

Introduction & Overview

Not long after *Awaken to Unconditional Love: New Wisdom From 20 Spiritual Masters* was published, a friend suggested that I create a workbook to accompany it. I ran the idea past a number of people, and each one thought it would really help bring the Masters' messages more alive.

Thus, this workbook was born. It is designed to support the Masters' full messages and the other materials, such as the Themes, in the book itself. After getting acquainted with each via the brief backgrounds, you can spend time with their and image before working with their meditation

You can use the meditations for yourself or to lead others. What you will notice is that there is significant use of spacing within each meditation. These spaces signal pauses in order to allow the person doing the meditation time to reflect or to go more deeply into what is being offered. The pacing you use is entirely up to you. No one will do the meditations in the same way.

In addition to the meditations, there are Self Reflections and additional materials. Please consider all of these as starting points. The ideal is to make everything here work for you. You have complete license to rework, reorganize, or reword. Follow your intuition and make this workbook your own. Nothing has more impact on us than our own creations and experiences.

You will notice that some of the meditations touch on similar topics and issues and are consistent with the Masters' messages. The lessons we are endeavoring to learn are timeless and, if you are like me, you've been working on them since time began. Even slightly different approaches, or doing the same thing with a different guide, can change everything.

If your rational mind tries to jump in and say, "We don't need to do this, we just did this yesterday (a few days ago, last week, etc.) with another Master," please don't listen. Even if we have completely learned how to love everyone and ourselves, it can never hurt to work with this energy again.

Finally, you may not be familiar with some of the Masters. This was definitely the case for me when I first began this project. Whether you are doing the meditations for yourself or for others, it can be easier to accept whatever comes forth by setting the intention that everything that happens in the meditation be for your/their highest good.

No matter what I have done or with whom I have been working, setting such an intention has always led to what was in my highest good and removed the initial fears I've had working with someone new or going into previously unexplored aspects of myself.

May you have wonderful experiences with the Masters!

Gratefully Yours,
Don Fedor

St. Francis of Assisi

Meditation

As you get settled into a comfortable position in which to meditate and to quiet your mind, ask St. Francis to come into your energy field. Give Him permission to enter your space and to be your guide.

Taking a few deep breaths to more fully relax, and as you do, bring His image into your mind's eye.

See this humble monk who is beloved by humans and animals alike. He is cloaked in a simple robe and the light of God radiating from Him.

Envision Him surrounded by animals who have come, as you have come, to be near Him and to hear him. As you see the animals gathered around him, invite your beloved pets, past and present, to join in this time with St. Francis.

Hear Him inviting all of you into His love, the Love of God, and the love of your deepest truth, which is of tenderness and infinite compassion for all beings.

Saint Francis asks you to be gentle with yourself. Hear his kind voice encouraging you to be so.

You are not perfect nor were ever meant to be. He asks you to cease your striving for what can never be attained, or trying to change things over which you have no control.

St. Francis looks into your eyes, and you sense your connection to His strength. You can feel on a wordless level why so many have flocked to Him and continue to do so.

He assures you that in the eyes of God and thus the presence of pure love, you are, have always been, and will forever be perfect just as you are.

He lovingly asks you to soften your self-criticism and transform it into acceptance and hope.

Know that your heart, your compassion, and the love you share with others, both human and animal, are all parts of your eternal truth.

Nurture and honor these as your connection to the Divine.

When you venture into self-criticism and condemnation, call upon Saint Francis. When you need a guide to your heart, He is with you.

Feel and surround yourself with His love, and know His love for everything that you are and all that you have done in this lifetime.

In the presence of Saint Francis, ask Him to help you ...

Feel the power of love that resides within you.

Open your heart as your doorway to the Divine.

Follow your heart into the love that is your ultimate truth.

Allow loving kindness to fill you as you feel the beat of your heart.

[Note: transition to the Loving Kindness meditation at the end of the Awaken book].

Self Reflections

1. What did it feel like to meditate with St. Francis?

2. What are the things not allowing your mind to rest or be at ease?

3. What does it mean for you to connect to your heart?

4. What feelings came up when you connected to your heart, and did any resistance come up as well?

5. How do you think it would feel to sit in the presence of St. Francis?

6. If you could sit with St. Francis, what would you ask him and what animals might you invite to be present?

7. What would you like St. Francis to help you with the most?

Athena

Meditation

Envision Athena, the Greek Goddess of Wisdom.

Feel Her strength and Her presence as she comes to you in love from a place where time does not exist.

Her mission is to help you understand better how to bring forth the strength of love, the love that is You, and to transcend the drama and chaos of everyday life.

Evision yourself amidst a busy place, yet surrounded by complete calm.

In your vision, see yourself in the world, but not of the world. The eternal You is untouched by the goings on around you.

Sense yourself shifting your focus from the world of things and events to what is at your core - sense the pure love that resides in you.

As you take this in, Athena offers to usher you further and further away from the world of disharmony.

Relax into the calm that is love. Nothing can penetrate the energy of pure love, except love itself.

See love surrounding you and emanating from you. Know that this is the secret of Athen's power - pure love.

Now bring forward a situation with which you are struggling or having difficulty. Ask Athena,

To show you how love can transform the situation.

To be your guide as to What is in the highest good for all.

To lend Her strength to you as a channel of love to all.

To help you minimize your emotional involvement in the situation.

How you can reduce any negative impact this might have on your life.

Give Athena your thanks for Her help and bring yourself back from the meditation. Know that you can call on Her at any time.

Self Reflections

1. How did working with Athena feel to you?

2. To what extent could you feel Her helping you distance yourself from the world of disharmony?

3. What situation or situations are causing you the most distress right now?

4. What insights did you gain in how to bring more love into this/these situations?

5. What or who can help you have the strength to do what is in the highest good?
