

# ILLUSION OF DIFFERENCE

---

5 DAY MEDITATION INTRODUCTION

©DeL: all rights reserved

# TOOLS FOR YOUR GROWTH

---

## DREAM JOURNAL

For writing down your dreams as they occur

## DAILY JOURNAL

For writing down thoughts, feelings, events... as they occur throughout your day

# TOOLS FOR YOUR GROWTH

---

## SPIRIT ANIMAL GUIDES

Helps you discover, or explore the possibility, of creating a new relationship with animals

## TIME SCHEDULED FOR MEDITATION

Should be no more than 30 minutes to 1 hour

# WORKING VOCABULARY

---

## TRUTH

Something that is true in accordance to fact or reality. (O. E. D.)

## HONESTY

The quality of being honest. (O.E.D.)

# WORKING VOCABULARY

---

## VEIL (NOUN)

Piece of cloth worn by women to protect and conceal the face. Something that serves to cover, conceal, or disguise: a veil of mist and snow lay over the landscape.

(Merriam-Webster)

## VEIL (VERB)

Cover with a veil: she veiled her face.

(Merriam-Webster)



# ENERGY

---

Something we feel more easily than we see. A simple definition for energy is: the capacity to do work. (Britannica)

During the next 5 days, you will think about and start to connect with your internal energy.

This is the energy that is unique to you and helps to make you who you are.



# ENERGY

---

Put your hands palm to palm and rub them together for a few seconds.

What happened? Did your hands become warmer? Continue rubbing your palms together. Does the warmth grow? Become more noticeable? What you just felt was your energy created by you.

When we work in our yards or homes, we are using our personal energy to make changes where we want. In other words, our energy is how we participate in making things different. Making decisions about how to use (or withhold) our energy is how we participate in the power of creation.



# 5 QUESTIONS TO FOCUS 5 DAYS

## INTRODUCTION

---

In the next few slides there are 5 questions, one to be answered on each day. There are no right or wrong answers, no special road to enlightenment, no special recipe, no special knowledge held by a particular person or group.

In other words, you are not being asked to answer your questions based on any particular theology, religious affiliation, or religious belief. In fact, the freer your thoughts are the freer your mind is from current traditions, the more you will get out of your introduction to my *At the Veil Meditation* series. This is your time to get more intouch with you.

Keep your answers so you will have access to any new insight into you.



# 5 QUESTIONS TO FOCUS 5 DAYS

---

## DAY 1 QUESTION 1

I remember my dreams

A) yes

B) no

## DAY 2 QUESTION 2

When I remember my dreams, I also remember details.

A) yes

B) no

# 5 QUESTIONS TO FOCUS 5 DAYS

---

## DAY 3 QUESTION 3

I dream in color

A) yes

B) no

## DAY 4 QUESTION 4

When I dream in color, I usually remember the color.

A) yes

B) no

# 5 QUESTIONS TO FOCUS 5 DAYS AND BONUS QUESTION

---

## DAY 5 QUESTION 5

I have had dreams about a particular animal  
or pet

- A) Yes
- B) No

## BONUS

I have remembered dreams about people I  
know in wake life

- A) Yes
- B) No

# KNOWLEDGE GRANTING EXPERIENCES OUT OF THE BLUE

---

In the world of self-knowledge, there is certain information that we all should look for, pay attention to, be grateful for, and work to make connections with.

These forms of information seem to come from out of the 'blue' and in a way, they do. Often this type of communication seems dangerous or frightening to some. This can be an indication that you are afraid of the unknown.



# KNOWLEDGE GRANTING EXPERIENCES OUT OF THE BLUE

---

Those of us who are afraid of what's to come, afraid of the future, do everything we can to avoid hearing/feeling the out of the blue messages; some of us drink too much, eat too much, over medicate in some other way, or engage in avoidance behavior...

Here you will learn to see this out of the 'blue' communication as invitation to:

- 1) accept the self-knowledge being offered
- 2) increase your self-knowledge with work
- 3) recognize how knowledge helps you connect within



# KNOWLEDGE GRANTING EXPERIENCES

## THINGS TO NOTICE

---

These are some of the things to pay attention to when you are meditating and when you are engaging others throughout your day: pay attention to things that 'get on your nerves'. Allergies and trauma aside, is there a particular sound, scent, person, or color that you have strong reactions to?

