

DOCTORATE DISSERTATION
“WALKING YOUR TALK”
MEDITATION, ENERGY AND ACTION

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Department of Graduate Studies

CERTIFICATE OF APPROVAL

D.D. DISSERTATION

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I – Introduction

When you put patterns into your life to live your beliefs, they become part of you, part of who you are and what you are. Many people talk the talk of being a spiritual being. Some put their beliefs into practice once a week, once a year on a special holiday or maybe when they're conducting a personal ritual. They talk the talk and say they are of this denomination or belief, but in many ways it's just for show.

Many people forget that walking a spiritual path means walking it every moment of your life. It's not enough to give it lip service to impress your friends, or give yourself a false sense of "living right". It means "Walking Your Talk". Living your life each day and even in each moment with your spiritual beliefs helping to direct your decisions and actions.

A great many authors write about spiritual practices. The Internet is filled with talk of the Divine, working with the GreatSpirits, worshiping a God or honoring a Goddess. But very few cover the need, benefits, practice or even the process of connecting to the Divine in a daily sense. It would seem that being able to quote scripture, or talk about spiritual concepts is all that's needed for some.

But for others understanding and connecting to the Divine energy within and around us is the bigger process of living a spiritual life. Here in this article we're going to talk about the Divine Energy in a more practical sense of how the individual person and the Divine are connected. How one might practice their beliefs on a daily basis in a practical sense and why this is important for any spiritual being. It's what I like to call "Walking Your Talk".

II – Review Of Literature

In today's world, books, the Internet, and classes at local spiritual stores, centers and even mainstream universities offer insight into metaphysical concepts. This age old approach to living a calm and peaceful life have circled around and seen resurgence here in the west in the past 50 to 60 years.

Capitalizing on this vast array of knowledge, the following is a brief review of the bibliographic resources used for this essay.

Understanding concepts of a subject should always start with a definition to establish a common understanding of words, labels and how they are used in a discussion. Along with the American Heritage (2005) and Webster's (2003) dictionaries, June G. Bletzer, Ph.D. has complied one of the best metaphysically based dictionaries offered today. Her *Encyclopedic Psychic Dictionary* offers concise explanations help any spiritual student understand the concepts of metaphysics and how each one relates to other.

Gaining an understanding of energy wouldn't be complete without the insight of one of the world's foremost scientists. Albert Einstein offered a great deal of knowledge in his extensive papers on energy and movement. But even his one line quotes provided a view into energy and it's ability to affect our lives.

One of my favorite modern authors on metaphysical subjects is Shirley MacLaine (1989). She has offered a look into spirituality through her own personal experiences for many years in a very unselfish and generous way. In her book, Going Within, she takes a practical approach to help others learn about their own connections to the Divine Universal Spirit and how they can empower their own lives for the better.

Two books I recommend to all of my students come from Shakti Gawain. In *Creative Visualization* (1982) and *Living In The Light* (1986), Ms. Gawain explains the affects of living in positive energy vs. allowing negative patterns to continue dictating our actions and health. Through visualization we can create continual positive energy to attain a joyous life and achieve our spiritual goals and personal desires. By accepting responsibility and living in the light through our Divine connection, we can face each day with empowerment and strength to overcome life's little obstacles as they occur.

Sanders Laurie and Melvin Tucker (1978) provide a course in consciousness expansion through *Centering*. Which is a method of meditation designed to take a practitioner from where they are, to where they want to be in a holistic and spiritual perspective.

Louise Hay (1982, 1999) has provided great understanding behind the concept of how we think affecting how we feel physically. Her understanding of metaphysical causality affecting our lives and how altering these patterns with affirmations can bring about a healthier life is of the great resources for the metaphysical student.

Joshua David Stone, Ph.D, (1994), Pierre Teilhard de Chardin (2002) and Ed McGaa and EagleMan (1989) each give us insight into walking a spiritual path on a daily basis. They offer studies and observations concerning the advantages and affects of connecting to the Divine Universal Spirit for living a more positive and beneficial life.

Herbert B Puryear, Ph.D. (1982) gives us a look into the teachings of the sleeping Prophet Edgar Cayce. Through this offering we learn how meditation and the affects of our thoughts impact our physical being and daily life.

In her book *Spiral Dance* (1979), Starhawk provides her explanation of how meditation benefits our lives. She provides suggestions for using visualization in meditation to connect with the Divine energy for daily spiritual workings and rituals.

Along with books and reference materials, course work plays a large part in the concepts used in this essay. A paper on the approach of metaphysical living wouldn't be complete without including the teachings of other metaphysical instructors. Rev. Michelle Lusson, D.D. (1994) and Dr. Paul Leon Masters (2007) both have imparted their wisdom and experience to students around the world and to this student in particular. Teaching the benefits of meditation, how the Divine Universal Spirit works through us all, and how to put these practices into every day life are the key lessons offered by these two great teachers.

III – Methods

I have been studying metaphysical practices for over 20 years. Taking classes, attending lectures and most importantly taking notes and maintaining logs of my experiences. I'm thankful to be able to share the knowledge and the experiences I have gained over these many years. I have learned a great deal from teachers, other practitioners and of course my own research and practices. A good part of this essay is based on those two decades of study from my own notes and experiences. Along with my practices and observations through teaching and learning from my own students.

Of course I am not the only person in the world who has taken classes in meditation or walked a spiritual path. So included in this article are insights from some of my favorite authors and teachers. Understanding the perceptions and concepts of others can help us define our own perspectives of the Divine world around us. It can open new avenues of thought that we didn't think of before. Or it can clarify our own impressions developed from our own encounters.

In this essay I hope to share a bit of what I've learned over the years, along with the vast knowledge provided by published authors so others can feel empowered to discover their own spiritual views and beliefs.

IV – Findings

“Walking Your Talk” is a process of understanding the Divine within. Comprehending the energy you create and how it works around you. Then putting into action your connection to Divine energy into your every day life.

There are three main components to Walking Your Talk that we'll cover in this section.

1. Meditation - To feel the Divine Universal Spirit within you and in your life.
2. Energy - What you create and put out, you will get back.
3. Action - Putting your spiritual energy and beliefs into practice.

Before we get started, let me begin with a definition for the purpose of understanding what this article means when referring to the Divine Universal Spirit. We're talking about the Divine force in your life. Whither that's the GreatSpirits, a God or Goddess, its what you the individual person calls the Divine force in your life. For the purpose of this article, I'll be calling that force the Divine Universal Spirit.

Meditation

Meditation has been practiced around the world in every known religion, from Buddhism to Christianity for eons. Many people have meditated for spiritual communication, personal fulfillment, as a form of worship or just to relax and relieve stress. Each culture and each religious path has it's own view about the purpose of meditation. And even within the same religion, different practitioners can view the practice in different ways.

During this century western societies have begun to recognize the benefits of meditation from an Eastern philosophical perspective. This can be seen in many Metaphysically based courses, books, websites and magazines. Meditation has even shown up in mainstream hospitals and rehabilitation centers as a method to focus on fighting diseases. The breathing and visualizations employed by traditional medicine have shown to help patients fight cancer, physical illnesses, relieve stress and so on.

Basically meditation is an altered state of consciousness achieved through controlled breathing and visualization. Webster's Dictionary (2003) defines meditating as "a practice to engage in mental exercise (as concentration on one's breathing or repetition of a mantra) for the purpose of reaching a heightened level of spiritual awareness". While this definition is accurate, meditation is so much more.

