

EXERCISES FROM

Love's Whisperings

Authentic Spiritual Development with the Star Elders

Chiraya Dharma

PREFER TO LISTEN TO THE EXERCISES?

GET THE GUIDED AUDIO

[EXERCISE 1: Accessing the Love Within You for Guidance](#)

[EXERCISE 2: Accessing Your Cosmic Calling Card](#)

[EXERCISE 3: Complete Clearing of Component 1](#)

[EXERCISE 4: Source Alignment Process](#)

[EXERCISE 5: Align with Flow & Simplicity](#)

[EXERCISE 6: Forgiveness](#)

[Connecting with Chiraya Dharma](#)

[Also by Chiraya Dharma](#)

Connecting with Chiraya Dharma

For free audios, videos, inspirational posts, online courses, events and private sessions, please visit Chiraya Dharma on the web at ChirayaDharma.com.

Also by Chiraya Dharma

[Unlocked & Unleashed: The God Within You ~ Divine Father Speaks](#)

[Fall In Love with the Beloved Within - Source Speaks](#)

[The Ego ~ A Mystical Adventure](#)

EXERCISE 1: Accessing the Love Within You for Guidance

- Let's imagine you are sitting on a mountain top in a beautiful expansive region. You can go to this place in your mind and bring in all your feelings and senses. What does the air smell like? Are there birds or animals about? What time of day is it? How does the ground feel under you? Are you comfortable? What would make you more comfortable? Bring in the things that would make you more comfortable in this vision.
- Now as you are sitting still on your imaginary mountain top, begin to breathe very deeply. Begin to notice those places of constriction in your body. Really allow yourself to notice where you are holding tension, and where you are relaxed and your energies are flowing. Pass no judgment upon yourself for having these tight spots. For truly it is how it is, because it is how it is. There is no judgment. You have been through the separation experience and therefore you have received constrictions and repressions which are now being resolved. Have compassion for yourself. Love yourself.
- Now imagine within your heart there is a light shining very brightly. Allow this light in the center of your heart to glow and glow and grow bigger and bigger. As this glowing sun in the middle of your heart begins to glow more and more brightly, know that all is well.
- Allow this light to begin to spread in a spherical manner into and through your whole body and out into your aura. This light will begin to cleanse your aura and your body and your consciousness. You will begin to notice places of discomfort which can be witnessed into release simply by allowing the light to continue to penetrate there.
- Now as your entire aura is filled with this beautiful golden white light from your heart area, simply rest in the void of this light.
- Simply state to yourself that you release all pain, all discomfort and all sadness into this light.
- Simply state that you release all grief, all anger and all fear into this light.
- Ask this Light and this Love to please guide you, to please show you the way that is the highest and best way for you in your life and living now. If you experience emotions such as crying, sadness, or any other emotion at all, simply know that all is well and that you are being healed. This release is what is needed in order to loosen up the flows of energies in your system. You are a beautiful God being now awakening and you deserve the utmost respect of yourself and of life. Even if those

EXERCISE 2: Accessing Your Cosmic Calling Card

- This time, quiet yourself and imagine you are living in the center of this great faceted sphere representing the One and all created beings.
- Simply breathe in and out as you rest within the heart of the One.
- Allow the love and light of the One to gently breathe you in and throughout all of creation through the visual metaphor of these facets.
- Feel the deep relaxation and peace as you do this. Rest here a moment and simply breathe in and out this love and this light through all of creation represented in this imagery.
- You will begin to notice that your holographic awareness of the entire sphere includes the awareness of all the facets. While you may not be able to read all the facets at once, you can begin to see and feel that if you were to place your awareness on any single facet, you will be able to detect a certain feeling, thought, vibration or essence of this being.
- Now shift your awareness to another facet and see/ feel/know how this is different from the facet before. Play with this, moving your consciousness from facet to facet. There is no right or wrong experience as you begin to play with feeling the different Cosmic Calling Cards of the various beings in creation.
- Now go back within the center again of this divine primal source energy sphere with many facets. Breathe in and out from the center once again, allowing your consciousness to softly include all the facets while resting on no one facet in particular.
- Rest here in this awareness for a moment.
- And now ask this overlighting One Source also called God, Love, etcetera, to direct you to your own particular facet, to the facet through which you are experiencing creation in this lifetime.
- In your mind's eye, you may be directed to see this facet which represents you. Notice any special colors, any distortions, any feelings you may get as you rest your attention upon your special vibration. Now imagine yourself as inside looking out. How does it feel? What is your vibration? What does it feel like, look like? Does it feel

EXERCISE 3: Complete Clearing of Component 1

COMPONENT ONE: *Belief you are Evil, Wrong or Bad*

- Let us forgive all of our ancestors and relatives, all of our cultural collective and all of our institutions that have perpetrated these thought forms and carried them forward.
- Let us also forgive ourselves for having been party to them. Let us call upon the Spirit of Life and ask to be washed clean of such beliefs on all levels.
- Please Creator, please Light, Life and Love, thank you for releasing me from the grips of a belief in original sin, badness and evilness of my own nature.
- Please restore fully my consciousness to the realization of my true divine nature as pure love, At One with your life always.
- Creator please help all beings to forgive me for ever having embodied a belief that you might wish to punish me, or that you might see me as less than perfect and whole.
- In this way Creator, we return ourselves unto our original vibration.
- Please Creator restore our consciousness, mind, body and spirit to its original wholeness and wellness. Release us from the past and show us how to love ourselves, how to love one another, how to forgive one another, and how to receive this love.
- Bring into our beings our belief and knowing of our intrinsic goodness and ensure that every cell of our body and every face of our mind and every layer of our emotions and every dimension of our spirits are completely and totally cleared of this belief system based on separation, greed and fear.
- Thank You God ~ Creator ~ Source, Thank You God, Thank You God. Thank You for setting us free.

EXERCISE 5: Align with Flow & Simplicity

- We offer an idea which may help you in aligning with the true nature of simplicity and flow.
- Close your eyes, breathe deeply, and relax.
- Imagine yourself as whole perfect and complete. Imagine yourself as satisfied, happy and delighted with life.
- Really feel this feeling at the deepest possible level.
- Now notice what if any people, places, and things are around you when you are naturally in this state.
- Notice what you require and desire to sustain you in that space of pure happiness, if anything.
- Now imagine your current life and all of your belongings, relationships, and all the places you go to, the things you purchase and consume.
- Notice how you feel as you go through the actions of your daily life which things, interactions, items you consume, and places cause you to sustain this feeling of expansive joy, and which ones cause you to contract.
- Take some notes after this and seriously consider what might be good to release from your life at this time.

JOURNAL NOTES FROM EXERCISE 5:
