

## **Inner-World Rituals - The Wisdom of "Granny Guru"**

Over a period of time, I visited "Granny Guru", several times, seeking her advice and counsel. The procedure consisted of me asking questions and she would answer. During the sessions I would take notes on what she said. Recently, while "cleaning-up and cleaning out", I ran across some of these notes. It was then that I realized, possibly, others could benefit from the information, she had imparted, as much as I had. So, I took on the task of trying to transcribe the odd shorthand I had used at the time. Some of the notes, unfortunately, were indecipherable, but the ones that were readable, I present here.

- [Patricia Eddleman](#)

In the 1960's, I was fortunate enough to come in contact with a fabulous woman, who I refer to as my "Granny Guru" At the time, I met her, she was, probably, already, in her 70's, and lived, with her husband, on a large working farm, about 10 miles outside the city limits. Granny was a psychic/counselor, who never charged for her services. And, the only way one could make an appointment with her was by knowing someone who was going to see her and they would make an appointment for you.

The first time I went to see Granny, I didn't know a thing about psychic counselors or what they did, but a friend, who I trusted, recommended that I go see her. My friend was so sure Granny could help that she gave me her appointment, which was the next day, so I would not have to wait the weeks it usually took. You see, I had recently been in intensive care, at the hospital, with phlebitis. Although, I managed to get through it without the recommended surgery, and without any harm to my being, I was faced with major medical bills, with neither insurance nor money to pay them. I was being pressured and threatened by those I owed and I was frantic.

I would do ANYTHING if it would help!

On my drive out to see Granny, I was apprehensive about what I was going to encounter. I remember wondering if I shouldn't just turn around and go home, especially when I was driving up the muddy stretch of dirt road, which led to where she held her sessions. But, I perceived I needed help and this might be the answer, so I continued and had my first session with a psychic counselor. How glad I am that I did, because the moment I met Granny, my nervousness disappeared and I felt truly blessed that I had come.

As I settled down into a comfy over-stuffed chair, in a room cluttered with memories and memorabilia, I felt a peace come over me and I immediately began telling Granny about the problem I was facing. In her calm way, she responded that there was indeed help. But, I would have to do my part and do as she suggested. She then gave me a card, from the **World Ministry of Prayer** ([www.wmp.org](http://www.wmp.org)) with a prayer inscribed on it. *She suggested that for 9 days, 3 times a day (morn/mid-day/night) I go to a quite place, where I would not be disturbed, and read, audibly, the prayer. I was to do this slowly, deliberately and with feeling, focusing on the meaning of the words and what they implied. She explained to me that I was not to worry about the why, where or when my help would come.*

#### **PRAYER:**

*God is the source of my supply. Wherever I am God is. The substance of His Spirit in me is eternal and unchanging. Accepting this to be true there is nothing in my consciousness to obstruct or prevent the free-flow of new, rich, and resourceful ideas. I expect these unlimited ideas to unfold through my mind right now.*

*With faith and courage I follow the guidance of Infinite Intelligence. I keep in harmony with the working of the Law. I work with the Spirit of Abundance, which is quick and powerful, and I give thanks that all things are possible. And so it is.*

Although, somewhat skeptical, that evening, after returning home from my visit, I started the prayer ritual. I continued doing it, faithfully, for the recommended time. On the 11<sup>th</sup> day, I visited my doctor for a check-up and after finishing with the medical, he started asking me when I was going to pay (Remember, this was the '60's. HMOs did not exist.) I was so angry...I broke out in tears and screamed at him, that he would have his "bleeping" money (although I had none), by the end of the week.

That evening my brother and a friend decided to take me to the dog races. I was still using a wheel chair, although I could walk, albeit, very slowly and painfully. So, upon arriving at the track, they "parked" me and went their own way, stopping back, once in awhile, to check on me. This I didn't mind, I have always loved watching the dogs race. While sitting there, day-dreaming, watching the people and races, from behind and above me, I heard a man (or so I thought) shouting the numbers 87- 46. The voice was so loud, that I stood up and turned around to see who it was. But, when I did, I didn't see anyone and the people around me didn't seem to have noticed. So, I sat down and then it dawned on me...these were the numbers that were going to win the up-coming exotic bet, called the quenelle double. I just knew it! I looked in my pocket and all I had was two dollars, but that was enough for the bet. Where was my brother? Where was the friend? They were no where in sight. So, I maneuvered myself to the betting window, placed my bet of 87 for the first part of the quenelle double. I waited right there for the race to finish, because I knew I would win. I went back to the window, exchanged the winning ticket for 46 for the second half. And, again, this time somewhat impatiently, waited for the next race to finish, because I knew, even before it ran, I had won. And, win I did. After paying the taxes due, I had won enough money to pay the irritating doctor, the next day, and all of the other medical bills. My help had come through, and in a way I would never, in a million years, expected.

Last year, approximately 40 years later, when I had a financial situation, I ran across this prayer, stuck in a bible, and used it again. This time, my mother, at the age of 86 became very ill and required 24/7 care. Being the only one, available, to give her this care, I went on family medical leave, from a job I had been at for only 10 months. When the time, allotted employees for FML was up, she still continued to need this help, so I promptly left the position. Now, I had no income, but my Mother required my help. So, I used the prayer. Nothing happened, or so I thought. However, approximately 8 weeks later, I received a letter in the mail from an attorney. I had inherited money from a source I would never had suspected had money to leave. The amount was, approximately, the same amount I would have made, if I had worked at my job for a year.

