

LIFE SWITCH PRACTICE

Before beginning each of these practices, it is important that you have engaged in a meditation to connect with higher-being. You do not need to have established strong communication, or the perfect realization of this part of your being. All you need to have done is meditation upon the possibility that there is a higher part of you, that is connected with you here and now, and the life you are living.

Doing this type of practice opens the gates of possibilities, so that the deeper connections can be formed, and your higher being can start to have a direct influence on your thoughts, emotions, and events in your life.

After you have learned to tap into higher-self, it is time to learn how to create the kind of a life that your soul wants you to have.

To do this, we will be reverse engineering your ideal life, from the soul's perspective.

The Life Switch Practice is an experiential meditation that moves you from realization into actualization.

What this means, is that you will go into a meditative state to experience what an ideal day is like in your ideal life. Then you will experience it in the imaginal realm. Once you experience it, mentally, emotionally, and spiritually, your powers of observation will begin to manifest these ideas into reality.

This works to re-program your subconscious mind as it does not know the difference between reality/ fantasy, past/ present/ future. Since your psyche cannot make that distinction, it will start to tune your behaviors and beliefs in such a way that you will start to draw the ideal circumstances to you.

But the moment and the wisdom are lost if it is not actualized into being through action.

This contemplative practice is very useful but is wasted if not acted upon.

Working in this way is called Transcendent Magic. You are not focused upon casting a spell to manifest a specific car or lover to you. Rather you raise the state of your psyche and soul into resonance with higher-being. As you do this, the resonant energy of this state will draw to you those people and situations that are in resonance with higher-self and your soul's purpose. You do not need to focus on the attainment of specifics, but be open to receiving the ideal.

Four switches

We will begin the realization process by using the metaphor of a switch.

Imagine that deep in your psyche are control panels with switches that activate certain aspects of your life. On these control panels is a switch that is currently set to perpetuate the conditions of your life, as it is. When you flip the switch, the energy changes and you start to emanate the sacred energy of your soul.

There are four switches, located throughout your body that control certain aspects of your life:

1. Top switch – Head - Conscious definitions
Consciously define the parameters of your new life.
Use words to describe it as you visualize it
2. Bottom switch – Heart - Emotional states
Feel what this new life means by embedding those words into your psyche by emotionally feeling them as strongly as you can
3. Left switch – Shoulder - Awareness of experience
Lock in this awareness by experiencing an ideal day in fast-forward speed
 - where you live,
 - where you work/ what you do for money,
 - your daily mindless routine,
 - challenges to face
 - successes you encounter
4. Right switch – Shoulder - Activation through action
Execute upon the vision and by setting things into motion
When you get this button, the events begin to transpire to make your vision a reality. Proceed with caution, hit it only when certain.
Commit action to fulfilling this vision

You may be tempted to do this work all at once, but that is not advisable. At the most, you can work on the top and bottom switches in the same session.

Once you have that information, then you can work on the Left Switch to start experiencing what that life is really like, rather than just knowing and feeling it.

Finally, when armed with the experiential information of the Left Switch, engage the Right Switch with a planner in hand to document the steps you need to take to actualize the experience.

Steps to the Life Switch Contemplative Practice

Top Switch

Head - Conscious awareness of the parameters of your ideal life

Find a calm place and time where you can be by yourself for at least a half-hour or more. Set yourself with pen and paper.

Connect with Higher Self – you will need guidance from this part of your higher being in order to see your ideal life from the souls' perspective.

The reason being, is that your life up to now may be the creation, or the influence of others upon you. If you are to connect with your soul's purpose, then you are not to live a life that others want for you, or that you may think you want. Tap into the soul to find why you are here.

The Process:

Close your eyes, take a few deep breaths to calm, center and focus your mind

Bring your awareness to the center of your brain/ head

Imagine that there is a switch that says, current life / Ideal life – flip the switch, see a light come on and get ready to write

Let yourself free associate the parameters of your ideal life. Let yourself be surprised by what you get.

Ask yourself these types of questions:

What is it that your soul needs in this world?

What does that life look like?

Where are you living, how are you living, what are your sources of income?

What do you do for fun? Who is in your life; what kind of relationships do you have and with what types of people?

Define your typical day - from waking to sleeping - what are your mindless daily routines?

What is an ideal day like - out of the ordinary, and extraordinary?

What potentials lie ahead, knowing there is always room for growth?

