

# 101 Thoughts to Experience a Spiritual Awakening!

By Jafree Ozwald  
[EnlightenedBeings.com](http://EnlightenedBeings.com)



# Your Sacred Instructions

You are about to experience a spiritual awakening in your life! Are you ready? You'll know when you're having a spiritual awakening when you are constantly seeing, feeling and experiencing everything and everyone as the Divine. Everywhere you are, you will only hear the Divine talking to you, showing up in people, in the media and in each conversation you have. There will be a profound state of peace inside you all the time, no matter what occurs in your outer world.

As you read through this book, allow your heart to soften and your mind to open. Begin this awesome spiritual adventure right now with a firm commitment in your heart to practice sitting quietly doing nothing everyday. Simply sit in a chair or down on the floor with your back against a wall, close your eyes and look within for 48 minutes in a row everyday for 101 days. This is an ancient science to finding the land of total peace and satisfaction, and it takes less than an hour to arrive.

As we all know that water needs 100 degrees Fahrenheit to start evaporating, the mind however needs **exactly 48 minutes** of sitting silently, looking within, doing nothing, before it begins to evaporate as well. Nobody knows why water boils at 100 degrees Celsius exactly, or zero degrees to freeze, yet this numeric calculation is not important either. What is important is that it is a scientific fact, and it's the same phenomena for centuries has been know that after 48 minutes of sitting like a statue, you will have transcended the mind and found an eternal reservoir of peace within.

If you cannot commit to 101 days, just try it for 3 days just as an experiment. You will be amazed at the results in such a short time! You have nothing to lose (but your ego). Get a timer so you don't have to keep an eye on the clock and look inside yourself for 48 minutes. Just relax and let go of any tension in your body and just rest deeply inside it. Relax into your personal connection to Source. No efforting is required! This is a divine invitation to discover peace inside you by inviting the ego to learn patience. The spiritual experience is about learning what "quietness" feels like inside your body. Do not lie down, sit up so you will not be tempted to think or dream. Remain alert, awake and conscious of this quiet stillness inside you.

After your timer has beeped, get up and read one "Awakening Thought" every morning and meditate upon it throughout the day. Do this each day for the next 101 days. If the thought requests you to take a specific action, then follow whatever spiritual exercise you are given for that day. By turning this into a daily habit for 101 days you will build discipline in your life which is what's needed to transcend the chattering mind. Do whatever you can to bring the mind into the present moment. The substantial energy, focus, and consciousness that you'll find is amazing. Your awareness will soon become finely tuned and ripe enough for your "awakening" to occur.

If you have a deep personal resistance to meditation and are full of excuses to not sit for 48 minutes each day, it's good to know that you can still access this spiritual connection inside. Most likely it will take you years or decades to discover it rather than just a few weeks or months, yet it will happen if you continually relax your body, open your mind and read this book. The key is to step back and be free from the

narrowing and judgmental mind. However the good news is that the more doubt, disbelief, and resistance you have, the greater the transformation and spiritual awakening will one day be.

If you wish to see the fastest and easiest results, make a game of it and explore what it's like to sit for 48 minutes without a purpose, desire or direction. Just sit for the experience of investigating silence. That is all that is needed. Take this time every morning or evening (every 24 hours) to enjoy this divine exploration of discovering your soul. By practicing sitting still, like a stone statue for 48 minutes a day, you will soon find that your life unfolds in the most effortless and magical ways. Besides experiencing each moment as a merging with the Divine, you'll know without a shadow of a doubt that you are able to manifest anything that your heart desires. You'll see that whatever challenging situation you are currently in right now is divine and sacred, and be able to truly enjoy this blessed magical mind-body you've been given.

You are most likely reading this book because you found out that the outer world simply does not satisfy you, and you found some hint of freedom within. The more you can look within and be present with what shows up, the easier it becomes to have a spiritual experience everywhere you are. Just remember that everything you need to be happy, free and enlightened is already inside you and available to you right now. If you just ask, look, make the intention to discover it and relax into your body, you'll soon enjoy the greatest blessing of the Universe... the infinite nature of your innermost being!

What you do with your time here on Earth is priceless. You were given the gift of LIFE so that you could evolve, grow and ascend in consciousness. You are here to celebrate this blessing called life. It is a school as well as a playground where you can discover a profound joy, bliss and aliveness throughout your day and evening. Just remember that this joy always begins when your seriousness ends. When you let go of trying soooooo hard to get it right, and just learn how to be happy with what is, there will be a huge shift inside you.

However you decide to invest your time each day, each hour and every minute is up to you. You are the ultimate choice maker of your reality. Every choice you make is what determines the quality of your experience of life. You cannot "waste" your time here as long as you are conscious. There is no such thing as wasting time when one is 100% conscious living presently in the now. This consciousness is your very nature and it is the intimate connection you have with this all intelligent divine Universe.

It is your destiny to learn how to become truly free from all limitations and timeless! You can learn this sooner than later if you're willing to surrender to the Truth of who you really are. You may not really know quite yet who or what you are, yet just keep looking. You have an eternity of time ahead of you as a soul, and you have a very limited time in this physical form unless you dramatically increase your vibration. Yes, you can live to be 500 to 1000 years if you are constantly experiencing this infinite realm of joy, bliss and oneness in each moment. The possibilities are endless for those who are willing to take the risk to believe in them.

It's good to know that life gives you the exact experiences that you need to transcend your old stuck thinking patterns. When your body dies, your soul will go on to experience other dimensions and forms. There is no end to this moment, it is an eternal experience. As you get to understand this eternity of time here now, you also experience the infinite realm of possibilities that your life contains. Think of it as an amazing opportunity for you become truly free from all limitations that make you feel stuck and powerless. The spiritual experience is about experiencing yourself as spacious, timeless and always connected to an infinite source of intelligence, love, power and bliss!!

Notice if there is a part of your mind that is attached to your life having to look a certain way. What if this is holding you back from this all expansive oneness? The omnipresent Source of bliss is here, wanting to pour through you. Just stop everything that you're doing and be still. Wait for it to find you. The more you can look inside and notice your "Noticer", observe your Observer, experience your Experienter, and watch your Watcher the easier your life will become. When you feel your mind pulling you into a story, one that engages a desire, fear, hope, dream, or repeating thought/sensation...breathe! Then notice again who/what is not attached to any of this. Be aware that you live in a bodymind, yet realize today that your original home is a place that is beyond any potential suffering that may occur.