### **TO REMEMBER DREAMS:**

When you are ready to retire for the evening, lie flat on back. Put right ankle over left ankle. Lace 3 fingers together and put them behind head. Close your eyes and relax.

Then, slowly, breathe through nostrils and exhale through mouth, making a force sound through teeth. Do this 7 times and think to yourself...

*"My soul never sleeps. It is always awake and I must remember when I awaken back into physical consciousness all interpretations of experiences, symbols or instructions I have received."*

Always keep a notebook and writing instrument next to your bed. When you awaken, even if it's in the middle of night, immediately take up notebook and pen and write down what comes to mind.. This is very important, because we tend to forget once we are fully awake.

Do not be discouraged if at first you do not succeed. Be consistent. Try this for 30 days. If you miss an evening, just start over. Do not be discouraged if at first you do not succeed. Remember, you are learning a new skill and most learning requires practice.

## **21 DAYS TO ESTABLISHING A GOAL:**

First, I would like to suggest, if at all possible, find a place in your home, where you can have some privacy to do this exercise.

Each evening, for 21 days, before retiring go to this place and light a white candle. Relax. Take out a piece of paper and write the question (1) what do I want out of life? Write your answer under the question. Do the same with the questions (2) what do I want to be? (3) What do I want to accomplish? (4) What is my secret desire?

After doing this, on a separate sheet write down everything that you don't want in your life. Then burn this sheet of paper to signify the release and letting go of all that you do not want.

Close the session by saying:

*Through the power within me, I maintain the positive/constructive feelings, thoughts and emotions that help me accomplish my goals. Thank you!*

## **FORGIVENESS:**

*"Revenge is like drinking poison and hoping that your enemy will die."*

**- Nelson Mandel**

Do you hold a grudge against someone or something? Are you angry, resentful? Keep in mind that these negative thoughts/emotions do not harm the person you are angry with, resentful toward or hold a grudge against. These are your emotions, your feelings. You and only you are the one generating them and you and only you are the one that is being made a victim by them. Do you derive some benefit from these emotions? Do they serve any purpose in your life? Do they make you happy? If they do...then fine...keep the anger, keep the hurt, keep the grudges. Remember, they belong to you, and you can do as you wish with them. It is your decision, and yours alone, to keep them or let them go.

On the other hand, do you need forgiveness from someone? Who among us don't? Take care of this. Declare that others forgive you and let you go free.

## **30 DAY FORGIVENESS RITUAL:**

**Forgive simply means to "give up" or release. Forgiveness is an elegant inner act that leaves you at peace with yourself and others.**

This is an easy process. Try it. I think you will be amazed at the peace of mind you achieve and by the increased good that will flow into your life.

For 30 days, each night, before retiring spend, at least, 15 minutes doing this technique. Go to a place where you will not be disturbed. (If so inclined, light a white candle) Make yourself comfortable, relax, and take out a sheet of paper. On the top of the sheet of paper write "I FORGIVE". Then, below that make a list all of the people, individuals, conditions and groups, PAST AND PRESENT, you now forgive. If you have accused yourself for mistakes or failures, be sure to include yourself.

After you have written the name, look at it and think about whom or what you need to forgive (release). Then say (to yourself or out loud,

" Person's name; i.e. *Charlie, I fully and freely forgive you; within and without I forgive. I release and let you go in peace. All is cleared up between us, now and forever.*"

Continue on to the next person/situation/condition and repeat the above.

When you complete your list, fold it, and, then, safely, burn it. (This will symbolize your release) As you do so, give thanks for the forgiveness that has taken place. SO BE IT!

On a second sheet of paper, write at the top of it "I AM FORGIVEN". Below this write each individual, condition, group, PAST AND PRESENT, that you desire to forgive you. After you have written the name, look at it and think about what you want to be forgiven for. I might add here, that many times we do not know why we need to be forgiven. We just know that for some reason, the person is upset with us. If this is the case, just put the person's name down and continue. Then say (to yourself or out loud)

" Person's name the Christ Power or Higher Power (whichever feels more comfortable to you) within you forgives me. The Christ/Higher Power within you releases me. All is cleared up between us, now and forever."

Again, after you have completed the list, fold it, and, then, safely burn it. As you do so, give thanks that the forgiveness has taken place. SO BE IT!

Although, this is a 30 - day ritual, after the 30 days are complete, you may want to consider this to be a life long procedure, as it is something that can truly bless you.

"Life is an adventure in forgiveness" - **Norman Cousins**

## **RITUAL FOR GAMBLERS:**

If you ever play the lottery, go to the dog/horse track, frequent the casinos, or even indulge in stock speculation, this might be for you.

Before beginning, know that the success of rituals will depend greatly on your faith. Without faith, you may accomplish nothing.

The evening before the day you plan to gamble, go to where you cannot be disturbed. Light a candle. (It can be any color or kind. You might even want to consider getting a "good luck" or "money" candle, which is sold at novelty/metaphysical shops. The trick here is to get into "the mood".) Now get comfortable, and repeat:

*"I am blessed in every speculation and game of chance. Infinite Intelligence guides my every move and decision. Success is mine and I give thanks that all things are possible of attainment now. SO BE IT!"*

Now, gently gaze into candle visualize (form pictures) about the form of gambling you are going to be doing. See yourself surrounded by a magnetic field that attracts luck. See the smile on your face when you collect your winnings. Feel how it feels to win and collect the winnings. Hear the people around you congratulating you. Feel the money in your hand and identify yourself with the winning idea.

