



OUR MISSION AND PURPOSE
IS TO RAISE OUR COLLECTIVE VIBRATION
TO RESONATE WITH THE FINER FREQUENCIES
OF PEACE, LOVE, AND LIGHT
AND LIVE IN A STATE OF ELEVATED AWARENESS

Raising Our Vibration SUBTLE ENERGY MEDITATION COURSE Overview

The purpose of Subtle Energy Meditation is to help you shift your baseline state of consciousness from states of anxiety, stress, and self-focus to a deeply peaceful state of Compassionate Spacious Awareness using Subtle Energy System as a means. Through practice, it's possible for Compassionate Spacious Awareness to become a permanent trait, a stable background state. This is a whole different space to live from—and one that most people are not even aware of as a possibility. It's our goal to guide you here and support you to live from this expanded state of consciousness.

Course logistics: Each module of this course, we ask you to read a chapter in the book, then join us on Zoom to review key points, do the exercises and meditations together, ask questions, and share experiences. In these live sessions, we focus on doing the exercises and meditations together and assume that you've read the background content in the book. After each session, we post a guided meditation for you to follow daily for the next week and encourage you to journal your experiences. Practicing these meditations every day is essential to realizing the benefits of this course. As you practice the meditations during the week, we encourage you to use the Discussion sections of our group FB page to share your experiences and ask questions. If you are using the Muse headset or any other biofeedback device during your meditation sessions, we encourage you to share your graphs in the Comments under the guided meditation posts on the FB page.



For these video meetings, you need to have something to write on and a comfortable seat for meditation. We suggest you set up a Course Journal to record all the exercises and meditations. As we interact together, we ask that you honor where each person is on their spiritual path and welcome everyone with acceptance, compassion, and kindness.

Module One: We begin by talking about states of consciousness: Normally, as we go through life, we have an idea that we see things as they are, that we experience Reality as it is. We are usually not aware that what we experience is a specific perspective on what is happening based on our current state of consciousness.

Your state of consciousness is everything. It determines what you experience, how you feel, and how you relate to others. It shapes how you see yourself and life and what you perceive as real and possible. It influences what you attract and what you give to others. Out of the infinite events happening right now, your state of consciousness selects what comes into your awareness, as well as which characteristics, qualities, and details you focus on and how you relate to them.

In this first Module, you get an overview of the two primary skills and 7 Steps of the Subtle Energy Meditation, practice a foundational meditation called Breathing Calm Happiness, ask yourself five inner questions to set your intention for this course, and learn how to use Mindfulness Check-ins to start your day with calm awareness and gratitude and return to this attitude throughout the day.

Module Two: In this module, we dive deeper into the first of two inner skills of Subtle Energy Meditation: Interoception, which is your ability to tune into inner sensations inside your body. Most of humanity believes that how they feel is the result of what's happening out there, rather than understanding that what they feel is the result of what is happening internally. Interoception is about tuning into the sensations inside your body. This is a foundational skill that enables you to be fully present, access intuitive information, and shift into higher states of consciousness. The skill of Interoception often gets neglected in our world which demands so much attention on mental information processing and tasks in the outside world. So, in this course, we set aside time every day in meditation to cultivate this essential inner skill.



In Module Two, we do this using an Inner Body Scan and a healing meditation called The Peace, Love, and Light Healing Experience. We begin by getting a sense for your current level of Interoception using the Multidimensional Assessment of Interoceptive Awareness (from UC San Francisco). The purpose of these questions is to point out what is available through Interoception, so you see how you can use these different aspects of Interoception more effectively. You'll notice your current strengths and where you have room to grow.

Module Three: In this module, we explore the second foundational inner skill in the Subtle Energy Meditation process: Mindfulness: paying attention, on purpose, in the present moment, non-judgmentally—like a curious observer.

