

# Module 2

## Learn How To Activate Your Divine Splendor Through Meditation

**Dr. Helen D. Wix**



**Photo Credit: Charles Rondeau**

In this module, I'm going to share with you an indisputable fact: meditation can change your life! What is meditation? It can mean different things to different people. Meditation is about experiencing the presence of God Within. When you meditate, you are connecting to the power of the Divine that resides in each one of us to help you accomplish your divine mission, and cope with everyday life.

The mind and its thoughts can sometimes be like a wild horse in the Old West that needs taming. Meditation can help tame your mind. Meditation calms and centers you when chaos reigns. Meditation keeps you steady when trials and tribulations are thrown your way and these things happen to all of us. All of us experience challenges and setbacks; few people, however, tap into the wisdom and power of God Within to navigate this turbulence successfully.

Meditation helped Deepak Chopra find his divine path. (<https://www.deepakchopra.com>) When I lived in the San Francisco Bay area, I watched him being interviewed on a local TV channel.

During that interview, Dr. Chopra was asked how he became a celebrity. He said someone told him that meditation could help him stop smoking, so he started meditating. Meditation went on to help him fulfill his divine destiny of becoming a best-selling author and spiritual teacher.

Learning to meditate changed my life, too, and put me on my divine path. Before that, I had been in a religion for 25 years that denounced meditation as a door to demonic influence. However, I learned that nothing could be further from the truth!

I raise this now because you may be faced with similar fears. In 2006, I enrolled in a doctorate program in the University of Metaphysics founded by Dr. Paul Leon Masters (<https://metaphysics.com/>). One of the first activities students learn is meditation.

But I was afraid to meditate because of the fears drilled into me by my former religion. Nevertheless, I decided to give it a try. My religion had not brought me happiness or helped me achieve the life I wanted. In fact, it had brought the opposite. I felt limited, and saw God as rigid, unloving and inflexible. I had to trust my inner feelings and guidance; and courageously let go of ingrained beliefs. You may have to do the same.

A GPS system for a car provides directions to a specific location. Meditation does the same thing for your life. You have a certain path you are meant to follow. Meditation helps you discover your perfect path.

No doubt you have heard how meditation helps people in physical ways. One day I received a Hay House catalogue (<http://www.hayhouse.com>), selling spiritually-oriented products. Here are some of the phrases the catalogue used to promote meditation: "Meditation can also lower blood pressure, strengthen the immunological system, and reduce stress." It can also help you conquer "insomnia, phobias, anxieties, weight issues, and disease."

The catalogue also noted that meditation, "will help you achieve emotional balance, enhance mindfulness, expand altruistic love, and develop a sense of inner calm; while also reducing anxiety, vulnerability to pain, and tendency toward depression and anger."

Yes, meditation does all that and more. However, what I appreciate most is how meditation helps you to activate your divine splendor to release your gifts, talents, and abilities and use them to be a blessing on this planet.

When you mix meditation and your soul, it's like combining vinegar and baking soda. A powerful activation takes place and you now have the wind of the Universe beneath your wings! You no longer have to do everything on your own! You learn why you came here to earth in the first place, and how you can best be of service. Meditation will help you to develop your intuition. Intuition is like an inner teacher guiding you along your unique path. It helps you to make wise choices and detect dangers.

No matter how badly you have been hurt in your life, a part of you always remains undamaged. During meditation, you are making contact with that undamaged part; you are connecting with God Within, or Your Higher Self. As authors, David Simon, M.D. and Deepak Chopra, M.D. say in their book *Freedom from Addiction*, "A spiritual practice provides an underlying peace that enables us to feel connected to a dimension of our being that transcends the confusion-generating distress."

In meditation, you tap into that part of yourself that *never changes*. Why is that important? Here is how Drs. Simon and Chopra answer: "We play a multiplicity of roles and assume ownership over an uncountable number of things and ideas that change over the course of our lives. The core spiritual question is, *who am I in the midst of my positions, possessions, and beliefs?*"

"This question is essential because we can have no lasting peace as long as our identity is rooted in the field of change. If my identity is defined by my position in an organization, who am I when I am no longer in that position? If my sense of self depends upon my relationship to another person, who am I when the relationship ends?"

Therefore, because you are connecting with a part of yourself that never changes, meditation helps you establish emotional stability permanently. If you develop a regular practice of meditation, it will not matter what is going on in your outer world. You will experience a profound peace even during chaos.

Meditation also helps protect you from dark forces and evil entities. The Spiritual Science Research Center says, "Spiritual practice as per the basic principles helps to protect oneself from being affected or possessed by ghosts. People not doing spiritual practice are unable to receive required protection from God. Due to this ghosts can create havoc in these people's life at a physical, emotional, intellectual and spiritual level." Spiritual practices like meditation, affirmative prayer, chanting, and decreeing are some of the things you can do to protect yourself from demonic influence.