If you experience a spiritual high one day, and try to maintain it or return to it, don't! Do not try to maintain or possess any spiritual experience when it occurs. It's already a part of your past a few milliseconds after it happens. Don't try to bring the past into the present, that is what makes you have a dead experience of life. Just be in the present, that's all! Thank your spiritual high for coming and integrate it as best you can. Each experience already contains this potential spiritual energy and consciousness. So just relax into the one that is happening right now and you'll experience the rest of your life is a grand spiritual journey! By simply being open and receptive, you'll most likely have another one the very next day!

The most important thing of all is that you practice being gentle and patient with yourself in all situations. Learn to love and accept those parts of yourself that you don't like, and make time each day to let go of all your thoughts and fall into this moment. Let go of your life and dive into who is experiencing this experience of your life right now. A childlike state of wonder and curiosity is your ticket on this ride and will take you into the greatest freedom you can imagine! Remember that every experience is the right experience, and this make it much much easier to assimilate whatever happens to you along the way. There is a future orgasmic state of bliss awaiting you at the end of your life, so have fun and enjoy the process of your spiritual awakening!

Start your journey right now and download this enlightening sign by [Clicking Here!](#) Cut it out and put it on your bathroom mirror. Read it everyday for the next 3 months and imagine what it will be like to implement this message into every experience of your life!

## DAY 1

You can always choose to be at peace with what is. At any moment of your life you can decide to accept life's circumstances instead of resist or judge it. The result is total fulfillment and joy on every level of your being. It is your choice each moment where you choose to focus your attention...on what you want or what you don't want. Your assignment for today is to ONLY focus on what you want, and be at peace with what you don't want. Entertain the feelings of being at peace, no matter what occurs in your outer world.

## DAY 2

This moment is the only thing that is real. Everything happening between your ears is a grand illusion created by your mind. This moment contains the only true existence. It is the only place you can find the Divine. The past and future are amazing, yet are delusions that take you away from the Divine and are not actually real. They are continuously being fabricated and replicated by your mind. For 10 times randomly today, stop the mind by surrendering to the present moment. An amazing spiritual experience will begin to unfold within you the longer you can remain completely present to the Now. Don't take my word for it, check it out for yourself and see for yourself!

### DAY 3

Whoever you've decided you are, is still the tiniest fraction of who you really are. You are not defined by the ideas you have about yourself, nor your desires, nor the shape of your body, and not the positive or negative attitude of your mind. You are beyond all of this. You are indefinable. You are greater than your mind can fathom. You are a spiritual energy which is unbounded, and infinite. This is the true you that will never die. For 5 minutes sometime today, sit with the question, "Who am I?" Explore it with your heart, not with your head. Be aware of the mind whenever it creates another idea of who you will be, or who you were, and instead dive into the very essence of your being. Explore what is here now at the very core of you in this moment.

## DAY 4

For today, get out a pen and paper and for 20 minutes write down everything that you appreciate about yourself. Small or big does not matter, just keep writing these positive statements down. Then choose the top 3 most emotionally moving appreciations on your list, and sit down and FEEL these ideas inside your body. Notice where you keep them inside. Post your list on a wall where you can read it and add to it anytime in the future. Whatever you discover, revisit it again and again throughout the day.



## DAY 5

Finding inner peace being alone is the gateway to freedom and is the foundation of every spiritual awakening. I invite you to take this weekend to be completely alone and relax. Find a very quiet peaceful place where you can simply be yourself and discover a deeper state of peace inside. Eat healthy foods, take a nap, meditate and go for a long walk everyday. Learn the sacred art of relaxation! Rest in your innermost being and enjoy the experience.

## DAY 6

For today, explore the perfection of duality. Notice there is both “darkness and light” within every person, thing, place and experience. Get out a pen and paper and write down all of your biggest judgments and negative beliefs you have about other people. Then write down the opposite (positive) aspect of each belief. Notice what happens when you see the divine balance within each negativity in your life. Explore and FEEL this divine balance within yourself today. What would your life be like if you only saw a divinely balanced perfect state in everyone and everything? Remember, the Universe is completely balanced, perfect and Divine. The negative judgments created from the mind make your world appear to be anything but that. Acknowledge the perfect balance that exists in life and recognize this each time you judge yourself or someone else today.

## DAY 7

Uncontrollable mental chatter is the cause all suffering in your life. The moment you stop the mind, for even a few minutes, a powerful peace-filled energy arises inside you. Try it and see! To become the divine observer of your mind and step back from the sixty thousand thoughts that run through your head each day, simply choose to become the ever-present witnessing observer of each experience.

Choosing to be vigilantly aware of this ever-present observer of your mind can make the typical tragic-dramatic day transform into a harmonic symphony of joy and love! For today, devote all your energy to watching the incessant chatter happening inside your mind without buying into its drama. It doesn't matter what the mind does today, just be a super-observer and watch with amazement! If you get tangled up in some "important" thoughts, don't try to stop them, change them or participate in them! Simply sit back even deeper behind your mind, and relax your body. You can find it extremely entertaining to simply watch, listen and have a good laugh all day long.

## DAY 8

The greatest spiritual energy in the entire Universe is inside you, right here and now. There is nothing you can do to diminish, taint, or change this ever-present spiritual consciousness that is flowing through you. For today, imagine you have the volume control on the “knowingness” that YOU are this eternal spiritual energy. Turn up your knowingness as high as it will go!! What does that feel like to KNOW (without any doubt) that YOU are the most powerful indestructible eternal infinite energy in the entire Universe? Practice KNOWING this Divine Presence is you all day today. Initiate and integrate this knowingness while you work, eat, drive, play, and engage in conversation with others!

