

Where the Mystical Meets the Mundane Daily Practice

This daily practice prompter is offered to accompany the video interview with JJ Joshua and Dr. John Mason discussing, *Where the Mystical Meets the Mundane*, and how you can use this inborn part of yourself to increase your well-being. The link to the video interview is at the bottom of this page.

When you grow your connection and deepen your relationship to your own Inner Mystic, or your Higher Self, you nourish a sublime state of being of compassionate and non-judgmental awareness. This practice reduces stress and will support you in maintaining an empowered center no matter what life brings your way. This practice will also enhance your creativity and help you to release blockages to your highest good, and often reveals divine elegant solutions to life challenges.

#1 First, just think of deepening your relationship with your Inner Mystic as simply making a new friend. Invite your Inner Mystic into your life. Invest time and energy into the relationship. Be present with it.

#2 Next, in the first few minutes you are awake, or as early in your day as you can, invite your Inner Mystic to guide your day, to walk beside you as a best friend. This step takes about 1 minute. You are actively choosing to be awake, aware and available to the highest aspect of you—your Inner Mystic.

State out loud this Invocation while making a body connection, such as touching your face, your heart, or giving yourself a hug: *Good morning Inner Mystic. I invite you to guide my thoughts, words and deeds this day. I invite you into all my decisions, into all my choices, into all my relationships and into my heart. I choose Love to guide me this day!*

Then take the next 3 to 4 minutes to rehearse your day. See yourself going through your plans in a state of compassionate, non-judgmental awareness. See yourself in all of your tasks being in feeling state of joyous calm—no matter what is on your calendar that day. You are giving yourself a dress rehearsal of what it feels like to be in deep connection to your Inner Mystic! This is neuroscience. What you focus on grows neuropathways in your brain and creates habits that change your inner state of being.

#3 Now you will activate this intention 4 more times during the day to complete your new 8 minute practice of inviting your Inner Mystic into a deeper, more intentional relationship with your conscious mind. You will reinforce your morning invitation throughout the day with your intention, attention and breath. Tie this mystical practice to a physical habit you are already doing such as meal times, brushing your teeth, the last thing you do before sleep, or my personal favorite—every time you pee!

I choose the Highest Love, to guide my thoughts, words and deeds!

This 12 word mantra can change your life!

For more information about the Inner Mystic and this daily practice click on:

<https://www.youtube.com/watch?v=RdKvFDTjWkQ&feature=youtu.be>



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