

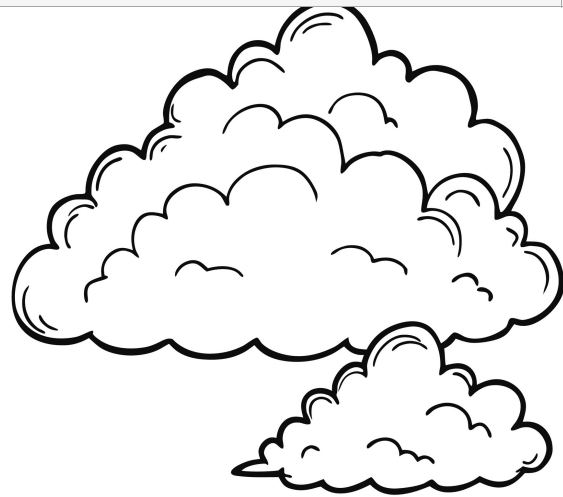
# Key of Life

## Session 1 ~ Be Yourself

*Would you like to experience life as performance art—a dance, a dream, an epic adventure with YOU as the star? Maybe you can, by simply shifting your point of view.*

	BE	POWER OF	THEME
1	YOURSELF	CREATION	Self Realization
BENEFIT — Source your life from your true nature			

*Lord Buddha himself taught that basically, human nature is pure, egoless, just as the sky is by nature clear, not cloudy. Clouds come and go, but the blue sky is always there; clouds don't alter the fundamental nature of the sky. Similarly, the human mind is fundamentally pure." Thubten Yeshe, in Becoming Your Own Therapist*



**What if the quality of your life depends on who you think you are, and what you believe you deserve?**

- *Some of you already know that your **thinking and speech shape** your interpretation of **reality** and determine your level of **joy and satisfaction**.*
- ***But do you know that your true nature is much bigger than your thoughts or personal narrative?***

- *There is no course you can take, reading you can pay for, or event you can attend that will stop the clouds, the storms, the challenges of life—and yet,*
- *By **shifting your point of view**, you might just transform your experience of living into one of performance art.*

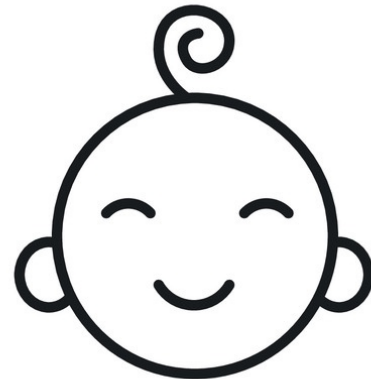


**So, does your self-perceived identity create the quality of your life?**

*Let's play 'what if.'*

- ***What if the Buddha was correct, and your mind is fundamentally pure?***
- ***What if you've confused the clouds for the sky, and pinned aspects of your being into permanence when they could be ephemeral?***

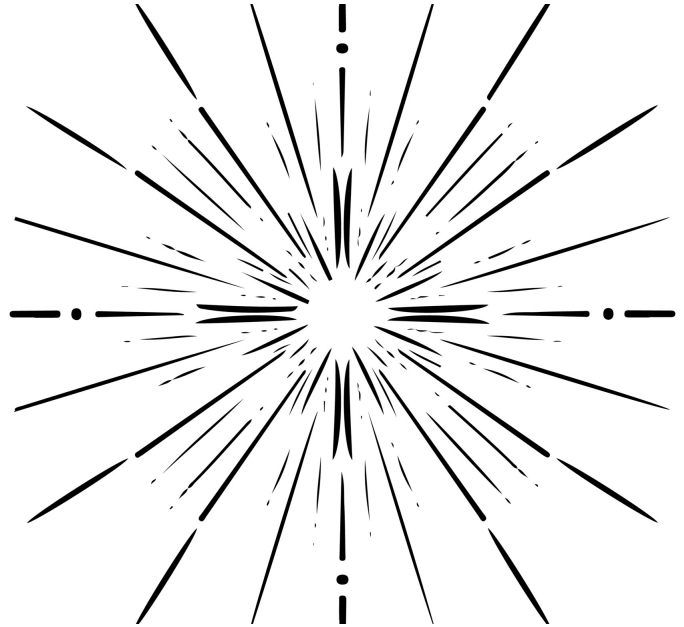
- ★ We seem to be born with certain tendencies. but maybe they can express themselves in myriads of ways.
- ★ **Perhaps your personality wasn't baked in when you drew your first breath.**



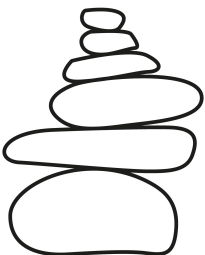
- ★ You may already know that you're more than your name, your belongings, or your social status,
- ★ But do you know that you're more than your thoughts, your preferences, and your aversions?

