

preventing us from achieving a deep meditative state,
and the existing mantra is identified as related to that habit.

Also it becomes logical that whatever mantra we use,
we should keep it private and not tell it to other people.
Otherwise we give others a way to control
our subconscious mind by telepathically transmitting to us our own mantra.
The best teachers will take time to give people individual mantras rather than
teach everyone the same mantra.

Mantras are usually composed from alternative vowel and nasal sounds
and may contain several words.
The most widely known mantra is "ooohmmm" or "aaaaummm",
but any other similar word will do when we extend vowel and nasal sounds
(home, room, zoom, moon, zen, boom etc..).
It is best if mantra is an exotic word or a series of words (syllables)
not encountered in everyday conversation.

The posture during meditation is also important.
The easiest posture is a comfortable sitting position,
with your spine straight and erect.
If you lay down you will most likely fall asleep.
Joining your hands and crossing your legs is desirable,
because you make the bio-energy field around you more compact and therefore more intensive.
Sitting cross legged is another good position,
but requires some fitness and training.
Yet another good position,
although rarely used today is a squatting position with your arms crossed over you knees,
resembling position of a foetus in a womb.

If you have never tried any meditation, try to find a quiet place and try the following technique:

1. take a comfortable meditation posture, one of the postures described above.
2. close your eyes and relax all muscles in your body, including the face.
A few alternate nostril yoga breaths is very helpful at the beginning of this stage
- breathing in through one nostril and breathing out through another,
closing nostrils with fingers and altering closed nostril with each breath.
3. disregard any thought as it comes - do not continue a kaleidoscope of thoughts
- continue this for 20 minutes or so, maintaining your mind blank.
You can use a mental sound "ooooohmmm" (a mantra) every time you have a thought.
Alternatively you may keep counting thoughts, discarding each one as it comes,
without analysing it.
When you go down to 2 or 3 thoughts in 5 minutes,
you meditate successfully.

With practice you should be able to attain a blank mind anytime and anywhere,
even in a crowd of people or a stressful situation with the help of your mantra.
But do not use the mantra when stressed,
until you are positive that you practice meditation long enough
and the thought of mantra is firmly associated with your state of a calm mind.

One of many benefits of meditation is that it opens your mind to new ideas.
When the bowl is full, trying to pour more water into it just causes an overflow.
The same happens with our mind. When it is full of thoughts,
there is no room for new ideas.
Meditation is a very effective technique for improving your creativity
and problem solving capacity.
"Talented" people do it naturally. Artists and poets call it "inspiration".
Many famous people such as Albert Einstein and Thomas Edison were known
to have practised various forms of meditation.
Meditation is sometimes described as "listening to the silence between thoughts".
Our effort in meditation is directed towards consciously increasing the periods of such silence.

The ability to meditate is also a necessary condition to receive telepathic transmissions,

including those from Higher Self and other people who may try to assist us.
Without a true silence in your own thoughts, you cannot listen to thoughts of others.

Before meditation you may wish to define clearly what do you want to learn,
what do you want to ask your Higher Self.
During the meditation, do not expect an answer
(although it is likely that it will come when your mind will be pure)
- this is also a thought!

People who practice meditation on the regular basis
look and feel typically 10 or even 15 years younger than other people at their age.
Giving the mind a regular "break"
and allowing our Nature to perform self-repairs everyday makes all the difference.
Self-healing and rejuvenation seems to be within reach of everyone
who is prepared to learn meditation and meditate regularly everyday.

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The Wolf is your spirit guide.
You have the most common spirit guide as most people find themselves drawn to the Wolf for any variety of reasons
(however, some cultures believe that humans came from the Dog Star, Sirius...a star that is closely linked with the wolf.
This could explain why lots of people feel this connection).

The Wolf is perhaps the most misunderstood and misjudged animal. This is because of its smeared past. They are not
the crazed, out-for-blood animals that are portrayed in the American West history. After a long and grusome fight, the
Wolf has finally gotten the respect it long deserved.

Now, the Wolf is commonly associated with deep thought, perseverance, and above all others, teaching. Wolves are
thought of as teachers in Native American culture. This means that you are probably the person people go to for help
with things that they don't understand...and if you don't understand it either, you won't hesitate to learn about it.