This type of experience could be an invitation to gain more self-understanding, which leads to more self-knowledge.

If, during your 5 intro, you have an experience like the one being described, try to stay with the experience rather than distract your thoughts away.



# KNOWLEDGE GRANTING EXPERIENCES IN PLACE OF DISTRACTION

---

Instead of distracting your thoughts from:

- 1) sit in silence with the experience
- 2) be open to feelings, memories, people, that may come to mind
- 3) remember that today, you are in a place that is safe

Also pay attention to your emotions. This is their time to make their presence known.

Try not to push them back using one or several tactics below. Avoid:

- 1) trying to understand what's happening at that moment.
- 2) looking for connections to the past or presence.
- 3) trying to censor what you feel or think.



# KNOWLEDGE GRANTING EXPERIENCES SPACE TO GROW

---

This is the time to give yourself space to reveal, listen, and grow:

- 1) reveal what has been out of your conscious memory for years, even decades
- 2) reveal experiences from your past that connect you to a memory or feeling.
- 3) reveal and listen to your inner voice

Give yourself space to listen. Space to grow:

- 1) know you are listening to you
- 2) sit with the feelings that come
- 3) you are learning to recognize your inner voice of guidance.

Be curious,

be respectful,

be gracious to you

# KNOWLEDGE GRANTING EXPERIENCES

---

Ask yourself questions and wait for answers. The answers might not come during meditation time, Instead, you might have the insight during a dream experience, or while reading a book, or watching a movie. This is where your dream and daily journals are important.

The goal is to ask questions without expectations. Ask questions such as:

- 1) does what I hear ring true in my inner-self?
- 2) do I feel smothered by the feelings connected to my experience?
- 3) do I feel conflicted about the experience?



# KNOWLEDGE GRANTING EXPERIENCES

## REAL LIFE EXAMPLE

---

Here, I will share how I found understanding, and gained self-knowledge using this technique: As I could remember I always responded to the feelings of being cold, wet, and tired with unexplained sadness. Indeed, growing up in Michigan meant playing in snow. Playing in snow led to being wet, cold, and tired. I also felt that I was all alone in the world. It never mattered how many friends/family were with me, I felt isolated and sad anytime I was cold, wet, and tired.



# KNOWLEDGE GRANTING EXPERIENCES

## REAL LIFE EXAMPLE

---

It wasn't until I was an adult, meditating regularly, that I gained the self-understanding I'm sharing now:

When I was a baby, under 2 years, my mother wanted to be the first to see and hear me cry. Armed with her camera, determination, and time she put me in a buggy, left me alone for hours on the porch. Every time she heard me start to cry, she came to snap my picture. Every time I saw her, I stopped crying and smiled. She described how frustrated she was when morning turned into midday and the only pictures she had were of me smiling. The later it got the more frustrated she became. When it was almost time for my father to come home from work, I cried and she took what became the only picture of me crying.

That picture was her pride and joy.



# ANCESTRAL ENERGY © OUR ANGLES IN DISGUISE

---

In this world where we are starting to learn about the need to redirect our thinking, I invite you to see your ancestors as angels in disguise. In turn, see yourself as your ancestors in action. I call the energy that passes between us and our ancestors, **Ancestral Energy**.©

Most of us already know that energy can't be destroyed or created; it simply changes form. (Merriam-Webster) When a loved one transitions from this level to another, the energy that was there does not disappear.

Instead, the energy changes form.



# ANCESTRAL ENERGY OUR ANGELS IN DISGUISE

---

Here you will be introduced to the process of blessing our ancestors, with our actions in this world, blessing each other by recognizing our mutual status of Universal Royalty.©

I have included 5 blessings from my upcoming book: *Bless Those Who*.© I offer this as incentive for anyone who wants to redirect their thoughts and refocus their personal energy.



# BLESS THOSE WHO

---



Welcome you with their hearts

For they bring true friendship

Fight for justice alongside you

For they bring courage





# BLESS THOSE WHO

---



Sit with your pain

For they bring spirituality

Laugh with you on lonely days

For they bring spontaneity





# BLESS THOSE WHO

---



Learn with you

For they bring humility

- Be aware of what is missing in your life
- Be aware that what you need already exists
- Be open to what is next in your life
- Be who you are
- Be who you will be

Be

~Elandus~