**I invite you to consider these possibilities ~**

*Through mindfulness, you might learn to recognize that cloudless sky, the place within yourself which is beyond anything you can name.*



*What if new worlds could open when you develop the ability to shift into present-moment awareness?*



**The skills discussed in Key of Life are designed to expand your ability to transcend conditioning and be more awake and aware in the here and now.**

*“The nitrogen in our DNA, the calcium in our teeth, the iron in our blood, the carbon in our apple pies were made in the interiors of collapsing stars. We are made of starstuff.”* Carl Sagan

*“Be alert and present and see that your identity is not from your past story; who you truly are is the alert presence that is inseparable from the present moment.”* Eckhart Tolle

**Energy Exercise**  
**NRGX 1.1**  
**Relaxing into Your Natural Self**  
***Mindfulness, Thought, and the Voice in Your Head***

**INSTRUCTION 1: Explore the following questions.**

- ★ *Are you your hand, or are you a human who has a hand? (Silly, I know, but keep going).*
- ★ *Are you the voice in your head, or do you HAVE a voice in your head? (See what I mean)?*
- ★ *Have you ever been focused and ‘in the zone’, e.g. (Pick what fits for you)*
  - *When you’re playing a sport you love,*
  - *When you’re caught up in creativity, making art, writing, performing, or engaged in intellectual pursuits—and inspiration is pouring through you?*
  - *When your mind is overwhelmed—*
    - *Making love?*
    - *By beauty?*
    - *By a work of art or literature?*
    - *In spiritual ecstasy?*
    - *Or any similar experience?*

*What happens to your internal monologue during those times?*

**How do you bring the zone into daily life?**

- 1. Have you discovered mindfulness through sensory experience?**
2. *Can you feel the life force tingling in your body?*
  - A. *It’s subtle. If this is new to you, try just one area, your left foot, for example.*
  - B. *Take your time and relax.*
3. *What can you hear? Traffic? Footsteps? Birdsong?*
4. *What can you smell?*
5. *What’s the temperature of the air?*

***Instruction 2: See if you can you complete a routine daily activity with mindfulness, e.g., washing your hands. Instead of listening to the voice in your head, pay attention to your senses. What’s the temperature of the water? How does the soap feel on your hands? How does it smell? Can you bring mindfulness to other activities such as doing laundry, walking, eating...? Anything. Eventually, maybe almost everything.***

**Energy Exercise  
NRGX 1.2  
Getting Acquainted with Yourself**

The best-known way to experience yourself as the sky (context) rather than the clouds (content) is meditation. It has many benefits. The one we're discussing here is the ability to get acquainted with yourself as the observer of your thoughts. rather than the identity you have created

- *Experienced meditators who are satisfied with the benefit you are getting from your practice—good job. Keep it up. You may find some value in the questions below, but there's no need to change what works.*
- **If you think you can't meditate because you can't silence your mind, keep reading. There are many other ways to develop the skill of mindfulness.**

I was first exposed to meditation as a child watching a TV show. One character said to another, "Now, make your mind a blank." Being a curious kid, I tried to do it, and quickly decided that it was impossible. This is true for nearly everyone, especially at first.

1. **Isn't it exciting to think that the possibilities for your life may exceed anything you've imagined so far? Do the assertions of Session 1 resonate? Can your true nature be an essence beyond your thoughts?**
2. ***Do you see the connection between sitting in silence and finding your authentic self? (BTW—If the answer is 'no' right now, that's okay. You can only be yourself, and you can only start a journey from where you are).***
3. **Meditation is about finding a focus in the present moment. What techniques are you aware of for doing this? What works for you? What doesn't?**
4. ***Are you aware of forms of meditation and mindfulness that include movement and music? (There are links on the next page).***
5. **Did you know that there are free videos with colorful moving mandalas and gentle music?**

**NRGX 1.2 (Cont.)**  
**Getting Acquainted with Yourself**  
**LINKS**

NOTE: From online resources to books, classes, and meditation groups, there's a treasure trove of support to help you cultivate a healthy relationship with your true self. These links are provided as examples of the many free mindfulness videos which are easily available. We do not promote any specific content. Find what YOU love, and use it to improve your ability to harmonize with the Key of Life.