After visualizing, offer a short prayer of gratitude in your own words.

Bless the money you are going to use to gamble. If you can, place a drop of blessed olive oil on the corners of the money and on your hands and/or wallet. If you have good luck charms-bless them, also.

Have fun with this. Get into the mood of feeling light and happy when doing it.

**Please note: Never, ever gamble more money than you can afford to lose. You will, immediately, set up a negative field of worry, doubt and fear, which will immediately dispel the "Good Luck" you have generated.**

One of my experiences with this ritual was great fun. I love the dog races. One night, after I had done the ritual, I dreamed about the dog races. A race was running and there were two dogs, Fred Adare and Ginger Robbers, running way ahead of the pack. They were neck to neck up to the wire, where Ginger Robbers won the race by a nose. The next day, when I attended the races, lo and behold, there was a Ginger Robbers running in one of the races. It was her first time to run on this track. I couldn't believe it. The odds were 35 to 1. Did I wager on her? You bet. Did she win? Absolutely!

### **SEVEN DAY RITUAL TO OBTAIN MONEY:**

To obtain money, take ten (10) one- dollar bills into a dimly lighted room after sunset. Light a small, green candle (any kind). Place the ten (10) one- dollar bills in front of the candle and repeat these words.

*God, I am in need of money. I know that Thou are the one that performs all miracles and give all blessings. Therefore, I ask that Thou place a special blessing on this money that as I spend it, it will go forth and multiply 10 fold. God, I make this request in faith and believe it will be done.*

After you have repeated the above, make a special prayer to God, in your own words. Then blow out the candle.

Perform this ritual everyday for 7 days. At the end of the 7 days you should spend all ten bills within 72 hours.

The success, of rituals, depends greatly upon your faith. Without faith, little can be accomplished. Believe in a positive outcome and give thanks, daily, for this and all your blessings.

## **Laughing Meditation:**

*Quote: "Nothing will kill you faster than a heavy soul, not even a germ". Unknown*

If you have a "heavy soul" (depressed, anxious, "out-of-sorts") try the following meditation.

Go to a place where you can be comfortable, and, preferably, not overheard. Sit where you can relax. Now, if you have a mirror (not necessary, but fun), look into it and SMILE. SMILE BIG! EXAGGERATE THAT SMILE. Now, start making laughing sounds. That's right, LAUGH. Maybe, you start with a giggle. That's OK, to begin with, but works up to a good "belly laugh". Be silly. Think of something that has made you laugh in the past. If you must, make faces at yourself in the mirror, but LAUGH! Continue this exercise for at least a minute, longer if you can. Try to work up to 3 minutes. Keep practicing; it gets easier each time you do it. When you are finished, take a few moments to examine how you feel. Do you feel better? Are you less tense? Feel lighter? Have a smile on your face?

*If you think this is just too simplistic to do, then you do not understand what wonderful medicine laughter is for the entire being. Laughter releases endorphins to the brain, which act as a natural medication for the mind and body. Laughter releases tension. Laughter doesn't allow you to continue in the negative cycle of despair and depression. It helps put life back into perspective, no matter the burden you bear. It is an elegant, wonderful way to free you from the "heavy soul". The only way you will know if this works is to give it an honest try.*

Norman Cousins, in his book, "Anatomy of an Illness", talks about how he used laughter to help himself cure an incurable, progressive, connective tissue disease. He reported that 10 minutes of "genuine belly laughter" would relieve his intense pain for hours.

***Remember, when you feel the least like laughing that's when you need to laugh the most.***

*Make time for laughter today!*

*Make time to laugh with family and friends.*

*Better yet, learn to laugh at yourself. Lighten up and don't take yourself so seriously!*

### **DEMONSTRATION RITUAL:**

You can demonstrate any good thing that you desire, be it a car, house, travel, etc. But, you must be clear about what you want and why you want it.

For clarity sake, we will say that you desire a car. What kind of car is it? What make/model/year/color? What does the inside look like? What does the outside? Does it have the extras you want? If so, what are they? Be specific.

When you have determined what you want follow this procedure.

1. Purchase a 7 day candle, preferably white.
2. Take a piece of white paper and write your desire, clearly and concisely, on it. Be sure to write the desire as if it is yours already.
3. Fold and place paper under candle. Let it reside there continuously for the 7 days.
4. Light the candle and let it burn for 7 days. If you must use a smaller candle light it for each session.
5. For 7 days, set aside a time, twice daily go to the place where you have placed candle and request, sit comfortably, breath deeply and relax.
6. Take your request from under the candle and read it to yourself.
7. Focus your attention on your request. Imagine that your request has already been granted. In your mind's eye, run a mental picture of yourself having, doing, and being what you have requested. Visualize yourself driving that car, or walking through that home. Here the comments of your family/friends. Fully experience the feelings you have in the having/being or doing of your desire. Revel in the success at attaining your desire. Become mentally absorbed in the reality of you now having/being/doing.
8. After doing the above, again, repeat your request. Then say a Prayer of Thanksgiving. You can say one of your own, or repeat. "This or something better, Spirit. (God, Universe or whatever you are comfortable using) Thank you! It is done".
9. Return the request to under the candle and be on your way.

