



DAY 15

INSTRUCTIONS

MORNING PRACTICE : REMEMBERING PRESENCE

STEP ONE

Start your morning practice with your own prayer or centring practice. Concentrate on the love that is in your heart and spend 10 - 15 minutes expanding your love into the world around you.

STEP TWO

Read the notes. Spend your day in the practice in the *Breaking through Ignorance* notes.

MID-DAY PRACTICE :

Part 1 : At midday read the following excerpt from the Gospel of Mary. Spend some time contemplating these teachings.

Jesus said :

Sin as such does not exist. You only bring it into manifestation when you act in ways that are adulterous in nature, it is for this very reason the Good has come among you pursuing its own essence within nature in order to reunite everything to its origin. This is also the reason for sickness and death because you embrace what deceives you.*

- The Gospel of Mary

*[Failure to stay in alignment with origin]

EVENING PRACTICE

Return to your evening contemplative practice. Journal, read, meditate, then before you end your practice, chant the mantra **Aham Prema** (I am love) 108 times.

You can use the evening music to support you.

DAY 1
DAY 2
DAY 3
DAY 4
DAY 5
DAY 6
DAY 7
DAY 8
DAY 9
DAY 10
DAY 11
DAY 12
DAY 13
DAY 14
DAY 15
DAY 16
DAY 17
DAY 18
DAY 19
DAY 20
DAY 21
DAY 22

BREAKING THROUGH IGNORANCE

***What veil of illusion are you ready to awaken from?
What spiral of attachment are you ready to release?***

What shadow dance are you tired of dancing?

Today your practice is to explore your ignorance. But how do we explore ignorance if we don't know what it is? The answer is easy,

Stop judging others and choose to focus on extending your Love instead.

Today your practice is to let your heart become fully present, and through your consistent and conscious connection to it, you are to allow your soul to live her true presence ~ in every aspect of your life.

Just for today, root yourself in your heart space. Awaken the love that is powerfully alive within you and extend it into your world of form and matter. You are to centre, all day, on the Good that originates within you and beam it out into every person you meet and every area of your life.

The ignorance we are awakening from today is the illusion that you are separate, and the thing that you are judging is outside of yourself. Spiritually speaking, the ignorance that you are waking up from is : ***there is no other.***



DAY 1
DAY 2
DAY 3
DAY 4
DAY 5
DAY 6
DAY 7
DAY 8
DAY 9
DAY 10
DAY 11
DAY 12
DAY 13
DAY 14
DAY 15
DAY 16
DAY 17
DAY 18
DAY 19
DAY 20
DAY 21
DAY 22





WORTHLESSNESS

In the shadow dance of worthlessness, you ignore your inner presence of God. You neglect your soul, her warmth and her brilliance. You let self-pity take the centre stage and make small self cherishing your choreographer.

Stop it.

***"The truth is,
you are perfect."***
- Lhamo

SHADOW NINE

IGNORANCE = JUDGEMENT = FORGETTING THE LOVE THAT I AM

IN MY BODY JUDGEMENT
FEELS



IN MY BODY WORTHLESSNESS
FEELS



WHEN I AM IN IGNORANCE ...

My body feels:

The thoughts I think are:

The way I sabotage myself is:

The belief I make true is:

WHEN I REMEMBER MY TRUE PRESENCE I FEEL ...