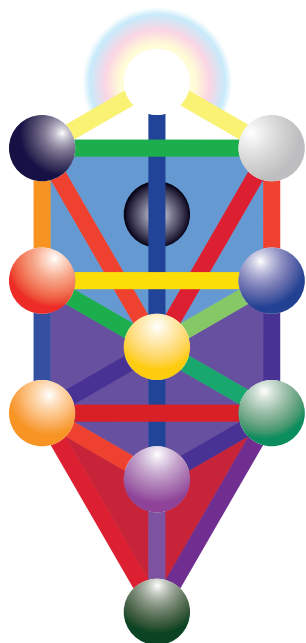


DAILY **S**PIRITUAL LIVING



Daily Advice to Nurture Your Soul

by David Goddard



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Daily Spiritual Living

by David Goddard

Dedicated to Richard D.

Editor: Benjamin Philips
Rising Phoenix Foundation

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Daily Spiritual Living

Daily Advice to Nurture your Soul

Introduction

“With the opening of a single flower comes Spring-time for the entire world.”

If you are like me, the stressful demands of 21st century life make it very difficult to maintain awareness of the Sacred in your daily routine. There are so many demands on our time. So many necessities calling out for our attention. You are bombarded with information, by advertising and stimuli. Probably now, more than ever before, there is so much available to you, which in turn challenges you to make the ‘right’ choices.

You do daily spiritual practice. Yet often, after just a few hours in the up’s and down’s of daily life, any peace or poise you attained is compromised, forgotten, or lost. You can even find yourself despairing; wondering if you are making any progress at all.

This is the big challenge. It is not too hard to find inner peace when you are in a meditation space; or when you are performing sacred ceremony in a private temple. Or when you are on a retreat – when your daily life is on temporary hold. The problem starts when you have to engage with the rest of the world, when you have to interact with all the diverse personalities who impact on your being.

Yet, all spiritual masters counsel you to keep the Divine “in constant remembrance”, to be always aware of the Transcendent. But, how do you do this when you are washing, cooking, or cleaning? How do you do this when you are driving, or stuck in the train or on a plane? How do you do this when you are working, for eight hours, in a frenetic office or shop?

What follows are **Prompts to Awaken**, they are mnemonics, *aide-memoirs*, to be spiritually alert in the moment, as you go about your daily life. They are ‘catch exercises’ – momentary reminders to be mindful of That which is Real. And at the same time, these prompts declare Who you eternally are.

The Radiant Mystery transcends all phenomena, yet It is also concealed within all. Therefore, if you momentarily acknowledge this truth, you also are reminded of your own Ultimate Nature. The Eternal is you, observing creation through a human nervous system. In every single moment you behold a flicker of Infinity. Whatever you see, hear, touch or taste, you are ultimately at one with; and therefore, you can bless, encourage and help to make it whole.

Many of these Prompts to Awaken use theistic language (“God-speak”), for a very good reason. When, in your spiritual practice, you raise yourself to higher consciousness, you can then experience the Radiant Mystery as a state-of-being - as the most sublime level of transpersonal and limitless Awareness. But in your everyday routine you function through your personalities. The personality is a product of dualistic consciousness, yet it is necessary ‘equipment’ to navigate through every-day life. These Prompts to Awaken are addressed to the Eternal by the personality – and the personality needs the sense of ‘Another’ with whom it can engage in a relationship. And these mnemonics WORK

because the Other (Who your personality is communicating with), is simultaneously your own ultimate Self. And so, this technique is actually an antidote for duality!

The word “Amen” is used to complete and seal these Prompts to Awaken. Few people know that Amen is not just a wishful “may it be so”. Amen is a Word-of-Power, it is one of the great secrets of practical occultism. Amen is a Name of the divine Crown of the Tree of Life. To consciously say “Amen” with such awareness is to send your intention up through the Hollow-Crown of Kether and into the Absolute, into the Heart-of-all-Brightness. There is much in this.