10. At the end of the 7<sup>th</sup> day, after you have done the above, take the paper, you have written your request upon and burn it. This symbolizes your release of it. It is you "letting go and letting God."

Do not be concerned about your request. When you think about it, know that it is yours and just say "It is done, Thank you." One does not continue to ask for something that they already possess. Be grateful. Be joyous and remember to leave the where, how and when you will receive to the Greater Power.

### **PSALM POWER:**

#### **Psalm 23**

***The Lord is my shepherd: I shall not want.***

***He maketh me to lie down in green pastures: he leadeth me beside the still waters.***

***He restoreth my soul: he leadeth in the paths of righteousness for his name's sake.***

***Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me: thy rod and thy staff they comfort me.***

***Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.***

***Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.***

(King James Version of Bible)

This is the ritual, or formula, or method that the masters give, this being one of the most powerful healing methods there is possible to invoke:

Once every 24 hours slip out to some place where you can be alone and unheard. Take your Bible and open it to the 23<sup>rd</sup> Psalm. You softly and slowly read each word of this Psalm out into the room where you are sitting, just loud enough to hear your own voice speaking these words.

Now every place the Psalm mentions the word "Lord," or "He", also insert the words "Christ, The Holy Spirit Light, The Way, The Truth and The Life". Then speak the first name of the person whom you wish to treat. Then finish out the rest of the verse as it is written in the Bible. Go through the whole Psalm. Go through each verse slowly and clearly, speaking each word out loud.

It is written in the Bible, "The Lord is my shepherd, I shall not want. He maketh me to lie down to green pastures," – on and on it goes through the Psalm. Now the way to use is: "The Lord, The Christ, The Holy Spirit Light, The Way, The Truth and The Life, (then speak name(s) Lois, Paul, maketh us to lie down in green pastures".

When you come to the phrase "green pasture," you think and contemplate on what this means, what this symbolizes. We are not cows, horses, or sheep. We are human beings. This means a very special something for us. For us, this means fulfillment, abundance, security, protection, divine guidance, health, harmony, comfort, joy, and peace.

Now, you go through each one of the verses declaring these truths into creation, releasing the mystical energy that each one of the words symbolizes.

Now, the masters do not ask you to believe this; they do not ask you for any faith whatsoever. They do ask you to give it a genuine, sincere, honest test and it will prove itself. You are using here an eternal, divine scientific law that cannot fail if you use it. You push the button and put it into creation.

Now, we explain why it works and how it works: physical science has proven that everything in the universes is composed of atoms. The various amounts of atoms that are gathered together set up certain rates of vibrations. This vibration holds the atoms into forms. Now, languages of Earth are all composed of letters or characters. Each letter is a symbol. A symbol of what? A symbol of vibrations. What are vibrations? Vibrations are a certain amount of atoms gathered together or held together.

Let us take three letters – the letter "G" the letter "O", and the letter "D". Each one of these letters is a symbol. "G" has a certain rate of vibration; "O" has another rate of vibration, and "D" has another. But still these letters are symbols. Let us combine these three symbols. We still have symbols, three letters combined into one word. The word is

still a symbol which means there is a combination of vibrations. Now when we, with thought and understanding, speak clearly this word, or symbol, we add to this symbol an energy. For thought and understanding are generally through the 12 chakras in the brain that come from the Divine Mind through these channels, instruments or centers. This is energy, and it is channeled through thought and understanding to the word.

When we add sincerity of purpose, we add another energy to this symbol. The energy that comes from sincerity of purpose comes from the solar plexus, or soul center (the altar of the temple). We have two energies here and we, with thought, understanding and sincerity of purpose, think clearly and speak clearly this symbol. As we do this, we crack the shell of the symbol, releasing the vibrations, releasing the atoms which set up a mystical energy. Every atom within the radius of your voice in that room, including every atom of your whole being, has become exposed to this mystical energy or "God" in action. This is how it works.

The word "God" spoken in this way, being a constructive, creative, lifting symbol of vibration, has lifted everything in that room, including yourself, into a higher or finer rate of vibration as the mystical energy has exposed every atom that is in the room.

The 23<sup>rd</sup> Psalm has been selected by the masters, because in this 23<sup>rd</sup> Psalm there is an ingredient to heal the ills of all humanity. It matters not what the cause or what the condition is that is ailing the person. There is an ingredient to heal it.

Now, let us go back to the master teacher of all master teachers, Jesus. In His lifetime He gave us one sermon, The Sermon On The Mount. In this sermon He gave us everything to live by, here and hereafter. In this sermon He, also, gave us a few very important and powerful commandments. One of them was, "When thou prayest, enter into the closet and shut the door. Pray to the Father in secret and the Father will seest thee in secret and reward thee openly."

What Jesus is telling us is that we want to make contact, as prayer is contact. Everywhere you see "prayer" written in the Bible, put the word "contact", and it will mean something very special and will clear up many things. Now, when you want to make contact with the source, the Mother-Father, God, go off somewhere where you can put your whole thought and energy into what you are doing.

Another commandment He gave us is, "Seek ye first the Kingdom of God and all these things shall be added unto you." The first word that you have said, you have obeyed this commandment. You have put your fingers, let us say, in the telephone dial and you have said "The Lord". You have gone straight to the Kingdom of God. The word "Lord" means "God". Yes, it also means the Divine Law, the Reign of Harmony, and the Kingdom of God.