Shirley MacLaine (1989) says this about meditation, "Prayer is speaking to God. Meditation is listening to God."

Herbert Puryear (1982) explains Edgar Cayce's take on meditation saying, "Meditation is reestablishing our at-one-ment with God and meeting Him within the temple of our body. The secret of secrets of meditation is realization of the godhead within us."

An individual who practices a mediation technique on a regular basis will begin noticing a few side effects. Most often they become a little calmer and more relaxed during regular daily activities. They become better able to handle unexpected events or can think more clearly when dealing with a problem or trying to find a solution to a challenging issue. Some of the stress and tension gained throughout the week will often begin to subside each time the individual performs their chosen

meditation technique. All in all, less stress and less tension will lead to a healthier and happier person who is better able to think clearly.

On the spiritual side, a degree of self-discovery may also begin to happen. People who meditate on a regular basis report feeling the “need” to improve their attitudes or outlook on life. Individuals may begin to notice an increased interest in their chosen religious or spiritual path. Many people often report as thought they feel there’s more to life than this physical existence and they want to know and understand what that is. I believe this is a result of successfully bridging the conscious, subconscious and spiritual minds together, which occurs during regular meditation practices.

Sanders Laurie (1978) explains “we must attune ourselves to the natural rhythm of the world and see ourselves as a valuable part of the great ‘whole’ so that we become what is termed ‘holistic’. When this happens we will know beyond any doubts that ‘heaven’ is here now, with us and in us.”

Those who follow a metaphysical practice have long believed in the concepts of a higher self within. Many call this the God Self. I prefer to call this higher level of consciousness, the Divine Self. This is the part of you that works on becoming an enlightened spiritual being.

Many people hold their spiritual being separate or at a higher level than their physical being. From one perspective, seeing the spiritual self as a higher level of consciousness maybe an accurate view. But the spiritual self is part of who we are within. It’s not something that’s separate or outside of our physical being. With that said however, we are still physical incarnated beings and a part of our physical being also needs to be present and cared for in a spiritual way to work toward achieving enlightenment in this lifetime. So let’s work on bringing these two parts of the self together.

Each of us is a creation of the Divine Universal Spirit. We are connected to it, part of it and it lives within us. Again Shirley MacLaine gives us a succinct description saying, "We are each within God. God is within us. There is no separation between God and Us. There cannot be or we would not be."

The Divine Self is that part of our higher mind that connects us to the Divine Universal Spirit. But it's more than just a bridge to the Divine consciousness. It's also where we have the ability to create, to alter and to develop what we are, what we do and what we can achieve in this life. Not just on a spiritual level, but also on a physical level.

We often forget this. We often forget that inside each of us is a "creative" source of energy that is connected to an unlimited supply of Divine Creation energy. Nothing we want to achieve can be halted or deterred when we make that connection and utilize that source of energy in our lives. Nothing is stronger than the energy of Divine creation. You have the ability to create happiness, achievements, success and enlightenment all within your very being. Again, not just on a spiritual level, but on a physical level as well.

The problem a lot of people face is how to tap into that part of yourself where the unlimited universe exists? It starts with meditation. Just about every metaphysical teacher at one time or another has said, "If you don't meditate, it's time to start". Now let me tell you why this is such a common chant among metaphysical teachers.

Meditation is the way we build the bridge between our conscious (physical mind) and subconscious (spiritual mind) and super-conscious (Divine Self). Judith Beltzer, Ph.D (1986) defines this process as, "the Conscious mind awareness is narrowed down to the focal point, the Subconscious mind is bypassed and the super conscious mind becomes activated; each experiences varies; normal

awarenesses are (a) a sense of disassociation, (b) a oneness with the cosmos or (c) a unifying healthful and loving experience of the Inner-self".

By making this connection stronger and stronger each time you meditate, you are establishing a permanent bridge between each of these conscious minds within your being. One you can use not just in meditation, but also through out your waking day. When you're faced with an issue, or a problem, you can easily cross the bridge and look at what's going on from a higher perspective, or from the view of your Divine Self. Doing this can help you react to negative situations in a positive light, instead of reacting in a knee jerk negative way and making matters worse.

Starhawk (1979) explains, "Trance (meditation) stimulates vision and imagination and opens up new sources of creativity. When the barriers between the unconscious and the conscious are crossed, ideas, images, plans, and solutions to problems arise freely. As the right-hemisphere, holistic vision is awakened, it becomes a rich source of insight, of new and original approaches to situations."

But more than that, it helps you to "see" with your Divine Self, or another way to say it, with your Spiritual Eyes. You can tap into your Divine Self and guide your physical actions through out your day. This helps each person walk the path of their soul, make choices during the day that leads them closer to fulfilling the purpose of their soul and the intent of their life in this incarnation. From working on karma to learning the spiritual lessons you choose to fulfill your inner spiritual purpose.

Shakti Gawain (1986) explains "The universe has both personal and impersonal aspects: as I surrender and trust more, I find my relationship with this higher power becoming more personal. I can literally feel a presence within me, guiding me, loving me, teaching me, encouraging me."

When we can rise above the emotional reactions and look at situations from our higher self, we are better able to listen to our Divine Self and see the underlying reasons or real lessons that are presenting themselves to us. In many ways, daily hardships can become opportunities to express our spiritual practices. Instead of anger, perhaps showing compassion toward someone who is lashing out at you can defuse a situation and in turn help the person who is really in need at that moment.

Louise Hay (1999) says this about meditation, “In the spiritual realm there is prayer, there is meditation and becoming connected with your higher self. For me, practicing forgiveness and unconditional love are spiritual practices”.

Through a daily connection to your own Divine Self, you attain the vision and ability to show kindheartedness to others in the most unexpected ways. Bring about positive change in both their life and yours. But you can also show that considerate care and concern to yourself allowing miracles to work through you in the most amazing ways.

It all starts ... with meditation.

Energy

Everything in life has an energy pattern, from the smallest molecule to the largest planet. Modern science has proven that energy is an essence of life that forms its existence, fades, restructures its form, and then thrives again. This was once thought to only be a theory. But many modern physicists, such as Steven Hawking, have not only supported this theory but believe they have proven it as reality. Science has finally caught up to where long standing Metaphysical concepts have always been.

Webster's Dictionary (2003) defines energy as "1c: a usually positive spiritual force *the energy flowing through all people*"

Judith Beltzer, Ph.D (1986) defines energy as "1. Primeval spirit of the universe; fundamental life force; an innate law from the beginning of creation that makes all particles comprehend, vibrate, oscillate, or shake at different speeds (subject to mind thought)".

Where does this energy come from? Shirley MacLaine (1989) offers this, "If as Hawking and many other scientists say, the Big Bang explosion resulted in life as we know it today, then the seeds of all things, ourselves included, were present at the birth of creation, and every scrap of matter and energy and blood and bones and thought present in the cosmos today could be traced back to the origins of the universe from one small subatomic particle of light."

Energy is around us every day. It's within our being, connects us to each other, and thrives in all things in and around the Divine Universe. We can see energy at work as the wind blows, or a fire burns. But even when you can't see it, you know it's there.