## DAY 9

Feelings are what make life extremely rich and juicy. They give your life dimension and create a more intimate and personal experience of reality. Your feelings enable you to heal yourself as well as accept the infinite mystery of life. For today, allow yourself to let down your protective shields with the world and explore how you really feel about yourself, others and the world today. Give yourself permission to feel everything and anything you can! Invite in and explore every type of feeling that comes into your body today. Confront the feelings you've been avoiding and breathe deeply into them! Sit with them and simply FEEL THEM! Keep your mind and heart open to this rich rewarding egoless experience. This is your turn to be emotionally free! Trust your feelings. Stop resisting them and dive into each one with an open heart full of curiosity, wonder, and courage. When you stop trying to manage and control your emotions they will transform you from the inside out.

## DAY 10

Your real power in life doesn't come from money, prestige, material luxuries, or physical strength. These things can all be taken away from you. True power comes from that which is permanent. It is found by discovering that one thing that cannot change or be destroyed. Your assignment for today is to focus on that ONE thing which does not change or die in life. It is not far away; in fact it's closer to you than your next thought. By accessing your real power you are no longer a victim to issues from your past, or trying to manage who you will become in the future. To find your real source of power look inward to where the source of your consciousness is coming from. This subtle energetic fountain of bliss is who you are! Take this precious day today and explore who/what you truly are. Pay close attention to this infinite stream of consciousness and surrender to the flow of its permanent and unchanging awareness all day long.

## DAY 11

It is time to release any mental, emotional, or physical inner wounds you are holding onto, so that you are more open and receptive to the divinity within. For today, redirect your attention towards the most soft, gentle, loving, healing energy you can imagine. Perhaps it's Mother Mary, a new puppy, a soft fuzzy blanket, or receiving a massage from a divine healing master. Whatever you focus on, let yourself SOFTEN and welcome the relaxing healing vibrations all throughout your body! This gentleness will help you heal in more ways than you know. Imagine a soft healing energy is penetrating every cell in your body throughout the day today. Notice how your face changes in the mirror when you are focusing on this healing energy.

## DAY 12

Whatever suffering is occurring in your life, remember that it's simply there because you keep dwelling on it! Stop entertaining these thoughts and realize that you are the master who is always manifesting your experience of reality. Take 20 minutes to write down and release everything you think is "wrong" with your life. As you write it, feel it releasing from your system and proclaim that the opposite thought is now true! Get it out of your system so you can stop thinking about it. Once you stop focusing on what's wrong, and start thinking about what is right, your suffering will end. Throughout today, practice letting go of trying to fix yourself or figure out what's wrong, and focus only on what's right with it. Practice formulating thoughts that are constructive rather than destructive today. Think only about what inspires you, excites you, and makes you happy. Your thoughts happen for you, not to you! Spend your entire day focusing on what an amazing and magnificent life you have.



## DAY 13

The mind is always busy focusing on something. It is stuck in an automatic and unconscious perpetual shift of attention. It has been busy your whole life, and desperately needs a vacation! Your exercise for today is to not focus on anything. Get a timer and for 3 minutes practice having no focus at all. To prepare yourself for this feat its best that you sit down, lean against a wall, and relax every muscle in your body. Once your body is at ease, simply experience your own presence. If your mind starts to dream, think and wander, reset the clock and start over! Do not push your attention onto or off of anything. The mind cannot focus on 'not focusing', just be in a deep let-go and surrender to your own presence. Be completely present to the presence inside of you. Surrender to the continuous experience of your presence and the Universe will provide you with everything you've been searching for your entire life. Once you stop focusing completely for a few solid minutes, you will empty yourself out and be filled with the highest possible awareness you can imagine.

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## DAY 14

There is no more need to be stuck! The same old stagnant patterns of your mind are a delusion. You are not stuck anywhere...wake up! You are a divine being of God. Make the commitment to ignore that old path of lacking money, love, empowerment and freedom. Don't you already feel hopeless and pathetic enough? For today, practice saying YES to the experience of having access to love, joy and total freedom! Choose to feel free in your work, or lack of work. Choose to feel free in your amazing relationships or your lack of amazing relationships. Choose to feel free in your health or your lack of health. Commit yourself to FEELING FREE! You are free to feel, think, imagine and believe anything you want. Just claim it today, this is your freedom! You are free to say out loud right now, "I AM THE GOD-FORCE, POWERFUL, ALIVE AND FREE!"

## DAY 15

You will live for eternity. Sure this body and mind will die someday, yet you will go on and on and on. Once you know in your heart that you have an infinite amount of time ahead of you, you relax and step into an expansive timeless multi-dimensional spiritual experience. Every little occurrence becomes another opportunity for spiritual growth and enlightenment. Here's your assignment today...act as if you are living an ever-youthful energetic super-alive bodymind that will live far beyond 1000 years!! Have conversations with people from this place, knowing you will live forever. Imagine the wisdom, relationships, and life experiences you will have during this time. Feel, experience, and know you live forever in an ideal anti-aging state of being. Explore, imagine and rediscover who you are!

## DAY 16

The quality of our personal relationships represents how interconnected and whole we are within ourselves. For today, take some time to recognize and acknowledge all the interactions, connections, relations, and relationships you are still thinking about from your past. This may seem like an impossible feat, yet just do the best memory recall you can. Go back to your childhood, grade school, high school and take a good look at what memories you are still repeating. What would you have done or said differently? What do you wish you would have experienced? What happened to your heart when you DID start doing and saying what you wanted to? Your assignment today is to go and tell those people what you most need to say, and start doing those things you most want to do with them! This is your chance to make a significant life change in their heart and in yours. This exercise is HUGE, and will free up more spiritual connection than you know.

## DAY 17

Shine the light of consciousness into your unconsciousness, and you will illuminate your soul. Right now, there is a massive amount of hidden, “unknown” buried material in our unconsciousness. For 30 minutes today, bring your awareness into your unconsciousness. How do you do this? Sit in a dark room, close your eyes, and relax deeply into your belly and body. Allow any thought to arise that may be hidden beneath the surface. When they do, the instant they enter your mind, imagine you’re shining a bright golden spotlight on them immediately! However this light is so powerful it incinerates the thought and they dissolve instantly, giving more space for you inside. During this exercise know that you are safe here, no matter what you experience. Even though you may see nothing, and feel nothing, stay present to the void. You may feel your entire body and mind have disappeared! Simply remain present and aware that consciousness is always here.