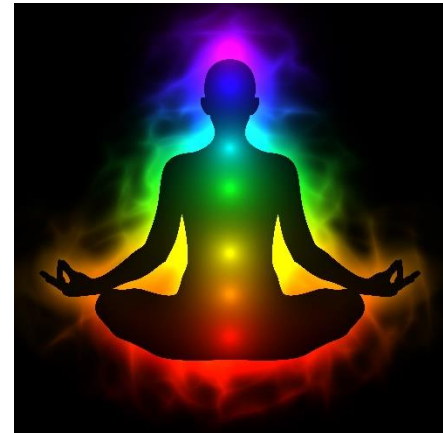
After you've tuned into inner sensations using Interoception, Mindfulness enables you to witness what is going on inside and around you with curiosity rather than reactivity, fear, and anxiety. With an attitude of Mindfulness, you can relate to anything that is happening both in your inner world and the outer world from a place of calm clarity—like a curious observer. In this Module, you'll learn to

differentiate the narrative self, the voice in your head which assigns meaning and evaluations to your experiences, from the quiet clarity of Mindfulness. We practice Mindfulness by observing inner blocks related to the narrative self, by welcoming uncomfortable feelings, and in the next meditation in our Subtle Energy Meditation Series: The Five Gates of Mindfulness.

Module Four: Now, that you've learned the two foundational skills of SEM, Interoception and Mindfulness, we begin to explore the seven steps of the Subtle Energy Meditation Process. In this module, we do a deep dive into Step One: Preparation of your body, environment, and intention. This step is often overlooked and, as a result, meditation isn't as deep or transformative as it could be.

We also practice the next meditation in the SEM series, Seven Blessings, which supports upright aligned posture and will introduce you to the spinal energy centers called the seven chakras.

We begin by talking about a primary intention of SEM. One of the things we hope to share with you experientially in this course is that underneath all the stress, anxiety, and tension on the surface of consciousness, there is a level of Awareness that is always calm and peaceful. Nothing disturbs this. Disturbances are always on the surface, like waves in the Ocean. The Deep Ocean of Pure Awareness remains steadfast and calm. In SEM, you learn to tune into this deeply peaceful Pure Awareness.



Being peaceful in your life, then, is a matter of where your consciousness resides and abides. Do you allow your consciousness to be swept along on the surface currents or do you anchor deep into Pure Awareness?

To anchor in and live from this Awareness takes practice with a technique such as SEM that is designed to awaken it. Because we are pushed into stressful states of surface consciousness by the culture all around us, you need to have a strong practice to live in a different state of consciousness. A strong SEM practice begins with two things:

- 1) energy and
- 2) good preparation.

Module Five: In this module, we focus on Step Two: *Initiation* using relaxation, posture, and positive energy cues. Using a sequence of inner cues, you activate your body's natural relaxation response, align your posture, and shift into a feeling of calm happiness. This is a foundation for health and vitality and for moving into deeper states of concentration and self-transcendence.

We practice Relaxation, Posture, and Positive Energy in a meditation called Inner Smiling, which is a powerful way to create a positive nurturing environment in which all your internal organs and cells thrive. This is a phenomenal meditation to support optimal health and well-being.

We begin by talking about how subconscious tension caused by chronic stress and stored emotion inhibits us from experiencing our natural state of calm happiness. Then, we learn how to locate and release chronic stress and stored emotion.

Module Six: In this Module, we explore Step 3 of the SEM Process: Concentration into Absorption. At a certain moment in focusing your attention on present moment felt sensations in meditation, a magical event happens, your focal object is energized to the point that it becomes a magnet. It draws you in and you become completely absorbed and merge with it, as if nothing else exists at this moment. You are completely immersed in the experience and the effort of focusing is no longer needed. You feel deeply peaceful and highly aware. You are free from any other thought, feeling, or sensation. There is a sense of lightness and ease that permeates the whole field of awareness. At this point, it becomes easy to shift to even more subtle layers of awareness simply by shifting attentional cues.



In this Module, we practice Concentration into Absorption using the next meditation in our series, Lower Dantian Breathing, along with two exercises to develop flexible attention and mindful observation.

Module 7: In this Module, we explore Step 4 of the SEM process: Transcendence, a state of liberation from the emotional tensions and struggles of self-focus. Transcendence is found in Pure Awareness, a state beyond the limitations and boundaries of the narrative self who is forever commenting on everything that happens. Most people are unaware that it's possible to transcend this inner dialogue and discover and live from a deeper presence and wider space of awareness. In this Module, we explore bridges and portals to Transcendence.