The American Heritage Dictionary (2005) describes energy as, “In physics, the ability to do work. Objects can have energy by virtue of their motion (kinetic energy), by virtue of their position (potential energy), or by virtue of their mass (see $E = mc^2$).”

When we make decisions or choices, we are creating kinetic energy. When that energy is put forth onto the ethereal or psychic realm it generates potential energy. Knowing what energy is can help an individual understand how energy can be created, altered and how it manipulates our daily lives in everything we do.

From physics we also know that energy has three main characteristics that can be measured. It generates a frequency (sound), movement (vibration), and color (intensity). From an esoteric perspective, energy is the substance that binds us together through sound, vibration and color.

In the mid 1930s, Albert Einstein told a reporter “Imagination is more important than knowledge.” He added, “Thought is energy. To create it, use your imagination.”

Through visualization, you can hope for a thing, wish for a thing, even dream about it and each of these methods would put that energy out into the Universe to allow it to manifest. Shakti Gawain talks about this process in her book Creative Visualization. The problem is, that sitting down and using Creative Visualization to attain a desired object or thing in your life, isn’t the only way you create energy.

Your Divine Self has the ability to create energy; you have the ability to create your day in the manner in which you desire. You can create happiness, success, and prosperity within the Mind/Body/Spirit. That in turn will create your week, your month, your year and your life.

Louise Hay (1999) says this about our ability to create, "We are each responsible for all of our experiences. Every thought we think is creating our future."

Let's cover a quick note about prosperity. We're not just talking about financial prosperity, although that is part of it. But more so, we're talking about the prosperity of spiritual enlightenment, mental happiness, love, compassion and so on. In other words prosperity covers, the richness of all aspects of your life in both a spiritual and physical sense.

Dr. Paul Leon Masters (2007) teaches us that how we think each morning starts the process of creation. Thought is energy that we put into motion on the ethereal plane. It moves around us, through us and walks the path we walk until it manifests in physical form. Once in physical form, the event created by our thought will generate a reaction from us. Again, creating a thought that creates a pattern of energy that we put into motion. It's a cycle of energy that we establish around ourselves each moment of our lives. Simply put, this is the Law of Accountability in action. What you put out, you get back. That law is not just for spells or rituals. It's for how you live your life and conduct yourself through out your life.

Shakti Gawain (1986) explains, "When you willingly follow where your creative energy leads, the higher power can come through you to manifest its creative work. When this happens, you will find yourself flowing with the energy, doing what you really want to do, and felling the power of the universe moving through you to create or transform everything around you."

So you can see how it can be important for people to create positive energy in their life. Starting each morning, and moving along through out their day. How you feel about yourself, about where you have to go or whom you have to interact with, all starts with those first thoughts of the day. Dread creates negative energies. Excitement can create positive energies. And so on. Those

thoughts set up how you will face the people and situations that cross your path. And how people will react to you along the way.

If you can start your day with positive insight, then you set up a pattern to react to situations (even bad situations) in a positive manner, and positive energies are created and brought to you.

If you start your day with negative insight, then you set up a pattern to react to situations in a negative way and it's like a snowball effect. Negative thoughts; create negative energies, which establish negative activities or situations, which create negative thoughts again. Then things can go from bad to worse, because you're bringing negative situations upon negative situations into your life.

Self Created Energy is a way of saying what we create we get. And unfortunately as human beings, what we create can be influenced by a number of factors in our lives. From what others say to us or about us, and what we see within us and when we look in a mirror, we are creating a picture of who we are. We take on society's image of who we're supposed to be and what we are or aren't and we create a picture of our self in our mind. This is a BAD move on our part. This is the self-created energy we wake up with each day and what forms our view of the coming day.

To move beyond this, you need to look within yourself and connect with your Divine Self. What you ARE and always will be is a beautiful creation of the Divine Universal Spirit incarnate. We're not talking about going around feeling as if you're God like. We're not talking about being above anyone else or holding a level of egotism that makes you superior.

The Divine perspective is merely an awareness of your equal value to all other things in and around the Divine Universe. Nothing else has greater energy than the Divine Universal Spirit and

you working together. And nothing else is more beautiful or complete than that. I cannot stress how important this view is. Nothing can stop you, limit you or hold you back, as long as you are working in concert with your Divine Self and the Divine Universal Spirit. With this thought firmly placed within your mind, you can face anything, accomplish anything, attain anything, and surpass all limitations people and society place on you.

Action – Affirmations

Webster's Dictionary (2003) defines action as "5b: the accomplishment of a thing usually over a period of time, in stages, or with the possibility of repetition"

We all set up recurring thought patterns in our subconscious that affect how we live our life. These patterns could be self-doubt, a lack of confidence, or emotional perspectives based on how you interact with others. These thoughts can come from societies preconceived notions about the kind of person you are, from family and friends, and from your own views about situations you have experienced in your life.

If you are a person who has been through many failed relationships, you could develop a thought pattern that causes you to expect failure in any new relationship that comes your way. Which is a way to set up a self fulfilling prophecy, even when your own "expected perception" is wrong.

Louise Hay (1982) explains, "The thoughts we have held and the words we have repeatedly used have created our life and experiences up to this point. Yet, that is past thinking, we have already done that."

Allowing these thought patterns to reside in your subconscious, allows them to dictate your choices in life, which at times can be detrimental to self-growth and enlightenment.

Rev. Michelle Lusson, D.D. (1984) teaches, "Anyone can begin to change these patterns through the process of Acknowledgement, Acceptance and Action process."

Taking that concept into action, I've expanded this approach to include *Acknowledgment, Acceptance, Forgiveness, Action and Letting Go*".

Acknowledgment

You can't release an unwanted habit or change a pattern until you know it exists or are willing to admit it exists. So you first have to acknowledge the situation within yourself.

Acceptance

Once you've faced the fact that the pattern does exist, you have to accept it. That's part of unconditional love of the self. To accept the characteristic or actions without judgment and to just accept it with love.

Forgiveness

Now that you've accepted the pattern, give yourself a break and forgive yourself for taking on this mold of yourself. You're human and we all do this. No one expects you to be absolutely perfect. So don't expect that from yourself. It is what it is, you've acknowledged the pattern and you want to change it. There's no reason to feel regret or guilt you can't change the past. But you can change the future. Focus on that.

Action and Letting Go

Now the Action to correct these thought patterns, or repay this karmic debt can be implemented. In affecting change in your life, you are letting go of the past and moving toward self-growth and enlightenment.

One way to help bring about change in your life is to focus on replacing negative thinking with positive thinking through affirmations. Affirmations are a way of reprogramming the subconscious to think differently and to automatically react in a more positive way when trigger situations occur in your life.

Louise Hay (1999) puts the concept this way, "Learn to think in positive affirmations. Affirmations can be any statement you make. Too often we think in negative affirmations. Negative affirmations only create more of what you say you don't want. Saying, 'I hate my job' will get you nowhere. Declaring, 'I now accept a wonderful new job,' will open the channels in your consciousness to create that."

It sounds simple, but reciting this kind of basic affirmation can do a lot to change your thoughts and automatic reactions to situations that bring up anxiety in your life.

Action – “Walking Your Talk”

Many years ago a wonderfully kind Native American Shaman named Roger, told me that when he looks at me, he thinks, "walking your talk". When he said it to me I was filled with such elated tingly energy that his comment has always stuck with me and I began to develop a concept of what that means.

