES, NOW INTO YOUR CALVES. (P) THE LIGHT IS NOW FLOWING INTO YOUR FEET. (P)

YOUR WHOLE BODY IS NOW FILLED WITH THIS HEART LIGHT. (P) YOU ARE NOW OPEN TO THE INNER LIGHT, OPEN TO THE GOD WITHIN, YOUR OWN SPIRITUAL SELF. (P)

FEEL HOW RELAXED THE BODY IS WHEN THE GOD WITHIN IS RELEASED AND ALLOWED TO COME FORTH. YOU ARE NOW TRULY THE TEMPLE OF THE LIVING GOD. YOU TRULY ARE A CHILD OF GOD. FEEL HOW GOOD THIS IS. (PPP)

HEREAFTER, ANY TIME YOU WISH TO GET TO THIS LEVEL OF RELAXATION, GO SIT IN YOUR GOLDEN CHAIR, GIVE THANKS FOR THE GOLDEN WHITE ENERGY AND THEN VISUALIZE EACH PART OF YOUR BODY BEING IN A RELAXED STATE OF BEING FILLED WITH THE PEACE AND LOVE OF GOD. ALLOW THE LOVE AND LIGHT OF GOD TO FILL YOUR WHOLE BEING. )))))

((If you bypassed the previous section then continue here)))

YOU CAN NOW FEEL THAT YOU ARE PURE LIGHT. (P) EVERY MOLECULE IN YOUR BODY IS MADE OF LIGHT. YOU ARE LIGHT. YOU ARE SPIRITUAL ENERGY

AND LOVE MADE MANIFEST. YOU ARE LIGHT. (P)

I AM NOW GOING TO GIVE YOU QUIET TIME AT THIS LEVEL OF YOUR MIND. THINK AND FEEL ABOUT THIS LEVEL OF CONSCIOUSNESS AND WHAT IT MAY MEAN TO YOU UNTIL YOU NEXT HEAR MY VOICE.

(Pause for 10 to 20 minutes)

IT IS NOW TIME TO BRING YOUR MIND BACK TO YOUR PHYSICAL SURROUNDINGS. (P) NOW THAT YOU HAVE DISCOVERED THIS INNER LEVEL OF CONSCIOUSNESS AND LIGHT YOU MAY COME TO THIS INNER LEVEL OF MIND ANY TIME YOU WANT. (P) BEFORE YOU LEAVE THIS LEVEL OF MIND IF YOU FEEL SO INCLINED GIVE THANKS FOR YOUR ABILITY TO DO WHAT YOU DO AND SEND PRAYER ENERGY TO YOUR FAMILY, FRIENDS AND ANYONE ELSE THAT POPS INTO YOUR MIND. (PPP).

I AM NOW GOING TO COUNT FROM ONE TO FOUR. WITH EACH COUNT YOU WILL SLOWLY BRING YOUR CONSCIOUSNESS BACK UP TO THE OUTER LEVEL OF AWARENESS.

ONE – TWO – COMING OUT NOW, FEELING YOUR BODY AS YOUR CONSCIOUSNESS BEGINS TO TAKE ON AWARENESS OF THE SURROUNDING AREA. THREE - FOUR - EYES OPEN, BRING YOUR MIND BACK TO THE CONSCIOUSNESS OF YOUR PHYSICAL SURROUNDINGS AND FEEL GOOD ABOUT YOURSELF.

## REVIEW

- Shifting of consciousness from beta dominant to alpha dominant.
- Partnered left brain hemisphere with right brain-hemisphere.
- Did not fall asleep – hopefully.
- Gained more control over mind and brain than you had before.
- Brought alpha consciousness into Random Access Memory (RAM).
- Increased your conscious abilities at problem solving by bringing alpha level of consciousness into everyday consciousness.
- Began operations of moving towards more deductive reasoning.
- Activating right hemisphere symbolic mode.
- Partnering right with left hemisphere in interpreting symbols.
- Activated the top three chakra centers and partnered them with the bottom three centers and then combined this energy into the heart center for entrance into your soul consciousness.
- You have now fully activated your beacon of light – you are now an active light being.