No wise teacher gives out formulas with the intention that they should become ‘carved in stone’. These Prompts to Awaken do work, but, they should also grow. The Essence is unchanging, but the expression needs to change because we change, and evolve. So, in time you will develop them, and add to them. So there are pages for your own Notes, at the end of this manual.

When you first read the Prompts to Awaken you may think, “Oh there is too much here, I couldn’t do all of this!” And I am not suggesting that you do; take from the manual what appeals to you, what is helpful. Gradually, as your habitual patterns of living in the everyday are transformed, you will find yourself naturally taking on additional prompts of mindfulness.

Using these Prompts to Awaken during our daily activities has a cumulative effect, like yeast in dough. They increasingly sensitize us to the Radiant Mystery that we encounter veiled within Its countless manifestations.

Eventually, you realize (not just theorize) that, you are actually ‘seeing’ the Invisible everywhere! For every person, and everything, is irradiated by the numinous Presence of the Absolute. And as a consequence of this, you perceive everything as precious and unique. Like the prophet, you can then say, “and in my flesh shall I see God.”

You come to realize that wherever you are standing, has always been Holy Ground; that the every bush was always ablaze with Divinity. With the open ‘Eye of the Heart’ you see at last ... Heaven come to Earth.

DG, 2008

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“Bring forth That which is within you.”

Morning

Treat each day as miraculous and immaculate – as unstained by the past.

You wake in the morning. Let your first thought be gratitude for a new day, a day in which you can grow in awareness of the Radiant Mystery that people call ‘God’, and so dedicate everything you do today to the fulfillment of All.

You rise from your place and you make your ablutions (your wash, shower or bath). As you draw the water, before you step into it, pray for it to be sanctified:

“May the blessing of Elohim-Tzabaoth be upon the Undines of these waters. May I who bathe therein, be a clear mirror to reflect Divine Light upon the world. Amen”

In this way you are invoking the blessing of the Eternal upon the spirits of water.

Then you step into the shower or into the bath:

“I bathe the body of Adonai in the waters of Binah”.

Binah is the Great Sea of Being, the sphere of Understanding that is therefore also Love.

It is very important to consciously absorb Universal Energy. This is done by partaking of the four Elements: Water, Earth, Fire and Air. You do this by making sure that you get enough clean water during the day, and by eating fresh food (Earth). Make sure you get some sunlight (Fire). And most important, absorb Air consciously.

Ideally standing facing the sun. Expel the old, tired air from your system by pulling in your diaphragm. Then push out your diaphragm, and as the fresh, solar-charged air fills your lungs, visualize Light streaming into you. As you exhale, all tiredness and shadow are expelled. As you inhale, light and air fill you; to vitalize your cells, to fill your bloodstream with sparkling energy, and to pervade your entire body and aura with radiance.

Breathe like this for four times – deeply and consciously. And try do four sessions of this ‘Life Breath’ each day: at morning, noon, afternoon and evening. If at other times during the day, you find yourself emotionally stressed or challenged use this conscious Life Breath to center and empower yourself.

Then perform your morning meditation. Early morning - before the rush of the day - is the best time for meditation, because then you can imprint the rest of the day. And whatever you receive in



your meditation, whatever elevations of the Soul you may have, can be recalled later during the day. So, in meditation you spend time alone with yourself, which is also the SELF. Being in the presence of the Divine - the Radiant Mystery at the core of creation, and at the core of every atom. You use this peak of spiritual practice to set the tone for the rest of your day.

The greatest thing you can do right after your meditation - Keep a journal of every meditation. This will distil the subtle wisdom of each session.

Cooking

If you are preparing food, whether it is for yourself or for others as well, you can make this into a sacred activity. This is the tone for all of this spiritual practice in daily life, to make your entire life sacred so that no single part of it is separate from the Divine.

As you prepare food you can bless everything involved.

Let's say you are slicing a tomato:

"May the blessing of Adonai be upon all the tomato plants of his vegetable kingdom. Amen".

