

**Veil of Truth Omniversity
Center for Metaphysical and Esoteric
LEARNING & HEALING
Well Being Questionnaire**

*Blessings and Thanks to Reverend Nazirmoreh K. B. Kedem (A.B.R.D.) - founder, spiritual head & director of – Nahzirayah Monastic Community
Retreat for Meditation and Wholistic Living / Monastic Ecovillage
The Community Of The Purple Lodge / The Nazir Order Of The Purple Veil
In The Degree Of The Ascension*

Veil of Truth Omniversity Center for Metaphysical and Esoteric Learning & Healing

Please fully complete this five page questionnaire and mail it in along with a current photo - -address located at the end of this form. Incomplete questionnaires will not be processed completely. Appointments contingent on complete information and at the sole discretion of our Director – Reverend Nazirmoreh (A.B.R.D.).

DATE: _____

NAME: _____

ADDRESS: _____ TELE #: _____

_____ FAX #: _____

EMERGENCY CONTACT INFORMATION:

NAME: _____ relationship: _____

ADDRESS: _____ TELE #: _____

RELEASE:

I, _____, fully understand and accept that – Reverend Nazirmoreh K B Kedem, Nahzirayah Monastic Community, Retreat for Meditation and Wholistic Living, Monastic EcoVillage, Community of the Purple Lodge, The Nazir Order of the Purple Veil, Veil of Truth Omniversity Center for Metaphysical and Esoteric Learning & Healing, including all members, students and associates/associations thereof (this listing is hereafter referred to as “The Center”) - provides assistance and direction in my efforts to become whole. I heal myself. I am fully aware that “The Center” is not a medical practice, healthcare clinic, or any other medically licensed institution; and is not operating under or with any associated medically invasive names, titles or procedures. I am in agreement that the services offered at “The Center” are not a substitute for legal services or medical advice. I, _____, hold “The Center” harmless of any and all circumstances and outcomes in any directions that occur while at “The Center”, or that I or anyone else attributes to services rendered through or by “The Center”. All this and more I take full responsibility for.

Signed: _____

**Staple Current
Photo Somewhere
Here**

Mailing Address:
Reverend Nazirmoreh K. B. Kedem
Nahzirayah Monastic Community
Nazir Path 970 MC 5029,
Saint Joe, AR 72675
USA
1-870-449-4381
www.nmcnews.org eemeht@mtnhome.com

Included in this packet:
Section I : General visitation request information
Section II: Physical Constitution
Section III: Circle Assessment
Section IV: Straight Line Assessment

Completed questionnaire may be:
Mailed (address on left) ; Faxed (1-870-449-4381) ; or
E-mailed (only if know how) eemeht@mtnhome.com

**Veil of Truth Omniversity
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LEARNING & HEALING**

Well Being Questionnaire

**SECTION I
*General visitation request information***

The Monastery is nestled in the Ozark mountains. Wooded forests, ponds, streams, water fall, caves and beautiful vistas grace this quiet habitat. Deer, bear, fox, skunks, squirrels, chipmunks, raccoons, armadillos, birds of every color, and more- fill this wild life refuge. Much of the food is supplied from the organic gardens, fruit orchards, wild edibles (we eat the weeds). The main living area contains numerous large and small cabins, outhouses, storage sheds, libraries, offices and more. Electricity is supplied to several of the larger dwellings. Solar energy and a gravity fed water tank rounds out this self-sustaining, self sufficient environment.

Arrangements to visit are made by request to our Spiritual Teacher Reverend Nazirmoreh (ABRD). All communications and correspondences are to be addressed to "Reverend Nazirmoreh (ABRD)". Please refrain from using the pronouns "he, him, or you" when addressing "The Reverend" (we are not these bodies, not male or female). All due respect is the password.

