

Create Your Own Powerful Practices with Slogans- Part 3 (Synopsis)

In this video I provide 2 examples of slogan-based practices that make use of the elements that I describe in the first 2 videos.

- Words/ideas
- Visualization
- Voice/Sound
- Body (posture/gesture/movement)
- Feeling

Example #1 (elaborate version):

Slogan

“I will be the best man I can be.” (I created a general idea)

Sub-slogans based on Jungian archetypes (Break general idea into specific parts parts):

- King: “Be aware of your realm and take responsibility.”
- Warrior: “Be courageous and fierce and disciplined in defending and pursuing what is important.”
- Magician: “Bring Heaven to Earth and manifest your highest aspirations.”
- Lover: “Open your heart and give your affection freely.”

Visualization

I used the Waite-Rider tarot deck for images of these 4 archetypes. (You can use anything that is meaningful to you to represent your slogan.)

- King- King of Cups
- Warrior- Knight of Swords
- Magician- Magician
- Lover- Lovers

How I did the practice:

- Set the tarot cards face-up and side-by-side on a low table in front of my meditation cushion.
- Did a couple minutes of mindfulness meditation
- Gazed at the cards one at a time.
- Visualized myself (one at a time) as a King, Warrior, Magician, and Lover
- For each archetype I said separately the corresponding sub-slogan for each one out loud.
- For each archetype I assumed the posture/pose of each one separately.
- For each archetype I held and savored the feelings evoked by the spoken slogan, the visualization and the posture. I did this until the feeling was clear and strong in my body.
- I sat back down on my meditation cushion and did mindfulness meditation, not dwelling on the archetypes but trusting my brain and mind to integrate the experience.

Example #2 (simple version)

Slogan:

“Today I Will...”

How I did the practice:

- I looked at my mug and read the slogan and made a deliberate decision to give it my attention and focus.
- I took a moment to set a grounded, centred, upright but relaxed posture.
- I let my thoughts settle a bit, until my mind was relatively quiet, and my body was generally relaxed. Don't make a big deal out of this. Just take a few moments to get grounded and relaxed and focus your intention.
- Closed my eyes and said the slogan in my mind. Can do this with eyes open too. For this slogan, one has to provide the words that describe what you WILL DO that day.
- Then I said the slogan out loud 2 or 3 times with a voice tone like I meant it. For me it was, “Today I will make a practice video of me talking.”
- Visualise myself doing what I said I would do, i.e., talking in front of my camera.
- Set my intention. Basically, promise myself I would do it unless I was in the hospital or something just as unavoidable.
- Do it.

These 2 examples are for the purpose of giving you something tangible as a reference or guide for creating your own practices. You are welcome to try them out yourself, but the main point has been to provide you with the raw materials and some understanding of them so that you can be creative and put together practices that are meaningful to you.

I do provide slogans, but exactly how you make use of them is up to you.

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