“Walking Your Talk” means taking your spiritual beliefs and putting them into practice on a daily basis. Connecting to the Divine Universal Spirit and allowing Divine energy to work through you. Defining your beliefs and acting upon the processes you practice so the flow of Divine “at-onement” is established in your every day life.

“Walking Your Talk” brings meditation, connection with the Divine Universal Spirit, created energy and affirmations all into one process of action. Walking Your Talk is a three-step process,

1. Setting your day with positive energy.
2. Creating supports for your daily activities.
3. Ending each day with thanks and gratitude.

1. Setting your day with positive energy.

First, set aside at least an hour each week for a meditation that takes you to your Divine Self or Higher Mind. Focus on your own spirit, it's knowledge, wisdom and it's connection to the greater Divine Universal Spirit. Really "feel" yourself at this level of your being. Along with the love, compassion and energy of the Divine in and around you. Pull this awareness into your physical being, your conscious and subconscious minds.

Each morning, before you get out of bed spend about 5 minutes creating the positive spiritual outlook for your day. Do this through a focused, calm, visualization or light meditation. You can create your own vision of a positive day, or use the light meditation to recite an affirmation to program your conscious mind for that day's activity. Think of yourself as the Divine Spiritual Being that you are. Talk to yourself about walking your spiritual path as you go about your activities of the day, from the perspective of your Divine Self. From the positive light and insight of the divine beliefs you hold near and dear to your heart and soul.

If you have negativity in your life, you can start your morning introspection with a quick visualized scenario of clearing negative thoughts and energies from your being. Then set the foundation of positive energy for your day. You can adapt a variety of Clearing and Cleansing processes to this effort. Shorten them, alter them, do whatever you feel right to do in the time you have in the morning.

2. Creating supports for your daily activities.

The atmosphere you place yourself in during your day is also important. If your home or office feels negative to you, then it's time to clear and cleanse it. So here are a few suggestions.

At home you can state an incantation or prayer while lighting a candle to clear and cleanse your home. This doesn't have to be a big ritual, but you certainly can do that. One of the things I do is purchase a small candle in a jar (something like small candle from the Yankee Candle Co.) I take a Sharpe marker and write my incantation or affirmation on the label or around the glass. It doesn't have to be readable, you know it's there, the candle energy will know it's there, but you're setting the intent of the candle and it's energy. Each

morning when I light that candle, I say the incantation and ignite the wick. It should burn for at least 1 hour, or you can let it burn (attended) through out the day.

If incense is your thing, you can do the same thing with various incense sticks, cones or smudge sticks. Once you say your incantation and light the incense, walk it around your room in a clockwise motion and visualize the energy of your incantation being spread throughout the area. If you have more than one room that feels negative, use the incense in those rooms as well.

If you're in an area where you can't use a candle or incense, such as your office at work, take a moment at home to program a clear quartz crystal with the energies of one of the two previous methods. When you're at work, pull out the crystal and walk it around the area in a clockwise motion and repeat your incantation as you move. If you work in a cubicle, you may just want to do this in your own little space. If you work in a store, you can easily put the crystal in your pocket and stroll around, saying the incantation to yourself as you move.

Another crystal method works with a rose quartz crystal. There are a variety of shapes and sizes to choose from. I recommend one about the size of an old silver dollar. The one I carry with me is heart shaped. Take some time to sit down and program this crystal as your support tool for staying focused and guided by your Divine Self. When ever you feel you're in a situation that may become agitated, pull out that crystal, stick it in your pocket, hold on to it and allow it's energy to help you through the event. Periodically recharge this crystal (about once every month or two months should do).

If potions are what interest you, create a diluted Rose Oil potion and charge it with an energy to clear, cleanse and protect the area where it's used. You can do all this at home where you can put as much pomp and circumstance into the creation and charging of the oil, as you desire. One of the reasons you might use a diluted potion is to minimize the scent if you're going to be dropping the potion at your place of business. You don't want to overwhelm your office mates, or impact the sensitive senses of those that might walk by your work area. Place a few drops of the oil in a clockwise circle around your area and recite a prayer or incantation for clearing the area and setting a shield of protection.

3. Ending each day with thanks and gratitude.

Just as important as setting your energy in the morning, you need to set it at night and remember where all this came from. Giving credit where credit is due is also a key component to a spiritual path. It builds confidence in yourself and your own abilities. It affirms your connection to the Divine Universal Spirit around you. And it acknowledges your own efforts, but the assistance from the Divine Spirits around you.

Each night when you go to bed, and before you lay down set some time to give your thanks. Sit in bed, close your eyes and connect with your Divine Self. This doesn't have to be a full-blown meditation, just a relaxed and calm moment of your day. See your being connecting to your Divine Self. Give thanks for the efforts your soul assisted you with during the day. Let go of any negative patterns, thoughts or energies that you might have picked up during the day. They'll serve you no purpose during sleep anyway, so let them go for now. See them float out your window where they can be dissipated in the Divine ethereal realm.

Give thanks to the Divine Universal Spirit that walks with you. And finally give thanks to the blessings you have in your life and that you had in this day. There are some, believe me. Even if you just say thanks for the roof over your head, remember not everyone has that. You can find something in your day and life to be thankful for.

“Walking Your Talk” focuses on daily practice. But it includes setting time aside for in-depth spiritual practice as well. At least once a week you should be setting time aside for deep meditation. Building the bridge between your conscious, subconscious and super-conscious minds. It includes following your inner voice on a path of continued learning and education about your chosen spiritual path. And it includes putting into practice all the things you learn along the way.

The final part of the process is to record in a journal what you do and experience. Keeping a journal can help you formulate what you’ve done for future use. It helps you put your actions into a thoughtful context of what’s going on in your life. Which might even cause you to identify some patterns in your life that you want to change. And it’s a way for you to record where you are at this time in your life. Years from now, you might go back and read what you’ve written and be astounded at far you’ve grown and changed. Perhaps recognizing just how well your process worked to overcome the patterns you set out to conquer.

Very often, people think that creating your desires through spiritual manifestation is something that is convoluted and complicated. Energy, the ethereal world and magic really aren’t that complicated. The simple methods work just as well as the complex. There is a time and place for both. But sometimes, the simple approaches can have the greater results. You simply have to put them into practice.

V – Discussion

The Process Of Meditation

As a student of metaphysics and magic I have been fortunate to have the opportunity to teach. The following is a Student Guide I hand out in my meditation classes. Included in this guide is a short introduction to meditation, a few methods and some benefits of regular meditation exercises. Also included is a step-by-step instruction manual for anyone to follow to learn meditation.

There are numerous forms of meditation. Yoga, Ti-Chi, Mantras, Gazing and Freeform are the most common types practiced in the western world (see definitions below). No one way is better than another. What works for one person may not work for another. So it's best for a person to choose the type of meditation that feels the most comfortable for them. Of course the next step is continual practice on a regular basis.

Yoga and Ti-Chi

These methods use physical movements or positions to focus the mind and body away from everyday happenings.

Mantras

This vocal method uses a personal sound, like a hum or phrase, to focus and clear the mind.

Gazing

Using an object, such as a crystal ball or candle, to help focus and find the meditative state.

Freeform

This method is generally the most common type of meditation practiced in the U.S. today.