NAME: _____ DATE: _____

Requested time of stay (beginning/ending date, and length of stay):

Alternate time of stay (please supply at least one):

Means of travel: Please note – the means to reach this remote location is by car or by car from airplane (directions to the Monastery and/or airport station options will be given when appointment is scheduled):

Driving Flying

How did you become aware of the services offered here at the Monastery: _____

Please explain nature of visit (state your concerns physically, mentally emotionally and/or spiritually):

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Well Being Questionnaire

SECTION II
Physical Constitution

Name: _____ Date of Birth: _____

Occupation: _____ Birth Place: _____

Gender: M F Height: _____ Weight: _____

Marital Status: _____ Number of children: _____

Any diagnosis by a health care practitioner? Yes No

If so, what is/was the diagnosis? _____

Describe Present Physical Condition (include any symptoms): _____

Describe Present Emotional Condition: _____

How do you define your personality ? (Check all related.)

extrovert introvert tolerant disciplinarian
 emotional sensitive peaceful

Hobbies and Leisure Activities: _____

Medical Treatment History _____

Have you had any experiences of allergic reactions toward food/medicine/others. If so please give details:

Surgery and Organs Missing: _____

Prescription Drugs (if any) Currently Used: _____

Previously Prescribed (if any) Prescription Drugs: _____

Aspirin & Non-prescription Drugs (if any): _____

Typical Meals:

Breakfast - Time and Content:

Lunch - Time and Content:

Dinner - Time and Content:

Nutritional Supplements (Vitamins/Minerals/Herbs/etc.): _____

Do you smoke tobacco: _____ If yes, how often?

Do you drink alcohol: _____ If yes, how frequent?

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Well Being Questionnaire

SECTION III
Circle Assessment

NAME: _____

DATE: _____

Please circle one in each grouping

Strong /// Average /// Weak

Self Confident / Insecure /// Undecided

Calm /// Mood Swings /// High Strung

Let It Out /// Hold It In /// Let It Go

Slow Thinker /// Average /// Fast Thinker

Talkative /// Quiet /// Casual Talker

Open Minded /// Opinionated /// Dis-interested

Giving /// Self Centered // Self Centered Giver

Careless /// Careful /// Care-medium

Short Attention Span /// Focused Attention /// Scattered /// Non-attentive

Dreamer /// Dreamer + Do-er /// Just follow the program

Disciplined /// Give in to desires /// Straddle the fence

Neat /// Unorganized /// Slob

Leader /// Follower /// Stagnant

More centered in the mind /// More centered in the emotions /// More centered in the physical

Sporadic /// Well planned /// Flow with it as it comes

Easily upset /// Tranquil in heart /// Takes a lot to upset

Forgiving by nature /// Hold grudges /// Bewildered

Make friends easily /// Prefer being alone /// Lonely

Confront situations /// Hide from situations /// Detached observer

Attacker /// Retreater /// Defender /// Stand around looking

Pouter, tantrum /// Defiantly do it anyway /// Calmly accept

Look for the good /// Look for the bad /// Indifferent

Active /// Lazy /// Busy /// Bored

Fast eater (i.e. gulps food down) /// Slow chewer /// Moderate

Food choices based on nutrition /// All I know is that it tastes good // A little of both

Rather be hot than cold /// Rather be cold than hot

Just passing through // Repent /// Is it lunch time yet? (i.e. centered in the physical comforts of the moment)

Accident prone /// Agile /// Grounded

Depressed /// Grateful /// One step at a time

What happened in the past /// The present moment /// What of tomorrow

Paranoid /// Naïve /// Clouded sight /// Clear vision

Backbone /// Feet /// Hands /// Head /// Heart

Guilt /// Walking through the door /// Free

Family /// Friends /// Fellow Travelers

See it to believe it /// Believe it to see it /// Know through experience

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Well Being Questionnaire
SECTION IV
Straight Line Assessment

NAME: _____

DATE: _____

Please direct your attention to the following statements. On separate paper (next page), copy and complete each phrase with the first thoughts that come to mind. Be as *expressive* as needed and true to heart.

