

“Spirit am I” — Self-Awareness

Who do you think you are? Your view of yourself makes or breaks you. If you think you are a failure, you will likely live your life thinking of yourself as inadequate or perhaps unworthy of a happy life. If you think of yourself more important than others, you will have a life of conflict in which your arrogance will be tested and challenged. If you think you are not smart enough or not good enough, you will likely have many problems and rejections until you change your mind about yourself.

How to Practice

Now, to practice Self-awareness Meditation you use the same point of focus as you did for the ego check. Place your finger on the I-center to the right of your breastbone in the upper front portion of your chest and keep your finger at this spot for several minutes as you begin to focus on the inside of the ribs under where your finger is resting.

As your mind begins to focus and become steady at this natural point of meditation, enter into a chant which helps you to experience and view your ego at a more enlightened level: Chant "Spirit am I, Spirit am I." Now simply maintain this chant and keep your awareness at this self-awareness center and enjoy centering and very pleasant meditation.

Benefits

As a result of this meditation, especially after a week of such meditations, you begin to have a different sense of yourself. You begin to sense the goodness, the love, the light, the wisdom within your being more and more easily coming into your mind, your thoughts, your feelings, your desires, your words, your actions, and your way of looking at other people and your way of perceiving life. You become more able to sense the interconnectedness between people and the activity of your inner self moving through your being, expressing through you as you go about your day.