You are pouring milk:

"May the blessing of Adonai be upon all the cattle of his animal kingdom. Amen".

Again, when you are **using water** to make tea or coffee:

"May the blessing of Elohim-Tzabaoth be upon the Undines of these waters. Amen".

Or the fire, either in the electric elements or with a gas-hob:

"May be blessing of YHVH-Tzabaoth be upon the Salamanders of these flames. Amen".

When the meal is fully prepared you bless it. Blessing food increases the amount of light in it and therefore all who eat it are receiving both spiritually and physically when they digest. A blessing you could use is:

"Oh Radiant Mystery, may Thy blessing be upon all creatures who have given of their bodies to make this food; and upon all who partake of it. Amen".

As you take the **first bite of food**, think:

"I give the nourishment of the gods to the body of Adonai. Amen"



Try and remember that everything that you eat has come from some other life-form (animal or vegetable) and that all Life is Spirit-made-visible; Spirit into substance, and that the energy that you are now going to extract through digestion is going to give you energy to be a greater Light in the world.

Housework

As you go about your home doing the chores of maintaining and cleaning it, keep this as a key thought: that you are preparing your home for the Divine presence, so the home is prepared for God to indwell. If you do your tasks with that as your key thought, they become a sacred activity. As you are cleaning or polishing or washing you can put in Divine energy. Feel it streaming in through your head and out through your hands, so that everything you touch becomes charged with Divine radiance.

This way the objects in your home, the furniture, become loved because they have been touched and cleaned with awareness. Awareness is attention. They have been given attention! Doing the chores bores many of us, so we use our minds to think about other things. But, when housework is done with awareness, any object that is the focus of your attention becomes charged, and in turn it will radiate that charge.

You will begin to notice how the things in your home acquire an inner light, and your home becomes charged up. You can do sacred mantras while vacuuming or washing, for a repetitive, routine job. These mantras remind you of Who is doing the cleaning, and of Who is being cleaned – your housework becomes Spirit-at-play.

Find out more about **Western Mantras** and the wonderful diversity of hidden meanings in these **Sacred Words-of-Power**.

Visit

<http://www.rpxf.org/mantra> to **get your copy today!**

The Garden

If you have a garden, then regularly bless the nature spirits who reside in it:

“May the blessing of YHVH-Tzabaoth, the Eternal of Hosts, be upon the nature-spirits of this garden”.

Tend the plants, being aware that each single plant has its own nature-spirit – a subtle, energetic being who upholds that plant by drawing in universal light via the sun, and charging the plant.. Consider how each tree too has its own nature spirit. Be aware also of the Gnomes, the patient, laboring spirits of the Earth. Radiate love to them all.

Periodically make offerings to the nature spirits. Once a month, at Full Moon, is excellent practice. Put a bowl of milk and some sweet food (chocolates or biscuits) out in the garden overnight. Put them out in the evening as an offering to the nature-spirits, inviting them to partake of the bounty that you have received, and that you wish to share with them.

You will find that your garden or your little terrace will become more life –filled as the vitality of Faerie flows into it. It will feel friendlier and welcoming, because your broadcasts of affection, stimulates the nature-spirits to draw close and to be well disposed to you.

Traveling

Before traveling to work, or going out in the world offer the dedication that your presence in the world may be a center of awareness for the Radiant Mystery:

“May I be blessed in my journey from, and returning back to this place. May all living creatures that I see, hear or touch this day, have Shalom. Amen”.

Shalom which really means ‘deepest well-being, happiness and joy’. So you go out through your front door and into the world. Realize that you are not journeying alone – that the Masters and Angels will be with you, whether you are aware of them or not. It is written that, “*God has given His Angels charge over you, to keep you in all your ways*”.

Perhaps you travel by car or bus or train. Any vehicle you enter into, an airplane, an automobile or a bus or a bicycle, bless them:

“May the blessing of Adonai be upon this vehicle, its drivers, and all who travel herein. May they be blessed by his Shalom. Amen”.