1. If I could go anywhere and/or do anything, I would ...
2. What concerns me the most is ...
3. I look forward to the day when ...
4. If someone tried to tickle me, I ...
5. I like to eat ...
6. I do not like to eat ...
7. I remember when I was younger, I used to ...
8. The last time I bruised this body, I ...
9. If another car ran into the one I was driving (if you do not drive, imagine) and scratched some paint off of the fender, I would immediately feel ...
10. If I saw a beggar in the street, my first thoughts would be ...
11. If the beggar approached me for money, I would ...
12. If a friend ran through my dwelling place & out the back door screaming on the top of their lungs, I would probably ...
13. When I lay down to sleep at night, I ...
14. I just don't have any time to/for ...
15. I like to work with ...
16. If I could instantly change one thing in life, it would be ...

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EMBRACE THE LOVE FROM ABOVE

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*Blessings and Thanks to our Beloved Spiritual Master Reverend Nazirmoreh K. B. Kedem (A.B.R.D.) ~
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Spiritual Life Progression Preparatory Guide

This mode of exploration is a progressive outgrowth of hypnotherapy. Using a natural rhythm of guided meditation and visualization, a pathway opens up into one's true inner being where retrieval of stored immortal memories can be realized... and if it be in alignment with one's soul growth – one can experience direct interaction with ones Higher Self (by whatever name one chooses to call this well spring of Wisdom which dwells within all, for all are sparks of the Divine). In essence, *Spiritual Life Progression* uses this amazing vehicle - one's own mind - for exploration, discovery, awareness, healing... **GRACE**. One truly presents this journey to one's self.

Each session lasts from 2 to 4 hours

Please: those with severe mental disorders such as schizophrenia, as well as the seriously mentally disturbed, cannot be worked with using this method

When scheduling an appointment:

- ⇒ Wear loose fitting comfortable clothing, if possible
- ⇒ Please do not eat or drink at least 1 hour prior to session, if possible
- ⇒ Come with an empty bladder (i.e. Please use the restroom right before the session. This is a must, as we will be going on an extended, relaxed, beautiful journey)
- ⇒ Please complete the short work sheets included in this Guide. It is our road map. The more thorough the information you provide, the clearer we will be able to go forward on our journey... we may journey far.

This journey will be recorded and a CD mailed to the address you provide when scheduling an appointment (this session can also be transmitted via email – if preferred)

SERVICES OFFERED IN LOVE LOVE DONATIONS

donations accepted, not required
**(a point of reference in this sea of
LOVE - \$99)**

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EMBRACE THE LOVE FROM ABOVE

Levels of Exploration***

Guided meditation - Visualization

a safe and natural technique to access the deeper/higher/inner/universal/cosmic levels of consciousness
by quieting the outer conscious mind

Hypnotherapy

the use of these deeper/higher/inner/universal/cosmic levels of consciousness to effect direct healing...
all dis-ease/difficulties have their root causes in the mind,
these seeds have been sown, connected to, carried over, continued from past life experiences (past experiences of the present life are included in this web)... all circumstances are lessons/life experiences
(chosen by the soul in-between incarnations) to learn and to grow through...
when lessons are ignored, they grow dense...
once lessons are learned/understood – healing is the result...
and one moves on to the next lesson(s)...
(ex.: anger inflames cancer causing agents, unconditional love and forgiveness is the ultimate cure)

Past Life Regression

assists in understanding this life's circumstances in connection to the larger scheme of life
Through understanding... miracles happen!

Spiritual Life Progression

travels into the realms of soul life to reveal soul choices - one's mission/purpose in life,
one's level of progression towards it's attainment,
why one chose the life one is presently living with all it's joys and trials.

*** Your Higher Self will not present any level of information that you are not ready to receive.



Points to Keep in Mind

- 1) Reincarnation: soul returns to learn & build upon previous life experiences, most times return with same cast of “group souls” playing different roles (ex.: mother in one life may be a brother in next – to work out unfinished lessons using a different set of circumstances). Like a drama, the body/personality is the mask (personal) that the soul chooses to put on - to play out it's part in the learning/growing process.
- 2) Law of Attraction: attracted to current circumstances; each one is absolutely the creator and dispenser of pleasure and pain in one's life.
- 3) Karma: action & reaction; sowing & reaping; cause & effect; debt & release ——— the “universal motive” which sets the pictures of life in motion- turning, moving, round and round; the “Eternal Balancer“; all is in Divine Order – a beauty and rightness may be difficult to realize when viewed from this smaller scale of life through which one chooses to judge

A Pattern of Healing

Guided Meditation – Visualization; Hypnotherapy; Past Life Regression; Spiritual Life Progression

Guided Meditation – Visualization, Hypnotherapy, Past Life Regression, Spiritual Life Progression are four stepping stones which create a pathway of healing using the Mind- the Divine Database, whose focal point is Thought- the Divine Transmitter. Thoughts ride on waves of energy. The pattern of healing presented herein uses energy in the form of thought.

