

# WORKBOOK 2

*Getting Connected*

WORK (ENERGETICALLY) SMARTER  
MASTERMIND

with Kären Geddis

## CALLING IN YOUR TRUE SELF

### The 1, 2 or 20 Minute 'True Identity' Meditation (Kundalini Yoga)

#### METHOD

Sit in a comfortable position –cross-legged on the floor works well.

Keep your back as straight as you can.

Lightly close your eyes and focus on the space between your eyebrows (the third-eye point).

The hand position (mudra) is simple. Turn your left palm and face it upwards. Rest your right thumb under your left wrist, and find your pulse with your four fingers.

The fingers are in a straight line, lightly pressed on the wrist so you can feel your pulse in each fingertip.

On each beat of your pulse, repeat the words Sat Nam (The mantra, which means “truth identified”) as your pulse comes and goes. With each beat of the pulse you use the Mantra, ‘Sat’ is with one beat; ‘Nam’ is with another beat.

Don’t worry about your breathing; focus on your pulse) repeat the Mantra, “Sat Nam” (sut – rhymes with nut – numb).

There’s no time rule to this meditation – do this for as little, or as long, as you like.

Sat Nam  
ਸਤਿਨਾਮ

Sat Nam means ‘truth identified’ – Sat meaning ‘truth; the reality of one’s existence’ and Nam, ‘name or identity’.

It means bringing through and walking in your true nature –that God/Light within you– and identifying that truth in others.

It is said that chanting this mantra awakens the soul and brings your destiny present.

TIP: This can be incorporated into your day, too. Spend 17 seconds focused in this place as often as you remember. Hold your focus. Hold the vibration and intent that you are calling in your true self.

## LEARN MORE

There are some great beginner meditations over at Gabby Bernstein's website here:

<http://gabbyb.tv/meditations/beginners-guide-to-meditation>

‘Your intuition is the way you interpret  
the language your Higher Self  
speaks to you in.’

## USING MEDITATION FOR CONNECTING WITH YOUR HIGHER SELF

Your Higher Self/Intuition lives in that place where you are free from thoughts that bog you down – thoughts of worry, fear, disappointment, despondency.

Meditation is a really good way to let go those thoughts for long enough that you begin to become aware of your Higher Self. A guided meditation is a good place to start if you are new to meditating and want to connect more readily by focusing on what the voice is saying, rather than trying to quiet your own mind.

If you'd like to try without being guided, you can put on relaxing music or sit in silence and focus on the air flowing in and out of your nose, for example, or the white noise of your air-conditioning unit.

▷ A GUIDED MEDITATION MALE VOICE – Guided meditation: Higher Self Enlightenment and Positive Perception

(31 min)

<https://youtu.be/NcLy0pry9u0>

▷ A GUIDED MEDITATION FEMALE VOICE – Higher Self Alignment Guided Meditation (24 min)

<https://youtu.be/oSfxYOZVBsA>

### MAKE A NOTE OF HOW THE MEDITATION WENT

Write down what you saw, heard, felt when you connected with your Higher Self. Did your Higher Self show itself to you in audible words, or pictures, or feelings, or a knowing. Was there anything that came to you during your meeting that you want to note down?

TIP: If you are doubting whether you experienced your Higher Self, just leave things for now and try the meditation again later.

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## USING AUTOMATIC WRITING TO CONNECT WITH YOUR HIGHER SELF

Find a comfortable spot where you like to write or create a calm space at your desk. Allow yourself enough time to get into the practice of writing – in other words, don't squeeze your automatic writing time in between pressing tasks. You might like to have at least 30 minutes of uninterrupted time available when you are starting out.

### 1. PICK YOUR METHOD FOR CAPTURING YOUR WRITING

You can do the writing by hand –using a pen you particularly like, and paper or a journal of your choice. If you can type faster than you can write, you can use your keyboard.

### 2. SET YOUR INTENTION

Take a few deep, calming and centering breaths while intending to connect to your higher self/intuition. If you want to say a mantra, like, “For the next x minutes it is my intention to be open to receiving the guidance that comes from my higher self and I trust that I will easily recognize that all-knowing part of me.”

### 3. ASK

Write or type your first question. An easy place to start is with, ‘What do you want me to know?’

LISTEN...and then wait for the response. **Then write/type exactly what comes into your mind.** Just go with whatever comes to you. Don't worry about spelling, punctuation, etc.

### 4. REVIEW

When you have finished – when you feel the energy has dissipated – go back and read what you've written. In the beginning it may just seem like random thoughts, but after a few times you'll start to feel a familiarity with that ‘voice’.

The writing won't appear in the form of a story; it will seem more like short answers. After a while it may evolve into longer passages.

TIP: If you are not ‘getting’ anything, just refocus. Say your intention mantra again, if you wish. If you still feel like nothing's happening, don't judge it. Put the writing away and come back to it later.

TIP: You might like to do your 2 minute visualisation from your morning ritual, or start a list of things you're thankful for, to get you into a higher vibrational space.

Or spend some time in meditation (look one up on YouTube, if you like).

This is all about practice. Go easy on yourself. You'll get there.

## TELLING THE DIFFERENCE BETWEEN INFORMATION FROM YOUR HIGHER SELF AND YOUR 'EGO'

Your writing (answers from your higher self) will appear clear and to the point. It will sound like you, and will feel calm and wise.

The answers won't feel like fear; they'll be positive.

Again, practice will allow you to recognise and be familiar with that quiet inner voice and you'll begin to easily differentiate between 'ego' and true answers to your questions.