Freeform is just that, it does not rely on sound, movement or visual stimuli to focus the mind and body. Rather it uses your own ability to concentrate on nothing. Soft relaxing music can accompany this form of meditation to help the mind block out background noises and distractions.

The best way to learn Yoga or Ti-Chi is to find an experienced teacher or master and take a class.

There are also a great number of instructional DVDs available today as well. These methods require several physical movements that lead the mind down a relaxing path into a relaxed state of awareness.

Mantra Meditation is the technique of using sound to open the heart and mind. Mantras can be whatever you choose they do not need to be Sanskrit words, which are frequently used in Yoga. You can use whatever sounds you like. During an inhalation you may say, "I am" and during your exhalation "at peace." Or you may say simply recite, "I am". A Mantra is a sound repeated over and over until it integrates into your consciousness, frees the mind from its constant doing, and elevates the meditator to an altered state of awareness.

The Gazing method is much like the freeform method, the only difference being one you do with your eyes closed, the other you have your eyes open as you stare at an object. The object can be any object you choose. Many people like using a scrying mirror, which is a very highly polished slice of stone or marble. An individual focuses on one point of the object, focuses on their breathing and allows their mind to move into an altered state of awareness.

Here in the west, one of the most popular methods of meditation is the Free-form method. This method is most like prayer, which brings familiarity to the western meditator.

How to Meditate with the Freeform Method

The visualizations employed in the Freeform method help your conscious mind create some of those energy patterns to physically relax and push out stress from your body. These visualizations are highlighted in the following steps, to help you gain the most benefit from your meditation practice. However, once you learn the basics, you should think about changing the visualization patterns to best suite your own needs and interests.

How to Start

Choose a piece of music that you find relaxing. Classical and some soft Jazz can be used, but the best form of music is New Age. Many music stores are now carrying New Age music so these should be easy to find. You can even find music created specifically for meditation exercises. Your meditation music should be totally orchestral (no vocals) and should act as sound barrier between you and the outside noises of the world.

1. Find a quiet place to sit and relax where you won't be disturbed for 20 to 30 minutes.

Meditations have no time limit, but to really appreciate the event a minimum of 30 minutes is really all that's needed. Many people like setting aside a full hour for their meditation period. And this is fine too.
2. Sit comfortably, on the floor, in a chair ~ you should not lie down; doing so might cause you to fall asleep instead of meditate. Instead find a comfortable upright position and keep your back as straight as possible. Your arms should be placed comfortably in your lap with your palms up. But remember, you're going to be in this one position for at least 30 to 60 minutes. You want to be comfortable during that time.

3. Begin your meditation with a deep cleansing breath and close your eyes as you exhale.
4. With your eyes closed focus on your breathing. Slowly, take in 5 long, deep breaths through your nose filling your lungs to their fullest capacity. Then just as slowly, exhale though your mouth, allowing your lungs to collapse as much as is comfortable for you.
5. Visualize: As you exhale, imagine the stressful events of the day or week being carried out through your mouth on a gray smoky cloud. Put these worries aside and begin to relax your entire body and mind.
6. Return to normal breathing and begin to relax each portion of your body, especially your muscles. Feel the tension in your muscles begin to subside. Visualize: With each inhale; imagine a Divine white light collecting inside your body around the solar plexus. With each breath you take in, this light grows stronger, more vibrant and soon begins to increase in size. Within a minute or two, the light grows so large that it encompasses the entire mid-section of your body. Now, begin by pushing the lower portion of the light down toward your toes slowly. Imagine the white light pushing all the stress and tension out of your muscles and your body, one at a time. Imagine this stressful energy like a gray smoke being pushed down your lower extremities until it's pushed out your toes. Now the lower half of you body is fully surrounded inside and out by this Divine white light. (This visualization should take approximately 1-2 minutes). Use the same technique to push the light from the solar plexus up your back, neck and head, pushing the 'gray' stress out the top of your head. (The Solar Plexus is a network of nerves in the abdominal cavity behind the stomach and just below the position where your rib cage meets.)
7. This step takes a little practice, don't worry if you can't do this for any extended period of time, but at least give it a try. (It gets easier with practice, but even daily practitioners don't do this step during their entire meditation). Keep your eyes closed, but look up at the pineal gland (pronounced Pin-eel). This is a small gland located in the middle of your forehead, just above the brow. Try to keep your eyes focused on this point. The muscles around your eyes may

become sore as you stretch them upward, so don't over do this at first. As you practice, this step will become easier and easier to do. For centuries, the Pineal gland has been considered by many to be the location of the third eye. This step then is a symbolic gesture to bridge the physical eyes with that of the Divine eye.

8. Now the hard part, clear your mind of the nitty gritty. Don't think about the work on your desk; don't make your grocery list, just think about being at peace. You are training your mind to shut down for several minutes and to do nothing. This is a state of mind foreign to most people but with practice you'll be able to do it. This step is the key to effective mediation. First timers may want to concentrate on their breathing instead. Keep it slow and relaxed.

Quieting the Mind? How do you do that?

Many people believe they have to see nothing, just blackness. This in fact is keeping your mind busy and active trying to force yourself to see darkness. So there is a difference between thinking of nothing and quieting the mind. It's not as simple as it sounds, but it can be done. Calming the mind is left up to you, not to some outside force or mantra.

The easiest way is through a visualized process. Each time your brain makes a list of things for you to do, shut it down by imagining yourself walking down a road away from your cares and troubles or through a field or along an empty beach. A favorite visualization of my students is to see a large ocean wave fall over the list and wash it away.

Sometimes it's hard for people to tell which images are from their conscious mind and which are from their higher self. If you begin to see strange images, like potted plants or a hand coming from nowhere to give you a dozen roses, let it happen. As long as the image is non-threatening and peaceful, don't force it away.

Practically all people who meditate say they see images, like daydreams, drifting in and out of their mind. This is normal. In fact, some psychologists believe these images can tell you a lot about yourself. They can help you resolve issues or problems you might be dealing with. Other people believe these images come from their God, Angels or deceased relatives. Their interpretation is strictly up to the individual and what their belief structure is.

My explanation of these images is actually a combination of these two. I think this is the way our higher conscious mind communicates with us. Through this symbology we may gain valuable insights or messages from not only your higher self, but perhaps from our spiritual teachers as well.

Additional Meditation Techniques

Meditative Journeys

A meditative journey is much like visualization, but with a specific purpose. You can visualize a specific set of images to get in touch with your higher consciousness, to travel to an island and meet your 'animal guide', or to your spiritual sanctuary to examine files in your Akashic records. The possibilities are endless and are bound only by the confines of your imagination.

Visualized Tapes

If you have a hard time with visualization, try finding audiotapes that lead you through a visualized meditation. There are several on the market at this time, some are even geared toward specific visualizations to fight illnesses. Others guide you through processes of letting go of stress and entering deep meditation. These are excellent methods to help the beginner learn how to reach that relaxed state. Two of my favorite audiotape narrators are Shakti Gawain and Shirley MacLaine. Their tapes can be found on their websites or through Amazon.com.

If you have a specific meditative journey you'd like to take, record your own visualized tape. Just choose you're favorite music, write out what you want to see and record the two together. This can be a powerful tool for journeying, and can help the process along. Instead of imagining on the fly so to speak, your recording would guide you through a deliberate path to helping you reach your goal.

