

# ZEN LIFE

The Path

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BEING PRESENT IN THE BODY

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Let's be Equal  
Let's be in Peace  
Let's find together balance between the Sacred Feminine &  
Sacred Masculine within  
Let's be in Sacred Marriage with our partners  
Let's protect and raise our children, the pure heart ones  
Let's support our youth and our families to heal and  
unconditionally love  
Let's be who we truly are

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# MEDITATION

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The practice of meditation can quiet the mind and leads attention to the Heart.

And only the Heart can awake the True Self.

When we meditate we intentionally raise the frequencies of our bodies by receiving higher vibrations from our hearts. All vibrations from our bodies are susceptible to the disharmony and entanglement of our daily experiences and challenging lives. Our relationships and our beliefs regulate the frequencies of energy that we share and receive. When we meditate we find a neutral, balanced space where all the incoherent ways of being, subside and our true nature is revealed.

To meditate is to intentionally connect with the divine rhythm of the heart's natural frequency and inner peace. When our bodies are led by the coherence of our hearts they function with higher order and intelligence.

For meditation practices, you can find music, guides, and tools, but the intention of connection is the first step.



# NATURE

## Becoming aware of our connection with plants and animals

The first step to realize our full potential is being in our bodies and observing what and who is around us.

We start by being outdoors.

Remain silent and still, observe and feel

Be in touch with your feelings while you become ONE with the air, wind, trees, plants, flowers and animals.

As we evolve by connecting with nature, we start communicating and receiving messages.

As we disconnect from the distractions of mind, we appreciate the simple and the great: the sunrise, the sunset, the wind, the rain, the moon ...

As we awaken our human senses, we can experience higher dimensional levels and portals to Truth

The awakened soul is One with All, and recognizes itself as part of the Collective Consciousness that emanates light and peace to all around



## Celebrating seasons of the year



Our ancestors were deeply connected to the changes of seasons, weather, time and space . While that connection was taking place, intentions of gratitude, love and joy for All were set.

If you feel the call:

Create art forms of reverence for Nature  
Perform Sacred Fire, play music, sing and dance  
during New Moon, Full Moon, Solstices and  
Equinoxes.  
Celebrate Life

# RHYTHM

## RITUALS

### OFFERING BLESSINGS

Set intentions for good  
Offer tobacco leaves to trees  
Offer stones, crystals and gifts to nature spirits  
Offer milk, honey and food to animals  
Pray and/or recite mantras in gratitude  
Smudge sage, cedar, copal, frankincense, myrrh  
for cleansing and purification  
Offer orgonite (universal life-force energy) stones  
to heal spaces, sites and the land  
Create art in honor of nature



### SETTING UP ALTARS



Humans created sanctuaries for thousands of years to feel safe and protected in their homes and land.

In order to set intentions for good you can use stones, crystals and other sacred objects. And, as you follow your intuition you can create grids for energy healing.

# OUR INNER PROCESS

01

Start with an  
intention ...

The ways to manifest healing, peace, love and goodness  
for All starts with a higher intention.

1. Find a peaceful place and time (in nature if possible)
2. Breathe in deeply and exhale (3x)
3. Feel your body
4. Realize where in your body you feel discomfort
5. Feel the discomfort/pain
6. Breathe into the pain or discomfort
7. Continue breathing until the discomfort or pain feeling  
shifts
8. Meet the silence within

02

Focus on the  
Higher Self

Our practice starts when we become aware of the power  
within:

by believing we live  
by trusting we are connected within  
by nurturing the Self  
by awakening the Truth  
by becoming self aware  
by becoming part of All

03

Remember

We are all part of a cosmic story. A story of Life Creation.  
As we evolve and become conscious of our limitations  
we acknowledge our choices in the evolution quantum  
field. We can live this same life as patterns and cycles or  
we can walk the spiral path of evolution. It is in our power  
to discern and choose.

All the dark experiences are only there so we can release,  
clear and meet our Light within. This has always been the  
human path. And we can create a different story now. No  
more fear is needed.

Only Love : Light.


Trees teach us that in order to take care of others,  
we need to take care of ourselves first.



1. Take care of yourself first
2. Be grounded no matter how successful you become
3. Spend time in stillness
4. Remember that challenges are here to make you stronger
5. There is immense power within you
6. Take time to be present and just be
7. Let go of perfectionism
8. Happiness comes from within
9. Let go of things that do not serve you
10. Small actions can create big changes
11. Be patient – good things come with time
12. Be willing to let go of resistance



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