



Cultivating Mystical Experience

A 7-Day Audio Guided
Meditation Course
By Matt Kelly





Cultivating Mystical Experience an Introduction

Over the next 7 days you will learn simple methods that when practiced & mastered – will bring you intuition, courage, peace, and greater love for life. All it takes is willingness and practice.

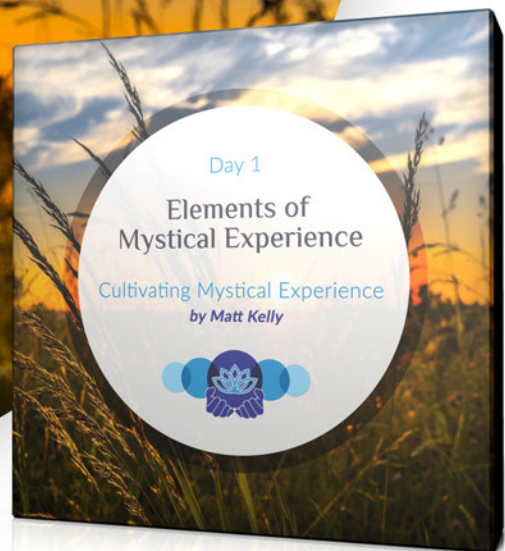
Author Elizabeth Kubler Ross – a noted Swiss-American psychiatrist said “If you are ready for mystical experiences, you will have them.”

Masters from many traditions have written about their transcendent experiences for centuries. And in many of these passages, the message is clear that the same connection is available within each of us – within you.

As the Sufi poet Rumi expressed “What you seek, is seeking you”.



DAY
01



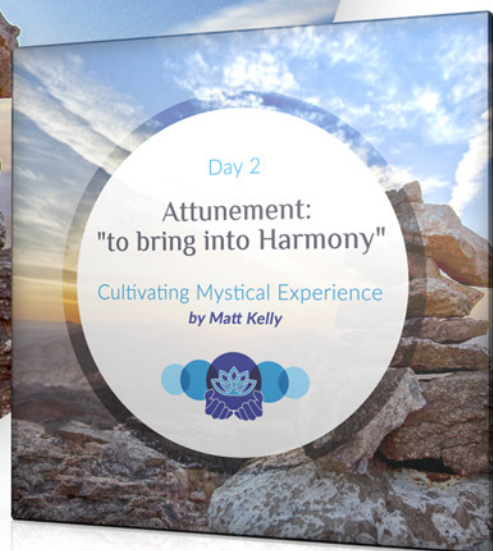
Elements of Mystical Experience

What is mystical experience? It's a beneficial state of connection with a transcendent presence much larger than the individual. You feel part of and cared for by a transcendent loving higher power. Its timing is serendipitous – perfect in an often-surprising way. You experience the moment of union when you need it. The moment includes a felt sense of knowing and inner peace that is beyond intellectual understanding. What happens afterward? Some may react instinctively with skepticism and doubt. This is understandable because even the most articulate language seems insufficient to describe the experience. How do they happen? All mystical events are received experiences. By their very nature, no individual can conjure or create a true mystical experience.

Perhaps hearing other descriptions will help. Fortunately for you there are many different ways to describe this universal potential within each of us. The Sufi Mystic Poet Rumi called it “intimate union with The Friend”. Ken Wilber – philosopher/genius describes it as “Merging With Universal Consciousness”. I like to imagine it as “Loving from the Heart of Life”. Find phrasing that resonates for you. An especially beautiful one comes from Jeshua ben Joseph who talked of how to “think with the Mind of God”.



DAY
02



Attunement: "to bring into Harmony"

This process of connecting is one of attunement in which you create inner openness through intentional surrender to quiet the mind and peaceful breathing to relax the body. Then you absorb timeless truth through silent repetition of a wisdom passage.

Mystical experiences are serendipitous and occur in many ways. intuitive answers, messages in dreams, and sudden downloads of love are some examples that have happened for students of this practice. The student's tasks are straightforward. Be willing to believe in your own capacity for this sacred union, follow the simple instructions, be patient, and continue practicing daily. You will master what you continue to practice.

DAY
03



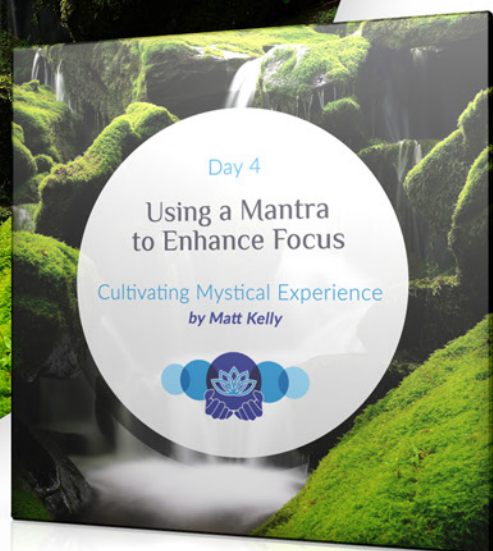
Breath as a Portal to Inner Quiet

Today we'll learn about the benefits of conscious breathing, a technique to improve your meditation when practiced diligently.