*“...We are on an infinite journey, since beginningless time.
There are always heights ahead...”*

Words of Reverend Nazirmoreh (A.B.R.D.)

First Stepping Stone - Guided Meditation – Visualization

The natural rhythms of thought are used to guide one to a state of quiescence beyond the constant chattering of the active mind. This simple relaxed state of concentration is also termed hypnosis. In this state, brain/mind distractions are stilled - allowing room for subtler levels of conscious to come forward. The outer conscious mind becomes the observer, and what it observes is an inner expanse of consciousness which opens up right below the surface of the rational, analytical, thinking brain/mind activity. It can be likened to opening a passage way through the constant flow of day to day thinking to a stairwell where expanded *levels of consciousness* can be experienced and ultimately known.

Hypnotic states are a part of everyone’s daily life. All enter various levels of hypnosis constantly throughout the day and night. One would not be able to read with much comprehension without entering into at least a light level of hypnosis. It is most noticeable when one is so involved in a task that one loses track of time or is oblivious to someone entering the room. As stated earlier, it is just a state of relaxed concentration. Deeper levels of hypnosis can be reached as easily as laying down and as naturally as closing the eyes. Hypnosis is entered into routinely at least two times a day – once when going to sleep and again before waking. Hypnosis is a very relaxing, beautiful, euphoric state. . To further explain this state read *Hypnosis – riding on (brain) waves of Consciousness* on the next page. In a hypnosis session, this very natural state of concentration is merely guided by the hypnotist. Hypnosis becomes therapy when it is used to uncover underlying causes of difficulties and to come to a point where one can go beyond them...

one truly heals one self. *It is important to understand that in hypnosis, one is always in control. There can never be any ‘outside will’ imposed.*

Change ones’ thoughts, and ones’ buttocks will follow...
Inspired words from Rev. Nazirmoreh (ABRD) teachings

Second Stepping Stone - Hypnotherapy:

Hypnotherapy is a method of healing which works within the realm of causes. It is a very effective form of healing because the distractive limiting effects of ones outer conscious thought patterns are bypassed. It reaches and opens levels of consciousness where inspiration, aspiration and intuition reside. Through hypnotherapy, the “place” of pure knowing can be of easy access and it is here where profound healing can be realized. It is as simple as changing ones’ thoughts within the realm of causes. What is most beautiful is that this Source is so close. It dwells within each of us. *(to be continued within the next stepping stone...)*

Third Stepping Stone - Past Life Regression:

We have lived many lives. We live many lives. The lives we live are experiences in growing. We choose our lives and our experiences. Good or bad, it is all for one’s growth. Very briefly explained, before entering into any life, we assess our level of growth and decide what we need to work on in our next life. In many cases, we return with those from other lives to work out lessons that were not learned, to repay karma, to assist and/or be assisted. Many experiences from other lives enter in to present life in varying degrees. *Hypnotherapy in conjunction with past life regression* can assist in understanding why certain aspects the present life are the way they are — why one chose a particular life, be it hard or smooth. And along the way one may discover, for example, that a mother in one life is a sister in this life. Roles change in whatever way is decided on prior to entry in a particular life. All depends on what set of circumstances will offer a means to learn the lessons to be learned or to pay debts. Another discovery is that physical, emotional and mental difficulties are often the direct result of past life occurrences. For example, severe headaches in this life may stem from traumatic experiences such as receiving head injuries in another life, or experiencing a life which was mentally anguishing. Many times, just knowing the reasons for present day circumstances as they are connected with past live experiences are liberating in themselves. With knowledge comes understanding. With understanding comes release. And with release comes true healing – - on any and all levels, what ever is appropriate – physical healing, emotional balancing, mental clarity, spiritual freedom.