## **NINTH EXERCISE: VERY SHORT MEDITATION SEEING THE DOORS**

**PHYSICAL IDEAL.** Before you begin, make yourself comfortable. Take your shoes off, or undo a tight belt or pants. If you sit in a chair, sit with your feet flat on the floor as crossed legs are believed to block the flow of energy. Put your hands in your lap and uncurl your fingers to let body heat escape naturally. If you feel you have to lie down, do so. The main thing is to feel relaxed and comfortable.

**MENTAL IDEAL.** Hold a positive mental attitude, thinking forgiveness and giving thanks for this ability to sit and relax. Accept the unity of your mind with your body.

**SPIRITUAL IDEAL.** Have and maintain a spiritual attitude of unconditional love. This can also be stipulated through a spiritual ideal such as “Thy will be done,” or “I am a servant of the Lord.”

**IF YOU ARE DOING THIS ON YOUR OWN** read the following slowly letting your body respond, or close your eyes and listen to the following from a recording or another person's voice: After you get used to the countdown method you can just count yourself down using the **FOUR to ONE** technique, then go into an imagery exercise of relaxing your body. At the end you will then be counting yourself back out, in reverse, **ONE TO FOUR**.

**(Preprogramming: In this exercise you will be introduced to the possibility that you may have one or more spiritual gifts waiting for you behind some doors inside your Inner Sanctum. We will look at these doors and see how many there are and if any are open.)**

**CLOSE YOUR EYES, TAKE THREE DEEP BREATHS AND RELAX AND YOU WILL BE AT LEVEL THREE. THREE – THREE - THREE**

**REPEAT THE NUMBER TWO, THREE TIMES AND YOU WILL BE AT LEVEL TWO, YOUR PERFECTLY RELAXED PHYSICAL AND MENTAL LEVEL**

**TWO – TWO – TWO . YOU ARE NOW AT LEVEL TWO.**

**NOW REPEAT THE NUMBER ONE, THREE TIMES AND YOU WILL BE AT LEVEL ONE, YOUR SPIRITUAL LEVEL WHERE YOU CAN BETTER COMMUNICATE WITH YOUR SOUL CONSCIOUSNESS.**

**ONE – ONE - ONE. YOU ARE NOW AT LEVEL ONE, THE BEGINNING OF YOUR SOUL CONSCIOUSNESS LEVEL.**

**FEEL HOW THIS PEACE FILLS YOUR WHOLE BEING. (P)**

**TO HELP YOU GET EVEN MORE RELAXED AND BE OPEN TO YOUR SPIRITUAL NATURE I AM GOING TO COUNT BACKWARDS FROM TEN TO ONE. WITH EACH COUNT YOU WILL FEEL YOURSELF GOING DEEPER. YOU WILL FEEL EVEN MORE THE INNER PEACE OF LOVE AS YOU GO INTO AN EVEN DEEPER MODE OF RELAXATION. (P)**

**10... 9... 8... FEEL YOURSELF GOING DEEPER. 7... 6... 5... DEEPER AND DEEPER. 4... 3... 2... 1... YOU ARE NOW IN A VERY DEEP STAGE OF RELAXATION.**

YOU ARE NOW COMPLETELY RELAXED AND IN CONTROL OF YOUR CONSCIOUSNESS. YOUR CONSCIOUSNESS IS IN CONTROL OF YOUR MIND. YOUR MIND IS IN CONTROL OF YOUR BRAIN

NOW, PROJECT YOUR CONSCIOUSNESS TO THE DOORWAY INTO YOUR INNER SANCTUM. IN YOUR MIND'S EYE SEE YOUR BODY AS FULLY PULSATING WITH LIGHT. (P)

OPEN YOUR DOOR AND MOVE INTO YOUR INNER SANCTUM AND GO SIT IN YOUR CHAIR. (P)

GIVE THANKS FOR THE GOLDEN WHITE ENERGY THAT YOU ARE RECEIVING WHILE SITTING IN YOUR CHAIR.

