**Ware Soku Kami Nari**

**I Am a Divine Being**

The words I speak are the words of God. The thoughts I emit are the thoughts of God. The actions I take are the actions of God. The words, thoughts and actions of God are abundantly overflowing with infinite love, infinite wisdom, infinite joy, infinite happiness, infinite gratitude, infinite life, infinite health, infinite light, infinite energy, infinite power, infinite success and infinite supply.... they are nothing more, nothing else. Therefore, Ware Soku Kami Nari. I speak, think and act just as God does. I will brighten and elevate myself to become none other than God so that when others see me they cannot help but think that they have seen God. Those who have seen me have seen God. I emanate light and continue to radiate the most supreme infinite love of God to all humankind.

**IN THIS MOMENT… SACRED PAUSE**

By *Calley O’Neill* based on **The Master Key System** by Charles Haanel and **TAPPING THE SOURCE,** regarding The Master Key System.

Sit comfortably with your back straight and yet quite relaxed.

Practice in moments throughout the day, as often as possible.

Breathe deeply, quietly and evenly throughout the meditation, which can vary in duration from one to ten minutes. If you are free, sit silently afterward as well. Keep feeling your breath. If you lose focus and your mind drifts, that’s OK, pick up where you left off or enjoy starting over. Every time you begin anew, you strengthen your abilities to attune to your Being, to receive guidance and assistance from a deeper place ~ your true nature and the Divine Source.

Take one long slow deep breath in between each mantra.

Feel free to stay on one mantra for several rounds, if it is helpful.

1. **In this moment, I pause. I take a long, deep breath.**
2. **I attune to the sounds around me, near and far.**
3. **I attune to the sensations around me - the air, the breeze, the scents.**
4. **I turn my attention within.**
5. **I feel the air flowing in and out of my nostrils.**
6. **I enjoy deeply breathing, and my mind calms down.**
7. **I tune in to the feeling of being alive.**
8. **My mind becomes quiet. I enter the silence.**
9. **I am open to receiving guidance from the Infinite.**
10. **I feel connected to the Infinite Oneness.**

**Stay silent and listen for** guidance, insight, intuition, creative impulse, the right words to say, or simply the peace and calm of Being

Breathe deeply and focus on listening and feeling your breath at the same time. Allow yourself to FEEL the essence of what you want within your inner body. Feel it, or in any way that arises, visualize or sense th feeling of happiness in receiving that which you want. If you wish, ask what is best to focus on to move your situation forward. The guidance may come in the moment or in some creative way later.

**SACRED PAUSE –** if you just have a moment, it’s invaluable.

1. **In this moment, I pause and take a long deep breath.**
2. **In this moment, I relax and slow down.**

I AM BEING OF LIGHT

I am a Being of Light and Spacious Awareness. (Whole body vitality)

I am oriented and guided to the Truth. *(Head center)*

I am centered in my Sacred Heart of Love, *(heart)*

I am dwelling in this beautiful, youthful, healthy, happy body temple. *(Belly)*

I am a good steward of this beloved living Earth. *(The Earth below where I sit)*

I am participating and co-creating in an awesome Universe and manifesting my dreams for the benefit of all Life, *(smiling within)*

With ever expanding love, peace, joy, health, wealth and wisdom.

(As I practice this prayer every morning, I breathe deeply in the centers noted in parentheses and focus deeply within, feeling the prayer, and knowing the Truth behind the words.)

THE HEALING CODE

Calley’s prayer from THE HEALING CODE, by Alexander Loyd, PhD, ND

I love this practice. I practice it before my bi-weekly Healing Code Practice. and before my daily yoga practice.

On behalf of myself, my family, my Ohana, and my ancestors, I hereby ask and humbly pray and call the Great Spirit (by your name for the Source), Lord Jesus and Mother Mary (or substitute to whom you pray) all the Ascended Masters and all those in the Celestial Hierarchy who work for my highest good, my Beloved Being, my Spirit Guides and Spirit Tutor (The tutor’s specialty is cleaning our field/energy body), my Angels, my Indwelling Spirit ~ the Genius Within *(the subconscious - very important… my subconscious has the name RAMA*), to come into this healing.

I ask that you find, open, and heal any and all, known and unknown negative images, unhealthy beliefs and energies, limiting patterns, any and all destructive cellular memories and any and all resulting physical conditions of \_\_\_\_\_\_\_\_\_\_\_\_\_\_, especially regarding \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by filling me with the true love and light of God. I further pray that this healing will be complete, and that the effectiveness of this healing will be increased by 100 fold and more, such that I become a Blessing in my own Body and a Blessing to those around me.

PERFECT FAITH MANTRA

I move forward in Perfect Faith in the Power of Divine Grace, to guide me and provide me with all the support needed to express my highest potential now.