Stepping Beyond - *Spiritual Life Progression:*

From this third step, one is in a position to enter into communion with one's higher consciousness. Within this vantage point or level, **if it is appropriate**, access can be gained into levels of consciousness which can be termed "Universal Mind". Though beyond words, it is the source from which words arise. It is a state of consciousness that is all-knowing (omniscience), beyond time and space (omnipresent), and miraculous (omnipotent). This source of knowing is Compassion, it is very protective and very concerned about each soul's well-being. It watches over and guides – it prompts but does not interfere with the soul's freedom to choose. If communion with this Source is entered into, questions may be asked of this wellspring of Knowing - - - questions concerning health; life goals; problems & blocks in one's path; why one chose certain associations such as family, friends, enemies; the reason behind various experiences; soul mates – whatever is meaningful. It will offer assistance only in so far as it is appropriate. It has one's best interest in heart. No harm is ever allowed. It is the essence of Peace and Love. It loves you very much, and... if these words resonant within your being... It awaits your coming.

Through relaxation, we embark on a journey; the hypnotherapist is the guide; the questions you bring to the session are the road-map; your outer personality is the back seat driver; your true inner Being is the driver (the One who suggests to the backseat driver to be quiet and let It do the driving); your mind is the vehicle of travel; Mind is the place of Abode – -and remember, you are always in complete control. Each session will last any where from two to four hours, depending on all that needs to be covered... we may travel far – - - so relax.

Hypnosis - riding on (brain) waves of Consciousness

Understanding brain waves can assist in understanding the experience of hypnosis.

<i>Brain Waves</i>	<i>States of Consciousness</i>	<i>Frequency</i>
Beta brain waves	Waking conscious state, alert	14-30 Hz
Alpha brain	Daydreaming, creative, relaxed, closed-eyed	8-13 Hz
Theta brain	Dreaming, meditative, higher consciousness	4-7 Hz
Delta brain	Deep sleep and beyond	0.5-6 Hz

1. When one is awake, the brain waves are operating in the beta state of activity. This is the state of normal wakefulness. In beta, one is alert and wide awake. The active, rational, analytical, thinking brain/mind is dominant. This is where conditioned programmed beliefs, values, ethics, etc., reside.

2. When one closes the eyes, becomes relaxed, or daydreams, the brain waves are in alpha. This is the brain wave state of heightened creativity and inspiration. When one engages in creative pursuits such as imagining or visualizing the brains waves register in alpha. In alpha, the conscious mind is less dominant and the subconscious level is coming to the foreground. The alpha state is where brain waves would register as when one goes into a light trance (light hypnotic state). This state is entered into often during the course of the day. It is in this level that past life experiences can begin to be accessed.

3. Dreaming, deeper hypnosis, meditating occurs in the theta level. Any repetitive movement or sounds will take one into the theta state easily. Much potential lies in this state because this is where higher levels of consciousness begin filtering in. Brain waves register as theta as one goes deeper into hypnosis. In theta, many go into deeper stages where true and direct healing can occur physically, mentally, emotionally because one has access to the levels of consciousness that are all-knowing (omniscience), beyond time and space (omnipresent), and miraculous (omnipotent).

4. When falling asleep and going into what is termed the unconscious state, one is in delta. In this state of consciousness, one will not remember what one is experiencing.

Any questions cleared up or brought out? ... **perfect!**
Make ready for your session.

As the offering of this service is in formation. Donations accepted, not required.

***“Prevention is better than cure—
in fact it is the best life insurance one could acquire...”***
Reverend Nazirmoreh (ABRD)

Soul Memories

(please read slowly at heart, and have mirror at hand)

We are about to embark on a journey. A journey into Soul memories. And we begin with a simple Truth...

It is true that within each body is a spark of the Divine, a soul, a seed ---- a soul seed which digs it's roots deep within the body of flesh so as to grow through life's experiences until a point of maturity is reached where it has gained all that is required to bloom in full beauty and glory.