## DAY 18

For today, imagine the most exotic heavenly healing home of your dreams. Design it in your mind in great detail. Picture the layout of the land, the size of the home, the structure, interior, and decorations. Perhaps you have an outdoor pool, sauna, hot tub and personal massage parlor! This is your fantasy home so make it THE most exotic version you can fathom. Now, imagine your dream home is inside your heart. Actually visualize it there, and see yourself in it feeling safe and secure here. Know that you can leave or return to this palace at anytime. Merge with the energy you feel in your heart center and relax into it. Rest and receive any awesome healing energy that comforts you. This space is extraordinary! An indescribable abundance and joy exists here, that will spread all throughout your life. Abide in your heart's inner fantasy sanctuary today and carry it inside you wherever you go.

## DAY 19

Life is best viewed as a grand creative project. This body, this mind, this moment of your life is the greatest opportunity to experience being a designer within existence, so that you may discover the Divine presence you really are. The images you project onto the Universe always become your Reality. Whether they are powerful, warm, sunny and optimistic, or cold, dark, depressing and frustrating, you are the grand designer and this moment is a result of your creativity or lack of it. For today, give yourself several hours to relax and express yourself fully through some creative venue. Pick up a paintbrush, pencil, paper, find a block of clay, write something inspiring on your computer, or have an intimate revealing conversation with a total stranger or friend. Just do something extra creative today that you enjoy, and let yourself disappear in the creation of it.

## DAY 20

This Universe is your playground. You can be whom ever you choose to be. There are no rules on who you can or cannot be. So, who do you want to be today? What thoughts and beliefs do you most want to have that will take your life in this new direction? Create in inner map for yourself, a guide that arrives at your ideal future state of mind. Start by exploring what thoughts you like to think about and write them down. What does your favorite teacher or master usually say, think about or focus on? What will it feel like for others to be around you when you're in this new state of mind? Randomly ask yourself 17 times today, "What am I thinking? Is this thought creating who I want to become?"



## DAY 21

Look even deeper within. What is generating your thoughts? Where is the source of the thoughts that are coming through your mind right now? Ask yourself randomly today, if you are not this whirlwind of thoughts, who are you? Then look beneath them and beyond them. Sit with this question for at least 10 minutes today, "Where are my thoughts coming from?" The infinite universe, pure consciousness and change are the only three constant things in life. Meditate on them all throughout your day today. Practice embracing this truth on all levels, mentally, physically and emotionally let this truth seep deeply into your core!

## DAY 22

To be spiritually awake means you are fully present to this eternal celebration of life in each moment. There is no judgment about good/bad or right/wrong. You are simply in a state of awe and gratitude for what is. This is a completely effortless task, yet even "effortless" is too much a word to truly discover it. Go about your day even more freely, lightly and effortlessly than you ever have in your entire life! Make celebration of existence the #1 commitment throughout today!!

## DAY 23

Who you think you are is just a concept, and is not even close to the amazing multi-dimensional being that you really are. Look into a mirror for 5 minutes today, star into the black holes in your eyes. Let yourself disappear in the emptiness. Stay for 30 seconds in one state of mind. Keep breathing and noticing who is the “creative witnesser” behind your eyes. Observe what conscious spiritual energy is present. Lose yourself in the experience. Let yourself dissolve into the “experiencer” who is having the experience.

## DAY 24

Enlightenment comes from consciously being in touch with the core of your experience. This core is where we evolve our consciousness. For today, search for the central-core of your experience. This means that you drop out of your head and into your body, feeling what is truly happening inside it. Bring your attention into the center of your body throughout the day and welcome whatever shows up in there. Feel your heart and belly deeply, more so than ever before. Let this begin the path inwards where you discover the core of self-realization. Explore what it's like to truly live and breathe each breath being in touch with the center of your being.

## DAY 25

There are no accidents or coincidence in this world. Nothing is by chance. It is all a reflection, indication, expression and manifestation of your bodymind's vibration. Your vibration is determined by the thoughts and feelings you choose to experience which are also being sent out into the Universe. Your bodymind is like a massive radio tower that emits a personal "signature" energy which is constantly being received by the Universe. Positive feelings/thoughts create easy, healing, and satisfying experiences, while negative thoughts/feelings attract situations that leave us with a dark, lonely and impoverished experience. For today, hold your attention on the most powerful vibration there is... LOVE! Start by tuning your radio tower so it's working at 100% by practicing Self-love. Love yourself no matter what happens today! This commitment releases all negative possible "accidents" from entering your vibrational field. You'll win every battle with pain, poverty, and failure. Imagine what it will be like to be Self-Loving and Self-Accepting for the next 24 hours!

## DAY 26

Enlightenment comes like a bolt of lightning, yet can trickle throughout your life like a slow soothing stream. Investigate today how you causally react to people. Notice if you generally have a protective hardness, lightness, resistance, friendliness, defensiveness, pushiness, or perhaps a needy energy. Watch what typical reaction you have with others and don't change it. Let it change into something else on its own. Be patient with it, ask it questions that might unravel its past. Don't be attached to what comes about, simply drop into it profoundly. Choose to be in the your heart of your programming deeply and let the self-realization come out of it. This is the only thing that will stop the habits and is how you will evolve quickly in your consciousness.

## DAY 27

You know you're an awakening being when in the midst of chaos and suffering you are completely at ease. To arrive at this divine destination, for 30 minutes today meditate on a vast space of nothingness all around you. Do this in complete silence, just imagine that you are somewhere way out in the Universe and for billions of miles in all directions there is emptiness. Put on an eye mask and earplugs if necessary so you don't see or hear anything. This spacious space is always available inside you. If you truly want to awaken the spiritual experience in your life, I invite you to dive into this spacious silent place for as long as you can today.

## DAY 28

It is your choice when you let go, not if you can. Making the decision to let go of your problem is 90% of the battle. Making a choice means releasing the past and move forward with Life. Letting go is a natural part of life. It is the initiating key in the Enlightenment process. It starts when you stop judging yourself and your life and begin to merge with the experience of the whole thing! Make that decision today to let go of ANY indecisiveness and move forward with confidence that you can choose to take a baby step today towards letting go of your judgment on your life and enjoying the experience more often.