As you journey you can bless those who you see. This doesn’t mean intrusively staring at people. Recognize that everybody you see, each person, is one of God’s self-portraits.

No matter how they appear to you or what your habitual reactions would be, remember that at the core of their being, in their heart-center, is the Spark of Divinity - the sacred lamp within the temple of their body.

And just momentarily focus on that Spark of incandescent Light within the heart-center of each person you encounter. This can be a great blessing. Most people as they journey, either escape into their own thoughts and fantasies or they look at other people in a judgmental way to try and support their habitual ego. So, if a person - appears - to be less than them, they feel superior; or if a person appears to be better than them, they feel inferior and so become envious. This is the neurotic, and destructive turn-of-mind that prevails in society.

If when you go out, no matter whom you see, if you momentarily acknowledge the Divine Spark

..acknowledge the Divine Spark within them, then you are in on the best game in town!..

within them, then you are in on the best game in town! You are, by your living daily experience, actually encouraging and assisting evolution. Just by a brief moment of attention - even a millisecond - you are making potent suggestions to others of the divinity within them. You are stirring it into activity. If you could see it with clairvoyant sight, you would see the moment that somebody like you thinks this, a beam of light touches the Divine Spark in the other person - and it momentarily flares, and shines more brightly.

You will find in time that people like having you around because although they may not consciously realize it, subconsciously they know and feel that, when they are with you, they are being reinforced, authentically empowered. Something deep within them is being acknowledged. This is a vast blessing and doing this can turn your entire trip into work, or wherever your journey is, into a sacred path

that you walk in beauty, bestowing blessings on whomever you see.

Sometimes you may see somebody who is in a bad way. Somebody who is homeless, or sick, or impaired; or sometimes you just feel that somebody is struggling with some inner turmoil or grief, then acknowledge the Divine Spark within them, adding:

“Oh Lord of All, have regard for this, Thy child. Amen”.

When you are at work in the outer world let loving-kindness be the backdrop of your day, and the keynote to your interaction with other people. Care for others (however *don't let yourself be abused*).

You open a door: ***“May I open the door to light for all beings”.***

You close a door: ***“May all that is harmful be prevented from entering this place”.***

...you can be “in” the world, but not “of” the world. You can make a difference!

You go up in an elevator: ***“May I ascend, and so uplift others. Amen”***

You go down in an elevator: ***“May I deepen in understanding and in my capacity for Grace. Amen”***

You handle things at your work. It might be a paper or a memo. You might work in a shop selling goods, giving change, serving food, whatever it is that you handle - no matter how momentarily - you can think:

“May whoever touches this be blessed. Amen”. It can even be a paper clip that you pass to a colleague.

In a world that is, all too often, driven by survival and greed – you can be “in” the world, but not “of” the world. You can make a difference!

Noonday

At midday try and remember the peace network. There are people all over the world, living men and women like you, who at midday (local time) send up an intercession for world peace. Because it is at local time, it means that intercession is going up worldwide 24/7.

Four cycles of Life Breath to fill yourself with radiance.

If you get a lunch break and have the opportunity to be alone, just for 3 minutes, renew your sense of yourself as the Divine in time and space, in the exact place where you are. Reaffirm Who you are.

If you are familiar with the *Pattern on the Trestleboard*, given by one of the great Wisdom Masters, midday, (or when you have time to be alone) it is a good opportunity to recite it. Or say the Shema, or the ‘Profession of Faith’ or the “Lord’s Prayer” – the outer form of words does not matter, what does matter is that it is said with awareness, with conscious intent.

Or you see an animal, plant or natural phenomenon that is sacred to one of the Angels:

“Holy Angel (name), may I be blessed by this sign of thine. May God’s Peace be between us evermore. Amen”.

If you hear the siren of an emergency vehicle, think of those who may be involved in the crisis:

“Oh Radiant Mystery, Thou art the Redeemer and the Redeemed. Amen”.

