

Meditation Certification Course

Finding the Oversoul Within and Without



Raul O. Cardona, NMD, DSC
Author



Transcendentalism - Ph

Meditation Certification Course

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About the Author



Raul O. Cardona, NMD, DSc is the visionary founder of Transcendentalism-PH, a living spiritual path that unites ancient wisdom with modern consciousness. A Doctor of Naturopathic Medicine and Doctor of Science in Metaphysics, Phytomedicine Researcher, and Geobiologist, Dr. Cardona has dedicated his life to the integration of holistic healing, soul science, and spiritual ecology.

His teachings emphasize the awakening of the Oversoul, the liberation from karmic cycles, and the restoration of the sacred bond between humanity and the cosmos.

Blending experiential insight with universal truths, he serves as a guide for seekers called to higher living, conscious dying, and the remembrance of the Divine Flame within.

Through his writings, correspondence courses, and mentorship, Dr. Cardona continues to inspire a new generation of soul-awakened individuals to embody truth, compassion, and spiritual sovereignty.

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Introduction



In a world increasingly fragmented by distraction, disconnection, and disillusionment, the ancient call to return to the Self—and to Nature—resonates more urgently than ever. The **Transcendentalism-PH Meditation Certification Course** is a sacred response to that call.

Blending the visionary insights of **Ralph Waldo Emerson** and the **American Transcendentalist movement** with the **ancestral wisdom and spiritual depth of Philippine indigenous traditions**, this course invites seekers, healers, and guides into a transformative journey of remembering.

At its core lies the concept of the **Oversoul**—a divine, unifying spirit that flows through all beings and all things. Emerson wrote of it as a shared soul that connects humanity and nature in one living essence. Philippine mysticism, too, echoes this understanding through its reverence for nature spirits (*diwata*), the sacredness of ancestral connection, and the deep presence of *loob* (inner being).

In this immersive, modular course, you will be guided through practices, reflections, and teachings that awaken your awareness of the Oversoul—**both within and without**. Through meditation, philosophical inquiry, indigenous perspectives, and soul-centered practice, you will learn to listen, align, and live from the truth of your interconnected self.

This is more than a certification. It is a pilgrimage home.

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5. Integration with the Oversoul: Similarities and Syncretism

Transcendentalism	Indigenous Filipino Spirituality
Oversoul – universal divine presence	Diwa / Kaluluwa – divine spark within
Nature as a sacred teacher	Nature as living, spirit-filled
Inner intuition as divine guidance	<i>Loob</i> as intuitive moral compass
Self-Reliance	Shared strength through <i>Bayanihan</i> & <i>Kapwa</i>
Meditation as inward journey	Rituals and silence to commune with spirits

Key Insight:

Transcendentalism and Filipino spirituality **converge in silence, in reverence for nature, and in the memory of the divine self.**

6. Reflective Practice: Nature Walk Meditation + Journaling

Instructions:

Find a natural space: A park, riverbank, forest path, or quiet garden.

Walk slowly and mindfully, breathing in silence. Observe everything without labeling—leaves, wind, soil, birdsong.
Pause and close your eyes occasionally.
Ask internally:

“What is the spirit of this place telling me?”
“Where do I feel the Oversoul in nature here?”

After 15–20 minutes, sit or stand still, and write reflections in your journal:

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Journaling Prompts:

- What did I feel most drawn to on my walk?
- Did I feel a presence or energy beyond myself?
- How did nature communicate with me?
- Where did I feel *Kapwa* in this experience?

Optional Creative Extension: Write a short poem or draw a symbol that captures your encounter with the Oversoul in nature.

7. Integration & Homework

- Read: Short excerpt on *Kapwa* psychology (provided or suggested)

Daily Practice: 3-minute morning meditation with the mantra:

***“Ako ay Diwa. Ako ay Kaluluwa. Ako ay Isa sa Lahat.”
(I am spirit. I am soul. I am one with all.)***

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Answer Key

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- 1.C – Inner consciousness and divine spark
- 2.C – The spiritual essence that continues beyond death
- 3.C – Guardian spirits of ancestors and nature
- 4.C – A sacred, living system and spiritual kin
- 5.B – A shared identity that links self and others
- 6.C – Hindi Ibang Tao
- 7.C – An intuitive moral compass within the self
- 8.B – Nature walk meditation and journaling
- 9.C – Reverence for nature as divine
- 10.C – To reinforce unity with spirit, soul, and all beings

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MODULE 3:

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Anatomy of the Oversoul Meditation

Objective:

Introduce and analyze the core guided meditation script.



1. Introduction to the Core Meditation

This module unpacks the meditation script “A Transcendental Meditation: Finding the Oversoul Within and Without.” The meditation is not just a practice of stillness—it is a spiritual map. It uses light, breath, and sound to guide the practitioner through stages of awakening: from self-awareness to cosmic connection, then returning to embodied peace.

2. Breakdown of the Meditation Structure

Each phase of the meditation mirrors a movement from personal consciousness to universal awareness, then back into the present moment, deeply integrated.

Phase 1: Inner Illumination

Focus: Inward attention, breath, visualization, and light

- Begin by anchoring in the body and breath
• Visualize the golden light at the center of the forehead (third eye)
• Let it grow, radiate, and ascend—symbolizing connection to higher self and Oversoul

Culminates in an expansive, luminous state of transcendence

Spiritual Insight:

The golden light represents Diwa, the divine spark within—the portal to the Oversoul.

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Multiple Choice Assessment: Module 3 – Anatomy of the Over-soul Meditation

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- 1. What is the primary purpose of the core meditation discussed in this module?
A. To teach proper breathing techniques
B. To explore chakra healing
C. To map a journey from self-awareness to cosmic connection and back
D. To master the art of silent sitting
2. In Phase 1: Inner Illumination, the golden light symbolizes which of the following?
A. Chakras aligning
B. Divine spark or Diwa within
C. Emotional healing
D. The ego dissolving
3. What is the main focus of Phase 2: Expanding Awareness?
A. Releasing trauma through sound
B. Exploring lucid dreaming
C. Reintegrating with the body and connecting to the all
D. Anchoring solely in the physical senses
4. What spiritual insight is associated with Phase 3: Grounding and Integration?
A. Letting go of the physical body
B. Entering a dream-like trance
C. Living as the embodied soul in the world
D. Retreating from worldly experiences
5. Which of the following mantras best expresses unity with all existence?
A. I am that I am
B. I am the powerful frequency
C. I am the light divine
D. Om Soham
6. What is the suggested way to use the mantra "Om Soham" in meditation?
A. Chant both syllables on the inhale
B. Inhale: Soham, Exhale: Om
C. Exhale: Soham, Inhale: Om
D. Repeat silently without breath coordination
7. According to the module, what does chanting primarily achieve?
A. Clears throat chakra blockages
B. Improves musical pitch
C. Regulates the nervous system and amplifies spiritual resonance
D. Distracts the mind during meditation
8. What does the term "Kapwa" refer to in the context of the meditation?
A. A chant for inner peace
B. The light in the forehead
C. The self in others or shared identity
D. The physical body's energy field
9. Why is the third eye (forehead center) significant in this meditation?
A. It controls dream states
B. It enhances concentration
C. It is the portal to the Oversoul and intuition
D. It opens physical healing channels
10. What activity is suggested to integrate the meditation into daily life?
A. Memorize the script
B. Guide someone else through the meditation and journal the experience
C. Focus only on Phase 1
D. Avoid speaking about the experience to keep it sacred

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MODULE 4:

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Embodied Practice – Phase 1: Inner Illumination

Objective: Lead and experience Phase 1 deeply, anchoring in the body, breath, and intuitive light center.

1. Introduction: Why Embodiment Matters

Meditation is not only a mental or spiritual practice—it’s also a fully embodied experience. Phase 1: Inner Illumination is the gateway to divine consciousness through the felt sense of the body, the breath, and the visualization of inner light.

In this module, you will:

- Develop somatic awareness
• Practice the visualization of the golden light
• Explore the symbolism of the third eye
• Learn how to guide this phase with presence and clarity

2. Somatic Awareness Techniques

◇ Purpose: Grounding attention in the present moment through the body.

Somatic awareness helps shift from mental noise to embodied presence. Use these techniques before beginning meditation or when guiding others.

◇ Techniques:

- Body Scan (Head to Toe): Feel the texture, temperature, and weight of each area
• Three-Part Breath: Inhale into belly -> ribs -> chest; exhale fully and slowly
• Heartbeat Listening: Place hand on heart; listen without controlling

Tip for facilitators: Use slow, descriptive language. Avoid rushing the body into stillness—invite it.

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3. Visualization of the Golden Light

◇ **The Third Eye (Ajna Center)**

- Located at the center of the forehead, between the eyebrows
- Represents **intuition, insight, and divine perception**
Also linked in Filipino mysticism to *Diwang malinaw* (clear spirit)

◇ **Visualization Practice:**

- Begin in stillness with eyes closed
- Bring awareness to the space between your eyebrows
- Imagine a **small golden spark** beginning to glow
- Let the light expand slowly, warming and illuminating
- Allow the light to **rise**, visualizing ascent through the sky, clouds, celestial bodies



Mantra for this phase:

“I am the light divine. I rise in truth. I am one with the Oversoul.”



4. Guided Meditation Practicum (Peer or Self-Practice)

Instructions:

1. Sit in a quiet, comfortable position.
2. Use your own recorded voice, or pair with a fellow student as guide.
3. Follow the script for **Phase 1: Inner Illumination**
4. After the meditation, take 5–10 minutes to reflect or journal

Facilitator Prompts (if guiding):

- “Notice the breath entering and leaving your body...”
 - “Now gently bring your attention to the space between your eyebrows...”
 - “Visualize a golden light glowing gently, like a sunrise in your mind’s sky...”
 - “Allow it to rise, to expand, to shine...”
- “You are ascending to a place of ultimate peace...”

5. Integrative Discussion: The Inner Divine and Third Eye

Use this space for group or personal inquiry after the practicum.

◆ Discussion Questions:

- What sensations or images arose during the light visualization?
- Did you feel a shift in your body or awareness during the ascent?
- What does the "inner divine" feel like to you?

How does the concept of the **third eye** appear in both Transcendentalist and Filipino spiritual frameworks?

◎ *Optional Deepening:*

Explore the symbolism of the third eye in **Hindu**, **Buddhist**, and **Babaylan** traditions.

6. Practice Assignment: Record Phase 1 in Your Own Voice

◆ Instructions:

1. Using your phone or a recording app, **record yourself guiding Phase 1**
2. Keep the tone gentle, slow, and grounded
3. Use the original script or your adapted version
4. Reflect afterward:
 - How did it feel to speak the words aloud?
 - Did you connect with the energy of the meditation as you spoke?
 - What would you improve in rhythm or tone?
 -

Facilitator Feedback Option:

Share your recording with a peer or mentor for supportive feedback.

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MODULE 5:

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Embodied Practice – Phase 2: Expanding Awareness

Objective:

Facilitate interconnectedness through Phase 2 of the Oversoul Meditation, cultivating present-moment awareness and relational consciousness.

1. Introduction: Expansion as Union

Where Phase 1 turned inward to the inner light of the Oversoul, Phase 2 turns outward without leaving the depth of connection. This is the sacred return to the world through the eyes of unity. In Transcendentalism, nature reflects the divine. In Filipino thought, the self is experienced through Kapwa—shared identity.