NOW LOOK BEFORE YOU AND YOU WILL SEE A NUMBER OF DOORS. SOME MAY BE OPEN. ONLY YOU KNOW HOW MANY DOORS ARE THERE AND ONLY YOU KNOW HOW MANY ARE OPENED AND CLOSED. THE OPENED DOORS ARE THOSE THAT YOU HAVE ALREADY WALKED THROUGH IN LIFE. THOSE STILL CLOSED ARE THERE FOR YOUR FUTURE EXPERIENCE DEPENDING UPON THE CHOICES YOU WILL MAKE. SELFISH CHOICES WILL NOT OPEN THESE DOORS. THESE DOORS ARE DOORS OF SPIRITUAL ABUNDANCE, OF GOD'S GIFTS TO YOU DEPENDING UPON THE CHOICES YOU WILL MAKE.

FOR NOW SIT HERE AND CONTEMPLATE WHAT THESE DOORS MAY MEAN TO YOU.

(PAUSE FOR TEN MINUTES)

IT IS NOW TIME TO BRING YOUR MIND BACK TO YOUR PHYSICAL SURROUNDINGS. (P) NOW THAT YOU HAVE DISCOVERED THIS INNER LEVEL OF CONSCIOUSNESS AND LIGHT YOU COME TO THIS INNER LEVEL OF MIND ANY TIME YOU WANT. (P) BEFORE YOU LEAVE THIS LEVEL OF MIND IF YOU FEEL SO INCLINED GIVE THANKS FOR YOUR ABILITY TO DO WHAT YOU DO AND SEND PRAYER ENERGY TO YOUR FAMILY, FRIENDS AND ANYONE ELSE THAT POPS INTO YOUR MIND. (PPP).

I AM NOW GOING TO COUNT FROM ONE TO FOUR. WITH EACH COUNT YOU WILL SLOWLY BRING YOUR CONSCIOUSNESS BACK UP TO THE OUTER LEVEL OF AWARENESS.

ONE – TWO – COMING OUT NOW, FEELING YOUR BODY AS YOUR CONSCIOUSNESS BEGINS TO TAKE ON AWARENESS OF THE SURROUNDING AREA. THREE -. FOUR - EYES OPEN, BRING YOUR MIND BACK TO THE CONSCIOUSNESS OF YOUR PHYSICAL SURROUNDINGS AND FEEL GOOD ABOUT YOURSELF.

REVIEW

- Shifting of consciousness from beta dominant to alpha dominant.
- Partnered left brain hemisphere with right brain-hemisphere.

- Did not fall asleep – hopefully.
- Gained more control over mind and brain than you had before.
- Brought alpha consciousness into Random Access Memory (RAM).
- Increased your conscious abilities at problem solving by bringing alpha level of consciousness into everyday consciousness.
- Began operations of moving towards more deductive reasoning.
- Activating right hemisphere symbolic mode.
- Partnering right with left hemisphere in interpreting symbols.
- Activated the top three chakra centers and partnered them with the bottom three centers and then combined this energy into the heart center for entrance into your soul consciousness.
- You are an active light being.
- You now have symbolic access to your inherent gifts.

## **TENTH EXERCISE: VERY SHORT MEDITATION INTRODUCTION TO GUIDES**

**PHYSICAL IDEAL.** Before you begin, make yourself comfortable. Take your shoes off, or undo a tight belt or pants. If you sit in a chair, sit with your feet flat on the floor as crossed legs are believed to block the flow of energy. Put your hands in your lap and uncurl your fingers to let body heat escape naturally. If you feel you have to lie down, do so. The main thing is to feel relaxed and comfortable.

**MENTAL IDEAL.** Hold a positive mental attitude, thinking forgiveness and giving thanks for this ability to sit and relax. Accept the unity of your mind with your body.

