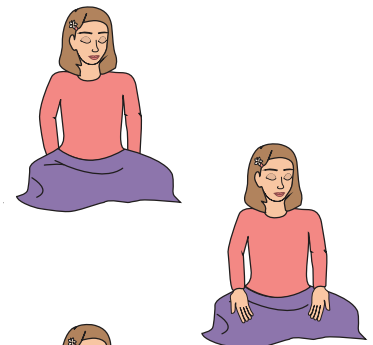


Being Aware - Ascending affirmations exercise - (In poetry)



Being Aware - Be Still

Firstly now, just sitting up, Being Aware - Be Still
Focus all your pure desire, and focus all your will



Pay attention to your breathing, as breath moves out, and in,
Notice there's a pause between, in Silence we begin

To take attention inside, to your inner, Silent, you,
Here we seek for self knowledge, that is alive and true



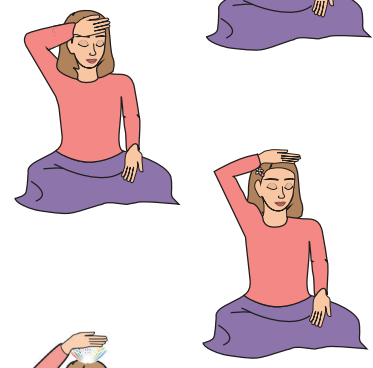
Right hand upon your stomach, say, "the master of my self, I am,
satisfied and peaceful, in balance - yes, I am"

Right hand upon your heart, we say, "I am my pure Awareness,
I am pure Spirit, Love and Joy, I am secure and fearless"



With hand upon left shoulder say "Now, I am not guilty,
I am the witness, and detached, I am now speaking sweetly"

Hand upon the forehead, say, "Now everyone I forgive"
And humbly ask the Source of Life, "please help us all to live"



With hand upon our crown, we ask, "Please rise up now and Flow,
within us is that Mothering Power, that makes all Nature grow"

Now raise your hand a little, cool Breeze there, feel, you will
Allow attention to dissolve - in Flow there now - Be Still



In this Sacred Silent Stillness, you find your Self can grow,
So just allow your Self - Be Still - Being Aware - In Flow

(Many meditators report your ideal flow-state is silence)