

# Enlightened Way of Being Energetics and Meditation Training<sup>©</sup>

By Jerome Gross



EFFULGENCE™

## The Meditations and Inner Process is a foundation for levels 2 & 3.

Level 2 - Applying what you learn on the quantum level of energetics for inner and outer transformation of your self and empowering family, friends or clients

Level 3 - Mastering Enlightened Way Being Energetics, sharpen intuitive assessment, clear blocks and limitations more completely on several dimensions of influence to improve health fitness relationship, career, finances, life purpose and spiritual wellbeing. You are consciously allowing source to transform your life stream to manifest the highest version of yourself.

There are inner skills developed by meditation that are helpful in resolving an inner issue. I am placing notes on the side the left that indicates which track/ disk from **An Enlightened Way of Being Guided Meditations** CD that exercises the skill relevant to a particular part of the Inner Process. To master this practice is to have a tool that is systematically effective enough to shift from negative emotional states, and dis-empowering perceptions of past experiences, to positive healthy and empowering mental emotional states.

This inner process is a journey where you are releasing subtle and unconscious habitual tensions and limiting perceptions that create resistance to your highest version of your self. You are evolving to manifest from within you your most positive qualities, infinite potential and boundless energy So I am sharing part of a guided meditation from my An Enlightened Way of Being Guided Meditation Series, to help you in this process.

Note: This is a written description of an inner process that takes place on a deep feeling experience tuning in to subconscious parts of our being and not an analytical exercise.

TRACKS ON SPECIFIC DISKS	THE PROCESS
<p><b>Progressive Deep Relaxation</b> <b>Track 1 Disk 1</b></p> <p>.....</p>	<p>1) Notice what the body feels like. Relax your physical body, mental body and emotional body.</p>
<p><b>Mindfulness</b> <b>Tracks 3, 4, 5, 6</b> <b>Disk 1</b></p> <p>.....</p>	<p>2) When you are relaxed when you think of the issue you will Notice what the issue feels like in the body.</p>
<p><b>Mindfulness</b></p> <p>.....</p>	<p>3) Notice where in the body you feel tension, emotion and or a sensation of weakness.</p>
<p><b>Mindfulness</b></p>	<p>Allow the full feeling without judgment or resistance the feeling of:</p> <ul style="list-style-type: none"> <li>• Sadness of not getting what you want</li> <li>• Fear of the worst out come.</li> </ul>

**The Art Of Focusing  
(Main Feature Track 5 Disk 2)  
Tracks 2, 3, 4, 5 Disk 2**

**What Is It That Satisfies  
The Soul  
Track 2 Disk 1**

- 4) See if the feeling can speak to you describing in a word how “not getting what you want” or “the worst out come” makes you feel about yourself.
- Unlovable
  - Unworthy
  - Not good enough
  - Unsupported
  - Disconnected
  - Not special
  - No control
  - Not safe

5) FOCUSING option 1

**Step 1**

Get a feeling sense of where in the body you feel the issue that is needing your attention.

**Step 2**

Acknowledge that feeling without judgment or wanting to change it and without tightening subtle muscles and nerves.

**Step 3**

Say hello to the part of you that feels this feeling. Then just relax and notice the experience that arises.

**Step 4**

When it feels right ask that part of you that is needing attention, “How does it experience the world?” And see if it allows you to have that experience. Relax into that experience.

**Step 5**

When it feels right ask that part of you, “How do you want me to be with you?” Relax and see if you can allow that experience.

*This Art of Focusing is sometimes enough.*

Next:

5) PIVOT or THE OTHER SIDE OF THE COIN option 2

If you know and feel what you don’t want then notice what it is that you are yearning and wanting that you are not getting that is causing the sadness or fear.

See if you can let the feeling speak of what it is wanting.

- Love
- Respect
- Acknowledgement
- Connected
- Valued
- Accepted
- Special
- Nurtured
- Bliss
- Peace
- Safe
- Guided
- Protected
- Fulfillment

*A knowing that all is going to work out for the Highest and Greatest good.*



**Mindfulness**  
Tracks 3, 4, 5, 6 Disk 1

**Mindfulness**

**What Is It That Satisfies  
The Soul**

**Mindfulness**  
Tracks 3, 4, 5, 6 Disk 1

**Progressive Deep Relaxation  
(Surrender letting the  
soul rest)**  
Track 1 Disk 1

**Deep Relaxation** (Surrender  
letting the soul rest)  
Track 1 Disk 1- end 7

**Deep Relaxation** (Surrender  
letting the soul rest) 8

6) Notice how much energy and life force is spent in the effort of trying to get what you want in the fear of not getting it or prevent what you fear might happen.

Notice where the imbalance of that stress manifests in your body. Notice where or how that stress causing over guarding, protecting or over forcing has created limitations in health, fitness, performance, relationships, finances and searching for life purpose and meaning.

Allow your self to fully visualize see and feel as if in real time What it is you are wanting that would satisfy the soul. Allow your self to feel it full body with out resistance or tension.