Rituals

Within many religions there is a certain amount of ritual. Christians light white candles before each service begins, Native Americans burn sage and other incense to cleanse the environment for spiritual growth, Buddhists bang a small gong before beginning their prayers. Humans are sensory creatures; we rely on sights, smells and sounds to help us retain memories and understanding. So any combination of ritual can be performed before each meditation to heighten the experience.

In addition, doing the same ritual can almost be like a pre-programming that begins to prepare the conscious mind for relaxation. Starting your meditation with the same pre-programmed method each time, can help the individual get into a relaxed state much quicker, leaving more time for the meditation itself.

The most important thing about meditation is to remember what works for one person may not work for another. Everyone is different and trying different methods can help each individual person find what works best for them.

The Process Of Protecting Your Energies

There are many reasons why you would want to protect your energies. You may want to set-up a force field of sorts around your being each morning when you rise, which will sustain you until the

evening. You definitely want to clear and cleanse your being and set up a shield of protection during any spiritual work or ritual. You might even want to protect your house, property, or pets from outside negative energies in the world in general.

Why is all this protection needed? Is it really necessary to walk around thinking the world is out to get you? Well, no and yes. Let us look at an example:

Have you ever gone to the grocery store excited about an up coming dinner or party, only to be confronted with an irate checkout clerk. As the clerk angrily totals your groceries, your good mood has come down a little. As the clerk barks out the total amount of your bill as if you're hard of hearing, your mood falls farther. When you leave the store you feel angry and you're not even sure why.

The above scenario is just a small example of a typical everyday occurrence of negative energy. As we go through our day, we encounter people with personal problems, previous confrontations or irritations that occurred long before we crossed their path. The interchange with these people can drain our own energies. If you're a sensitive empathy or psychic, the affect of their mood can affect you even further. But if you start your day with a little ritual of protection, the clerk won't have an effect on you at all. In fact, it's more likely that your good mood will inspire them.

You can protect yourself against others who may wish to do harm to you. Such as a co-worker who's trying to get your job or get you fired. You can protect your home from unexpected mishaps. If you live in an apartment or a townhouse you might even want to protect your space from the energies of your neighbors that might be affecting you. You can protect your animals for all the same reasons and many more.

One of the best methods in clearing and protecting yourself is to use visualization. There are two different ways to protect yourself with this method.

1. Surround yourself with white light, and imagine a force field being established around your physical body. However - to me this is equivalent to "trapping" unwanted stress, anxiety or negative energies within your physical body and inside your shield. So you might be blocking the external negative forces, but you're also trapping your own negative energies that you create yourself, within your shield.
2. What I think is a better method is to generate a protection shield from the inside of your being and "push" those unwanted energies out of your body and your energy pattern as you build the shield around you. This way you're clearing, cleansing and setting your shield of protection at the same time. You can even add a little step to this process to bring in positive Divine energy into your being to add to your well-being or mental state of being as well.

A Process For Clearing, Cleansing & Setting Protection

The following is a step-by-step process for pushing the negative energies out of your body and calling upon the Divine forces to lift your "spirit" and aid in your protection. It doesn't take long to perform this mini-ritual. But you can certainly add to this with candles or other tools to enhance the process.

1. Sit in a comfortable position, to help you alleviate the stress within your body.
2. Close your eyes and take in a deep cleansing breath. Fill your lungs to their fullest capacity. Then release the breath through your mouth and push all the air out of your body. Take in 3 deep breaths through the nose, imagine the white light from the universe coming into your lungs and collecting at your solar plexus. (The solar plexus is located in the center of your abdomen, right where your ribs connect at the bottom).

3. With all 3 exhales, image all the stress, anxiety and negativity you have leaving your body carried out to the universe on a gray smoke where it can be dissipated and no longer do harm to anyone.
4. With each inhale; imagine the light collecting at your solar plexus beginning to enlarge. Each in take of white light increases the size of the white bubble of light. See this white light moving up and down the inside of your body from this point. Imagine the warmth of the white divine energy as it passes through your muscles and organs. Feel the tingling sensations as the light moves down to your toes and simultaneously up your body to the top of your head. Imagine your entire body filled by this white divine light, from the inside out.
5. As the light of divine energy grows imagine any left over negative stresses, anxieties and unwanted energies being forced out of your body. See this as a cloud of gray smoke being pushed out of your being by the growing divine white light.
6. As you breath in the energy from the divine, image the light is growing so much that it pushes through the confines of your body. Imagine the light growing to encompass your physical body about 2 feet in diameter. See the last aspects of the unwanted energy floating out into the universe where it too can be dissipated and no longer do harm to anyone.
7. Say a prayer asking the Divine Universal Spirit, your guides or spiritual teachers to come to you and to help with the purpose of this protection. State your intention clearly and ask The Divine to help you with your purpose. Don't forget to thank all those forces up front for their efforts.
8. You can add a little step here for putting an exclamation on setting divine protection if you'd like. Take one more very deep breath and see a strong gold divine light, shimmering down into your body to your solar plexus. See this light quickly grow and pass through the white light you have established as your shield. The two light sources

do not mix, they should remain clearly separate. Think and see the gold light as the hand of the Divine Universal Spirit passing through the shield you created and within seconds and forming its own shield around yours. Seeing clearly the outer rim of gold, protecting the inner white shield. Think of this as a hard shield of Gold from the Divine's own hand, setting a hard outer shell to protect the white energy shield you created.

There are many types of shields a person can set. A bubble is just one. You can also set a mirrored shield, which is designed to reflect negative energies back to those who are trying to send their negativity to you. This method is somewhat confrontational and may not be the best methods. But it is a popular one found through out the Internet.

This process described above can also be used to clear unwanted energy from you house as well. You can create the ball of divine white light in the center of your home. Imagine as your house breaths with life, the Divine Universal Spirit helps that ball to grow while it pushes out stress and negativity. Until finally the ball of Divine white light encompasses the entire home or even your entire property.

As you set your protective shield around your self or your home, you can also visualize the energy passing through your animal family. Seeing the affects of negativity and anxiety being pushed out of them as well.

When I was younger, my Grand Mother would tell me that the white wolves would stand guard over me in each corner of my room. It's an image that I always brought great comfort to me. Many people feel a connection to certain animal spirits, such as wolves or dragons. And adding these to your visualization certainly can't hurt. So if you have a connection to dragons, consider asking them

to stand guard on the four corners of your property to zap any negative energies with their fire as it passes over your home.

Just like meditation, what works for one person may not work for another. Everyone relates to visualizations in his or her own way. Even a persons culture or up bringing can have positive influences when incorporated into a protective visualization process. So try different things that bring comfort to you and this will add to the success of your protective efforts.

The Process Of Changing Affirmations

One way to help bring about changes in your life is to focus on replacing negative thinking with positive thinking through affirmations. Affirmations are a way of reprogramming the subconscious to think differently and to automatically react in a more positive way when trigger situations occur in your life.

For instance, if you have problems with anxiety, you can use an affirmation to alter the underlying thought process associated with this issue. First thing to do is understand what causes your anxiety. Louise Hay (1982) explains metaphysical causations as, "understanding the connection between thoughts and the different parts of the body and physical problems."

What we think, directly affects how we feel. And underlying each issue or physical ailment is a metaphysical cause. For instance, the underlying metaphysical cause of anxiety is "Not trusting the flow and process of life."

We can bring about change in our life by altering this thought process and replacing it with a positive life affirming statement.