**SPIRITUAL IDEAL.** Have and maintain a spiritual attitude of unconditional love. This can also be stipulated through a spiritual ideal such as “Thy will be done,” or “I am a servant of the Lord.”

**IF YOU ARE DOING THIS ON YOUR OWN** read the following slowly letting your body respond, or close your eyes and listen to the following from a recording or another person's voice: After you get used to the countdown method you can just count yourself down using the **FOUR to ONE** technique, then go into an imagery exercise of relaxing your body. At the end you will then be counting yourself back out, in reverse, **ONE TO FOUR**.

(Preprogramming: In this exercise you will be introduced your guides if they deem it appropriate that you meet them.)

**CLOSE YOUR EYES, TAKE THREE DEEP BREATHS AND RELAX AND YOU WILL BE AT LEVEL THREE. THREE – THREE - THREE**

**REPEAT THE NUMBER TWO, THREE TIMES AND YOU WILL BE AT LEVEL TWO YOUR PERFECTLY RELAXED PHYSICAL AND MENTAL LEVEL**

**TWO – TWO – TWO . YOU ARE NOW AT LEVEL TWO.**

**NOW REPEAT THE NUMBER ONE, THREE TIMES AND YOU WILL BE AT LEVEL ONE, YOUR SPIRITUAL LEVEL WHERE YOU CAN BETTER COMMUNICATE WITH YOUR SOUL CONSCIOUSNESS.**

**ONE – ONE - ONE. YOU ARE NOW AT LEVEL ONE, THE BEGINNING OF YOUR SOUL CONSCIOUSNESS LEVEL.**

**FEEL HOW THIS PEACE FILLS YOUR WHOLE BEING. (P)**

**TO HELP YOU GET EVEN MORE RELAXED AND BE OPEN TO YOUR SPIRITUAL NATURE I AM GOING TO COUNT BACKWARDS FROM TEN TO ONE. WITH EACH COUNT YOU WILL FEEL YOURSELF GOING DEEPER. YOU WILL FEEL EVEN MORE THE INNER PEACE OF LOVE AS YOU GO INTO AN EVEN DEEPER MODE OF RELAXATION. (P)**

**10... 9... 8... FEEL YOURSELF GOING DEEPER. 7... 6... 5... DEEPER AND DEEPER. 4... 3... 2... 1... YOU ARE NOW IN A VERY DEEP STAGE OF RELAXATION.**

YOU ARE NOW COMPLETELY RELAXED AND IN CONTROL OF YOUR CONSCIOUSNESS. YOUR CONSCIOUSNESS IS IN CONTROL OF YOUR MIND. YOUR MIND IS IN CONTROL OF YOUR BRAIN

NOW, PROJECT YOUR CONSCIOUSNESS TO YOUR INNER SANCTUM AND SIT IN YOUR CHAIR. (P)

GIVE THANKS FOR THE GOLDEN WHITE ENERGY THAT YOU ARE RECEIVING WHILE SITTING IN YOUR CHAIR. (P)

NOW, VISUALIZE BEFORE YOU A THIN VEIL OF SHIFTING FOG. (P)

INSERT YOUR HANDS INTO THE FOG AND THEN REST THEM ON YOUR KNEES OR LAP, WHICH EVER WAY IS MOST COMFORTABLE. (P)

CAN YOU FEEL A TINGLING IN YOUR HANDS? THIS TINGLING IS A RESULT OF YOUR GUIDES' ENERGY AS THEY TAKE YOUR HANDS. THERE MAY BE TWO OR MORE WITH YOU. YOU MAY OR MAY NOT BE ABLE TO SEE THEM.

IF YOU FEEL INCLINED ASK THEM THEIR NAMES. YOU MAY OR MAY NOT GET A RESPONSE. (P)

YOU CAN FEEL THEIR LOVE FOR YOU ENVELOP YOUR FEELINGS. (P)

THANK YOUR GUIDES FOR THEIR DEDICATION AND LOVE TO AND FOR YOU. (P)

TAKE TIME NOW TO BE WITH YOUR GUIDES. ASK THEM QUESTIONS.

