

Mystic Secrets of Divine Blueprint Meditation

Over the past decade, the practice of meditation has grown exponentially. Unfortunately, it is often taught incorrectly and its true purpose is completely misrepresented. The benefits of meditation are generally promoted in the following manor:

- 1. Meditation relaxes the body, mind and rejuvenates one's flow of energy in order to more effectively face the responsibilities of one's demanding and active life.**
- 2. To heal illnesses (especially psychosomatic ones).**
- 3. Reduces mental and emotional levels of stress.**
- 4. To develop a more relaxed and positive view towards life.**
- 5. To develop a peaceful and more clearly functioning mind.**
- 6. To increase one's ability to penetrate into the core of problems and find inspirational solutions.**
- 7. To tune into a creative inspirations for artistic expression.**
- 10. A method of self-observation and self-discovery.**
- 11. Increases circulation and decrease blood pressure.**

While no one can dispute the validity of those claims, they are more or less secondary to the primary purpose for practicing meditation. And, that purpose is to make contact with your higher consciousness. And to accomplish that goal, you must learn to quiet your

mind. Initially, the mind will resist shutting down. However, with some regular practice and persistence the mind will eventually respond. When this occurs the ego will take a back seat, and you will learn to listen to your inner guidance. Following the guidance of your higher consciousness will change your perception of humanity and foster decisions that breed happiness. All of a sudden, you will understand the universal connection that exists between us all. So if you want to achieve balance, true happiness and lead a life that is full of meaning and purpose, learn to meditate!

Meditation Music

There are many options available when it comes to meditation music, however, I want you to understand what role music plays in the meditation process, and why the music in and of itself is merely a tool and not the key element to connecting to your true self.

Subsequently, one might ask; if it is not a key element to the end process, why use music at all? Well, there is something to be said for certain patterns of sound that are indeed conducive to higher states of consciousness. You see, it is not the music itself, but rather the vibrations in the music that match the energy patterns of higher levels of consciousness! Therefore, it is not really about choosing soothing relaxation music, although we must relax the mind and body to move towards a meditative state. You see, certain types of music contain binaural beats. The binaural beat is perceived as a fluctuating rhythm at the frequency of the difference between the two auditory inputs, and since higher states of consciousness consist of electromagnetic subtle energies that resonate at lower frequencies, the binaural beats match these frequencies. There are five different patterns of brainwaves, ranging from Gamma waves to Theta waves. Alpha and

Theta brainwaves are commonly perceived as the patterns that are most present during a meditative state. Therefore, it would be helpful to utilize music that resonates at these frequencies. However, it is not just the binaural beats, but also the vibrational sound of the music that is conducive to a higher state of consciousness. In order to give you an understanding of the progression of consciousness that occurs with each of the five patterns of brainwaves, I have included a breakdown below. However, should you choose to purchase meditation music please keep in perspective that it is merely a tool and just one part of an overall process. Without the other components this tool is virtually useless in and of itself!

Gamma waves

Higher mental activity, including perception, problem solving, fear, and consciousness

13–40 Hz Beta waves

Active, busy or anxious thinking and active concentration, arousal, cognition

7–13 Hz Alpha waves

Relaxation (while awake), pre-sleep and pre-wake drowsiness

4–7 Hz Theta waves

Dreams, deep meditation, REM sleep

< 4 Hz Delta waves

Deep dreamless sleep, loss of body awareness

Unconditional Love - Fuel for the Meditation Vehicle!

Meditation is the vehicle to awaken your true power, but without the appropriate fuel the vehicle will fall far short of its destination. Think about it for a moment! How far will your vehicle run without fuel, not very far, right? Well, the meditation vehicle is no exception to that rule - except that unconditional love is the fuel in this case rather than gasoline! So at this point of the juncture, I must stress the importance of forgiveness, self love, and selflessness. You see, accomplishing unconditional love requires the removal of all resentment, anger, judgment, jealousy, envy or any emotional garbage that is still on ones plate. Therefore, you must find forgiveness for others as well as your self if in fact you wish to fuel the meditation vehicle and awaken your personal power. To hold anger in your heart will only block the energy from rising to the crown Chakra thus preventing any contact with your true self. You see, it all hinges upon unconditional love!

How to Meditate

There are various ways to practice meditation, but the end result is what's important, not the method. So, before I outline the method I prefer lets talk about the steps of preparation;

1. Choosing a quiet place to meditate. Choose a place that is quiet and that you can make your own such as your bedroom or a study. Make sure it is a place that will be free of any and all distractions that will allow you to devote at least 20 to 30 minutes, once to

two times daily. The best times are preferably, in the morning just after rising and in the evening prior to sleep. To set the mood of your space you may utilize candles, aroma's or even meditation music. You may also create an altar so to speak, with the things that are important to you and or the things which you want to attract in your life. You may even create a dream board for harnessing the power of intention.

2. Positioning of the body.

When choosing a body position for meditating the most essential element is keeping the back or spine straight. Try to be comfortable and physically relaxed, and try to avoid moving too much. Generally speaking, most eastern philosophies teach meditation in a full lotus position. However, unless you practice yoga on a regular basis or are extremely flexible, this can be a difficult position for most westerners to accomplish. Therefore, you may practice meditation in a half lotus position (seated on the floor with the legs lightly crossed), seated on a bench preferably without a back to rest, avoiding a bent back or lying down.