Affirmation Example:

I am the embodiment of the Great Spirits,

I trust the process and flow of life.

I love and approve of myself. I am safe.

And So It Is.

It sounds simple, but reciting this kind of basic affirmation can do a lot to change your thoughts and automatic reactions to situations that bring up anxiety in your life.

Creating An Affirmation

You can find affirmations that have been created by others; such as in Ms. Hay's book "You're your Body". Or you can create your own affirmation to address patterns you want to change in your life.

If you create your own, there are a few basic characteristics to remember.

The Divine Self

The first part of your affirmation should connect your physical mind to your subconscious

Higher Mind or Divine Self. Such as one of the following:

- I am the embodiment of the Great Spirits,
- I can make change because I am one with the Divine Spirit,
- I am one with God,
- I am a divine creation of the Universal Spirit

The Corrected Thought Pattern

The second part of your affirmation corrects the negative thought pattern you're trying to change. This is done on a subtle level; you don't want to focus on the pattern but rather the corrected pattern. So if you're trying to stop sabotaging relationships, don't focus on the negative action. Rather your affirmation should focus on the new positive reaction. Here are a few examples:

- I am open and accept love into my life.	To be open for a loving relationship
- I choose to create a life filled with joy	To change patterns of sadness or anger

- I move with ease through time and space	To move forward and stop living in the past
- I freely take in new ideas	To be more accepting of change in your life

A Statement of Action

Next you want to put the new thought into practice with a statement of action. You can use one or two sentences to do this. But keep them short. Here are a few examples using the corrected thought patterns above.

- I love and approve of myself	Start a loving relationship with yourself
- I am happy and see beauty in all things	Be happy and appreciate your life
- I look forward to the future with joy	Focus on the future with excitement
- I adapt to the new with ease	Easily accept and work with changes as they come

Embedding the Affirmation In the Now

The final part of your affirmation is to set it in stone as something you are doing now. Not something you need to do, or need help doing. But rather something you've already implemented into your life and are doing in the here and now. The best way to put a fine point on that is to simply end your affirmation with So It Is, or Amen.

“So Mote It Be” is a very common pagan saying that is basically asking to “let it be”. It’s a petition of action. An affirmation should be an action that isn’t waiting for approval, but rather has already been enacted by the subconscious. So Mote It Be is ok for a prayer or incantation, but not an affirmation.

So It Is and Amen, in contrast are solemn ratifications of an expression of faith. They are a hearty approval that the previous statement has been asserted into reality.

Using Affirmations

Affirmations are designed to change your subconscious thought, which will require a light meditative state of being when they are recited. That doesn't mean you have to sit down and prepare a meditation space. Simply taking a moment to focus your being on your Divine Self, seeing and feeling your connection to the Divine force in your life and then reciting your affirmation is all you need to do.

An affirmation is recited at least twice a day. Typically in the morning when you rise and at night before you go to bed. The best method is reciting your affirmation 3 times a day, in the morning, at lunch and at night.

There are many ways you can write your affirmation and keep it handy to remind you to read it. Here are a few examples to help give you some ideas:

*** Mirror Method**

Place a copy of your affirmation on a mirror you use in the morning and at night. Each time you look in the mirror, read the affirmation and really feel yourself pulling the words into your Divine self.

*** Visual Cards**

Place multiple copies of your affirmation in various rooms or places you spend your time in during the day. At home on the fridge, on your mirror, in your office at work, next to your

bed, or even in your car. Recite your affirmation while you're sitting still and take a moment to focus on its words and see them being imprinted on your subconscious mind.

* Using Your PC

One of the most creative methods I've heard of is using your PC's screen saver to pop up a graphical image of your affirmation. I've seen people use a simple text scroll for their affirmation, to a little more creative graphical image that has the affirmation with a supporting picture next to the words. Each time the screen saver pops up, the affirmation is read.

Another PC idea is using the wallpaper feature on your PC to hold your affirmation. This way you see the affirmation when you first start up your PC, and then again when you close all the applications before you shut your PC down for the night.

Existing Affirmations

There are three affirmations created for general purpose, channeled by Rev. Michelle Lusson, D.D. a renowned author, teacher and channel. These affirmations were given to Dr. Lusson to help the human spirit with the process of spiritual evolution. They are used to address general self-growth and advance spiritual enlightenment. These affirmations are called The 3 Healers.

Faith Affirmation

I believe in the spiritual existence of myself as a perfect image of the Divine Creator. In this reflection that is my physical embodiment, I have faith in the supreme guidance of my soul for my balance, my needs, and my opportunities.

Outside of myself there are also perfect images and nothing can delude my thinking otherwise.

Hope Affirmation

Acknowledging my faith in the omnipresence of my Divinity. I hope for realization, awareness and acknowledgment of the existence of the great I AM within myself.

Charity Affirmation

In understanding faith, in knowing hope, I pledge my actions, my desires, and my thoughts to the performances of myself on the physical planes of the earth, to honor, to love, and to enlighten all that is a reflection of myself so that my perfection is imaged back to my Creator.

You can review some of the affirmations I have created and share with my own students to address some of the common thought patterns that a person may hold. I have included these in Appendix A section of this essay.

VI – Summary and Conclusions

Whither you follow Metaphysics, Christianity, Paganism, Buddhism or some other spiritual path, connecting to your chosen Divine Spirit is an essential part of living. “Walking Your Talk” is merely one method to implementing this connection on a daily basis and throughout the day. Learning how to meditate and bridge the three consciousness on a regular basis in one of the key essential components to this process.

Along with meditation, understanding energy and how we create it, we can learn to limit it's negative affects on our day and life. We can be proactive in creating positive energy to help us move toward in a positive way. Not only can we create the life we want to live, but we can also grow toward becoming an enlightened spiritual being.

Of course this means little if we can't take what we learn through meditation and create through energy and don't put it into action. It's not enough to understand how meditation and energy work. Putting it into action and “Walking Your Talk” is another of the key essential components. If not the most important part of the Meditation, Energy and Action process.

Through “Walking Your Talk” a person can enact change in their life in a positive way. Altering those things about ourselves we don't like and replacing them with more positive behaviors is just one of the benefits. Creating a healthier life both physically and mentally is also an advantage. As we create a more positive outlook, we begin to affect all aspects of our life. Happiness and prosperity begin to come easy, plans fall into place and we may even begin to affect others around us in a more positive light. We become an inspiration to others and spread the positive light and knowledge of the Divine Universal Spirit within us all.

A – Appendix

One way to help bring about changes in your life is to focus on replacing negative thinking with positive thinking through affirmations. Affirmations are a way of reprogramming the subconscious to think differently and to automatically react in a more positive way when trigger situations occur in your life.

The following are a few of the affirmations I have created and share with my own students to address some of the common thought patterns that a person may hold.