This follows hand-in-hand with the Wolves, and those guided by the Wolves, tendency to be 'pathfinders'...they find a
way, no matter what. You are also very close to family and friends (your 'pack') because those who hear the Wolf's call
are incredibly loyal to those they care for, just as the Wolf cares for his pack. But alas, with plus', there come minus'. Wolf
followers have a tendency to over-think, and miss the little things. You also have a tendency to beat yourself up over
things, and blame yourself for every little thing. And if you can't figure something out...everyone must stay out of your
way cause that is the equivalent of the end of the world for you.

Don't let yourself fall into that pattern because this most often will lead to depression. You need to accept that things just
happen and you can't do anything to change or stop it. The Wolf is here to help teach you those lessons.
Congratulations, you have a loyal ally in the Wolf; let him be your teacher for when you have him, you will need no other.

meditation exercise

First of all, try to find a fixed day, time and location in your week where u can be alone for about 45 minutes, where
noone can disturb you, warn family members and turn off telephones.. I always meditate on saturdays, around 2 pm,
sitting on the same place on the floor. If you know when and where, let your guide know about it by saying it to him or her
(either uploud or just by thinking it). To get their attention you ask for protection first. Thats the sign on which the guide
will know "I am being called!" This way, its easier for your guide to make sure he or she is around when you start.

starting:

- Ask for protection to The source, Archangel Michael and your guide.
- Make sure your spine is up straight, hands down on your legs (palms down for inwards looking and upwards for
outwards looking..), feet touching the ground or sit lotusposition, head always following your spine straight.

Step 1: Ground yourself

it is important to ground yourself well. Imagine roots coming out underneath your feet and going deep into the ground..
Make sure to take its time to get yourself well grounded.

Step 2: Opening up..

Open the chakras

1. perineal

2. genitals
3. stomach
4. solaris plexus
5. heart chakra
6. throath
7. forehead
8. crown chakra

Step 3: Do what you aimed to do during your meditation, perhaps it was just to sooth your soul.

Step 4: Return.

Step 5: Finish the meditation.

This is VERY important: when you finished your exercise, redo the chakra order and close them all. Dont rush this.. Finally let go of the roots underneath your feet.

Walk your own path and let others do the same

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You will sometimes meet someone you believe is a soul mate; you feel the connection on many levels, perhaps instantly. And as you get to know each other more, you begin to feel the connection deepen and you feel that you must have an arrangement with this person that predated this lifetime.

Do not assume, however, that this soul connection necessarily means that you are meant to be happily together for this lifetime. It may be that you are meant to be friends and allies, helping each other out. It may be that you are going to help each other in ways that even involve conflict and separation, but with an end result that is beneficial to you. It may be that you are going to learn some lesson from each other and then go your separate ways.

What you need to do with all relationships, including those that have that instant and deep connection, is let be. You need to allow all of life, including close relationships, flow and evolve. You need to let people be who they are, not what you want them to be. And above all, you must not try to control, push and prod, manipulate and orchestrate relationships.

Have the courage and the heart, the centeredness, to follow your own path, to be who you are and love being who you are, no matter what. Shine out and show us who you are, so that people who are looking for someone exactly like you can find you. Do not allow setbacks or even major betrayals to dampen your shine and your being.

In life's journey you will encounter much, narrow paths blocked by avalanches, forks in the road shrouded in fog, deep valleys of darkness and bright sunny days in meadows of golden poppies. It is all a part of life. And as you walk your path, other people will join you for a time: a dear friend, a lover, a spouse, children and parents. And then they may go away.

And through it all, the only constant is that you are you, that you have a core of truth within you and a path to walk, and if you allow your core of truth to tell you which fork in the road to take, if you allow that internal compass to tell you which mountain to climb, then you will do well indeed and have a fulfilling, interesting life. If you go chasing after others, trying to make things be other than how they naturally are, then you will find yourself suddenly awakening in a deep forest without knowing where to turn. You will find yourself lost and confused, because you have lost touch with your own personal truth.

And when this happens, you must just sit down in the forest, become very still, and return to yourself. You must reach down and find yourself again before you continue walking, or else you will simply go around in circles, becoming more desperate and alone and lost.

You are everything you need to be, just as you are, right now. You are the center of your own life. You are the beacon that shines and shows the way. Be glad when others walk beside you, enjoy their company, connect as closely and deeply as you can, but always, always, shine your own light and walk your own path and allow them to do the same.

//c&p

Give me the liberty to know,
to utter and argue freely
according to conscience,
above all liberties...

J. Jocelyn

Susan