YOU MAY NOT GET ANSWERS TO THESE QUESTIONS AT THIS TIME. BUT ANSWERS WILL COME. THEY MAY COME LATER IN YOUR DREAM STATE, IN OR FROM A BOOK, OR IN A STATEMENT BY SOME PERSON.

RELAX. I AM NOW GOING TO GIVE YOU TIME TO BE WITH YOUR GUIDES.

(PAUSE FOR TEN MINUTES)

IT IS NOW TIME TO BRING YOUR MIND BACK TO YOUR PHYSICAL SURROUNDINGS. (P) NOW THAT YOU HAVE DISCOVERED THIS INNER LEVEL OF CONSCIOUSNESS AND LIGHT YOU MAY COME TO THIS INNER LEVEL OF MIND ANY TIME YOU WANT. (P) BEFORE YOU LEAVE THIS LEVEL OF MIND IF YOU FEEL SO INCLINED GIVE THANKS FOR YOUR ABILITY TO DO WHAT YOU DO AND SEND PRAYER ENERGY TO YOUR FAMILY, FRIENDS AND ANYONE ELSE THAT POPS INTO YOUR MIND. (PPP).

I AM NOW GOING TO COUNT FROM ONE TO FOUR. WITH EACH COUNT YOU WILL SLOWLY BRING YOUR CONSCIOUSNESS BACK UP TO THE OUTER LEVEL OF AWARENESS.

ONE – TWO – COMING OUT NOW, FEELING YOUR BODY AS YOUR

CONSCIOUSNESS BEGINS TO TAKE ON AWARENESS OF THE SURROUNDING AREA. THREE - FOUR - EYES OPEN, BRING YOUR MIND BACK TO THE

CONSCIOUSNESS OF YOUR PHYSICAL SURROUNDINGS AND FEEL GOOD ABOUT YOURSELF.

#### REVIEW

- You are a light being manifesting God's spiritual energy.
- You are symbolically sitting in a chair / vehicle of higher energy.
- You are a channel for this higher energy onto this earth plane.

**ELEVENTH EXERCISE: VERY SHORT MEDITATION  
INNER SANCTUM & GUIDES  
(DO THIS ONE TWICE OR THREE TIMES AS NECESSARY TO  
FINISH COURSE)**

**SPIRITUAL IDEAL.** Have and maintain a spiritual attitude of unconditional love. This can also be stipulated through a spiritual ideal such as “Thy will be done,” or “I am a servant of the Lord.”

**MENTAL IDEAL.** Hold a positive mental attitude, thinking forgiveness and giving thanks for this ability to sit and relax. Accept the unity of your mind with your body.

**PHYSICAL IDEAL.** Before you begin, make yourself comfortable. Take your shoes off, or undo a tight belt or pants. If you sit in a chair, sit with your feet flat on the floor as crossed legs are believed to block the flow of energy. Put your hands in your lap and uncurl your fingers to let body heat escape naturally. If you feel you have to lie down, do so. The main thing is to feel relaxed and comfortable.

**IF YOU ARE DOING THIS ON YOUR OWN** read the following slowly letting your body respond, or close your eyes and listen to the following from a recording or another person's voice: After you get used to the countdown method you can just count yourself down using the **FOUR to ONE** technique, then go into an imagery exercise of relaxing your body. At the end you will then be counting yourself back out, in reverse, **ONE TO FOUR**.

(Preprogramming: In this exercise you will be introduced your guides if they deem it appropriate that you meet them.)