Thought Pattern	Affirmation
Anger - Always feeling angry, reacting to situations with anger.	<i>I can because I am one with the Divine Universe I live in peace and harmony within myself and with the world. I am safe, secure and approach each day with joy and compassion. And So It Is.</i>
Anxiety - Not trusting the flow and process of life.	<i>I can because I am one with the Divine Universe I trust the process and flow of life. I love and approve of myself. I am safe. And So It Is.</i>
Controlling Behavior - Tension, trying to control everything.	<i>I can because I am one with the Divine Universe I am safe and allow others to be who and what they are. I face each day with love and compassion. And So It Is.</i>
Criticized - Feeling unloved and criticized. Holding strong resentments.	<i>I can because I am one with the Divine Universe I am the embodiment of Divine Creation. I love and approve of myself, and see others with love and compassion. And So It Is.</i>
Defeated - Always feeling defeated, unsuccessful or feeling like a failure.	<i>I can because I am one with the Divine Universe I now discover how wonderful and prosperous I am. I approach each day as a winner with love and joy. And So It Is.</i>
Defeatism - Feeling "what's the use", "It won't work anyway"	<i>I can because I am one with the Divine Universe I choose to live with joy in the here and now. I face each and every day with empowerment and joy. And So It Is.</i>
Disliking The Self- Not accepting or disliking of self.	<i>I can because I am one with the Divine Universe I am a Divine expression of life. I love who and what I am at this time of my life. And So It Is.</i>
Fear - Living in Fear. A need for protection and constantly judging the self.	<i>I can because I am one with the Divine Universe I am the physical embodiment of Divine Creation. I am safe, secure and face each day with joy and love. And So It Is.</i>
Fighting Life - Not trusting the flow of life.	<i>I can because I am one with the Divine Universe I trust the process and flow of life. I am at peace. I am safe and secure. And So It Is.</i>

Thought Pattern	Affirmation
Financial Woes - Financial worries, lack of financial support	<i>I can because I am one with the Divine Universe All I need is always taken care of. I am safe. I put my faith in the hands of the Divine Spirit. And So It Is.</i>
Guilt - Constantly feeling guilt of the past, holding deep remorse.	<i>I can because I am one with the Divine Universe I lovingly forgive myself. I am free from the past. I rejoice in the coming day and life with freedom and joy. And So It Is.</i>
Hatred - Self-hatred or loathing.	<i>I can because I am one with the Divine Universe It is safe to be me. I choose to love and enjoy myself. I care for and honor myself with compassion and respect. And So It Is.</i>
Hopeless - Feeling constantly hopeless or helpless.	<i>I can because I am one with the Divine Universe There is always a new and better way to move forward. I am strong, filled with hope and joy through each and every day. And So It Is.</i>
Inflexibility - Being inflexible and guilty	<i>I can because I am one with the Divine Universe I am flexible and allow others to be who they are. I am safe and free to enjoy and rejoice in life. And So It Is.</i>
Insecurity - Feeling insecure, fear, feeling a need for personal protection.	<i>I can because I am one with the Divine Universe I love and approve of myself as a creation of the Divine Spirit. I am safe, secure and filled with confidence in who and what I am. And So It Is.</i>
Lack of confidence, Self-assurance.	<i>I can because I am one with the Divine Universe I am a perfect creation of the Divine Spirit. I love and approve of myself, walking each moment with confidence and joy. And So It Is.</i>
Lack of Emotional Support - Feeling unloved and unappreciated	<i>I can because I am one with the Divine Universe Life supports and loves me. I approve and love myself with compassion and respect. And So It Is.</i>
Loneliness / Lack of Love - Longing to be loved or held.	<i>I can because I am one with the Divine Universe I am open and accept love into my life. I love and approve of myself. And So It Is.</i>
Low Self Esteem - Not feeling good enough.	<i>I can because I am one with the Divine Universe I am the physical embodiment of Divine Creation. I approve of myself and face each day with joy and love. And So It Is.</i>
Putting everyone else first. Over mothering, Overprotection, Overbearing attitudes.	<i>I can because I am one with the Divine Universe I take in and put out nourishing actions in perfect balance. I care for me and allow others the freedom to be who they are. And So It Is.</i>

Thought Pattern	Affirmation
Overwhelmed by the Past - Longstanding emotional problems not resolved or solved.	<i>I can because I am one with the Divine Universe I release the past with compassion and love. I am safe, at peace and face the future with joy. And So It Is.</i>
Rebellion - Rebelling against authority	<i>I can because I am one with the Divine Universe In my world I am my own authority, for I am the only one who thinks in my mind. I approach each and every day with joy and compassion. And So It Is.</i>
Scattered thinking - Never feeling centered or balanced.	<i>I can because I am one with the Divine Universe I accept the Divine perfection of my life. I center myself in safety and security. And So It Is.</i>
Segregated - Feeling segregated from the rest of the world. Denying your own power.	<i>I can because I am one with the Divine Universe The world is safe and friendly. I am safe and at peace with life. And So It Is.</i>
Stuck / Restrained - Feeling stuck or feeling like someone is always on your back.	<i>I can because I am one with the Divine Universe I release the past and am free to move forward with love. I approve and support myself. I am strong. And So It Is.</i>
Victimized - A feeling of blame, feeling constantly victimized	<i>I can because I am one with the Divine Universe I see all my experiences from a higher perspective through the light of the Divine within me. I am safe, strong and confidant in who and what I am. And So It Is.</i>

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DISSERTATION EVALUATION REPORT

Name: Vickie L. Carey

Date: August 18, 2008

Degree: D.D.

Title: "WALKING YOUR TALK" MEDITATION, ENERGY AND ACTION

Comments on the Introduction: This introduction is an excellent encapsulation of the central theme of the thesis. You have immediately eased the readers into essence of your research with: "But for others understanding and connecting to the Divine energy within and around us is the bigger process of living a spiritual life. Here in this article we're going to talk about the Divine Energy in a more practical sense of how the individual person and the Divine are connected. How one might practice their beliefs on a daily basis in a practical sense and why this is important for any spiritual being. It's what I like to call "Walking Your Talk".

Comments on Review of Literature: Much of your information and certainly your enthusiasm is derived from the work of an excellent selection of authors. Note is made of a typical review: "Sanders Laurie and Melvin Tucker (1978) provide a course in consciousness expansion through *Centering*. Which is a method of meditation designed to take a practitioner from where they are, to where they want to be in a holistic and spiritual perspective."

Comments on Methods and Findings: Among your many excellent observations is the following: "On the spiritual side, a degree of self-discovery may also begin to happen. People who meditate on a regular basis report feeling the "need" to improve their attitudes or outlook on life. Individuals may begin to notice an increased interest in their chosen religious or spiritual path. Many people often report as thought they feel there's more to life than this physical existence and they want to know and understand what that is. I believe this is a result of successfully bridging the conscious, sub-conscious and spiritual minds together, which occurs during regular meditation practices."

Comments on Discussion: A special note is given to explanation from your discussion: "Quieting the Mind? How do you do that? Many people believe they have to see nothing, just blackness. This in fact is keeping your mind busy and active trying to force yourself to see darkness. So there is a difference between thinking of nothing and quieting the mind. It's not as simple as it sounds, but it can be done. Calming the mind is left up to you, not to some outside force or mantra. The easiest way is through a visualized process. Each time your brain makes a list of things for you to do, shut it down by imagining yourself walking down a road away from your cares and troubles or through a field or along an empty beach."

Comments on Summary and Conclusions: You present a critical analysis of your subject, and a special note is given to these words in conclusion: " Become an inspiration to others and spread the positive light and knowledge of the Divine Universal Spirit within us all.

Overall Comments: Extensive research and study are evident in this well-written and comprehensive dissertation submission. You have successfully achieved your stated goal with a fine presentation of the findings of your position. Good work!