Before we talk about how to meditate, let me share other interesting benefits of meditation:

- You are opening a channel for intuition and other information to flow to you.
- If you learn to meditate you will be able to tell when people are lying to you, even people on TV.
- You will be able to discern people's motives.
- You will be able to determine which option is best for you.

At one time in my life, I was at a crossroads. I was without a job and looking for work. Nothing much was available in the legal secretarial field, so I decided to go in another direction.

I had to choose between taking Richard Ross' *Emotional Freedom & Healing Training Course* or join a network marketing company that helped people invest the equity in their homes. Because I was living in California, I don't have to tell you which option I thought was better. I was calculating all the money I could make with the overpriced houses in the Bay Area.

When I thought about becoming an energy healer, I asked myself, "Do you know how long it takes to build a practice?" At that time, I only knew about the one-on-one coaching/healing business model. There are other models which allow you to leverage your time without working one-on-one, but with my limited thinking, I couldn't even grasp a different concept. Fortunately, the Universe does not have limited human thinking like we do, so it is useful to tap into its wisdom through meditation.

I clearly wanted to join the network marketing company, but I decided to meditate on it. The answer came quickly. And it was "Take the energy healing course." *What? Are you sure?* I inquired within again and the answer came back the same, "The energy healing course."

I didn't like the answer I received, and that's probably going to happen to you, too, at some point. But I had had enough success with meditation to trust its power and direction. I decided to take Richard's energy healing certification course.

Months later, I learned that the network marketing company I had planned to join was forced to return money to its customers because a subcontractor could not fulfill its promises. Meditation helped me to make the right choice; my limited human reasoning did not.

The point is that we all need a way to look underneath the surface. Situations are rarely as they appear. Meditation provides that way of "seeing" more clearly. For years I had tried to leave the secretarial industry without success. Meditation finally led me to a better way, along with an inner knowing that I was doing the right thing.

I always pray every morning at the beginning of my meditation session. I say, "Reveal whatever I need to know." If I'm going to do business with someone, I certainly want to be shown if the person is not honest and does not have integrity BEFORE I get involved with them. Sometimes I ask specific questions about people or situations. This is what meditation will do for you. Use it wisely!

At times you will not be shown anything while you're meditating, but insights will come to you during the course of your day while you're engaging in other activities like washing dishes, taking a shower, or listening to music, etc.

The majority of humankind lives life on a trial and error basis; I once did, too. Trial and error is the Universe's default mechanism for finding your life purpose. Meditation makes life so much easier!

I've come across many different methods of meditation, but I always seem to come back to the one recommended by Louise L. Hay, author of *You Can Heal Your Life* and publisher of the Hay House catalogue. I have stared at candle flames, said mantras, chanted, and tried other methods. But I find Ms. Hay's meditation is best for me.

You will also need to find the meditation method best suited for you. Everyone is different. Ask for direction during meditation to be guided to the meditation method that you should embrace. You can also do research online, attend classes, or go to the library to find out more about meditation.

If you are new to meditation, start with only five minutes and work your way up to 20 minutes over the next two weeks or so. There is no right or wrong way to meditate. Many books and articles have been written on the subject.

Since meditation is going to be a daily ritual, attach importance to it. When I first started meditating, I was hit and miss. A book by Rev. Dr. Iyanla Vanzant helped me get more serious. (<http://www.innervisionsworldwide.com>) It was Dr. Iyanla who also started me to pray before meditation.

In *One Day My Soul Just Opened Up*, she said, "Be still and know there is nothing more important than the time you spend in the presence of the universal power." This universal or cosmic power also helps you to heal. She goes on to say, "The results of this stillness, silence, and act of trust will be growth. You will grow in mental ability and spiritual understanding. You will grow in awareness and ability. You will grow in consciousness. You will grow in your divinity." That was exactly what I wanted to do: grow spiritually. After I read Dr. Iyanla's words, I was not a hit and miss meditator anymore!

For years, I had seen author Dr. Wayne Dyer (<http://www.drwaynedyer.com>) on PBS, but I didn't understand his message of self-help and spiritual growth. It was like he was speaking Russian! But as I continued to meditate and grow spiritually, months later, I turned the channel to PBS and once again saw Dr. Dyer. This time, I understood what he said perfectly!

Another resource that I want to offer you is Dr. Frederick Eikerenkoetter, better known as Rev. Ike's website at <https://www.scienceoflivingonline.com>. Most people remember Rev. Ike's flamboyant style and his love of Rolls Royces, but he was so much more than that. He is one of the few who tells you the truth about yourself; that God is within you, and you can be, do, and have whatever you want if you tap into that God Power Within. This is what you're doing as you meditate, contacting that God Power Within, but many don't teach you how to FULLY use that God Power Within to create a fabulous life! Rev. Ike does!

I used to listen to Rev. Ike on the radio when I was young. I was intrigued whenever he said, "How can I lose with the stuff I use?" Stuff? What stuff, I wanted to know. I finally got up enough nerve to ask my parents to take me to see Rev. Ike one day, and they both burst out laughing! Well, I knew I wasn't going to get to see him anytime soon after that! But now I can attend his church and so can you if you visit his YouTube Channel: <https://www.youtube.com/user/giftofmoney>.