**WITH YOUR EYES OPEN YOU ARE CURRENTLY AT LEVEL FOUR (4).**

**CLOSE YOUR EYES, TAKE THREE DEEP BREATHS AND EXHALE AND YOU WILL BE AT LEVEL THREE.**

**YOU ARE NOW AT LEVEL THREE. PROJECT YOUR CONSCIOUSNESS TO THE GARDEN. AS YOU DO THIS YOUR CONSCIOUSNESS WILL MOVE FROM LEVEL THREE, THROUGH LEVEL TWO TO LEVEL ONE:**

**YOU ARE NOW IN YOUR GARDEN AT LEVEL ONE, THE BEGINNING OF YOUR SOUL CONSCIOUSNESS LEVEL**

**FEEL HOW THIS PEACE FILLS YOUR WHOLE BEING. (P)**

**TO HELP YOU GET EVEN MORE RELAXED AND BE OPEN TO YOUR SPIRITUAL NATURE I AM GOING TO COUNT BACKWARDS FROM TEN TO ONE. WITH EACH COUNT YOU WILL FEEL YOURSELF GOING DEEPER. YOU WILL FEEL EVEN MORE THE INNER PEACE OF LOVE AS YOU GO INTO AN EVEN DEEPER MODE OF RELAXATION. (P)**

10... 9... 8... FEEL YOURSELF GOING DEEPER. 7... 6... 5... DEEPER AND DEEPER. 4... 3... 2... 1... YOU ARE NOW IN A VERY DEEP STAGE OF RELAXATION.

YOU ARE NOW COMPLETELY RELAXED AND IN CONTROL OF YOUR CONSCIOUSNESS. YOUR CONSCIOUSNESS IS IN CONTROL OF YOUR MIND. YOUR MIND IS IN CONTROL OF YOUR BRAIN

NOW, PROJECT YOUR CONSCIOUSNESS TO YOUR INNER SANCTUM AND SIT IN YOUR GOLDEN CHAIR. (P)

GIVE THANKS FOR THE GOLDEN WHITE ENERGY THAT YOU ARE RECEIVING WHILE SITTING IN YOUR CHAIR. (P) VISUALIZE AND FEEL THIS GOLDEN WHITE LIGHT COURSING THROUGHOUT YOUR BODY RAISING THE VIBRATORY RATE OF EVERY CELL. (P).

NOW, INVITE YOUR GUIDES INTO YOUR CONSCIOUSNESS AND VISUALIZE THEM APPEARING BEFORE YOU. (P)

YOU CAN FEEL A TINGLING IN YOUR HANDS AS YOUR GUIDES TAKE HOLD OF YOUR HANDS? (P)

YOU CAN FEEL THEIR LOVE FOR YOU ENVELOP YOUR FEELINGS. (P)  
THANK YOUR GUIDES FOR THEIR DEDICATION AND LOVE TO AND FOR YOU. (P)

TAKE TIME NOW TO BE WITH YOUR GUIDES. ASK THEM QUESTIONS OR JUST BE IN TUNE WITH THEIR VIBRATION.

RELAX. I AM NOW GOING TO GIVE YOU TIME TO BE WITH YOUR GUIDES.

(PAUSE FOR TEN MINUTES)

RELAX - IT IS NOW TIME TO BRING YOUR MIND BACK TO YOUR PHYSICAL SURROUNDINGS. (P) NOW THAT YOU HAVE DISCOVERED THIS INNER LEVEL OF CONSCIOUSNESS AND LIGHT YOU MAY COME TO THIS INNER LEVEL OF MIND ANY TIME YOU WANT. (P) BEFORE YOU LEAVE THIS LEVEL OF MIND IF YOU FEEL SO INCLINED GIVE THANKS FOR YOUR ABILITY TO DO WHAT YOU DO AND SEND PRAYER ENERGY TO YOUR FAMILY, FRIENDS AND ANYONE ELSE THAT POPS INTO YOUR MIND. (PPP).

I AM NOW GOING TO COUNT FROM ONE TO FOUR. WITH EACH COUNT YOU WILL SLOWLY BRING YOUR CONSCIOUSNESS BACK UP TO THE OUTER LEVEL OF AWARENESS.

