



Unleash the power of a Creative Spiritual Practice An Inner-world Exploration

Your spiritual practice should be eclectic. It should reflect you – what you believe in, what you need in your life right now. However, there are four elements to address as you continue to create and evolve your personal spiritual practice: regular practice, receptive atmosphere, intention and vibrational actions.

Regular practice is the foundation of your spiritual work

The truth is, you can add a bit of spiritual practice anytime, anyplace, but to elevate your awareness and deepen your connection, you need to create and maintain this spiritual practice.

Begin your day with inner work. Whether it's a sitting meditative practice or an active meditative practice like yoga or Qi Gong, or both, you have control over your mornings, you can get up and stay tuned into yourself and to your inner world.

In the evening, you can add an element of spiritual practice when you move from workday to home. When I learned Transcendental Meditation fifty years ago, it was suggested we meditate 20 minutes upon arriving home in order to make that transition from work to family.

You can create another spiritual practice at bedtime, in gratitude for the day and in preparation for inner work during the night of rest.

Create a receptive atmosphere

For your spiritual practice, choose a place that feels tranquil to you and use it regularly. The energy in that space will build, the vibration will heighten, and the mere space will become a source of serenity and nurturing for you.

Sit on a chair or cross-legged and use a mudra (hand position) of your choosing to center you. Begin with hands lying palm up on your lap, one hand lying on top of the other, your thumbs touching. Experiment with mudras to find what calls to you.

Set an intention for your meditative session

Intention is the most powerful tool we have in all our inner work. It sets our course and is the wind beneath our wings.

What's the purpose of your period of inner work? To heal? Clarity around a choice or action? To receive guidance from the unseen world? To bless the day or offer gratitude at the day's end? Perhaps your intention

is to raise your vibration or heighten the impact of your illumined service.

Consciously set an intention for every meditative session.

Use the power of vibration to heal and balance

We're all one vibration. We communicate through vibration. Your spiritual practice can creatively contain many forms of vibration.

Create vocal vibrational sounds

First, simply sit quietly and breathe. Notice your breathing. As you exhale, release any tension or worry. Empty your mind and sit in silent stillness.

Then begin to hum. Whatever note you hum, notice where it vibrates in your body. Try different pitches and see where they resonate. Direct the hum to your hands or feet. Direct the hum to any part of your body that needs balancing. Just hum. Let the melodies simply appear, and experiment with directing the vibration of the tone.

You can focus sound on your chakras for opening and balancing them. You can send sound to the world, or a person or a situation. Take a slow deep breath, set an intention and hum the vibration where you want it to go.

Experiment with vibrational instruments

Find the vibrational instruments that resonate with you. We're talking drums, flutes, bells, gongs, rattles, clapping

your hands, tapping a rhythm on the arm of your chair, toning, chanting. This is where you do the most experimenting.

Create a ceremony that is uniquely yours

A ceremony anchors your intention. Create one that works for you. You might honor the seven directions – East, South, West, North, Above, Below and middle world. I also honor the Stone Clan and Nature. I use a drum and I drum and sing. I see that drum as connecting me to all the worlds.

I have two rain-sticks. I use them to welcome in the blue light of power, the green light of healing and the white light of unconditional love.

I use my small Tibetan gong to send energy to my past, my present and future. I use my Tibetan cymbals to send it to my home, the people of the earth and the planet. I use my rattle to shake around my home and send positive energy to all the crystals and groupings and to my cats and plants.

I give an intention to each vibrational creator I use. Gong, claves, thumb piano, flutes, rattles, bells. Listen to what you're using and intuitively find its purpose.

The Manifestation Box

I have a lidded raffia box with a wonderful dragon on the front that I use for a manifestation box. On pieces of paper, I write what I want to bring forth. It can be specific physical healing, it can be ideas like wisdom and

insight, healing the planet or simply an intention like “raised vibration.” Each day in my spiritual practice I open the box and read the intentions I've chosen. With intention send positive energy to the choices you've made.

Don't forget the rocks!

Crystals hold a higher vibration and have guiding messages for you. Whether you hold a rock in your hand or place it on your altar, listen to the message it offers.

My space is a tad full of crystals so I bring a few to the forefront for a week at a time and work with them and listen to their messages and advice and gifts. Hold crystals in your left hand to receive. You may get a sensation in your body for you to interpret or simply pay attention to the thoughts that show up. Learn to hear and interpret the messages of the crystals.

Create vibrational movement

Movement is vibrational. Whether it's Qi Gong or Yoga or T'ai chi or simply moving in rhythm to a chant, add conscious movement to your spiritual practice. You can also go outside and dance in nature.

Create a sacred altar

In the sacred space you have chosen for your spiritual practice, perhaps you place a simple table or plant stand to hold objects that resonate with you. My “altars” are all around me. One grouping is on the shelf in front of the desk that I sit at a lot. Another altar surface is on a

table under the window beside me. I look out the window to play my flute and work with other objects. It also happens to have a great place for some of my drums underneath. There is another low chest near the chair from which I drum and play a lot of my vibrational instruments. And my desk surface itself is full of crystals and sound instruments because this is where I spend most of my time. This is where I sit to take my shamanic journeys because I change and type them in.

Journal

Whether you journal by hand or on the computer, when you write down what you remember from your meditation it makes room for the next layer to be made evident. Journaling also allows you to look back at your progress, or when something major happens, you can identify what you were doing to help that along.

You can journal at the end of the day in reflection and gratitude. You can journal to set your intentions for the day. Record your visions your insights, your inner messages. It brings them more deeply into your awareness.

Checklist for creating a unique and powerful spiritual practice

- Regular practice is the foundation of your spiritual work. Pick some times and stick with them.
- Create a receptive atmosphere of uninterrupted quiet.
- Create vocal vibrational sounds and direct them for healing.

- Experiment with vibrational instruments. Create power songs as you play if they offer themselves.
- Create a ceremony to begin and end each spiritual session that is uniquely yours.
- Don't forget the rocks!
- Create vibration movement.
- Create and evolve your unique sacred altar.
- Journal for deeper awareness.

Spend your day mindfully

Enter your day with mindfulness. Walk through your day with mindfulness and end your day in mindfulness. Find opportunities to reflect within throughout your day.

Your life is your spiritual practice!!!

Live it mindfully.

Deeper Song Affirmation

I create a spiritual practice that serves the uniqueness of me.

Deeper Song Process

- Look at what you do in your spiritual practice now. What are your favorite things to do? Begin there.
- Explore some of the ideas above – toning, sound instruments, movements and see what suits you.
- Add that.

To Sing a Deeper Song, Consider:

You ARE Vibration and Why it Matters

How to Interpret the Messages from Within

Make Use of Emptiness

Build a Launching Pad for Your Inner work

Why You May Want to Have an Altar

The Power of a Ceremony of Releasing

The Pillar of Light Process

The Intentional OM HUM

Energy Cannot Be Destroyed - Only Re-Purposed

The Light Vibration of One

Broaden and Deepen Your Personal Journey

I help spiritual adventurers explore the Unseen World so that we broaden and deepen our personal journey and learn to share our discoveries with others. We are guides and way showers with our light held high.

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