There is a saying, a metaphor — 'The eyes are the windows of the Soul'. This is a beautiful gem in many respects. The facet we will be focussing on is the use of the word "window". Window is a beautiful symbol because it gives a hint of observation which is two way. A window can be looked *into* just as easily as it can be looked out of... it just depends on which side of the window one chooses to look through. By contemplating on this gem it can be seen that we can bring our focus of attention inwardly with the same ease that draws our attention outward into the world. It is truly a matter of focus...

Key Note

"You get what you are, you get what you pay for. What you are is the plane of consciousness you are traveling on. You get according to your experiential need, related to your level of consciousness or degree of awareness. The pay is the effort you put into utilizing the information received that is conducive to your higher consciousness expansion and further spiritual development."

Words of Reverend Nazirmoreh (A.B.R.D.)

And so we begin by bringing our focus of attention to the eyes:

- ◇ First, gently take hold of the mirror supplied with this information guide. Look curiously at your reflection in the mirror, look at your face in general for a moment. Do it now, (I will wait)...
- ◇ Now focus in on the eyes, look *deeply* into those beautiful eyes for a moment or two...
- ◇ Now consider this question: How deeply can one look into the eyes? Physically, the eyes are only an inch in diameter at the most... ***yet we sense there is a depth to them which goes beyond the actual organ itself.***
- ◇ Return to gazing into the eyes, looking into the very center where the pupils are. Do this for a moment, or two or three...
- ◇ Now consider this thought: "Pupil" is another word for student - one who studies, one who learns. Return once more to the very center of those beautiful, deep, mysterious eyes - and let the following thoughts enter in - - - *What animates sight? What causes conscious awareness to come into being?* But as you ponder these questions, do not try to answer them. Many times we gain more insight and understanding by not trying to give them concrete answers. Just turn these questions over in your mind's eye... ***What animates sight? What causes conscious awareness to come into being?*** Look directly into the pupils now for a few more moments as you ask these questions...
- ◇ Now we come to the turning point. Imagination is the key here. The mind is a treasure chest. Let us see what opens up. When next you gaze into the mirror - imagine, just imagine for a short while, that instead of you looking intently at this reflection in the mirror - this image in the mirror is now *looking at you*, intently looking into you. Do it now...

As you do so, you may even feel a subtle, yet distinct shift. We have just experienced how easy it is to make this shift from focusing without -- - to focusing within...

With this in mind, what we will be doing is turning our gaze inwards, towards the abode of the Soul – the realm which brought these windows into being. We will be using a very simple, natural process to go within. Nothing needs to be learned, there is nothing unnatural or strange going on, no strain involved, and we will not be staring into a mirror. What we will be doing is riding on the wings of the current used to enter into the sleep state... so just relax. It's as easy as closing the eyes, and as natural as relaxing. How do we enter into the sleep state? Sleep is entered into by the gradual process of slowing down the brain/body vibratory rate – that part of the consciousness whose function is to be actively aware and responsive to our day to day outer movements. As to the body, when one drifts off to sleep - the breathing slows down, the heart beat slows down, all the bodily functioning adjusts accordingly to receive rest & rejuvenation. As to the mind - outer awareness recedes.

And too, this slowing down of frequency happens throughout the day. Whenever one day dreams or becomes so focused that one loses track of time... this shift in consciousness has occurred to some degree. These shifts are in fact levels of trance. Trance states are entered into by the slowing down of outer awareness which allows deeper levels of awareness/consciousness to come forward. These deeper levels of consciousness open doors to greater concentration, deeper understanding, being able to analyze in depth, to take in information. We look out into the world and take in information. Look out and take in. We would not be able to even read with much comprehension were it not for these shifts in consciousness. Actually, we go in and out of trance states all day long, at times from **moment to moment**. There have been scientific studies conducted which have shown that we spend over 90% of our lives (within this plane of existence) in these deeper levels of consciousness. Less than 10% is spent in full outer waking conscious awareness (i.e. fully awake, aware, alert). One study reports that a test patients' brain was wired to a television set to monitor the brain wave frequencies. It was visually seen that the brain waves shifted into the lower frequencies (trance states) and back again from **minute to minute**. An example of extended periods of trance could be experienced during times of long distance driving. The point here is to keep in mind is that we go in and out of trance states through the course of our lives on Earth. This is a natural function of the brain/body - as we live and move and have our being within this realm of existence. It is not only natural but it is also spontaneous. We need not make any special effort.