Notice the feeling and experience this gives you. You can notice where in the body you have been yearning for and wanting this feeling of wholeness. You have been wanting it to come from others or have have been trying to make it happen your self through force. Notice how this effort has been depleting your life force and energy and wellbeing. You may even notice specific areas in the body being depleted, weakened or holding tension and fatigue.

7) In this moment with the point of awareness at the core of your being in the area you feel that wanting, yearning, tension and or fatigue.

- Let go of Yearning
- let go of Wanting
- Let go of wanting a different outcome
- let go of Wanting to understand
- Let go of analyzing
- Let go of trying to solve it
- let go of Effort
- let go of Striving
- Let go of even having purpose and meaning
- Let go of attachment and aversion
- Let go of right or wrong
- et go of self judgement
- Let go of judging the experience
- Let go of Judging all involved
- Let go of controlling anything
- Let go of even the most subtle intentions that engage the slightest effort

Completely STOP all EFFORT and WANTING and let your self BE with out effort, without wanting. Relax subtle muscles and nervous system in the body.

8) Especially at the core of your Being in the area where the root of the tension of wanting and effort is in the body, RELAX.



**An Enlightened Way Of Being  
(Main Feature)**

**An Enlightened Way Of Being  
(Main Feature)**

**An Enlightened Way Of Being  
(Main Feature) Track 1 Disk 2**

**An Enlightened Way Of Being  
(Main Feature) Track 1 Disk 2**

- 9) RELAX and Allow within you an openness like a door or window opening to SOURCE energy within. Relaxing (or Surrendering) and Allowing is the key that opens the door to Universal Source Energy:
- Universal Creative Cosmic Intelligence
  - Divine energy
  - Source of all healing, wisdom, love, peace, bliss, beauty, abilities and resources to accomplish.

- 10) If there is within you a natural core desire for your self or others then Open and Allow That SOURCE of LOVE to pour into your being, your life stream and who ever is in your circle.

OPEN WITHIN YOU TO THAT SOURCE OF ALL:

- |                  |               |
|------------------|---------------|
| • Love           | • Nurturing   |
| • Respect        | • Bliss       |
| • Acknowledgment | • Peace       |
| • Connectedness  | • Safety      |
| • Value          | • Guidance    |
| • Acceptance     | • Protection  |
| • Specialness    | • Fulfillment |

*A knowing that all is going to work out for the Highest and Greatest good.*

LET THE SOURCE OF ALL THIS POUR INTO YOUR BEING.

This is done with out effort. Like a window or door opening, Allow Source to pour into your Being from within like a fountain or spring. Feel the embodiment of the that fulfillment from Source without resistance in every cell in the body. Let the natural flow of your breathing and felt sense awareness of Source expand through all levels of being and all aspect of your life stream like a breeze or light. Allow a continuous Relaxing and Opening to Source.

- 11) Finally, Stay with the experience until your whole body is relaxed and without tension even when you think of the issue that was a problem. Abide in that peace.

**When there is a certain level of mastery of mind, body, energy flow and nervous system and a mastery of being, allowing and the ability to abide without judgment on self or others then it is not required to do this whole process and it can only take a few moments if there is an issue at all.**

You may find more and more you can abide in that ENLIGHTENED WAY OF BEING. Noticing your soul is at rest Abiding in inner peace that is your nature. And when a core desire does arise you Allow a continuous Relaxing and Opening to Source. When needed the intuition, guidance, inspiration, energy, power, resources and direction to take action comes from that source of infinite connectedness.



There are many more tools and practices I use for cultivating **An Enlightened Way Of Being** from many traditions of wisdom. An Enlightened Ways of Being Guided Meditations are actual guided practices I use for my mind body spirit counseling clients, life coaching clients and fitness training clients. These tools that make a difference in their success in health, fitness, performance, family, relationships, major projects and next level career goals. I hope this general guide to resolve stress and if you got the guided meditations, they are helpful in the healing, transformation and enlightenment you seek.

To address a specific issue, or resolve and achieve your goals, through my An Enlightened Way of Being practice, you can begin by setting-up a free consultation, email me at [mindbodyfitnessSD@gmail.com](mailto:mindbodyfitnessSD@gmail.com) with your phone contact, comments and or questions For more information visit my website - [www.mindbodyfitnessSD.com](http://www.mindbodyfitnessSD.com)

### Good Fortune and Grace



Jerome Gross

Meditation instructor, mind body spirit life coach, clinical hypnotherapist, intuitive reader and energy healer, yoga instructor, bootcamp trainer, fitness trainer, speed development and running coach.

### Testimonial of the Inner Process

"I can't thank you enough! I feel as though i was able to release my inner pain and stagnation which opened me up to new possibilities where i saw none before."  
Jay

"That was the most peace I felt in a long time. I will try to incorporate what you taught me. I will be back!"  
Ali

This Two CD course of **Enlightened Way of Being Guided Meditation Series** is provided in a 5 lesson email course.  
**\$25**

CD cover jacket