Remember, the main objective is to keep the back straight and to be comfortable and relaxed. If you choose the lying position, your feet should be apart and your hands at your sides away from your body slightly. Your palms should be facing upward and your index finger and thumb should be touching at their tips creating a conduit for the flow of universal life force or energy. Your mouth should open slightly and your tongue should be gently up against the roof of your mouth approximately one half inch behind your teeth. Your eyes should be relaxed and open just ever so slightly. If this is somewhat

distracting at first you may close them completely. Should you choose the full lotus, half lotus position or a seated position you may place your hands palms up on your knees.

Otherwise, all of the previously outlined steps apply.

3. Breathing

Breathing should be slow, controlled and should involve the abdominal area. As we age we tend to shorten our breath and we only utilize a small portion of our lung capacity.

However, do not exaggerate your breathing, it should be a relaxing process and not at all labored. Inhale through the nose drawing air into the abdomen, diaphragm and then the chest. Exhale through the nostrils while lowering the abdomen, diaphragm, and finally the chest. **One important point; you should practice deep breathing for**

approximately 10 full breaths, then slow the breath in an effort to reach “breathless silence.” The breathing is meant to oxygenate the body, increase the flow of energy, and aid in relaxation. However, it will not assist you in reaching a higher state of

consciousness because you must obtain breathless silence to do so! (Note: the vast

majority of meditation guides and trainers instruct participants to focus on

rhythmic breathing. This is by far the most common mistake made in meditation

practice and is completely counterproductive to obtaining a higher state of

consciousness.

After you have positioned your body begin focusing on your breathing. Do not attempt to force your breathing and above all try not to become frustrated if you lose your focus.

Once you have taken 10 full breaths begin to slow the breathing down while working

toward a state of breathless silence. Do not have any expectations about the outcome of this process. Expect nothing and just be! Above all, do not become frustrated if you fail to shut off your mind initially. You can not expect to shut down the mind in a matter of minutes when it has been working for a lifetime. With practice and persistence the mind will quiet. When you begin to successfully accomplish quieting the mind you will notice a feeling of lightness as well as tingling sensations in the body. You may even begin to see various colors of the Chakras (7 energy centers of the body) in the location of the 6th chakra (minds eye), which is located between the brows. This is a sign that you have peeled back the layers of ego and are beginning to reach your higher consciousness. When you can hold the color violet of the Crown Chakra in your minds eye, this is proof that you have indeed made contact with your inner self!! **Note: If you find it difficult to locate the minds eye try briefly staring at a lit candle for several moments prior to meditating. This will help you fixate the position of the minds eye when closing your physical eyes. However, do not try to force the appearance of the third eye; instead let the minds eye draw you to it!**

Meditation Blocks

On occasion, some people experience difficulty with connecting to their true self. This occurs because of a block that is preventing them from taking a stark look at who they really are. What fears and insecurities are preventing you from wanting to know who you really are? You truly do “have nothing to fear but fear it self!” What you will find inside will be more wonderful than you can imagine, but to get there you must be willing to set your fear aside and take a leap of faith. If you are having trouble letting go try the

following visualization in your meditation practice; **imagine that you are standing on the bank of a crystal blue river with your back turned to the water. Know in your heart and your mind that you will be taken care of. Let go of your worries, all of your thoughts, all of your problems, surrender your will and fall backwards onto the river. Trust the river to take you wherever it chooses to, and know that the outcome will be wonderful. Just float on the water and be!**

Finally, to be successful at meditation you must refrain from having any expectation about the fruit of your labor! The changes that will occur will be of a subtle nature, and will certainly not eclipse the parting of the Red Sea! The paradox of the situation is that if you expect nothing, you will reap the benefits by leaps and bounds. So just let go and be!

Active Meditation

The Law of Cause and Effect also known as the law of Karma states that every thought, every belief and every action has an equal reaction or effect. Karma is the result of our own past actions and our own present doings. Hence, we are the result of what we were and will be the result of what we are. In other words, we ourselves are responsible for our own happiness and misery. We create our own Heaven or our own Hell. Simply put, we are the writers of our own scripts. Your present mental and physical states are, for the most part, due to your own negative or positive energies and actions, both past and present. As an example, Tina's father left at a tender young age, causing her to live with a fear of abandonment. In her adult life, Tina meets Sam, who seems to be the man of her dreams. However, looming under the surface is a preordained future event that was

unintentionally ordered by Tina. Five years pass, and all appears well, until Tina discovers a dear Jane letter on the kitchen table! Yes, Sam abandoned her! This is unintentional, negative Karma at work. But, don't worry because there is some good news here. Karma can be altered! However, that change is dependant upon two distinct factors; DIVINE WILL and FREE WILL.

