

## Preparation for Morning Meditation

1. Do deep breathing while performing stretching exercises for the spine. Basic Hatha Yoga postures are excellent for this.
2. Light a white candle (preferably contained in glass for safety) to call in your guardian angel.
3. Sit in a quiet room either in a lotus position (yogi style with legs crossed) ~OR~
4. Sit on a chair with the heel of the right foot placed next to the arch of the left foot. Make sure is spine is straight without being rigid.

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

5. Continue your deep breathing exercises for a few minutes.
6. **Morning Meditation:** Speak aloud your Morning Sentences, God Realization Mantram and Before Meditation Mantram as provided on the “*Morning Meditation Mantrams*” page.
7. Meditate for twenty minutes (see instructions below.)
8. After morning meditation, conclude with the “After Meditation Mantram.”

**Morning Meditation Instructions:** Connect with the light of your heart by visualizing a six-pointed star in your heart chakra (use the color pink or green). Breathe in and out, expanding the light around you. Once you have established a deep heart connection, move the energy up through your heart to the 6<sup>th</sup> chakra at the brown center and let the light expand into your third eye as indigo blue light. Next move the energy up to the crown chakra at the top of your head. Breathe white light into the crown chakra and feel yourself expand.

Contemplate an Image of the Creator in whatever form you choose and ask to make Divine Union. Be open to receive. Observe your feelings and any visions or revelations you might receive. If possible, stay in the meditation for at least 20 minutes if time allows, otherwise, do the meditation for no less than 5 minutes.