

# I. Internalizing Awareness

## A. Quieting/Centering

### 2. Closing the Eyes and Being Present

- Close your eyes and quiet your mind. Be still.
- Let go of all thoughts, worry and tension.
- Give yourself fully to a higher power. Relax, trust and let go... Breathe in fully and exhale with a deep sigh...
- And again, breathe in fully and exhale with a deep sigh... And let go even more....
- Feel a deep sense of contentment and peace in your heart.

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### 3. Asatoma Prayer/Statement of Purpose

Asatoma sad gamaya Lead me from the unreal to the real  
Tamasoma Jyotir gamaya Lead me from darkness to light  
Mrityorma amritam gamaya Lead me from the timebound state of consciousness to  
the timeless state of being that we are.

Statement of Purpose could be something like:

During this time, I will participate wholeheartedly in this process and trust that whatever issues are in the way of my full realization will be released spontaneously and effortlessly. I let go of any struggle or effort to make anything happen.

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