Rev. Ike's teachings are based on the Bible BUT he interprets the Bible symbolically, not literally as the fundamentalists do. You will definitely learn something new and learn the truth about yourself which will set you free. (John 8:32)

### **Meditation Instruction**

Doing meditation is more important than how it's done. There is no right or wrong way to meditate, and each person's approach will be unique to them. I offer these suggestions here just to get you started.

Prepare a place just for you, inside or outside. It should be a place you look forward to coming back to every day. Fix it up with a special chair or cushion for the floor, candles, flowers, or photos of someone or something special to you.

If you want to listen to music or burn incense, prepare your special space so that you can easily do these things. If it's going to take you a half hour to set up every day, you won't do it. Keep things as simple as possible.

Before beginning, take a few deep breaths to relax your whole body. Below is the meditation I use, taught by Louise Hay in her book, *You Can Heal Your Life*:

"...sit quietly and observe the breath as it goes in and out of your body. As you inhale, count one, and as you exhale, count two. Continue counting until you get to 10, then, begin again at one. If you notice your counting takes you to 25 or so, just go back to one."

Another meditation technique you could try is taken from the book *Freedom from Addiction* by Dr. David Simon and Dr. Deepak Chopra:

### **So-Hum Meditation Technique**

1. Find a comfortable place to sit where you will not be disturbed.
2. Close your eyes and take a few slow, deep breaths.
3. Survey your body and adjust your position so you are not feeling any tension in your muscles.

4. Begin observing the inflow and outflow of your breath.
5. Introduce the internal thought “So” on each inhalation and the thought “Hum” on each exhalation.
6. Once you have established some rhythm to the silent repetition of So-Hum, release your attention on the breath.
7. When you realize you have stopped thinking the mantra and have been lost in trains of thought, gently shift your attention back to the mantra.
8. When you realize your awareness has gone outward to a sound in your environment, gently bring it back to the mantra.
9. Treat the interruption of thoughts or noises with an inner attitude of “Whatever happens during my meditation is okay.”
10. Practice the meditation for about fifteen to twenty minutes twice each day, in the morning and the evening.

### **Meditation for the Violet Flame**

In Module 3, you will learn more about the Violet Flame, but I am including a meditation here as a third option. “The Violet Flame can be used to transmute, or change, any negative energy in our lives. We can also use it to produce positive change in all areas of human life, whether personal or planetary,” according to the book *Prayers Meditations and Dynamic Decrees for Personal and World Transformation*.

Close your eyes and take a few deep breaths. Fill yourself with feelings of love: love for your family, your pets, humankind, etc. Then, say silently, “In the name of my Mighty I AM Presence and Holy Christ Self, I invoke the Violet Flame to envelop the earth and transmute all misqualified energies.” Next, visualize our gorgeous planet in your mind’s eye and see the Violet Flame fully enveloping our earth.

Try to meditate every day at the same time. To be consistent I meditate first thing in the morning before anything else, so I make sure I do it. But do what is best for you and your schedule. Start meditating as soon as possible. The sooner you start, the sooner you will discover your divine path, develop your intuition, and grow stronger spiritually!

## About Dr. Helen D. Wix and the MLM Mastery Academy:



### Are You Ready to Finally Be Emotionally and Financially Free?

Dr. Helen D. Wix is a certified life and spiritual coach, psychic, Reiki Master Practitioner, Infinity Healer, spiritual teacher, author, and energy therapist.

Dr. Wix, founder of the [MLM Mastery Academy](#), creates Empowered Freedom Leaders. Think of her as a modern-day Harriet Tubman who empowers men and women to create wealth from the inside out by leading them to emotional and financial freedom. This means that Dr. Wix teaches how to free yourself from negative emotions such as limiting beliefs, worries, doubts, and fears.

You will also learn how to create generational wealth for yourself, and your family and leave a legacy. More importantly, Dr. Wix provides transformational tools through the “[My Life Mission Mastery Course](#)” which assists people in clearing their own past traumas plus the unresolved traumas we’re carrying from our ancestors so that we can finally achieve personal fulfillment and world peace. Her “Build Wealth from the Inside Out” YouTube Channel teaches you how to create wealth from the inside out because wealth is an inside job. This will enable you to create a life of happiness, abundance, and success.

### What is an Empowered Freedom Leader?

An Empowered Freedom Leader is a man or woman who has decided to free himself or herself emotionally and financially by using the tools available at the MLM Mastery Academy website, and then, as an Empowered Freedom Leader, helps others to free themselves. Empowered means that he or she will be taught how to access their inner Divine Power, so they can write their own ticket for the life of their dreams.

Dr. Wix worked in corporate America for 25 years before leaving to pursue a mission that was more meaningful and truly spoke to her soul. She wants to help others do the same. Contact her at [helen@mlmmasteryacademy.com](mailto:helen@mlmmasteryacademy.com).

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