## DAY 29

The experience of bliss is happening to someone...somewhere...right now, this very moment on this planet. Meditate, focus and tune into those beings who are already there. Imagine what they are doing, how they are being in the world today. Let their experiences of bliss seep into your mind and your life. Write in your manifesting journal descriptive sensations and experiences.

## DAY 30

The essence of eternal life is flowing within you now. Look! Where does it come from? If you dive just a bit deeper today you'll be presented with something extraordinary. An essence that contains an infinity of magical possibilities. This is who you really are.

## DAY 31

Dive all the way in! Explore going down to the bottom of your deepest darkest trench and muck inside. There will you discover that which will lead you deeper, to your core. Just for 5 minutes today, hang out with your dark stuff. Get to know it is vibration. Being with the contracted parts of yourself assists you in knowing what it is you are to transcend.

## DAY 32

For 6 minutes explore this statement: "The Truth of Who I Am Is..." Just pointing in this direction will spontaneously and magically allow you to awaken your highest level of being. You can easily transcend and ascend past old illusions when you are centered in the truth of who you are. All your unconscious hypnotic "doing and thinking" patterns will disappear when you are present to this Truth.

What do you feel like you need to do today to discover more about the truth of who you really are? Knowing who we really are gives us permission to forget who we think we are.

## DAY 33

This Universe is abundant and over-flowing with positive energy. Just stop whatever you're doing and notice this. The moment you pay attention to this abundance you resisting it from coming in. Take 7 minutes and meditate on ALL the abundance in the Universe right now. Let your mind get out of the way, and explore what it feels like to think expansively. Know that everything you can imagine, you can experience.

## DAY 34

Through inner peace, outer power is generated.

With inner freedom, boundless love is created.

Meditate on pure consciousness, feel the inner peace and the outer power. You will discover your divinity.

## DAY 35

The goal of the spiritual path is to become fully conscious. This means to explore what is unconscious or hidden from your plain view! For today, allow whatever you don't want to look at, or see within, rise to the surface to be seen, felt, heard and loved. Get out a piece of paper and pen, and continue writing whatever feelings arise to the surface. Don't stop writing for 30 minutes even if it's the same words over and over. Continue letting go of whatever is inside you on the paper, releasing it from your unconscious mind.

## DAY 36

What area of your life do you most need to create something completely new? Often people get hung up on avoiding the material world because they assume it is not spiritual. Yet, how will you feel when you follow through and complete that one task that you are avoiding doing? This is about being at peace with yourself and your life as it is. Do that ONE thing today that you've been avoiding doing. This will allow you to be a new person who's mind is calm, bright and completely at ease. Don't wait! Do that one thing that will put your mind at ease... right now!



## DAY 37

If we look beyond our physical existence, we'll soon discover the subtle realms and experience the infinite quality of our soul. Take a single glimpse into what is beyond this physical 3D world. It will reveal everything you need to know. Let something higher, from the beyond enter you. For 5 seconds at least 20 times randomly today, allow yourself to feel the subtle energy inside your physical body. Tune into that emotional and super subtle energy you feel vibrating within your being. Get curious about what it is like, and where its coming from.

## DAY 38

Do not do your ordinary daily routine today. Instead mix it up and do something completely out of the blue! Jump into this extraordinary moment of your life. Now is where you discover that you are divine consciousness. Relax... don't be anywhere special. Being no-where is the greatest thing you can do to start being now-here.

## DAY 39

This moment is your opportunity to embrace your divine Existence. Nothing is holding you back. Your skeptical mind is not who you truly are, so simply let it go! The burdens you carry do not exist; they are all in the illusions of the mind. Stop thinking, planning and pretending! It is too much effort to always be doing. Just stop randomly throughout the day today and go directly to the Source of who you really are.

Forget about everything that you “should be”. Remain fixed upon what is real and true inside you. For the next 7 minutes, breathe slowly and deeply and release all the heaviest illusions which you get caught in that weigh you down everyday!

## DAY 40

Start your day with the simple practice of relaxing your body from head to toe. The more your body relaxes the more your mind will be at ease and the greater the inner peace will be. After your body is relaxed bring your mind to stillness by visualizing a large beautiful calm lake that is as smooth as glass. Let your mind merge with the water. However long it takes to reach this quiet stillness, keep sitting until your mind drowns into the complete stillness of the lake. When you get a good dose of stillness you will see you have full access to the highest Universal power and intelligence available in this Universe.

## DAY 41

The basic struggle of your life in its essential nature is divine. Respect the struggle and it will relax. Then you will see the real beauty of your being. Notice today what it is that you are continuously struggling against. Take 3 minutes and let go of any agenda you have that is causing ANY sort of internal battle. No matter how “important” it seems, explore what it FEELS like for a few moments to be free from it! Releasing is an absolutely effortless process. There is no efforting in letting go, just set the intention to release the struggle, and let the Universe handle the details.

## DAY 42

Have you ever noticed how your mind is a relentless thinking, striving, and demanding machine? It is always busy, always attempting to create a new “you”. The ironic thing is that with all this ‘busyness’ there’s never enough time to stop and experience the real infinite YOU! Randomly today, be aware of the entertaining thoughts your mind focuses upon.

Whatever your stories are about your past and future, do not buy into them! For today, see how long you can actually remain in the present moment of Now and let your mind totally relax. What will it take until all of your internal dialog stops and the suffering is released? Your bodymind will naturally find this peaceful relaxation when you are giving 100% of yourself to THIS experience of Life, right here and now.

## DAY 43

Take 3 minutes to imagine all around you are divine beings of light. They are surrounding you with love, empowering thoughts, and absolute prosperity in every form. Breathe deeply for these precious minutes and feel these powerful beings are bathing you in their glorious divine light of love!

## DAY 44

For today, recognize a sacred aspect in everyone you meet. Feel that underneath their ego trip, and hurricane of thoughts is a divine being waiting to be seen. Know that you are completely perfect, whole and at peace at the core. Just don't think you are, know you are. At your core you have the power to experience bliss anywhere and transcend any suffering that may occur. Be this divinity, its as simple and sweet as recognizing that you are pure being.



