

THE WISDOM OF DISCIPLINE AT THE **SEMPES** LEVELS

Spiritual- I maintain focus on the fact that I am protected by the Light of the Divine. I Am Divine. I Am Love. This awareness brings wonderful, loving experiences into my life, all for my Best and Highest Good.

Emotional- I always iron out all emotional wrinkles. As the emotions come up, I look at them and understand why they came up if possible. If it is not clear, I give honor to each emotion. I express each emotion that needs expressing. I pay attention to when the ego tries to cover up the emotion. I may need acknowledgement by pampering myself and relaxing.

Mental- I come to the place of No Mind. This trains my mind to stop when I recognize too much activity. Single focus meditation helps to achieve this state. I also train myself to stop immediately without allowing the thought to run through anymore. If it keeps coming, I take time to check in with my ego and emotions to see if there is some underlying message there.

Physical- By maintaining focus on my breath, I pay more attention to my whole body. I imagine the White Light of the Divine moving in and out of my whole body. I pay attention to any places in my body that feel uncomfortable or different. I ask my intuition to tell me the meaning. I pay attention to my own energy system. When I am experiencing someone else's energy, I am alerted immediately and I respond by letting go.

Ego- I catch the ego before I react. If I am thinking angry or defensive words in my head with tension in my body, or I have the desire to hide and/or crumple up with pain in my body, or I think I am ugly, worthless or "not enough", it is a sure sign the lower vibration of my ego has taken over. Usually at those times, my posture is "slumpy". I recognize this immediately and change over to my heart's truth. I let go and do something to give love to myself. Talking kindly to myself while resting on the bed or a chair clears it up. I remind myself that I AM. This prayer really helps: *The Light of the Divine surrounds me. The Love of the Divine unfolds me. The Power of the Divine flows through me. And wherever I Am, so Is the Divine and I am Divine...All IS Well.*

Soul- I live my life in my heart's integrity. I live in balance knowing my heart's truth sets me free. I allow all experiences to show me the way to the Higher Vibrations of Living. I give honor to my life. I have faith in all things, people, circumstances, events, including myself and my life. I realize all are lessons to help me to see the purpose for living~ to be a Light of Spirit in the world. My soul sings!

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