What potential pitfalls lay ahead - things you know you need to be on top of, less this life crumble?

What kind of successes do you have on a daily, monthly, quarterly, or yearly basis?

Give yourself some space between each answer for the next step of the practice.

Bottom Switch

Heart Center ~ Emotional State of your ideal life

Knowing what an ideal life is like is not enough to make the changes.

You need to feel what it is like to be in that life. Again, your soul knows what it is like to be in that place, and when you connect emotionally to this existence, you start to embody the reality of living your purpose in this life, and the joys that it can bring.

Do not worry about the results of this step making any sense. It is not supposed to.

This is moving from your rational mind, that wants everything to make sense, and into your emotional body that can feel its way through life with a deeper understanding than your rational mind can comprehend.

The Process:

Again, find a calm and quiet place where you can write and connect to higher being, with the intention of seeing your ideal life from the soul's perspective.

Be open and let yourself be surprised.

Take a few deep breaths, calm, center and focus your mind.

Bring your awareness to the center of your chest where you will find another switch.

This one is labeled Current Life / Ideal Life

Flip the switch and let a course of energy and emotions run through your body and being

Now open your eyes, look over your list from the Top Switch. As you read through each line, bring you awareness to any emotion you feel.

Name and list each emotion as they come up – along with the answers to the first section

Spend a moment to connect with that emotion connected with the ideal life - imagine that you can give it a voice- write, next to the emotion you defined what that emotion would say, if it had a voice

Left Switch

Left Shoulder - Experience a day in the ideal life

Give yourself at least a day before this step of contemplation. This will clear your mind of any expectations. Be willing to engage the first two practices a few times as you may get more answers that will help with this part of the process.

Let yourself look over your lists of parameters and emotions. Think about them and feel them. If new ideas and notions come to mind, write them down.

Again, let yourself be surprised by your answers rather than trying to plan them out and create them.

The Process:

Just like with the first two switch meditations, find a comfortable place to sit, and something to write with

Connect to higher being. Deep Breaths, center and focus.

Look over your list of answers and emotions – let yourself think about those parameters and feel some of those emotions.

Close your eyes, go deeper into your being and bring your awareness to your left shoulder.

There, you will find a switch labeled: Current Life/ Ideal Life

Flip the switch. This time a TV may turn on, a Movie may play, or some other form of playback will happen.

As this happens, imagine that you are watching an ideal day in this life, playing at hyper speed. Even if you cannot visualize or see this experience, this part of you will have an idea/ notion of what that experience is like.

Focus upon the mindless routines of the day: waking, hygiene routine, daily life, evening life, settling in for the night, bedtime routine

Let yourself feel the emotions connected with all of it - everything from joy, sadness, loss, fulfillment, obligation, duty, purpose, ennui, inertia, worry, need, etc.

It is important that you try to experience everything as if it is really happening. Notice colors, textures, sounds, temperatures, smells. Anything that can be a sensory experience.

When you open your eyes, write down all that you can remember from this experience

Right Switch

Right Shoulder - Putting the experience to action

Now you know that this life now exists because you observed it.

Armed with that knowledge, you can discover the steps you do take to reach that existence.

When it comes to transcendence work, it is not enough to simply observe it and know it. You must put your newfound knowledge to the test by bringing it into existence.

Time is the medium by which manifestation occurs. Meaning your realization will not come into actualization, instantly. There are steps you need to take, opportunities you need to grasp, and planning that must happen, to create the reality you have just become aware of.

That is the purpose of this final switch. Thus, it is important to hold off taking this step until you have experienced the reality of the third switch. If you need to repeat the third step a few times, then please be patient with yourself and take the time you need,

The Process:

Do the same routine that you have become accustomed to.

Find a quiet place to relax and write

This time, have a planner ready, if you wish to use it

Connect with higher being

Breathing to center and focus our mind

Review your notes of your ideal life – allow yourself to feel and re-experience anything that comes up.

Now, close your eyes and bring your attention to your right shoulder where you will find the switch that says, Current Life Ideal Life.

Flip the switch and ask yourself: what you can do, now to build that state of existence

When the moment feels right, open your eyes ready to write down whatever comes to mind.

You can focus on goals - year, 6-month, 3-month, month, week, day goals to achieve

Better to focus on systems and standards - what are the things you do, daily, weekly, monthly, etc. that create this life.

All you do, for now is write and see what comes out. Let yourself be surprised what you discover as you write this down.