It's like shifting gears on a bicycle or car. Imagine... our vehicle of travel (the body) shifts from 4th gear (full waking consciousness), down to 3rd gear (light trance), then into 2nd gear (deep meditative state), and when reaching the 1st gear, the body gently cruises into the sleep state... **Oh**, but here's the key to our quest... the body drifts off to sleep, but the Soul never sleeps. The sun never sets for the Soul. When we go to sleep, the Soul journeys on to points unknown to our outer conscious awareness. However, we do get glimpses, we dream, we receive small/large and somewhat distorted views. Where does the Soul live and move and have it's Being? For lack of words, this realm where the sun never sets... is Home. It is true Being. It is the realm where 'Who Am I' and 'Why Am I Here' is known. It is where wisdom, knowledge and understanding resides. Where past, present and future lives are recorded *and* created...

We follow the same path as that which leads to the sleep state, except that instead of drifting off to sleep... we will slip into conscious communion with the Soul.

Three steps are required:

- 1 - **Close the eyes.** Closing the eyes allows one's focus to immediately turn within.
- 2- **Relax.** Relaxation allows the body to naturally and automatically enter frequencies of inner awareness.
- 3- **Listen to the therapist's voice.** Listening creates a bridge which allows a conscious link with the inner realms to be made and maintained.

We are about to embark on a journey. A journey into Soul memories...

In a way, it is much like dreaming - for the mind will receive images & symbols, impressions & thoughts, words & sentences. The whole process may seem so ordinary. But the information brought forth may be so extraordinary - that when the ordinary meets the extraordinary, the analytical side of the mind may very well question the validity of the experience... If this fork in the road should arise, it is suggested that you tell this side of the mind that the experience is food for thought and allow the feeling/intuition side of the mind to have it's say. There are so many facets of life that only the heart can give credence to.

Following our original symbology... if the eyes are the windows of the Soul... the mind is truly it's doors. And our Home has many, many doors. You, your Soul - will open the appropriate doors to journey through. The hypnotherapist will simple guide you through these open doors. You will always be in control. The information, insights, instructions, inspirations which will arise from within, arise from within you. You truly present this journey to your self.

We begin this journey into Soul memories by stepping into one of your past lives - one of deep significance to you, as chosen by your Soul... who, at this very moment, is waiting at the door to welcome you Home...

Pilgrimage of the Soul

I choose to walk thru a forest

There is a deep pit
I fall in
I become lost... all seems hopeless
It takes forever to find a way out.

I walk thru the same forest

There is a deep pit
I ignore it
I fall in again
It is hard to realize I am in the same place
But it is all of my doing
It still takes forever to climb out.

I walk thru the same forest

There is a deep pit
I am aware of it
I still fall in - with eyes open...
It has become a programmed/conditioned habit
I see where I am
It is all my fault
I eventually climb out.

I walk thru the same forest

The deep pit is there
Through experience, I understand how deep it is
I walk around it.

I walk thru the same forest

I know exactly where the deep pit is
I work to make it safe for others not to fall in
I work to pull others out.

We walk thru the same forest...

... and beyond

*Blessings and Thanks to Reverend Nazirmoreh K. B. Kedem (A.B.R.D.) - founder, spiritual head & director of - Nahziryah Monastic Community
Retreat for Meditation and Wholistic Living / Monastic Ecovillage
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Reverend Baba Nazirmoreh (ABRD)

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Nahziryah Monastic Community
Path of Mystic Enlightenment
The Nazir Order of the Purple Veil
Omniversal

Many paths - One goal. Many names - ONE DIVINE CREATOR, Source of All That Is. Universal Consciousness. Highest Spiritual Evolution. Our Order is the Nazir Order of the Purple Veil. Purple is a color of the highest spiritual vibratory rate. This is the color of the age of enlightenment, the age of universal consciousness, the age which the world is now embarking on. Our beliefs, our way of life are founded in Truth. Truth which is beyond any one religion. Truth which is found in all religions. We align ourselves with That which Is.

