



SPIRITUAL EXERCISE



The Flower Prayer

This is a tender meditation which intends to bring a practice of opening for contact with higher realms and inner divinity. To practice this meditative practice, you will need to utilize the Mana¹, or the vital energy that permeates the Universe.

Mentally set the intention to contact your inner Divinity, your Deeper Self/Higher Self, and ask its help to align and synchronize all your souls' extensions. It is very important to keep focus and a clear mind as you set the energetic environment of this practice.

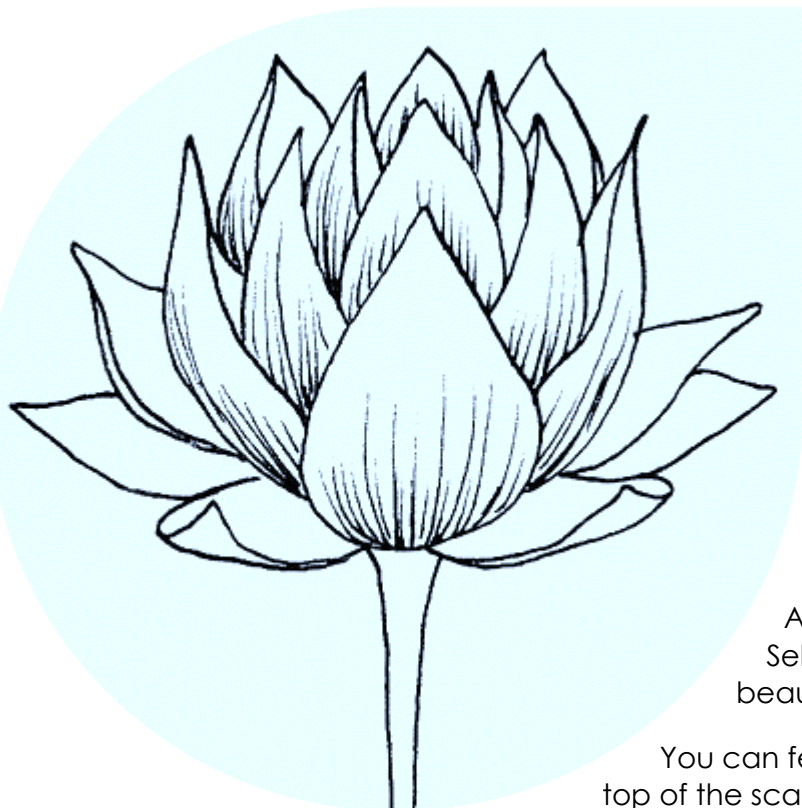
Think clearly and Say audibly:

"May all the three souls (three selves²) within me become one."

¹ The linguist Robert Blust has pointed out that 'Mana' means 'thunder, storm, or wind' in some languages, and has hypothesized that the term originally meant "powerful forces of nature such as thunder and storm winds that were conceived as the expression of an unseen supernatural agency. As Oceanic-speaking peoples spread eastward, the notion of an unseen supernatural agency became detached from the physical forces of nature that had inspired it and assumed a life of its own.

In Polynesian culture, Mana is a spiritual quality considered to have supernatural origin—a sacred impersonal force existing in the universe. Therefore to have Mana is to have influence and authority, and efficacy—the power to perform in a given situation. This essential quality of Mana is not limited to persons—peoples, governments, places and inanimate objects can possess Mana. There are two ways to obtain Mana: through birth and through warfare.

² The Basic Teaching of the 3 Selves: the conscious mind, the unconscious mind and the Higher Self



Start absorbing extra Mana doing slow, and deep breaths in groups of four, or use the Four by Four breathing: inhale four seconds, hold four seconds and exhale in four seconds and pause four seconds.

Tell your younger Self that must release the extra Mana it held when you exhale up. Trust your younger Self knows how to do this.

As you gather this Mana, view your Higher Self as a deep bright blue ball of light or a beautiful blue flower just above your head.

You can feel his presence as a slight tingling on the top of the scalp, and sometimes the feeling can be one of or even sexual arousal, as the crown chakra is connected with all chakras, including the sexual one.

When you intuitively feel that you have collected a heavy load of Mana, tilt the head back and blow the Mana upward toward the blue Flower or bright blue ball, in a quick breath. Use the imagery that aligns better with you.

Exhale completely while the younger Self releases energy, and know that Mana is flowing directly to your Divine Self.

Recite the Flower Prayer:

"Who is the flower above me?

What is the work of this God/Goddess?

I know myself in all my own parts. "

Take a slow, deep breath and allow yourself to relax. After a moment, you should feel a blessed energy returning from your Divine Self, almost like a light refreshing rain.

Some people end the prayer with the phrase: "Let the rain of blessings fall."