

A thought of the day in passing . . .

After Thought . . . on CLEANSING:

Clearing the mind of that which obscures clarity, is essential to the enlightenment process. I have found that clearing/cleansing practices all seem to engage the same few concepts. These being; PRAISE, GRATITUDE, FORGIVENESS and LOVE, to which I would add 'ENTERING INTO THE PRESENCE'. Make no mistake; these are concepts of power. They, like all words, are symbols and intended to evoke a state of mind; an attitude or feeling, particularly when preceded by an I.

Below is a list of persons and places that took these broad concepts and made them into concise easy to follow practices that can be very effectively used by anyone.

Please understand that I am not endorsing persons and may not know the full teachings of those whose sites and books are listed here. I pass them on in description of a practice I thought to be of value, that anyone could use, based on universal ideals applicable to all religions. It is for your own discernment to determine if they are of value to you.

FORGIVENESS:

Ho'oponopono; a practice of Hawaiian origins to be found on the site;
<http://www.huna.com/ind.php?id=trainings&sec=sample>

A book description of Ho'oponopono; ZERO LIMITS, Joe Vitale

Teaching and practice with an accent on forgiveness - Christian orientation with Eastern influences:
The Book; A COURSE IN MIRACLES, Dr Helen Schucman

LOVING KINDNESS:

Metta; A Buddhist practice on loving kindness and good will. I have also known of this mediation practice being done using forgiveness instead of good wishes sent and received.

The practice; An excellent example of Metta can be found on the Cloud Gate site;
http://home.primusonline.com.au/peony/cloud_gate_metta.htm

For a good audio guided Metta meditation; <http://diydharm.org/metta-meditation-sharon-salzberg>

PRAISE, GRATITUDE AND LOVE:

The book; ASCENSION by MSI

A brief introduction to this teaching and process; <http://www.ishaya.com/library/sfa/aboutpgl.htm>
This draws from many eastern religions in addition to its Christian orientation.

'ENTERING INTO THE PRESENCE'; A practice of entering into the presence of God - of

Christian orientation. The Book; SECRETS OF THE SPIRITUAL KINGDOM by Bill Skiles.

Generally, MEDITATION - PRAYER - MANTRA - KIRTAN - DANCE all cleanse or clear and are forms of Praise, Gratitude, Love, Forgiveness and 'Entering into the Presence of God'.

MANTRA AND UNCEASING PRAYER:

Continuous repetition of the name of God or a power phrase: is a form of prayer or transformation technique that is to be found in Vedanta, Christianity and most all religions and spiritual practices.

Book Descriptions of above methods;

THE WAY OF A PILGRIM - by an unknown monk On continuous prayer

SECRETS OF THE SPIRITUAL KINGDOM - Bill Skiles Power phrases and forgiveness

A COURSE IN MIRACLES - Dr Helen Schucman, Utilizes power phrases and forgiveness

KIRTAN; Vedanta practice of; singing praise to God, gods and power figures.

CD's by innumerable artists Indian and Western and as an event at many spiritual centers.

DANCE AND SPINNING; a SUFI practice

Open to public usually at Sufi centers or various special events

SWEAT LODGES;

NATIVE AMERICAN practice for purification available at some spiritual centers or as special event for cleansing.

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ENLIGHTENMENT

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ENLIGHTENMENT

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*God is love because God is all . . .
And love is the one attribute that includes all others.*

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