One bridge to Transcendence is Love. Through Love we experience our underlying unity with each other and with all beings. We discover that we are all connected through the One Life, One Love we all share. In this Module, we practice embodying a state of Love using the One Shared Heart Meditation.

Another portal to Transcendence is embodying formless awareness through the cues of stillness, silence, and spaciousness. Kevin shares his first experience of Transcendence through stillness, silence, and spaciousness in the desert. This experience launched him on a path to Subtle Energy Meditation.

Module Eight: In this Module, we explore Step 5 of the SEM process: Returning and Grounding. This is essential to integrate your meditative experience with your everyday consciousness and record it in your body, so it becomes a reliable background for all your experiences and interactions. We practice this as part of the culminating meditation in our series, the Light, Love, and Peace Meditation. The energetic anatomy of this meditation is illustrated by the ROV logo, with the three dantians and the torus flow up through the Central Channel and around the body to the perineum. One way to

begin to embody this pattern is to gaze at the graphic and feel the three dantians, the Central Channel, and the torus energy flow from the crown to the perineum. In the LLP, we breathe in this Torus Pattern, inhaling up through the Central Channel and following the outbreath up, around, down both sides of the body, returning to the perineum.

In this Module we practice version 1 of this meditation. This meditation integrates everything we've done so far in one sequential progression. We also practice chanting OM in the three dantians and Torus Breathing exercise to prepare you to dive deeper into the LLP.



Module Nine: In this Module, we explore Step Six of the Subtle Energy Meditation Process: Reflection and Insight. The end of your meditation session is not a time to rush off into all the things you think you have to do right now. It's a prime time to do powerful consciousness-shifting work.

A meditative state activates and integrates your whole brain in a state of coherence, so it is in a position of heightened receptivity to new possibilities. A meditative state gives you access to intuition, empathic understanding, deep calm that facilitates insight, subtle perceptions, and visions, and deep relaxation that facilitates healing.

In Chapter 9 of the ROV book, we describe 7 things you can do at the end of meditation to use your meditative state to call forth new possibilities in your life. In this Module, we practice a short Manifesting Meditation that focuses on these new possibilities. Then, we practice Version 2 of the Light, Love, and Peace Meditation, which takes us deeper into Pure Awareness.

Module Ten: In this final module of our program, we explore Step 7 of the Subtle Energy Meditation process: Compassionate Action. SEM is more than just a process to shift your state of consciousness for the time of a meditation session. Consistent practice will permanently shift your baseline state of awareness, the background state of consciousness you live from.

The goal of SEM is to tune into the Pure Awareness, the Universal Life Force which is our Life, and to live in a state of compassionate Awareness in service to all beings and our whole planet. As we experience this Universal Energy within us and around us, we realize that beyond our self-focused thoughts and sense of self as a separate body, separate from others and separate from the natural world, we are expressions of One Life, One Universal Energy that enlivens and connects us all. Sensing Life Energy brings us a deep sense of



belonging and connection within this Universal Field. Each of us is here with specific qualities, skills, and resources for the benefit of All of Us.

In this Module, we explore your deeper purpose through compassion and service and practice a Loving Kindness meditation. We also talk about how to design a daily meditation and Mindfulness check-in ritual that works for you. We've given you seven steps to follow for an effective daily meditation practice and a series of meditations through which you can put these steps into practice. You can also apply these steps to any activity or endeavor to be more conscious, intentional, and effective.

We suggest you design a practice routine using one of these meditations (or cycling through the series again), choosing one cue to use as a check-in throughout the day, and one way to apply the seven steps in another important endeavor in your life, such as your work.

We finish this final Module by offering **resources to support your practice**.

-ROV Meditation app available on Android and Apple devices with all these guided meditations and many more

-Monthly Advanced ROV Practice Session: 1st weekend of each month

-ROV Community on FB with ongoing content and Global Meditations the 3rd weekend of the month

Links to the Raising Our Vibration book, Subtle Energy Meditation Course, Facebook Community, and ROV Meditation App are available on our webpage: <https://raisingourvibration.net>

We Would Love You to Join Us!

