

The Senninka Meditative State

This document addresses the Senninka Meditative State Senninka means Sees beyond the veil, which is the state in which one's spiritual eyes will always see past the darkness and uncover the truth beyond the disillusioning veil unaffected by false truths fabricated through conceptual abilities.

Meditation alone is not enough to attain Senninka. You need the transfiguration to spiritual knowledge or true being awareness implemented in your life and thus meditation to achieve Senninka.

The goal of Senninka is to focus and quiet your mind, teaching you to reach the highest level of awareness and inner calm. You can meditate anywhere and at any time, allowing yourself to access a sense of tranquility and peace no matter what's going on around you. Senninka is used to organize and prioritize the way in which you scrutinize specific aspects of your life. This higher conscious ability to concentrate improves with each practice and should become part of your daily ritual. When your targeted attention becomes a habit, you'll begin to notice subtle sensations you've always overlooked. The feedback from these sensations can be invaluable to improving elements of your sensory awareness.

To achieve this higher state of Cosmic Consciousness it is necessary to set the appropriate atmosphere and maintain the appropriate state of meditation to achieve the level of Senninka consciousness. We begin by setting the stage so to speak. When we first begin Senninka it is necessary to maintain a visual focal point of self-sensing to possess the appropriate kinesthetic or sensory awareness. You cultivate this body-Mind connection by keeping the focal point within your consciousness. To begin this process, it is best to find or create a personal focal point that has meaning to you. This is most effective if it contains your personal sacred geometry or a design/icon that you can readily perceive. Once you have found a focal point that you can easily visualize both while looking at it and while you have your eyes closed, you will empower it for the purpose of Senninka.

To begin, you must set your "Light" or the symbolization of "dedication to the Light". This is done by placing a stone or crystal in the middle and candles to the four points (north, east, south, and west) around the stone or crystal. You would light each candle saying "I walk in the Light, let me shine for all to see". To increase the state of awareness, it is not uncommon for you to become the center (replacement for the stone/crystal) and place the candles at four points around you.

If you have not already empowered your focal point, you would do so now. Place your focal point on your third eye (just above and between your brow) and say “with sufficient desire and sufficient belief, I empower this image as my Senninka focal point. So shall this be”. Once your focal point is empowered, it is best to practice achieving the appropriate “UM” sound.

The UM sound is the cosmic intelligence vibratory sound crucial to Senninka and the language attainment of cosmic consciousness. UM is not just a sound or vibration, but it truly is the eternal language of the Divine. It is the cosmic energy that is the substratum of all things and contains the sounds of the nine octaves perceptible to the human ear, as well as all cosmic low or high vibrations that cannot be registered by the human ear. Likewise, all forms of light contained in fire, sunlight, electricity, and the astral dimensions are expressions of the primal cosmic energy of um. An appropriate vibration and frequency of the UM can be felt in your heart chakra. If you are feeling it in your sacral...the Um is too low of harmonic sound. Likewise if you are feeling it in your throat...then the harmonic is too high. It must also be a loud and pushed sound in order to be properly felt in the heart. As you become proficient at achieving the UM sound, you will begin to develop an energetic halo surrounding your body and this quickly catapults you into the higher cosmic intelligence. You will also learn that UM can be a powerful healing force.

Now you are ready to begin Senninka. Most of your stress and tension you experience comes from your mind. The first stage of Senninka is to stop distractions and make your mind clear and more lucid. This is accomplished by practicing the simple twenty five breath method. It is important to choose a quiet place to obtain Senninka and sit in a comfortable position. You can sit in the traditional cross-legged posture or in any other position that is comfortable. If you wish, you can sit in a chair. The most important thing is to keep your back straight to prevent your mind from becoming sluggish or sleepy. You should breathe naturally, preferably through the nostrils, without attempting to control your breath, and seek to become aware of the sensation of the breath as it enters and leaves the nostrils. This sensation is your first primary object of Senninka. You should try to concentrate on it to the exclusion of everything else. Even though breathing is the preliminary stage of Senninka, it can be quite powerful. You can experience inner peace and contentment just by controlling the mind, without having to depend at all upon external conditions. Simply notice the breath as it moves in and out as the body inhales and