What is our religion? - all of them. Where are we from? - everywhere. We strive to transcend all limitations. We offer you a glimpse of this truth... We are all from the same place, we are all from the same source. The Creator is our father and mother, the universe - cosmos is our home. We limit our consciousness and understanding when we do not take our birthright, as Beings of the Divine Essence of All That Is, Was and Ever Shall Be. Our consciousness narrows when we crystallize ourselves in the consciousness of being from a country, a state, a city, a street, a house, a spot and so on. *We are not these bodies.* We expand our consciousness and our understanding when we align with the higher Truths of Being.

In our quest for spiritual attainment, we harmonize the physical, mental and spiritual aspects of our being - to bring it into "at-one-ment". We live a simple, monastic, community life. We reside at our monastery; Nahziryah Monastic Community/Retreat for Meditation and Holistic Living/Monastic EcoVillage/The Community of the Purple Lodge, where we do organic gardening to help sustain the Community's dietary needs. We work hard, study, meditate and our diet is vegetarian-vegan (non-dairy). To support the Community and the effort toward consciousness expansion and further spiritual development throughout all existence, - in truth, in light, in love, wisdom, knowledge and understanding, (may peace prevail on earth as in heaven), we make and sell art crafts, as well as metaphysical/esoteric, spiritual literature of all faiths, recordings and meditation supplies. An initiate of the Nazir Order of the Purple Veil wears all purple monastic garments at all times, and all live-in members of Nahziryah Monastic Community; brothers and sisters, dress uniformly - according to like gender. You will find live-in members of Nahziryah Monastic Community and our Order very seldom travel alone, never engaging in frivolous talk. We are reclusive.

A true member of Nahziryah Monastic Community and the Nazir Order of the Purple Veil, will first, foremost and always proclaim Nazirmoreh (All Blessings and Respect Due) as his or her Spiritual Teacher and Guide. Nazirmoreh (A.B.R.D.) nurtures us in a spiritual and universal love for all beings; for all are fellow travelers on the spiritual journey. With an open heart and far reaching vision, Nazirmoreh (A.B.R.D.) guides the Nazir children of light onward and upward - to embrace the All in All. Who are *these* children of light? Those who would choose, those who hear the call and have come to give their All...BEHOLD THE ONE IN ALL.

In Truth, In Light, In Love
 Peace be with you
 All In All

Nahziryah Monastic Community
 Nazir Order of the Purple Veil

...MAY PEACE PREVAIL ON EARTH...

Blessings and Thanks to
 Reverend Nazirmoreh K. B. Kedem (A.B.R.D.)
 founder, spiritual head & director of -

Nahziryah Monastic Community / Retreat for Meditation and Wholistic Living
 Monastic Ecovillage / The Community Of The Purple Lodge
 The Nazir Order Of The Purple Veil / I n The Degree Of The Ascension

Work Sheet

use separate sheet of paper as needed

(please copy question onto sheet as well), please write legibly – thank you

Name: _____

Date: _____

Age: _____

please express thoughts and feeling as to the following...

1. Please list three of the happiest times in your life:

2. Please list three of the saddest times:

3. Three achievements:

4. Three virtues and three vices:

Work Sheet

(continued)

The Road Map***

Please list up to ten significant people who have had either positive or negative influences in your present life. State their relationship to you with 3 descriptive adjectives for each – example: name: Ohaybah – friend: loyal, impatient, talkative

(***Please be aware: during our explorations, we may meet those presently close to you – in other lives, with other bodies – and these associations are signposts which can be used to understand the twists and turns of this present life's experiences)

<u>Name</u>	<u>Relationship</u>	<u>three descriptive words</u>
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Work Sheet *continued*

use separate sheet of paper as needed

5. Please write a numbered list (in order of importance) as to what you would be interested in exploring in this session (include any concerns, questions, health issues, etc.)?