The next word, which you have said and thought, is the word "Christ". Let us analyze what the word "Christ" symbolizes. The word "Christ" symbolizes or means the crystal pure, eternal, Holy Spirit Light, which is the way, the truth, and the life. Now when you insert this sentence, "Christ, the Holy Spirit Light, The Way, The Truth, and The Life, you are declaring your heritage. Remember, you are a child of the living God, a soul eternal, a Christ being, a son, a daughter of the Mother-Father, God.

Get this deeply embedded into your subconscious being. You are the most precious creation, the Mother-Father, God ever created, the infinite spirit, the Divine energy; for you are their child. All other things that have been created have been created for your benefit. It is yours in eternal and boundless abundance. You are a child of the living God, the Holy Spirit Light.

To explain this insert a little more deeply, let us go back to the beginning of time. In the beginning all was blackness and void. There was absolutely nothing but void and blackness. There were no suns, no stars, no moons, no planets – nothing but void and blackness. There were the two great energies – the Infinite Spirit, the Divine energies, the Mother and the Father, the positive and the negative poles.

The Mother-Father, God spoke four sacred words or symbols. Four is a completed cycle. They created something, they finished something. It was done. Now, in the English language, these four sacred words are known as "Let there be light." At that moment, there was created the only begotten child of Mother-Father, God. This Holy Spirit Light is the only child that Mother-Father, God ever created—The Holy Spirit Light, "Let there be light."

Out of this Holy Spirit Light, which is hard for the human brain to conceive, as that fusing came into being all the suns, all the moons, all the planets, and everything on each planet. All the energies, the Divine Laws, were set into action. Every soul that ever has been, ever

will be, that is now, was created at that moment; all this set into creation out of the Holy Spirit Light. This is the "word" that was sent to flesh and dwells among us.

In the English language, this word is known as "Christ". So you see, my dears, when you speak the word, "Christ", the Holy Spirit Light, which is The Way, The Truth and The Life," you are declaring your heritage. You are acknowledging that you are a child of the Mother-Father, living God. In other words, as the orthodox religions explain, you have accepted Christ.

Here we are. You have gone straight to the Kingdom of God, the Lord, the Divine Law, and the Reign of Harmony. You are standing in the very presence of the Infinite Spirit, The Divine Energy, the Mother-Father, God. You are telling them, "I have come to claim my heritage. I am your child, I acknowledge this. I accept that I am your child. Everything that you have ever created I know is mine. I do not have to ask for you have created it for me and I am grateful.

The teachers that work with us suggest you insert these words after each place you see the word "Lord" or "He" because by so doing, you have the authority to assist and help and use this cosmic radiation, or pranic energy, or power of God, in abundance, thereof, to help, not only yourselves, but your sisters and brothers anywhere and everywhere.

As you speak the first name of each person you wish to help, they, too, instantaneously are being enfolded and surrounded by the cosmic radiation, or the pranic energy, that you have invoked by going straight to the source, declaring your heritage and channeling it or jet propelling it through you direct to them. This is how it scientifically heals. You do not do it. It is the cosmic radiation, the pranic energy, the power of God in action that is being channeled through that does the job.

**Instructions:**

If you have a list of people (and situations) you wish to heal, list them on a piece of paper in columns. Fold the paper lengthways and then double up small enough to fit in the palm of your hand. Hold in the palm of the right hand with the left hand on top while saying the 23<sup>rd</sup> Psalm. In the first sentence, in place of your name say "these precious brothers and sisters whose names are on my list."

## **MORE PSALM POWER**

There are three other psalms that work very well. These are the 121<sup>st</sup>, 91<sup>st</sup> and 139<sup>th</sup> Psalms.

### **INSTRUCTIONS FOR USE:**

At a designated time, **FOR TEN CONSECUTIVE DAYS**, go to a place where you will not be disturbed. Sit comfortably and relax. Then, softly and slowly read each word of this Psalm out into the room where you are sitting, just loud enough to hear your own voice speaking these words.

**The 121<sup>st</sup> Psalm** keeps you on an even keel, in balance, and keeps your two feet on the ground. Especially useful if battling with "don't know where to turn"

#### ***Psalm 121***

***I will lift up mine eyes unto the hills, from whence cometh my help.***

***My help cometh from the Lord, which made heaven and earth.***

***He will not suffer thy foot to be moved: he that keepeth thee will not slumber.***

***Behold, he that keepeth Israel shall neither slumber nor sleep.***

***The Lord is thy keeper: the Lord is thy shade upon thy right hand.***

***The sun shall not smite thee by day, nor the moon by night.***

***The Lord shall preserve thee from all evil: he shall preserve thy soul.***

***The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore.*** (King James Version of Bible)

**The 91<sup>st</sup> Psalm** gives you protection from fear and protection from other people; their mistakes, etc. It gives protection from all that bad luck, accidents and other chancy things that aren't really by chance at all.

**Psalm 91**

***He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.***

***I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust. Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.***

***He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.***

***Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;***

***Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.***

***A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.***

***Only with thine eyes shalt thou behold and see the reward of the wicked.***

***Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;***

***There shall no evil befall Thee, neither shall any plague come nigh thy dwelling.***

***For he shall give his angels charge over thee, to keep thee in all thy ways.***

***They shall bear thee up in their hands, lest thou dash thy foot against a stone.***

***Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.***

***Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.***

***He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.***

***With long life will I satisfy him, and shew him my salvation.*** (King James Version of Bible)

The **139<sup>th</sup> Psalm** gives help if you are coping with insecurity and/or loneliness.

