



Living God-Consciousness – 30-Day+ Transformative Experience

Spiritual Practices – Morning and Evening Throughout the 30-Day+ Experience

Morning

- **As you wake up, before putting your feet on the ground, call on God** - invite Him, reach out to Him; think of Him, feel Him.
- **Do the Prayerful Breath**
- **Then, get up and meditate** for however long you can, even if it is just 5 minutes! Choose the type of meditation you need that morning. You can choose from one of these short playlists (see sidebar to right):
 - **Let Go** to one song (your choice): Begin your day energetically, grateful, focused, connecting to your passion for God and your day with God.
 - **Sit and calm with Fairy Ring** (see recording in sidebar to right): Feel yourself sitting in God's Presence.
 - Do a **short GMP** (20 minutes playlist - also in sidebar)
 - Write some **REs** as you may be getting a lot of information, or do a brain dump – whatever type of meditation you choose to do.

Evening

- **Before going to bed, take a moment with God and complete your day:**
 - Sit quietly with God and **contemplate: Where have you felt God today?**
 - **Evaluate** how you did today, and think about your next day. No judgment, just assess so you can move forward with God tomorrow.
 - Complete your day in **gratitude**, have a moment with no illusion, as you prepare to go to sleep conscious of God.
- **Go to Sleep in prayer:**
 - You may want to **read "The Father Prayer" from The Lady.**
 - **Listen to Gourasana**, e.g. "Sleep Meditation", "Final Journey", or any talk of your choice. You can leave Gourasana playing all night.

- You can listen to Kalindi's "Be Still and Know", posted in the sidebar to the right titled "Music and Playlist to Meditate to".
- You can look at the picture of the Light Beings for 5 minutes.
- You can have a picture of Kalindi by your bed remind you to go to sleep in prayer.

Throughout the 30-Day+ Program

- Share your realizations, connect with each other and let yourself feel how you are moving with others. (Go to the Blog on your right.)
- **Listen to a spiritual talk** instead of listening to the radio. We will suggest a few specific talks from Kalindi throughout the program. (See next page)
- **Read a spiritual book or watch a spiritual movie** instead of watching mindless TV. (See next page)
- In devotion, invite the Presence of God as you work on bringing more God-Consciousness into your home this month.
- Steer clear of activities that pull you into the illusion or distract you from God's Presence.