

Evening Contemplation

1. Light a white candle (preferably contained in glass for safety) to call in your guardian angel.
2. Sit in a quiet room either in a lotus position (yogi style with legs crossed) ~OR~
3. Sit on a chair with the heel of the right foot placed next to the arch of the left foot. Make sure spine is straight without being rigid.

Note: Either one of these positions insures that the energy body is locked and circulating during the meditation.

4. Do deep breathing exercises for a few minutes.
5. Speak the following prayer:

Beloved, I pray to see the day just past through your eyes. May I witness my deeds, thoughts, words and actions and the way to serve Thee in a greater capacity on the morrow.

Contemplate the day just past going back and recollecting each hour of the day until the time you woke up. If you experienced anything in the day that was not motivated by love, use the following transmutation exercise:

In the name of the I AM that I am, through the love of my heart and the divine wisdom of my Higher Self, I hereby cut all cords and dissolve all contracts and agreements that no longer serve me and the greater good in connection with this experience.

If this energy is my creation, thank you for showing up. I am now complete with this experience. I welcome it back into the chalice of my heart and expand it into love and light. If this energy is not my creation, it has no place here and I ask the angels to remove it and return it to its source.