

Week 1: Tuning into the Body, Heart, and Mind

Lesson 1 – Relaxing the body, heart, and mind

- Preparation always begins in the physical.
- What we perceive *is* what we experience. If we perceive fear, we experience fear. If we perceive peace, we experience peace. Our perception does not have to stay fixed, although most people find it more comfortable to maintain a fixed perception. A feeling of safety comes from the familiar, and even when they are not happy, they will maintain a perception, causing them to maintain an unhappy experience.
- We have the ability to change and alter our perception through devotion and discipline. In order to access a state of consciousness that is not the default mode, we must gain self awareness and heighten our perception.
- Record how your sensitivities are increasing/changing and give yourself extra cushioning throughout the day to allow this sensitivity to come in with ease.
- You may find that your physical senses become more sensitive such as your taste, smell, or vision. Your emotional self may be more sensitive with songs affecting you to a greater degree. You may experience periods of mental overwhelm followed by periods of absolute clarity. Your creativity may change, or even the way you want to create. All of these are indications of an inner shift and should be held lightly and lovingly; welcome them in as new friends and guides for your journey.
- You may find it helpful to refer to the Introduction to Akashic Meditation course to support your meditation skills and the heightening of your awareness.

Lesson 2 – Connecting Our Bodies to Mother Earth

- Our state affects our perception, and our perception affects our experience. Therefore, if we are in a stressed state, our perception will be one of fear or worry, and our experience will reflect this to us. This is the law of Cause and Effect. You are working to become a causal source in your life, instead of receiving the effects of life. You are practicing to have a coherent body, heart, and mind.

- In non-coherent states of being, when working to access higher states of consciousness, the information that comes through will be distorted and likely inaccurate.
- Your ego will unconsciously project itself into the Records and will taint the experience of truth that is trying to come through. This is why we devote ourselves to being in a coherent state through disciplined practice.
- To know if you are in a coherent state of being, look first to the belly, then the heart, then the mind.
- A relaxed belly with a slow inhale, and a slightly longer exhale is a good mindfulness practice to bring into all parts of your day. Check in with yourself throughout the day and notice how tight or relaxed your belly is, and how slow and even your breath is.
- Check in with your heart throughout the day by bringing your awareness to your heart center. Placing your hands over your heart and breathing into your heartspace, or doing some soft gentle taps on your sternum and heart center are simple ways to bring energy to your heart.
- The next place to look is your mind. Notice if your thoughts are racing and the tone of your thoughts. Are they judgmental or worried? A coherent mind means there is spaciousness and a calm clarity in the mental space.

Lesson 3 – Awakening the Heart and Higher Mind

Reflection Questions

1. After this practice, how does your body feel?
 2. How does your heart feel?
 3. How does your mental space feel?
 4. What else do you feel called to reflect on from your experience?
- Accessing subtle information, or non-physical information, happens when the body, heart, and mind are soft, relaxed, and open.
 - A devoted meditation practice will help you learn what other spaces exist in your mind, including the Higher Mind.