Welcome

Welcome to The Process - your process of exploring your inner world and enriching your outer world.

The Process is a meditative tool designed to support the listener in their journey of expanding awareness of consciousness - the observer within, the energy flowing throughout the body.

The Process is divided into two parts. Part 1, as a tool, focuses on our awareness of self and connection with vital energies. Part 2, as a tool, focuses on the use of sacred geometry rituals and ‘free flow’ meditative questions.

Sound is prominent throughout The Process meditations. Ancient and modern science acknowledges frequency as the means through which everything in our physical reality manifests as physical and perceivable. This is a field where further explanation beyond this companion would be beneficial, but it is sufficient for now to understand that sound, being the frequency from which we are created, is the primary tool used to both relax and stimulate our senses for inner exploration in The Process materials.

Words have been carefully chosen to point the listener in the direction of a specific journey. Skilfully weaving words together to form nourishing ‘word spells’ has its roots in Celtic Druidry, aiding the soul in finding and shaping its home.

The meditations paint clear pictures as guides for the meditator. However, it is enough to simply consider or conceptualise the themes that are spoken during the meditations, without clear and colourful imagery. Most important is to allow the mind and senses to enter into the ‘imaginary’ world that is offered during the guided journeys.

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PART 1

[First Collection: Finding Now]

"In this place I rest
In this rest I let go
In this moment I am
As I am I let be"

The first collection is divided into three parts, 1.1 - 1.3. These are short breath exercises to settle yourself using the rhythm of your breath. Use these until you feel that when using 1.3 (the longer track of the first collection) you can bring your attention smoothly back to your breath when your mind drifts, or you don't drift at all! Then move onto the second collection. 1.1 - 1.3 are the only exercises that are recommended for daily use. Depending on how familiar you are with resting your mind in physical stillness, this may take 1-2 weeks. There is also value in taking your time before move on from the first collection in order to familiarise yourself with the base-sound of pulsing reeds. A pulsing reed or drum is an effective way to bring the mind from Beta state, where it is active and alert, towards Theta state, where it is in deep relaxation and inwardly focused. 1.3 can be an effective 'warm-up' before further journeys in the following collections:

[Second Collection: Becoming Observer]

"In this place I rest
In this rest I let go
In this moment I am
As I am I let be"

These meditative tracks will bring you into a deeper awareness of your present 'now'. The ability to set ourselves in the present now is always the beginning place for inner exploration.
(2.1) will guide the listener in an initial body, mind and thought-*awareness* exercise
(2.2) assists the listener to become *Observer* of body, mind and thought
(2.3) draws awareness to seven energetic spheres of our consciousness - the seven main chakras

[Third Collection: Chakras]

"In this place I rest
In this rest I let go
In this moment I am
As I am I let be"

The third collection offers opportunity to establish a fundamental connection to your chakra centres and energetic balancing.
(3.1) will guide you through your 7 main chakras with simple mantras of affirmation
(3.2) uses mantra and sound to energise and rebalance

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[Fourth Collection: Connecting]

"In this place I rest
In this rest I let go
In this moment I am
As I am I let be"

The fourth collection is a three-part guide to deepen our connection with earth and the elements. The Tree of Life is a central symbol used in Shamanic practice; the trunk representing our earthly form, the roots as our pathway to grounding in the earth and the branches our reaching connection to Source and the Infinite. The elements being ever present forces that govern the physical world provide us with symbolic and energetic connection to vital energy and connectivity. These 'connecting' journeys complete a basis for further exploration and expansion of our inner worlds that will continue throughout Part 2.

(4.1) Becoming The Tree of Life is a process of deepening and rooting your connection in the energies of the Earth, seek to extend your reach into higher awareness of the upper realms of consciousness - perceiving in new ways

(4.2) *The Earth* meditation explores the mineral life below Earth's surface and all that Earth sustains above. This is a journey of nurturing compassion.

(4.3) With newly nourished compassion within, *The Elements* is a journey of shared consciousness with that of *The Tree* in order that we allow the four elements of Air, Fire, Water and Earth to teach us their ways, their essence and their energy.

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The Journal

The aim of The Process is to aid us in finding Life's flow and aligning ourselves as one with it. We can consider the term 'integration' to help us understand how the process of meditation and inner-world exploration serves its purpose in day-to-day life. As we meditate effectively, we become aware of our otherwise hidden sub-conscious world. We can also find that subtle changes in our thinking, emotional patterns and desires take place, as well as noticing changes in how what once appealed to us, no longer serves a purpose. After becoming aware of these changes - either during meditation or through noticing the subtleties in our 'waking' activities (or dreams) - we can support their integration into our day-to-day life by simply making note of them. The Companion is a simple tool to help this process of integration. It is designed using simple, non-suggestive wording which is intended to guide you in your processing of your feelings, thoughts, emotions, etc. You are encouraged to use the Companion in whatever way best suits you. The key - the key is simply to dedicate time to making a record of your process.

The Companion Journal dedicates one week to each meditation. Giving space between journeys is recommended both to give space for sub-conscious, subtle reflection, and also to help spread your meditative practice out, so that it becomes a natural part of your living experience. The aim of The Process is to stabilise, establish and enrich the inner world of the sub-conscious in order that our 'outer world' becomes more conscious and alive as a result.

The sub-conscious rarely speaks in 'plain English' and often times is less literal, therefore more symbolic. Through meditative exploration of the sub-conscious mind, we may discover archetypes and mysteries that are 'strange' or 'symbolic'. Our rational mind may prompt us to dismiss what we discover as irrelevant or even undesirable if we meet parts of ourselves that we would rather bury, forget or ignore. The Process is designed to create a safe and guided space to explore what is presented to us through our sub-conscious and enquire further, and ultimately to re-integrate fragmented, disjointed parts of ourselves. Using the Companion will record the unfolding of your ongoing journey of exploration…a peculiar visual or surprise emotion or memory may make more sense further down the line…the dots can be joined once all the dots are in place but not before - we see broken, lost or undiscovered pieces of ourselves joining together to immerse a more complete version of our life experience in all its richness!

Please use the 'Contact' portal with questions or simply to share with me your experience, your Process. Grow in your understanding, expand in your awareness, as you learn in the space of All and Infinite through the gate of your inner world.

- a fellow traveller in the journey of The Process -
- Adam Moore -

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THE PROCESS

PART 1	PART 1	PART 1	PART 1
Week 1 (every other day)	1.1	1.2	1.3
Finding Now [1.1-3]			
Wk 2 (every other day)	1st journey	2nd journey	3rd journey
Becoming Observer [2.1]			
Wk 3 (every other day)	1st journey	2nd journey	3rd journey
Becoming Observer [2.2]			
Wk 4 (every other day)	1st journey	2nd journey	3rd journey
Becoming Observer [2.3]			
Wk 5 (every other day)	1st journey	2nd journey	3rd journey
Chakras: Re-balancing [3.1]			

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Wk 6 (every other day)	1st journey	2nd journey	3rd journey
Chakras: Affirmation [3.2]			
Wk 16 (every other day)	1st journey	2nd journey	3rd journey
Connection: The Tree Of Life [4.1]			
Wk 17 (every other day)	1st journey	2nd journey	3rd journey
Connection: The Earth [4.2]			
Wk 18 (every other day)	1st journey	2nd journey	3rd journey
Connection: The Elements [4.3]			

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