ONE – TWO – COMING OUT NOW, FEELING YOUR BODY AS YOUR CONSCIOUSNESS BEGINS TO TAKE ON AWARENESS OF THE SURROUNDING AREA. THREE - FOUR - EYES OPEN, BRING YOUR MIND BACK TO THE

CONSCIOUSNESS OF YOUR PHYSICAL SURROUNDINGS AND FEEL GOOD ABOUT YOURSELF.

REVIEW

- You are a light being manifesting God's spiritual energy.
- You are symbolically sitting in a chair / vehicle of higher energy.
- You are a channel for this higher energy onto this earth plane.

## Appendix 11

### Consent Form for Adult Subjects

You are invited to participate in a study of **Enhanced Intuitive Coping Skills Through Transpersonal Course Instruction**. We hope to learn if one's intuitive coping skills can be increased through study. You were selected as a possible participant for this study because you asked to take the Introduction to Transpersonal Psychology course. You will be given a questionnaire/survey on **Transpersonal Assessment**. You must be 19 or older to take this survey and you will need to put down your name. The purpose of this survey is to assess your current thoughts and feelings on life and consciousness. Because these questions involve you acknowledging your philosophy on life and God, past research suggests that people filling out such a questionnaire may feel at risk. To ameliorate this risk counselors (see names and phone numbers below) are available should you wish to discuss any issues dealing with life and belief structures. After the course, post-questionnaires will be given again assessing your philosophy on life and consciousness. If you wish to know statistically how your philosophy may have changed contact me after Discovery Term. The information on this survey will be considered confidential information.

If you decide to participate, Prof. Miller expects / hopes that you will read, study, participate in the dialogue, and be open to new ideas and fill out the survey questionnaire to the best of your ability. Benefits derived from this survey / research can be that of increased knowledge about you and your psyche dependent upon how much effort you put into the course.

If you decide to participate in the class but choose to not fill out the questionnaire survey your class grade will not be affected.

If you have any questions, I want you to call me, Prof. Miller at Dana College 426-7282. If you have additional questions, please call the Chair of the Human Subjects Research Committee Academic Dean of the College, Dr. Therese Michels, 7209.

You will be given a copy of this form to keep.

**YOU ARE MAKING A DECISION WHETHER OR NOT TO PARTICIPATE. YOUR SIGNATURE INDICATES THAT YOU HAVE DECIDED TO PARTICIPATE, HAVING READ THE INFORMATION PROVIDED ABOVE.**

Date Signature of Participant

Date Signature of Investigator

Counselors: Diane Nickeson-Ray, 426-7323; David Hoppe, 426-7343

COVER SHEET APPLICATION FORM FOR HUMAN SUBJECTS RESEARCH REVIEW

DATE RECEIVED \_\_\_\_\_ NUMBER ASSIGNED \_\_\_\_\_

DECISION OF THE COMMITTEE: \_\_\_\_\_

TITLE OF PROJECT: **ENHANCED INTUITIVE COPING SKILLS THROUGH TRANSPERSONAL COURSE INSTRUCTION**

PRINCIPLE INVESTIGATOR: David W. Miller

HOME ADDRESS PHONE: 5158 P. 39

CITY, STATE, ZIP CODE: Fort Calhoun, NE. 68023

PROPOSED DURATION OF PROJECT: From Jan 4, 2006 TO Jan. 25, 2006

PROPOSED LOCATION: Dana College

TYPE OF RESEARCH: SUBJECTS:

Individual          Number of Subjects: **about 16**          Ages of Subjects: **19-22**

THIS PROJECT IS:  New  Modification

DESIGN OF PROJECT:  Qualitative  Quantitative.          No control group

DOCUMENTATION OF INFORMED CONSENT: Students will be asked to sign a consent form with reference to agreeing to answer a/ survey questionnaire about their view of life and consciousness.

BRIEF DESCRIPTION OF PROCEDURES TO BE PERFORMED ON HUMAN SUBJECTS

Subjects will be given instruction on philosophies of life, brain operations, consciousness, free will and meditation.

Date Authorized Signature (Faculty Sponsor)

DATE ACTED UPON BY HRRS

---

Date Signature of Committee Chair