**Psalm 139**

***O Lord, thou has searched me and known me.***

***Thou knowest my downsitting and my uprising, thou understandest my thought afar off.***

***Thou compassest my path and my lying down, and art acquainted with all my ways.***

***For there is not a word in my tongue, but, lo, O Lord, thou knowest it altogether.***

***Thou hast beset me behind and before, and laid thine hand upon me.***

***Such knowledge is too wonderful for me; it is high, I cannot attain unto it.***

***Whither shall I go from thy spirit? Or wither shall I flee from thy presence?***

***If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there.***

***If I take the wings of the morning, and dwell in the uttermost parts of the sea;***

***Even there shall thy hand lead me, and thy right hand shall hold me.***

***If I say, Surely the darkness shall cover me; even the night shall be light about me.***

***Yea, the darkness hideth not from thee; but the night shineth as the day: the darkness and the light are both alike to thee.***

***For thou hast possessed my reins: thou hast covered me in my mother's womb.***

***I will praise thee: for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.***

***My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth.***

***Thine eyes did see my substance, yet being unperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them.***

***How precious also are thy thoughts unto me. O God! How great is the sum of them!***

***If I should count them, they are more in number than the sand: when I awake, I am still with thee.***

***Surely thou wilt slay the wicked, O God: depart from me therefore, ye bloody men.***

***For they speak against thee wickedly, and thine enemies take thy name in vain.***

***Do not I hate them, O Lord that hate thee? And am not I grieved with those that rise against thee?***

***I hate them with perfect hatred: I count them mine enemies.***

***Search me, O God, and know my heart: try me and know my thoughts:***

***And see if there be any wicked way in me, and lead me in the way everlasting.***

(King James Version of Bible)

*Bless a thing and it will bless you. Curse it and it will curse you. If you bless a situation it has no power to hurt you, and even if it is troublesome for a time, it will gradually fade out, if you sincerely bless it. \_ Emmet Fox*

### **BLESSING RITUAL:**

*Dear one, nothing will serve you better than blessing a person, place, situation or thing. It is a way to recognize and bring forth the inherent good in all things. It is a wonderful way to bring forth the personal qualities you desire.*

At a designated time of the time, each day, go to a place you will be undisturbed, light a candle and/or incense to create a mood (if you desire). Sit in a comfortable position, relax and for a moment consider the attributes you desire to have or feel you need to live better, have better relationships, a better job. Some possibilities could be integrity, organization, energy maturing, self-liking, persuasion, decisiveness, foresight, faith, perseverance, or self-respect. Maybe, you are shy ...invoke self-assurance, confidence, ability to communicate effectively.

Try to visualize yourself, smiling, happy, and contented, sitting in front of you. Smile at yourself. Be happy to see you. Send out good "vibes" to yourself. Then say, to yourself, out loud and with persuasion, something like this:

(Your name), I bless you and praise you. I bless and praise you for the goodness of God within you. I, bless and praise you (your name) for your (whatever attribute you would like to have/or have more of) sense of humor, I bless and praise you for your ability to laugh and enjoy life. I bless and praise you, (your name), for the goodness of God within you. I bless and praise you for your kindness and consideration. I bless and praise you for your friendliness and ability to make people comfortable in your presence. I bless and praise you, (your name.) I bless and praise you for the Goodness of God within you.

I bless and praise you, (your name), I bless and praise you for your success, I bless and praise you for your creativity. I bless and praise you, (your name), for the goodness of God within you.

Mean it! Feel it! Approach this with a light heart and merriment. Enjoy doing it. Use the above as a guide, but make it your own and, have fun.

Now, bless your children, your husband, other family and friends. Extend yourself to them. Bless and praise them for the qualities they seem, at the moment to lack i.e.; Bless and praise them for their success. Bless and praise them for their happiness. Bless them for their health. You are calling forth the very best within them.

When you go shopping bless and praise the clerks in the stores. Bless and praise them for being courteous and helpful. Bless and praise the shopping trip itself. Say, something like...I bless and praise my shopping trip for the goodness of God within. I bless and praise it for being easy and fun. I bless and praise it for the wonderful bargains I receive.

Bless and praise your car. Bless and praise it for transporting you safely from one place to another.

Bless and praise the business meeting and the people who will be connected with it. Bless and praise it for being successful and that the outcome will be for the best of all concerned.

Bless the people in your office. Bless and praise them for their efficiency, for their promptness, for their congeniality.

Learn to bless and praise the people you envy or resent. Suppose there is someone, you know of, who has wealth (appearance, health, position, etc.) and you find yourself being envious and resentful; saying, "He/she doesn't deserve that". "No one should be that wealthy." STOP! Instead, bless and praise that person. Bless and praise him/her for their wealth, their happiness, their health. Bless and praise him/her for their continued & greater wealth, etc. Try it...it is a great practice for releasing negative energy and restoring the positive energy required to go forth and manifest your own wealth, health, and good desire. Be happy that they have achieved, because it is true, that if one person can do, be or have, so can you, if you so desire.

