



# Thrivecraft Coaching

LIFE BUSINESS METAPHYSICS

## Ah and Om Meditation

This is a manifestation practise deriving from the ancient Asian 'Siddhi (perfection) Consciousness' body of wisdom.

It is used to open up and energise the metaphysical power of asking for and receiving that which we wish to draw into our life.

The meditation combines the power of the mind, the body and the voice into a singular, intentional energy. We 'put out' this energy, and then we allow ourselves to receive that which we wish for.

It can be used to draw to us physical things (like cars, houses), positive relationships, states of emotional and mental well being, as well as health, money, clients and jobs.

We can choose to energise the same request over and over again each time we do it, or we can change our request each time we do it as appropriate.

It can be done collectively as well as on our own. It is very powerful to join with others on a collective purpose using this meditation.

It is a short (10 mins) and powerful practise that can be done as part of a daily routine, and/or employed for specific projects. It can also be done to open and close group meetings and ceremonies.

The Ah part of the meditation is best done earlier, eg. in the morning, and the OM part later, eg. in the evening. Both parts are important, the asking and the receiving.

The Ah is a seed syllable that represents the out breath - birth, life, bliss, and awakening. It sends energy out to the universe.

The Om is a seed syllable that represents the in breath - receptivity, gratitude and surrender. It receives energy from the universe.

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1. First choose one thing to focus on - eg. the need to find a new house.
2. Being as specific as you can, turn this need in to a positive affirmation, asserting that you already have this thing - eg. I have a beautiful, affordable house.
3. Repeat this silently in your mind, over and over again – eg. 'I have a beautiful, affordable house' 'I have a beautiful, affordable house'.
4. Imagine / visualise / feel / get a sense of the energy in your root chakra (at the perineum). Get a sense of drawing up this energy, up through your sacral chakra (below the belly button), up through your solar plexis chakra, up, up through your heart chakra, up through your throat chakra, and up to your 3<sup>rd</sup> eye chakra (in the middle of the forehead just above the eyes).
5. Imagine the energy you are drawing up from your root chakra, through the other charkas, is gushing out of your 3<sup>rd</sup> eye chakra. It gushes out of the 3<sup>rd</sup> eye chakra, out into the universe, powerfully and unreservedly. All your body energy is gushing out this chakra, the visioning chakra. It rolls on and on endlessly.
6. Keep mentally reciting the affirmation. At the same time, keep rolling the energy up through your chakras and out through the 3<sup>rd</sup> eye chakra. Now add the 3<sup>rd</sup> element, your voice chanting 'Ah'.
7. Chant the syllable 'Ah' out loud with the outbreath. Pause during the in breath, the chant 'Ah' again at the same pitch. Keep repeating the 'Ah' with the out breath. Keep the chanting going for 10 minutes or so, allowing the voice to come and go in force as feels appropriate. Keep reciting the affirmation and gushing out the energy from the charkas as you do so.
8. Later on, perhaps at the other end of the day (or the other end of the meeting) gather yourself again. Remember what you 'put out for' earlier.
9. Chant 'OM' for a few minutes with the out breath. As you chant, open yourself to receiving that which you asked for earlier. Allow this thing, experience or relationship to really 'land' on you. Allow yourself to feel gratitude and thanks that it's coming your way.