One of the counterintuitive truths of cultivating mystical encounters is that self-mastery of mind and body serve to shrink the ego. Mastering intentional breathing is a first step in that process of self-mastery.



DAY 04



Using a Mantra to Enhance Focus

In this lesson we'll learn about mantrams or mantras – their history, meaning, and benefits. There are different types and uses – for our purposes we'll focus on mantram as holy name or prayer word. Webster defines mantra as “mystical formula of invocation”. These invocations or prayer words have been used for centuries by spiritual practitioners of many traditions – as a way to clear the mind of distractions and focus attention on a higher power.

One very common issue among all meditation practitioners is distracting thoughts, sensations, and emotions. Mantrams provide a simple effective antidote to distraction by giving you a word to focus on and return to gently each time the mind wanders. Using a word with sacred meaning enhances the effect – especially with consistent practice. Spiritual masters have used mantrams for centuries to attain higher states of being. These potentials for inner calm, intuitive wisdom, and loving expression are within you now. Regular use of a sacred name or meaningful descriptor has been proven to declutter the thinking mind and open a channel to this inner higher power.

DAY
05



Love with a Capital L

Today we're contemplating Love – capital L. What does Love with a capital L mean to you? Take a moment to think about your answer.

For simplicity's sake let's use this definition: "Love – capital L is a state of being in connection with our Higher Self – is demonstrated through action, and more felt experience than mental understanding.

It's important to approach this topic at that level of felt experience – not just intellectual comprehension – but felt sense in the body.

Many mystics, saints, and sages through the ages spoke of union with this mysterious Divine Force – Love – capital L. The Sufi poet Rumi wrote "Wherever you are, and whatever you do, be in love". How do we do that? For years I believed that love was a byproduct – an involuntary response that was sometimes available and often elusive. Mothers had it more for their children than anyone – and lovers had it for each other – pause – until it faded as they "fell out of love". With study and practice, I've come to understand it's more nuanced than that. Love can be cultivated – like a garden. We all have an inner capacity for unlimited love.



DAY
06



Life is a Shared Mystical Experience

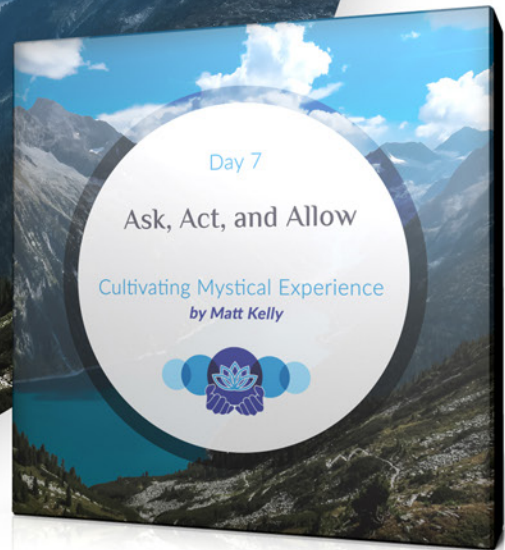
Life is a Shared Mystical Experience. Today we'll focus on our interconnectedness – we're separate like we think we are.

Noted physicist Albert Einstein famously said "A human being is part of the whole, called by us "universe", a part limited in time and space. He experiences himself, his thoughts and feelings, as something separate from the rest – a kind of optical delusion of consciousness. This delusion is a kind of prison for us." Contemporary philosopher Ken Wilber puts it this way – "Everyone is a holon – a part that replicates the whole."

Both brilliant men point to the same truth in their quotes. That truth? Physically separate, fully independent, individual existence is an illusion. We are connected at the level of emotional energy as we learned in the lesson on resonance. At the level of physicality we breathe the same air. And our episodes of intuition hint at the realm of shared consciousness.



DAY
07



Ask, Act, and Allow

Ask for opportunities to experience connection with Divine Mystery. Act on the intuitive nudges you receive. And allow the mystical experience to come to you in its own time. Find trusted friends and loved ones to help you cultivate this capacity. Don't give up. There will be times when you doubt the whole idea of a greater unseen force with love for your individual self. That's part of the human condition for some unknown reason. At that moment you have a choice between doubling down on doubt or asking God/Life/Grace for help moving through your time of darkness into a place of light. Ask for help and be willing to believe it will come. It will come.



All profits will be gifted to First Call Alcohol/Drug Prevention and Recovery: A nonprofit organization providing direct service to individuals, families and communities (learn more at firstcallkc.org).

My plan with your help is to create a multiplier effect with these resources. Here's how it works. First you benefit from using these tools in your practice. Then your funds will multiply the benefit as they are used to help others affected by addiction.

I imagine and hope that this endeavor will be like an orchard from which many will enjoy the fruits, as well as help with tending the trees so that others benefit as well.

With Gratitude,
Matt Kelly