## **HOW TO ASTRAL TRAVEL:**

This exercise does require discipline and I suggest that you do not start it until you are sure that this is what you truly want to do and are willing to devote the time, necessary, to do it correctly. If you miss a day, do not berate yourself, simply start over from day one. To make it easier to stick with the program, may I suggest that you ask yourself , "Why do I want to do this?" When one establishes what benefits (the more the better) they will receive from doing anything, the easier it is to accomplish what they desire.

## **DAYS ONE THROUGH SEVEN-ASTRAL TRAVEL:**

1. Find a dimly lit, quite spot, where you will not be disturbed. If you wish, especially at night, light a white candle. Sit in an armchair (one that will hold you in). Make sure you are facing east.
2. Remove shoes. Do not cross legs, keep your feet flat on the floor. Lay hands, on chair arms, loosely and comfortably.
3. Say, out loud, the Lord's Prayer softly and slowly. Breathe naturally through the nostrils, gently and slowly, like a clock pendulum.

*Lord's Prayer:*

*Our Father which art in heaven, Hallowed be thy name.*

*Thy kingdom come. Thy will be done in earth, as it is in heaven.*

*Give us this day our daily bread.*

*And forgive us our debts, as we forgive our debtors.*

*And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever.*

*A-men.*

4. Read, out loud, softly and slowly, the 91<sup>st</sup> Psalm. Breathe naturally slowly and naturally.

**Psalm 91**

*He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.*

*I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.*

*Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.*

*He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.*

*Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;*

*Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.*

*A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.*

*Only with thine eyes shalt thou behold and see the reward of the wicked.*

*Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;*

*There shall no evil befall Thee, neither shall any plague come nigh thy dwelling.*

*For he shall give his angels charge over thee, to keep thee in all thy ways.*

*They shall bear thee up in their hands, lest thou dash thy foot against a stone.*

*Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.*

*Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.*

*He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.*

*With long life will I satisfy him, and shew him my salvation. (King James Version of Bible)*

5. Still breathing slowly and naturally, think of your feet. Visualize soles, toes, ankles, legs, knees, thighs, trunk, neck, hands arms, shoulders, and head; visualize right up to top of head.

6. Then, visualize body starting from the top of the head and reverse down, ending with the soles of feet.

7. Repeat #5 and #6 during this sitting.

8. Finish session by softly and slowly saying the 23<sup>rd</sup> Psalm

**Psalm 23**

*The Lord is my shepherd: I shall not want.*

*He maketh me to lie down in green pastures: he leadeth me beside the still waters.*

*He restoreth my soul: he leadeth in the paths of righteousness for his name's sake.*

*Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me: thy rod and thy staff they comfort me.*

*Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.*

*Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.*

(King James Version of Bible)

**Repeat this exercise for seven consecutive days, at around the same time each day.**

**EIGHTH DAY-ASTRAL TRAVEL:**

1. Sit in armchair, as indicated in previous ( Days One Through Seven #1, & #2) instructions, feet flat on the floor.

2. Breathe naturally and slowly. Then softly and slowly say, out loud, the Lord's Prayer

*Our Father which art in heaven, Hallowed be thy name.*

*Thy kingdom come. Thy will be done in earth, as it is in heaven.*

*Give us this day our daily bread.*

*And forgive us our debts, as we forgive our debtors.*

*And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever.*

*A-men.*

3. Next say:

*In the name of Jesus the Christ and in the name of my indwelling, overshadowing master soul Christ being, I ask to be assisted and protected and divinely guided by my Guardian Angel and Master Teachers in this unfoldment and development.*

4. Still breathing slowly and naturally, think of your feet. Visualize soles, toes, ankles, legs, knees, thighs, trunk, neck, hands arms, shoulders, and head; visualize right up to top of head.

5. Then, visualize body starting from the top of the head and reverse down, ending with the soles of feet.

6. Repeat instructions #4 and #5 seven times during sitting.

7. Breathe naturally and slowly. Then softly and slowly read, out loud, the 91st Psalm.

### **Psalm 91**

*He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.*

*I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.*

*Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.*

*He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.*

*Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;*

*Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.*

*A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.*

*Only with thine eyes shalt thou behold and see the reward of the wicked.*

*Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;*

*There shall no evil befall Thee, neither shall any plague come nigh thy dwelling.*

*For he shall give his angels charge over thee, to keep thee in all thy ways.*

*They shall bear thee up in their hands, lest thou dash thy foot against a stone.*

*Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.*

*Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.*

*He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.*

*With long life will I satisfy him, and shew him my salvation*

8. Finish the session by softly and slowly saying 23<sup>rd</sup> Psalm

*The Lord is my shepherd: I shall not want.*

*He maketh me to lie down in green pastures: he leadeth me beside the still waters.*

*He restoreth my soul: he leadeth in the paths of righteousness for his name's sake.*

*Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me: thy rod and thy staff they comfort me.*

*Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.*

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

### **NINTH DAY-ASTRAL TRAVEL:**

1. Sit in armchair, as indicated in previous (Days One Through Seven #1, & #2) instructions, feet flat on the floor.

2. Breathe naturally and slowly. Then softly and slowly say, out loud, the Lord's Prayer

*Our Father which art in heaven, Hallowed be thy name.*

*Thy kingdom come. Thy will be done in earth, as it is in heaven.*

*Give us this day our daily bread.*

*And forgive us our debts, as we forgive our debtors.*

*And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. A-men.*

3. Then say:

*In the name of Jesus the Christ and in the name of my indwelling overshadowing master soul Christ being, I ask to be assisted and protected and divinely guided by my guardian angel and Master teachers in this unfoldment and development.*