exhales. Notice how the breath moves in and out automatically, effortlessly. Don't try to manipulate it in any way. Notice all the details of the experience of breathing, such as the feeling of the air moving in and out of the nose, the way the body moves as it breathes, etc. The mind will wander away from the breath but, it doesn't matter. When you notice that you are no longer observing the breath, easily bring your attention back to it. Let all of your experiences, thoughts, emotions, bodily sensations come and go in the background of your awareness of the breath. Become aware of the point at which the breath turns the corner from the inhalation to the exhalation and from the exhalation to the inhalation. Notice the gap between the breaths, which resembles a "still point". Continue to bring your attention to that still point, bringing your attention back to the gaps in the breath whenever it has wandered away. As you continue practicing, you may find that the stillness is no longer experienced as discrete gaps between the breaths, but is a more continuous experience. This cultivates the awareness of the stillness that is present in the midst of activity, and this creates a profound experience of peace.

Let's begin:

1. Stare at the infinity within the vesica pisces. As you do so, take 25 cycled breaths in and out slowly.
2. *Say: I live as if everyone and everything was put here to enlighten me. I surrender to the wise and divine teacher and awaken every aspect within myself.*
3. Close your eyes and envision the infinity within the vesica pisces. Make the "UM" sound to the count of 25.
4. *Say: I release all concerns for what others think of me. I am independent of everyone else's opinions and judgments.*
5. Stare at the infinity within the vesica pisces. As you do so, take 25 cycled breaths in and out slowly.
6. *Say: I honor the infinite power behind all my thoughts, words, and deeds. I know that everything I say and think contains a sacred powerful manifesting energy from Source.*
7. Close your eyes and envision the infinity within the vesica pisces. Make the "UM" sound to the count of 25.
8. *Say: I am fully awake to this time and space. I recognize the importance of every moment in every experience in this universe.*
9. Stare at the infinity within the vesica pisces. As you do so, take 25 cycled breaths in and out slowly.
10. *Say: I have confidence and trust in my experiences. I have peace and joy in all things I seek, say, and do.*
11. Close your eyes and envision the infinity within the vesica pisces. Make the "UM" sound to the count of 25.

12. *Say: I reveal, expose, engage, release, and transform all negative emotions and negative thought patterns within me. I am unconditional love and I fill myself with the Light.*
13. Stare at the infinity within the vesica pisces. As you do so, take 25 cycled breaths in and out slowly.
14. *Say: I respect the divinity within myself. I respond to everyone and everything with my fullest presence of being.*
15. Close your eyes and envision the infinity within the vesica pisces. Make the "UM" sound to the count of 25.
16. *Say: I allow unconditional love, peace, and pure joy to infinitely flow through the core of my being. I am unconditional love, inner peace, and I fill myself with the Light.*

Once you have mastered Senninka, the level to attain the Senninka state becomes easier, quicker, and deeper. This is truly the attainment of inner peace. As you grow in Senninka, you will want to achieve the higher intelligent truths by moving on to the higher levels of truths. You will not add the higher truth levels until you have attained the transfiguration of your spirit. Once attained, you will then add those truths during the full state of Senninka. However, if you feel the need to add truths before attaining higher levels, simply state the truth following the Senninka guidelines above.

Level Two Senninka Truths (to be performed after transfiguration of the spirit)

1. *I seek and understand the nature of reality and non-reality. For I am the Light of the Divine Spirit.*
2. *I am free from all mental causes and tendencies. I have released all biological beliefs and embrace the cosmic intelligence.*
3. *I observe the Universal and Cosmic Laws. I am an exemplary spirit for I am the Light.*
4. *I seek and honor the ten spheres of totality. I am the path to Source.*
5. *I seek the path of perfections, skillful means, and the pure lands. I am the knowledge from within.*
6. *I am the production of the awakening mind. I am the Light of Source.*
7. *I serve the practice of benefit. I understand and see the Light.*
8. *I am the path of wisdom. I am mindful of unconditional love.*
9. *I am the truth of creation. I am the path to Source.*
10. *I am delivered by the means of wisdom. I see the truth.*

There are many more levels of truths to be discovered.

Once you have achieved the inner peace practice of Senninka, you can simplify the process by:

Stare or visualize your focal point. As you do so, take 25 cycled breaths in and out slowly. Make the “UM” sound to the count of 25, then say “ I am Senninka”.