- **From Thinking to Presence: 5 Minute Meditation with Eckhart Tolle**

[https://youtu.be/nqYjmiAjC3k?si=wsJyz\\_nZ\\_fnx9OXJ](https://youtu.be/nqYjmiAjC3k?si=wsJyz_nZ_fnx9OXJ)

- **Sensory Awareness and Mindfulness**

<https://youtu.be/JSLbf6U2CUQ?si=wwdOz5Nc8Uwddi95>

- What to focus on when meditating: a beginner's guide

<https://www.calm.com/blog/what-to-focus-on-when-meditating>

- **How To Meditate For Beginners (Animated)**

<https://youtu.be/JslvBcIVtDg?si=aMZAhaSkh9LbABSD>

- **How to Do Walking Meditation with Yongey Mingyur Rinpoche**

[https://youtu.be/zZnNO1myCMg?si=whWubCy4\\_6s\\_1EtI](https://youtu.be/zZnNO1myCMg?si=whWubCy4_6s_1EtI)

- **How to Do Walking Meditation: Early Buddhist Practice**

<https://youtu.be/SPEoWeF7CIE?si=CAz6q3kOGf0lbHNq>

- **FLOW Dance Meditation**

<https://youtu.be/dveqedfKNOo?si=h9AKAtS6fP2aH6ft>

- **Easy Flowing Water Meditation**

[https://youtu.be/Km\\_Dop2Xn9g?si=FPIt1dukZqeOGbNm](https://youtu.be/Km_Dop2Xn9g?si=FPIt1dukZqeOGbNm)

- **Guided Meditations**

[https://youtube.com/playlist?](https://youtube.com/playlist?list=PLb09q0R7gAwQ3ou1IUWZcJZEtgNeoJNJf&si=KTXH8d3KSF2J_iQf)

[list=PLb09q0R7gAwQ3ou1IUWZcJZEtgNeoJNJf&si=KTXH8d3KSF2J\\_iQf](https://youtube.com/playlist?list=PLb09q0R7gAwQ3ou1IUWZcJZEtgNeoJNJf&si=KTXH8d3KSF2J_iQf)

- **Splendor of Color Kaleidoscope Video v1.6**

<https://youtu.be/lij0QOfftrY?feature=shared>

**Clicking on the underlined links should open a box where you open the video.**

**The ones that aren't underlined will need to be copied into your internet server search engine. Use the server search engine, not YouTube's search.**

**NRGX 1.3**  
**New, Conscious Version of 'Cancel Culture'**

**INSTRUCTIONS:**

**○ Ponder the following ~**

- ✓Does the voice in your head ever criticize you or call you names?**
- ✓Does it have a favorite, e.g. loser, no-good, 'doofus', effing idiot, etc?**
- ✓How does it make you feel when you label yourself this way?**
- ✓Just because your mind says it, does that mean it's true?**

**○ *Can your inner monologue represent***

- ✓*Old programming?***
- ✓*Self-delusion?***
- ✓*Accurate reflections about you and the world around you?***
- ✓*Inspiration?***
- ✓*Any of the above depending on what's going on, right?***

**○ HOW TO RECLAIM YOUR TRUE IDENTITY IN THE FACE OF SILENT INNER SELF-CRITICISM?**

- 1. Notice it**
- 2. Write over the thought immediately. Here are some options.**
  - a. 'Cancel, cancel' is simple and easy to remember**
  - b. Say 'Ma'at Queru' (MAH-kay-roo) and call on the power of the Egyptian goddess Ma'at who created order from chaos and gave law to humanity.**
    - I. This has long been used by modern practitioners of magic and mindfulness to correct inaccurate speaking, silent or aloud.**
    - II. In this context, it means, "I take it out of the law."**
  - c. Replace the label with any other word or phrase, e.g. "Stop!"**
- 3. Nature abhors a vacuum. Remember something good about you, e.g.**
  - a. I care about people**
  - b. I do my best to be a decent human being.**
  - c. I am (fill in the blank, e.g. kind, smart, interested, attentive, mindful, the possibilities are nearly limitless, aren't they?**