## DAY 45

The inner path of healing you, is the only way to discover total freedom. Explore what its like to choose to heal yourself everywhere you go and whomever you are with. Make the commitment to be with you today and find inner peace with what you cannot! This is your special sacred HEALING DAY!

Wherever you go today, pretend that you are continuously merging with this loving energy and healing experience. Stay connected throughout the day by saying, "I am whole, healed and complete." Focus on receiving the most nourishing, peaceful, and healing energy you can fathom.

## DAY 46

Do you know why there is sooo much suffering in the world? Because most everyone is over identified with their thoughts and wrapped up in the EGO (an illusionary limited identity). This ego trip gets in the way of knowing yourself to be a divine flowing Source of love, sweetness, and joy! Drop whatever knowledge you have that is causing you to cling to your ego. Stop reacting and start to consciously allow life's natural intelligent and conscious loving energy to flow through you. You are divine essence itself.

## DAY 47

No matter how small or stuck you feel, you can always find a way to transcend it. For today, I invite you to dream big! Let yourself explore a new dimension of your greatest power...your imagination. Start with creating a “movie image” of what you want your life to look like, feel like, sound like, and taste like...and hold that vision all day long! Anytime your mind wanders, return to it. Stick to it like super glue for this ONE day, as much as you can. You’ll be pleasantly surprised how much you stretch yourself and your mind with this one exercise. Enjoy!

## DAY 48

For today, imagine your body is a loose, limp, wet noodle. Stop all your striving and contraction about everything in your life. Sit down and focus on the feeling of being spineless, and totally flexible. Don't just what happens from this, just do it and stay limp, one moment at a time. Soon you'll notice a deeper experience of peace and expansiveness begins to happen in your body. Whenever any muscle in your body starts to contract other than what normal activity would entail, practice this wet noodle feeling and let it expand until you are completely at ease.

## DAY 49

Today is laughing day! Take 30 minutes to laugh about anything and everything that you can. You may need to fake it until you make it happen for real, yet let the bubbling joy of your belly shake you free from any stuck energy inside. Let yourself laugh more than you have in years today. Think of only those things that lighten you up! Be a crazy silly willy until your belly hurts! You'll get a good core workout in your stomach too!

## DAY 50

Look at something in nature as if it were for the very first time. It may be a tree, a bug, a rock or flower. What ever it is, just gaze into it and through it. This will help you see the purpose of life. As you stare into the flower or tree, open your eyes and your being to experience something of the beyond. Receive the pure nature into your being. Gaze into it for a long enough time until you let it fully merge into you.

## DAY 51

Deep inside your being is an powerful awareness that is very awake, present and aligned with the “is-ness”. For today, sink into and surrender to that which is always present, always listening, always watching, and always AWARE. It is an experiencing. Allow your awareness to guide you through whatever experiences you have in your body and mind. Trust that it is all you will ever need.

## DAY 52

This is a magical moment. When you are truly present to it, you can deeply enjoy your life in all its mysterious, mystical ways. As you open yourself to the possibility that this moment really does contain magic, and deeply relax into it, then you become magical! For today, hold the intention to be intimately, deeply and completely connected to the magic of the entire Universe. Become sooooo unified with this field of energy and intelligent love, that you cannot help but to experience the divine infinite being you really are.



## DAY 53

You are here to share love and be loved. Love is the cause of joy in your life, and fear is the cause of all suffering. And each moment is your choice as to what you wish to experience. Check it out.

## DAY 54

Tapping into the infinite source is not easy, it is effortless. Just be still, and go within. Stay there and explore the deepest silence you can imagine. Observe the mind. Listen to the thoughts. Soon you will glimpse The Reality. And in one instant, you will understand the most powerful realization of all... who you truly are. After one moment of this you will see, you have the power to manifest everything you think.

## DAY 55

The World Is Your Mirror. Your response and relation to every being on this planet reflects your inner consciousness. This "mirror" is always present, always reflecting what you most need to know. Allowing you to observe, learn and grow on your soul's path to angelic development.

## DAY 56

The Universe has a plan for you. It is divine. It is magnificent. It is your soul's plan as well. Would you like to know it? It will be fully revealed to you the moment you let go of everything in your life... and experience your true Self in each moment as unbounded and infinite.

## DAY 57

All the great enlightened beings of this world became that way because they deeply understood one basic thing...their eternal connection to a divine Source is and who they really are. Take a few minutes to give yourself permission to understand this for yourself. You are an Enlightening Being, waiting to realize it today!

## DAY 58

Certain negative events will always happen to you to cause you to take a glimpse at a bigger Reality. If you can look at them with eyes wide open, you'll always notice one thing. You actually created these challenging and frightening events to give you an experience of coming home.

DAY 59

Everyday human suffering has become "normal".

This is caused by one basic thing. Unconscious  
thought patterns and habits.

DAY 60

Where in your life are you an unconscious "doing" machine? If so, then where are you a conscious being?



## DAY 61

Quantum physicists have now proven that the Universe is a holographic field of energy, matter and consciousness, with your mind/body as a Universal hologram containing the entire field. At last they've proven that the whole is contained within its parts. It

may be good to know this, or even better to remember this. Because someday you may want to sit down and explore this amazing Universe out there.

## DAY 62

The conscious energy source flows into each new moment so quickly that you cannot catch it or escape from it. You are it. And it is showing you that you are an amazing being who is connected to everything in the most extraordinary ways.

## DAY 63

Begin your journey today by breathing consciously. With each inhale and exhale feel the life living inside you. Breathe and feel the air moving in and out, continuously! Notice that it does not stop! Breathe consciously for a few minutes, or until you feel something open and expand inside you. Notice what is your experience of life?

## DAY 64

This moment contains the very experience you have been searching your for your whole life. So what are you waiting for? Do not hold back today no matter what! Go for it!! Let go of hesitation and procrastination, and you have just opened up your vibration to receiving unlimited possibilities.

## DAY 65

When one person lives everyday from what their true infinite potential is, an amazing shift will happen for everyone. A contagious reaction of a new consciousness will occur and our whole planet will wake up! Everyone will experience themselves as this Infinite Source. Believe it or not, the one person to start this chain reaction is you!

