

Bath Ideation

(With Explanation and Illustrations of Postures)

Bath Ideation Before and During Bathing

(There is no posture performed for this part of the bath ideation. The ideation is done silently within, before and during bathing.)

- 1- I wash myself with water which is the symbol of purity.
- 2- Not only do I wash my body with this water but also I will ideate that this is an act of baptism, and I will be free of my previous bad habits.
- 3- This water also will wash away my fears, unnecessary desires, and attachments. I will only be attached to God.
- 4- Only then will I be free, pure and clean enough to stand in front of the Father, the Ancestors of humanity, and the Sages in the past, and pay my salutations to them.

Bath Ideation After Bathing

(Repeated Three Times)

(After the bath while still wet and with water dripping from the body, stand in front of a light, or if possible the sun, while doing this bath ideation with its proper postures.)

- 1- My reverent salutations to the Ancestors of humanity.
(Hands brought to the Sal-Om position, then rotated in such a way to make a circle with fingers touching and pointing away from the fourth chakra, and hands rotating in a circle until the back of the hands are touching. Then both hands will open in such a way that the palms will be open upward in the position of giving an offering.)





2- My reverent salutations to all the Sages and Messengers.
(Hands return to the Sal-Om position and the previous postures are repeated again.)



3a- They were all...
(Hands return to the Sal-Om position, then are stretched forward toward the sky as referring to "they.")



3b- in the path of becoming Pure Consciousness.
(With a rotating and graceful movement, the stretched hands will be opened apart as a sign of embracing the universe [becoming Pure Consciousness]).



4a- I am...
(Hands return to the Sal-Om position.)



4b- one with them in Spirit.
(Stretching hands forward as in #3.)



5- Therefore it is the goal of my life to become Pure Consciousness and help the whole universe to become the same.

(Rotating the hands, at the wrists, in such a way as to cover the whole universe.)

Then bring the hands to the Sal-Om position and start the ideation from the beginning, for three times.)



6- (Third time only) The act of offering, the heat which was used to offer, and the one who offers are all He. Sal-Om.

(After the third time, bring the hands to the Sal-Om position, repeat this sentence and ideate on its meaning which implies that God is everything.)

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