Transcendence Technique

Week Four Workbook

1. True of False: Sacred Mantra's have a particular meaning and are used with intension.
2. Sacred Mantra Meditation is a _____ _____ that allows us to experience inner calm and deep relaxation.
3. True or False: Sacred Mantra Meditation is about forcing your mind to be quiet.
4. Your sacred mantra is like a _____ of the mind. It takes you to a _____, _____ level of the mind.
5. True or False: Your Sacred Mantra is your inner connection on a universal level. It is the vibration of the space of pure consciousness which is the root of universal manifestation.
6. There are _____ Sacred Mantra's.
7. Sacred Mantra's are formulated by _____.

Pivot Point Advantage©

8. What are the Four Soul Questions?

1.

2.

3.

4.

9. What are the steps to the I am sequence

1.

2.

3.

4.

10. Our Sacred Mantra is the vibration that brought us from _____ to _____. We use the Mantra to take us back to the _____.

11. At the end of the Mantra Meditation before we set our intensions, we _____ and let go of the Mantra.

12. What are the 4 intensions at the end of Sacred Mantra Meditation?

1.

2.

3.

4.

13. What happens to our body if we do not have thoughts?

14. True or False: All thoughts are normal.

15. What do we do when we get these thoughts?

    1.

    2.

    3.

16. What are the 4 experiences we have during meditation.

    1.

    2.

    3.

    4.

17. True or False: The Gap is the ultimate goal in meditation.

18. The Gap is a benefit that

19. True or False: If you think you are in the gap, you are probably in the gap.

20. The Gap has no _____or _____. You are in a non local domain which has no _____ of _____, _____ and time.

21. True or False: To reach a meditative state you don't need to concentrate.

22. Describe the two tools of concentration

23. What are the 3 minds?

1.

2.

3.

24. What are the three layers of life?

1.

2.

3.

25. The first layer is our physical body which consists of

_____ and our _____.

26. Why is our environment important to our physical body?

27. The 2nd layer is called the Subtle Body and it consist of our

_____,_____ and _____.

28. The 3rd layer is our Casual Body which is our

_____ soul, or _____ soul and our

_____Soul.

29. What are the 5 Steps to restful sleep?

1.

2.

3.

4.

5.

30. Describe your experience with your Sacred Mantra initiation.