## DAY 66

If you are ever feeling stuck in life, wanting to find The Way, remember this... the mere intention of being still and silent has enough power in it to generate a complete awakening in your life regardless of how deeply stuck you feel or think you are.

## DAY 67

We must always begin Life in the here and now. This moment is truly inescapable. Every time you try to escape from the Now...you suffer. And are immediately tossed back into it with the feeling that you had some significant (or insignificant) experience of a past or future event. You call that fun? Me neither. Always remember...be here now, because you are. Stop believing in who you think you are and just take 1 hour today to do nothing. Just relax into your body, and be with whatever energy arises during this time. See what all is happening inside you today! Relax and rest. Give yourself permission to do absolutely nothing. Very soon you will discover something truly amazing....the awesome divine being who you really are.

## DAY 68

Take 45 minutes today to rest deeply inside yourself, to the very core of your own presence. Remain here as long as possible and let it rejuvenate every cell in your bodymind. It is from this space that you will understand how you are the center of all creation, and exactly how to manifest everything you want!



## DAY 69

Believe that to heal yourself is easy. You have powers inside you that are beyond amazing! Your soul is so powerful that any old trauma, dis-ease, or negative experience can be instantly transformed.

Choose today to be the most powerful healing experience of your life. Let your mind go wild, into the unknown with this possibility. The moment it does, you will feel and know in your heart your true spiritual nature is already complete and whole.

## DAY 70

Stop fighting with everyone and everything in your life today. Be totally relaxed and completely aware, that there is a current of energy taking you down the river of this great existence. The body naturally knows how to find inner peace when you surrender, and stop fighting THIS moment of your existence.

## DAY 71

Yes, you are awake. Each moment there is an awake-aware energy here now. Know that this cannot change. Rest deeply in this knowingness. It will create a transformation in your being. It is exactly what you will need today for transcending your very next unconscious momentary lapse of mental jargon.

## DAY 72

This moment contains Everything, surrender to it and guess what? You'll actually get the whole Universe with it! There is an extraordinary depth to any seemingly ordinary life.

## DAY 73

Do the opposite of what didn't work before, and believe in the power of silence. The more you can relax and just be, the more abundance of life's rich experiences you will receive.

## DAY 74

For today, investigate this experience called breathing all day long. Keep bringing your mind back to the breath, following it wherever it flows. Just be with it, if its shallow, deep, fast or sluggish. Don't try to change your breath in anyway, simply connect to it. Feel it from your heart, as if you're making friends with it. Notice how it changes when you merge with it and allow yourself to become it fully.

## DAY 75

You are always having an experience, just be present to the one that's happening NOW. If you're demanding to have an experience, you're squeezing out this one and actually missing it. The moment you stop trying to make something BIG happen, it happens to you.

## DAY 76

Stay present to consciousness, thinking all the time is not being conscious if you can fathom that. Just take time to just be present to your body, to your breath, to your life. Your body is your home, not your head. So keep dropping down (out of your head) and into your heart. Do not participate in the drama of the mind!



## DAY 77

Remain present to whatever is inside. Is there something feeding on your energy or eating at you from the inside? The problem will shift when you do. What all has happened in your life from beginning until now? Whatever it is that you absolutely do not want to feel, feel it! The moment you do, it will move and change form. Remember, E-motion stands for energy in motion.

## DAY 78

Surrender is the Secret Key to your enlightenment today. The moment you surrender to this internal battle and be submerged in the actual experience of it, it disappears! If you are having trouble surrendering, let your greatest fear arise in you. Face it directly and let go of anything you're attached to.

## DAY 79

The mind cannot keep up with consciousness. It is too fast for the mind. The mind is always getting caught in the past and future. When you are totally in the moment, there is no mind. You're sitting and being silent, being open to everything and resisting nothing. Realize that it is coming from either a fear of loss, or a fear of separation from the Source. The meditative mind happens once the feeling of whatever you want to change is fully experienced and dissolved.

## DAY 80

Enlightenment occurs in the instants when everything in your mind is completely at ease. Completely stop all worries and concerns. Cancel all negative thoughts the moment they arise. Just let you be you and notice your pure untainted consciousness. Be present to river of moments in existence in this eternally flowing, yet infinite silent still Universe.

## DAY 81

Depending on how long you've been ignoring certain issues in your life or running away from certain thoughts, the longer it may take to actually relax, train and quiet the mind. Yet the very moment you let go of your life, and are infinitely patient and accepting of yourself the way you are, a completely over-flowing abundance of relaxation and energy will rise into you and through the world around you

## DAY 82

Just for today, practice accepting EVERYTHING about yourself. Accept what you like and don't like inside you. Just feel what it is like to stop fighting yourself and accept whatever you see and feel represents you! Remember whatever you have trouble accepting, is here to awaken you even more to your own brilliance. Everything happens for a divine purpose and is meant to push you towards a more Enlightened state of being.

## DAY 83

Watch yourself today very closely for any negativity. If you encounter a serious negative emotional pull, imagine a RED stop sign jumps out in front of your face! Stop buying into the dramatic story of this negativity and step out of the game. Become aware of pure awareness itself. This is the Secret to always burning through the limiting illusions and games that your mind plays with you. Commit to taking all that negative energy and transform it into creative love for yourself, by simply choosing to. You can do this right now, this very instant.

## DAY 84

Acceptance will make you more relaxed and at ease. If self-acceptance comes in a trickle or a downpour, then that are right for you. Acceptance is the key to releasing all suffering and issues of avoidance or attachment. Allow yourself to accept everything that occurs today. This is not about being a doormat for the world, this is about following your heart with inspired actions all day long, and accepting whatever shows up in your experience. Become an “accept-oholic” who accepts everyone exactly as they are and yourself exactly as you are.



## DAY 85

When meditating, if you experience an increasing feeling of lightness, go with it, weave it into your body and ground it into your chakras. It is best to stay centered and integrate your experiences than to get lost in the thoughts they produce. The greatest meditators blend heaven and earth at all times, with a deep knowing-ness that they are this connected Infinite Source of goodness. Meditate today for 60 minutes, staying with the thought, "Letting Everything Be Exactly As It Should Be." After you are done, soak in this feeling, idea and experience through the rest of your day.