Divine will and free will are entwined in a harmonious existence. One does not exist without the other. Although, some mainstream pundits profess that our entire existence is preordained through divine will yet others profess that free will rains supreme. Well, in reality, it's a bit of both, actually! If the present life is solely conditioned or wholly controlled by our past actions without free will as a component, then Karma is tantamount to predestination. If this were true, life would be purely mechanistic, not much different from a machine. Being created by God who controls our destinies and predetermines our future, our lives would be pointless exercises in futility. I can personally debunk the divine will supremacy hypothesis because I have witnessed both forms of will in my life, and I've taught hundreds of people to discover the same. But don't get me wrong, divine will does exist! And without question, there are certain preordained events and lessons that one must face. The question is; how will you face them? Will you fall back on the former patterns and deeds as the essence of your existence or invoke free will to alter the course of destiny?

Free will is the greatest gift we possess, although we often impose it on ourselves. Only when we free ourselves of the fears, insecurities, and emotional baggage can we harness

the true power of that gift! Everyone has a choice, and the choices you make will either change your Karma or will perpetuate it. If it's the later, be prepared for more pain and suffering to come your way. "Ignorance is only blissful until the issue that you've ignored jumps up from the sidewalk and bites you squarely in the Derrière" Divine lessons do not vaporize and disappear into thin air by ignoring them. On the contrary, they get louder and louder! That is why my principles are centered on personal transformation. Bottom line, your life's not going to change until you relinquish your fears and learn those divine lessons.

I'm sure you're familiar with the Secret. The wildly successful law of attraction book that sold millions of copies. In fact, you may even be one of the millions who purchased it. While the secret made bold claims of a power that could deliver love, happiness and abundance to ones doorstep, very few, if any, were able to master that power. The author of the Secret professed that thought and desire could be aligned whereby creating the energy required for universal attraction. But, I beg to differ with that claim! You see, it's not thought that holds the power, but rather the feelings that are connected to those thoughts. As an example, if your goal is to attract financial freedom, the author of the Secret would direct you to adopt a new mindset whereby aligning your thoughts with that goal. To accomplish that, some people use positive affirmations such as, "I am now easily and effortlessly attracting unlimited financial prosperity and abundance into every aspect of my life," while others create vision boards that represent their desires. A vision board is a collage of pictures, writings and or objects that represent the goal and stimulate visualization. Both are great tools, but there completely ineffective unless you remove the

rotten grape that's spoiling the entire process. And, that rotten fruit is the fear that blocks manifestation and one's true divine path. In regard to financial freedom, the following fears and self-limiting beliefs are examples of possible blocks:

You believe that all wealthy individuals have achieved success dishonestly

You believe that all wealthy people are snobs

You believe that you're not worthy of having financial freedom

You have a fear of success

You don't believe in receiving

You have a fear of evolving

It's really a matter of how you feel! It's not the words that come from your lips, but rather the feelings that are connected to it. OK! So, if we get rid of the rotten grape we're good to go, right? Whoa! Whoa! Whoa! Hold on just a second. There's one more component to this process. You see, the universe does not operate on your time schedule and divine will is king. Therefore, even if you change your mindset and get rid of the rotten grape, your desires may not show up for a year. On the other hand, they may show up next week! Hard to say, because there may be preordained divine lessons that you must master before your desires spontaneously appear. One thing's for certain, the faster you remove the rotten fruit and learn the lessons, the sooner you'll receive the love, happiness and abundance you asked for. "All good things come to he who waits and he who has faith!" Patience is only a virtue when one can experience it in his or her own affairs. A lack of patience with others is often born in the frustration of one's own inner

conflicts and lack of self-control. Face your own demons and abolish your fears and you will find the virtue of patience!

It is not a mere coincidence that my principles embody the very principles of attraction. And, if you've mastered the steps of liberation, forgiveness, self-love and selflessness, you should be well on your way to harnessing active meditation and the power of universal attraction. However, up until this point you've been using unintentional attraction, now its time to harness the power of intent!

So, if you've mastered the basics of meditation by removing your fears and by quieting your mind, here's what you should do next...

First, make certain that you've mastered basic meditation and conquered your fears, insecurities and self-limiting beliefs.

Second, if you've overcome your fears, insecurities and self-limiting beliefs, the doors to your true divine path should have begun to open. Pay close attention to the events and situations that are unfolding around you; otherwise you may miss the signs since they are usually subtle in nature. Someone may show up in your life to assist you on your path, you may receive messages that appear in the oddest places such as a billboard, sign or license plate. Or, an opportunity may be laid at your feet in a synchronistic fashion. When these events occur, you must avoid injecting emotion and learn to trust your gut. If rationality is telling no, but your intuition is saying yes – follow your intuition! It is

usually very accurate as long as emotion is not allowed to enter the decision making process.

Third, begin employing the techniques of active meditation. When practicing your meditation envision yourself already living out your true life purpose. Don't focus on what you lack or you'll receive more lack! Instead, envision yourself already living in the future with the purpose, passion and prosperity you want. Connect your feelings to your desire. Own it with your heart, soul and every fiber of your being! Start small by focusing on the puzzle pieces that have already been revealed. Each time you practice your meditation play out the video in your mind. You'll be truly amazed at how the story will grow and your true path and divine blueprint will come to life.

Best wishes,

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