

# Find your Inner Guru

*Use These 10 Meditation Hacks devised by author and teacher, Susan Shumsky*

**S**eekers of truth traditionally look for a spiritual master to guide them into spiritual awakening and enlightenment. I spent 22 years living in the ashrams and six years on the personal staff of the most famous guru of the 20th century, Maharishi Mahesh Yogi. He was the founder of Transcendental Meditation (known commonly as "TM") and guru of the Beatles.

But what if you don't have access to a "Maharishi" or any other guru? Is it possible to awaken your spiritual self? The answer is yes. There's an inner guru that can be your spiritual guide and advisor. It's your higher self, and it's much smarter than your ego.

How do you communicate with this inner guru? Here are ten meditation hacks to help you bridge the gap between your ego and your higher self:

## 1 Breathe

The first step to contacting your inner guru is to take a few deep breaths. As you inhale through your nose, fill your belly, chest, and upper chest with life-force energy. This in-breath moves like an undulating wave from your lower abdomen to the top of your chest.

Then as you exhale, either through your nose or mouth, imagine all cares, stress, distractions, and negative energy releasing through your breath. Let go more and more with each out-breath.

## 2 Heal

The second step is to clear, cleanse and heal your energy field by saying a simple affirmation such as this: 'I now release all limiting beliefs, habits, and conditions that block my connection with my higher self. I release from my mind all fear, doubt, anger, confusion, guilt, and unworthiness. And they are gone. They are lifted into the light of divine truth. I AM now filled with feelings of faith, certainty, forgiveness, peace, clarity, acceptance, and self-worth. I AM in control. I AM the only authority in my life. I AM divinely protected by the light of my being.'

## 3 Turn inward, go deep within, and be at peace

Intend to take a 180-degree turn from the outer world into the spiritual world. Go deep into meditation. Take deep breaths and affirm that you are moving within. Say to yourself audibly, 'Peace, peace, be still. Be still and be at peace.'

## 4 Call upon Spirit, let go, and go even deeper

Call upon a divine being or your higher self and ask to go deeper. You might say something such as,

'Holy Spirit, take me deeper.' Let go and move from the surface level to deeper levels of awareness, until you move beyond thought into pure consciousness.

## 5 Ask

Once you are in a state of deep relaxation, inner peace, equanimity, contentment, wholeness, oneness, and perfection, the best-kept secret is to do what meditators normally don't do – ASK. Ask audibly for whatever you wish to receive. It might be healing a physical or emotional problem, answer to a specific question, creative ideas, or a spiritual experience.

## 6 Do the do-nothing program

After you've asked for something specific, then take another big, deep breath and do what I call the "do-nothing program." Do nothing, nothing, and less than nothing. Let go and give up. Assume a neutral, receptive state – ready to receive.

## 7 Receive

After you let go and allow, the answer to your question or the experience you've requested will come to you. This opens the pipeline to inner contact and starts the conversation with your higher self.

## 8 Trust

Whatever you receive from your higher self, trust it and don't second-guess it. If you're given inner guidance, believe that it's real and true.

## 9 Give thanks

Be grateful for the experiences you've just received, and express gratitude audibly. Say something such as, 'I now give gratitude for this beautiful experience of divine love.'

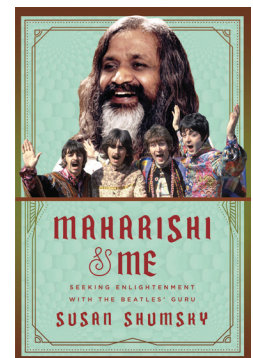
## 10 Do it with faith

After you've received divine guidance, trust that it's real and follow it. If you're guided to do a particular task, do your best to accomplish what you've been asked to do.

Once you've opened to this powerful connection with your inner guru, practice this process often. Listen to your inner voice and follow its guidance. Most importantly, don't be afraid to make mistakes. Just like learning any new skill, such as playing the piano, you will make mistakes. But practice makes perfect. So it is with inner guidance. Practice, trust, and follow. **KS**



• Aged 19, Susan followed the Beatles to the Maharishi's Indian ashram. She spent the next 20 years travelling the world with Maharishi and his Transcendental Meditation movement.



## Find out more

• *Maharishi & Me: Seeking Enlightenment with The Beatles' Guru* by Susan Shumsky is out now, priced at £19.99 and is available on [Amazon.co.uk](https://www.amazon.co.uk)