## DAY 86

Do not let the mind get attached to what meditating should feel like, look like or be like. Let go of all "shoulds" and simply be here now. This day is as it should be, just as your thoughts and feelings are as they should be right now. However the more you can accept what's happening to you right now, the better your experience of this moment will be.

## DAY 87

Whenever you find yourself in a slow, tired, or lull state of energy, imagine a bright golden light is coming from every vertebrae in your spine. It is sending light out in every direction. It blasts straight up into the sky, into the Earth below you, and in all 4 directions totally surrounding you.

Visualize this golden light as the Source of Love! Let yourself feel, believe and know, "I am the Source of Love!"

## DAY 88

When you're ready to take on a new challenge, you are ready for self-inquiry. Start by meditating on the question, "Who am I?" Conscious introspection can lead to enlightenment. So dive into yourself! Ask yourself questions all day long like, "Who is watching now?" "Who is hearing this?" "Who is experiencing this body"? Notice what thoughts your mind creates as an answer to this question.

## DAY 89

Today, speak what cannot be spoken, listen to what you cannot hear, sit with the feelings you cannot bear to feel, and see what your eyes are unwilling to watch. Simply practice being with what you are resisting, and notice the strategies you have to try to control and manipulate your experience of life. Notice what you demand from yourself, life and others and explore how you can face all your demons inside today. This is your day to become a spiritual warrior and enjoy the experience of transcending all these illusionary thoughts, feelings and experiences that you cannot be present to.

## DAY 90

For today, repeat the mantra “I AM” with your breath throughout the day. On your exhale say mentally the word “I” and release any ideas you have about who/what you are. On your inhale say the words mentally “AM” and feel the sense of presence inside. Don’t try to control the mantra, let the mantra guide you deeper inside. You can do this when you’re driving, showering, eating lunch, standing in line at the market or even just watching TV. Keep on watching your breath as you say these words and notice how your experience changes throughout the day.

## DAY 91

Patience and courage are key elements to meditating and are also a by-product of meditation. Today is your day to become a meditation master! If you have been sitting for 48 minutes everyday and still can't stay focused for more than 5 seconds, its O.K. there is nothing wrong with you. Breathe! Practice compassion with yourself today by having patience with you! Let go of any need to get it "perfect" and yet keep bringing your mind back to this moment. The more you can discipline your mind, the easier your life will become. Discipline leads to freedom and this your opportunity to be radically and outrageously free!

## DAY 92

For today, devote the next 24 hours to being gentle with you in every possible way. Practice extreme gentleness with yourself. Being gentle with you means that every time you think a harsh negative thought about you, or a self-doubt, fear, or disbelief in yourself that you tell yourself something kind in its place. You could say, "Its ok, you are loved" or something soothing. However you go about moving through you day, move slowly, gently inside and on the outside. This is the greatest energetic way of saying you love you and forgive yourself for all the times you were hard on you.



## DAY 93

Sit quietly for 30 minutes today with the simple soft sweet presence of "who is here now". Let yourself open up like a flower blossoming, without forcing your petals to open. Naturally open yourself to life in each moment and the people that come your way today...enjoy!

## DAY 94

Step back from your desires today, yet don't resist them. Just take a small step back from being in such a demand or need to fulfill your desires. Notice that trying to fulfill them doesn't actually make you happy. Go deeper than you've ever gone before into, "Letting Everything in the Universe be exactly as it is." By allowing everything (including your life) to be O.K. as it is, you stop chasing the mind and it is desires. Letting is allowing, which is to be in this place of alert, playful witnessing consciousness of Enlightened being.

## DAY 95

Practice seeing everyone as being free from their ego. See yourself as being free from your ego/mind and sit for an hour today knowing you are not this ego. The ego is an illusion of ideas about who you are and who you are not. This residual self image is just an image, a mirage, and not the real you! Simply practice seeing that you are egoless, free, and without borders or boundaries. Let go of all ideas about you today and be non-attached to whatever outcomes that show up in your future.

## DAY 96

This playful witnessing consciousness only happens when the mind is not there. When there is No-Mind. However, the mind is in your way to such a degree that you may need a technique to help you open fully to the here and now.

## DAY 97

For 7-10 minutes, sit and relax as you gently focus on a candle flame about 6-12 inches from your nose. Notice how the mind tends to wander. Relax into the flame...become the light and fire! Let your mind and energy move into it. When you feel warmth begin to grow inside you, close your eyes and bring the flame into your heart. See it radiating light to everyone and everything in your life.

## DAY 98

Your mind will most likely get crazier the more you meditate. This is an illusion. You are simply becoming more aware of the chaos that is already present in it. If you cannot stand the amount of mind-chatter, take a few minutes before you sit to relax your body. Start by imagining a warm relaxing light going into your toes and then moving all the way up your body.

## DAY 99

Really relax today. Breathe in the affirmation, "I am safe, I am loved...all is well in my world. Let these words sink deep into your body. Stay alert yet in the flow. Allow any calming energy to grow and spread throughout your body. The easiness of being absorbs each thought that arises in the mind.

## DAY 100

Sitting quietly and peacefully paves a direct path to the greatest awakening. It is this extremely simple and effortless task that attains such miraculous results.



## DAY 101

All day today, practice holding your focus on what you want. Remain fixed on the “ideal” of it for at least 60 seconds In a row! See if you can actually do this!! The ability to maintain your focus on ONE thing is what makes you a shepherd instead of one of the sheep. The world offers itself for you to enjoy freely when you are able to control your mind. You can create anything you set and hold your mind steadfast upon. Remember to breathe, and gently ask your mind to relax and be still.

## EXTRA CREDIT

In this day and age, every person needs to experience some type of illumination. You are that person. Your greatest assignment is to let yourself be illuminated by your own presence. Buddha once said, "Be a light unto yourself". Let your light shine everywhere you go. As if a profoundly loved and honored person had just entered the room. Be lit up by your own vibration, and you'll light everyone's as well. With all your heart everyday, celebrate this magnificent divine magical manifesting being that you already are!



Sending Many Blessings to you!

Jafree Ozwald

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