*I ask that these four guardian angels and my master teachers assist me in this development of astral traveling. I ask that they accompany me and two guardian angels accompany me. I ask that my master teachers accompany me. I ask that two guardian angels stand by and guard and protect from all harm, my physical body, while I am absent from it. I ask this in the name of Jesus the perfect Christ and in the name of my own indwelling master Soul Christ being.*

4. Then, read softly and slowly, out loud, the 121<sup>st</sup> Psalm

#### **Psalm 121**

*I will lift up mine eyes unto the hills, from whence cometh my help.*

*My help cometh from the Lord, which made heaven and earth.*

*He will not suffer thy foot to be moved: he that keepeth thee will not slumber.*

*Behold, he that keepeth Israel shall neither slumber nor sleep.*

*The Lord is thy keeper: the Lord is thy shade upon thy right hand.*

*The sun shall not smite thee by day, nor the moon by night.*

*The Lord shall preserve thee from all evil: he shall preserve thy soul.*

*The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore.*

5. **First time**, visualize body, from soles of feet to top of head, then reverse from top of head to soles of feet.

**Second time**, visualize body from soles of feet to top of head and visualize going an inch above head. Reverse, visualize from head to sole of feet.

**Third time**, visualize body from soles of feet to top of head and visualize going 2 inches above head. Reverse and visualize from top of head to sole of feet.

**Fourth time**, repeat as above, but visualize 4 inches above head. Reverse

**Fifth time**, repeat as above, but visualize 5 inches above head. Reverse.

**Sixth time**, repeat as above, but visualize 6 inches. Reverse.

**Seventh time**, repeat as above, and this time you should be out. Come back in, reversing and visualizing from top of head to soles of your feet.

**(If during procedure you become frightened, think of the soles of your feet.)**

6. Finish the session by softly and slowly saying 23<sup>rd</sup> Psalm

*The Lord is my shepherd: I shall not want.*

*He maketh me to lie down in green pastures: he leadeth me beside the still waters.*

*He restoreth my soul: he leadeth in the paths of righteousness for his name's sake.*

*Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me: thy rod and thy staff they comfort me.*

*Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.*

*Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.*

## **TENTH DAY-ASTRAL TRAVEL:**

*Prepare to fly!*

1. Sit in armchair, as indicated in previous ( Days One Through Seven #1, & #2) instructions, feet flat on the floor, and welcome the guardian angels and master teachers. Ask their assistance by saying

*I ask two of you in the name of Jesus the Christ to stand guard protecting my physical body from all harm and intrusion. I ask you to assist me back into my physical body when I come back. I ask you two guardian angels to accompany me on this journey, I wish to make, which is to the end of the block and back. I wish to return back into my body in three minutes. I ask you master teacher to accompany me on this journey protecting, guiding, comforting me and assisting me back into my body completely, securely and safely in three minutes. I wish to go the end of the block and return in three minutes. I thank you.*

2. Visualize the body out.

3. Think of everything you see, then turn around and come back.

4. Finish the session by softly and slowly saying 23<sup>rd</sup> Psalm

*The Lord is my shepherd: I shall not want.*

*He maketh me to lie down in green pastures: he leadeth me beside the still waters.*

*He restoreth my soul: he leadeth in the paths of righteousness for his name's sake.*

*Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me: thy rod and thy staff they comfort me.*

*Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.*

*Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.*

**AFTER TENTH DAY:**

**From now on, increase time out, but do it slowly.**

**Do this for 3 months.**

**SPECIAL NOTE:** Keep a pad and pen close by. When you are finished with each of the sessions, write down any and all thoughts, sensations you have had or when out of the body, what you have seen.

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***Miscellaneous***

**1. Are you on a diet? Here's an easy way to make those "munchie attacks" go away.**

To forget hunger: Sit in a comfortable position, relax, and then breathe, deeply, in through nostrils and out, forcefully, through mouth, approximately 3 times. At the same time mentally focus (think strongly about) on the back of neck at the upper spine. (I have also used this technique, successfully, to overcome the urge to smoke a cigarette.)

**2. Help to cut-down/stop smoking**

The following is a wonderful aid to help you when you are trying to cut-down or stop smoking.

Buy sticks of dried licorice root. (You can purchase dried licorice root at health food store) Carry a stick with you. When you have the urge to smoke, take the licorice stick, hold just like you would a cigarette and suck/chew on the stick. Licorice root is known to help calm the nerves and the taste helps curb the urge.

**3. What's the best thing that can happen?**

Are you a person who asks, "What's the worst thing that can happen?" when you are unsure or hesitant about a situation? This, usually, happens when we are going to try something new. Instead, start asking "What's the best thing that can happen?" It will help give you a

different perspective and a more positive outlook. And, possibly, help you get over a perceived fear and give you the impetus to take that class, write that book, go on that blind-date, go out to dinner by yourself, or whatever it is you want to do.

4. I found the following in my notes. Although, I'm sure it is a response to a question I asked "Granny Guru", I'm not sure what the question was. Maybe, I had asked whether I was in the right place, doing the right thing. Whatever it was, it matters not now. But, I did like it and decided to pass it along

I am in the place where God shines through  
For God and I are one, not two  
No need for me to fear, or fret, or plan  
God wants me to be who and where I am.  
So, if I stay relaxed and free  
God will carry out His plans through me.  
Author Unknown