Perhaps in your days’ journey you pass buildings that are meant to be places of spiritual radiation - a church, mosque, synagogue, or a temple). Each of these places has an Angel of Praise presiding over it. For example you pass St. John’s church:

“Holy Angel of Praise of St. John’s church, be thou blessed be the Eternal. Amen”.

Hospitals too are attended by the Angels of Healing and one particular angel presides over the whole hospital and all the activities:

“May the blessing of YHVH-Aloah-ve-Da’ath be upon the Angel of this hospital. Amen”.

You are going into shops to do shopping - a supermarket. You know how much food there is in a supermarket. Just as you pick up your basket, you can silently say with intention:

“May the blessing of Adonai be upon all the beings who have given of their bodies for the food in this place. Amen”.

You see beauty – something or someone: ***“Blessed art Thou, Who hast created such beauty. Amen”***

Evening

Whenever you enter a home:

“May God’s Peace be upon this place and upon all who dwell here. Amen”.

What you see in the news or you read in newspapers or see on the television or hear on the radio, use this too as a way for spiritual work. We see so much suffering through these mediums, so remember that ‘Birth and Death’ are ‘Renewal and Release’ – but that Life is eternal. Allow compassion, allow ‘enlightened love’ to guide you.

Whenever you see anything involving the sufferings of others, be aware that it is the Divine Who sees through you, and offer up what is before you to that Radiant Mystery:

“Most Holy One, have regard for these, your children (or for this situation). Soothe their sorrow; heal their pain, bring peace: Shalom, Shalom, Shalom, Shalom. Amen”.

In the evening, if you are spending time with family or loved ones, recognize this too as the play of Spirit with itself. Each person is the presence of God in the world, so let the love you feel for them reach new levels.

Know that Love itself is not just an emotion, it is the Power of Creation itself; it is a spiritual reality that is Eternal. Everything exists because God loves. Each evening is unique. There will never be another one like it again, so enjoy and treasure it.

Do four cycles of Life Breath to reinvigorate yourself.

Try each day to read from a spiritual book or join the *Inner Fire Journal* (<http://www.rpxf.org/inner-fire>), something to nourish your soul, even if it is just one paragraph. Find quality sources of Spiritual Teaching. You might take what you read as a theme for your meditations in the days ahead. Nurture your soul with inspirational reading, or listening to beautiful music, or by observing nature, for example, the sky is a constant source of wonder.

Use your evening spiritual practice to make intercession for others. 'Intercession' is when you, as an expression of God in time and space, hold up to the Limitless Light those individuals and situations that you feel moved to help.

These can be close ones to you; or people you have seen on the news; or people you work with.

Those who have just died need prayers too, so they can pass over and not get trapped.

Also your own needs – recognize them too, whether it is for work or finance or health. Offer all of these up through your Inner Light, which is simultaneously the One Light that is the Source of everything and everyone.

Offer them up in an unattached way, placing them all under the Will of the All-Good. Entrust your needs, and those of others, to the all-accomplishing Power, and all-pervading Wisdom, of the Radiant Mystery. Entrust everything to the Divine's all-embracing Love.

The *Inner Fire Journal* is the primary way to develop your own Spiritual power. You can begin your Inner transformation with the guided assistance of David Goddard.

Visit <http://rpxf.org/inner-fire>

Sleep

The time before sleep is very important for spiritual practice, because the last thoughts you have before sleep are the ones that imprint onto your subconscious. This is why it is said "don't let the sun go down on your anger".

Don't use your time before sleep to concern yourself with worries. Forgive the past, and determine to press forward on the Path of Light.

Before climbing into bed do four cycles of Life Breath. Then, once you are in bed and relaxed, make suggestions to your subconscious that are Good, Beautiful and True.

Finally, go up the Tree - from Malkuth beneath your feet, up to Kether (the shining light above your head) and give thanks for ALL the blessings of the day. Then let go, and take your rest in the Everlasting Arms.



Peace to all Beings

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