

Living As An Avatar

Seven Simple Practices For Daily Living

Making a heartfelt commitment to some or all of these daily practices will transform your consciousness and body. Most of them only take seconds to minutes to practice. These are a high form of mindfulness – staying conscious and in love as much as possible throughout all your myriad experiences.

In this document, I refer to my book *Awakening the Avatar Within* as “ATAW”.

1. **Foundational Practices:** Purity Blast, Calling Yourself In, Master Hookup with abdominal breathing, grounding to Earth Star and loving presence. Start your day with these, and use them often throughout.
2. **Central Axis Breathing:** Explained in Chapter 22 of ATAW, and in Sue Morter’s book *The Energy Codes*. Consciously breathing up and down the Central Axis of your body is one of the simplest and most effective meditation practices for self-healing and increasing your level of Embodiment of your Divine self in your body. Use bandhas to increase focus in areas of the Axis where you feel funky or lose focus.
3. **Building Your Light Body:** This is what awakening Avatars do. Here are two resources for this process:
 - a. Chapter 27 in ATAW
 - b. The booklet and audio recordings “Building Your Light Body” kindly provided by member Kevin Adams. Karina and I are working through the 6 week process led by his audios, and loving the results. Find these on your Member site in **Lessons / Module Nine** section.
4. **Power Windows:** The following power windows can be portals into elevated Avatar consciousness:
 - a. The moment you first wake up in the morning (before looking at your phone!)
 - b. Just as you are falling asleep at night or taking naps
 - c. Just before you start eating your meals
 - d. Walking / hiking
 - e. During sexual activity

- f. Just before a client session, talk, class or any other meeting
- g. As you start your meditation time

To tap into these power windows, simply intend to stop the momentum of your mind at these times and choose consciousness and loving presence.

Try Calling Yourself In the moment you awake in the morning or before sleep, followed by a few Central Channel breaths. This will start your day on a high, clear note. A simple prayer of gratitude before you eat a meal transforms the experience. Silently saying an I AM Decree before you start a client session or have a meeting empowers and uplifts you.

See Chapter 22 in ATAW for specific guidance on meditation plans.

5. **Exercise:** This is one of the greatest wonder drugs and Embodiment practices. Commit to doing vigorous exercise every day, breathing deeply and staying as present as you can. Have fun! Walking or hiking outdoors can be a high Ascension practice, beholding your heartfelt awareness opening to the vision of the New Earth.

Yoga, Qigong, other movement: Simply add Central Axis Breathing, Master Hookup and your transmission to these activities and they become transcendent.

6. **Quantum Healing and teaching for self and others:** Live in an attitude of service, offering your transmission freely and generously. This will build your Embodiment, elevate your healing abilities and help you transform your inner muggle into your inner master. Keep connecting with your buddy or others from the Mastercourse who really get you and your new level.
7. **Music, dance, play, FUN:** Yes, playing is an essential part of your awakening. Don't let your adult get too serious, three serious or four serious! Let's celebrate!