This module prepares you to guide, feel, and transmit interconnectedness.

2. Techniques to Cultivate Present Moment Awareness

To expand consciousness without dispersing attention, we use techniques that anchor us in the here and now—where unity is most available.

Core Practices:

- Soft Gaze or Closed Eyes: Become aware of light, shadow, or energy with eyes closed or softly open
Sensory Noticing: Feel the temperature, weight of the air, sounds in space
Breath Awareness: Use the breath to listen to space, not just the body
360° Awareness: Practice being aware of space behind you, above you, beneath you

Facilitator Tip: Always remind participants that awareness is not thinking—it is being.

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5. Practicum: Pair-Share Experience of Interconnectedness

◇ Activity Format:

- 1. Each student pairs with another
- 2. One guides the other through **Phase 2 of the meditation** (5–7 minutes)
- 3. After the meditation, both share their experience using the prompts below

◇ Reflection Prompts:

- What did you feel or notice during the expansion phase?
- Did you sense your awareness merge with your surroundings or your guide?
- Did *Kapwa*—relational presence—emerge for you?

Facilitator Note: Encourage students to listen without interruption or analysis. Just witness.

6. Practice Assignment: Lead a Partner Through Phase 2

◇ Instructions:

- 1. Arrange a short session (online or in person) with a partner or peer
- 2. Guide them through **Phase 2: Expanding Awareness** (5–10 minutes)
- 3. Focus on **calm pacing, grounded tone, and clear imagery**
- 4. Use feedback to refine your vocal presence and visual guidance

Self-Reflection After the Session:

- What energy did I bring into the space?
- Did I create a sense of calm openness?
- How did I feel while holding space for another's awareness?

Optional: Submit your recorded Phase 2 guidance or reflection journal for facilitator feedback.

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MODULE 6:

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Embodied Practice – Phase 3:
Grounding and Integration

Objective:

Solidify embodiment and post-meditation mindfulness through grounding techniques, affirmation anchoring, and culturally resonant closing rituals.

1. Introduction: Returning with Wisdom

Phase 3 is not an ending, but a **return to the world with clarity, grace, and presence**. This module teaches how to **close the Oversoul Meditation** with reverence—by reconnecting with the physical body, the earth, and the sacred rhythms of life.

Here, you will:

- Practice somatic grounding techniques
- Anchor affirmations into the nervous system
- Adapt rituals for Filipino spiritual and ecological contexts
- Create an integration plan for real-world application

2. Breath and Somatic Grounding

After the expansiveness of Phases 1 and 2, the body may feel light or unrooted. Grounding restores **balance, containment, and embodied calm**.

◇ Techniques:

- **4-7-8 Grounding Breath:** Inhale 4 → hold 7 → exhale 8 (repeat 3–5 times) Calms vagus nerve and deepens parasympathetic response
- **Body Tapping / Palpation:** Lightly tap legs, arms, chest, soles of feet Brings energy down and reorients physical awareness
- **Weight Awareness:** Feel the pull of gravity; sense the weight of your body resting into the earth

Facilitator Tip: Always end with a long, gentle exhale to downregulate energy.

3. Affirmation Anchoring Techniques

Affirmations in Phase 3 are not abstract—they become **energetic imprints**. When repeated in a grounded state, they **reprogram thought patterns and cellular memory**.

◇ **How to Anchor Affirmations:**

- **Repeat slowly** as you breathe deeply
- **Place a hand** on your chest or belly as you say them
- **Feel each word** vibrate in the body, not just the mind

Sample Affirmations:

“I return with light in my breath and peace in my bones.”

“I carry the Oversoul within me.”

“I am grounded, I am divine, I am present.”

“My inner stillness nourishes the world.”

4. Closing Rituals and Cultural Adaptations

◇ **Importance of Ritual in Meditation:**

Ritual gives **form to spiritual transition**—from sacred space back to daily life.

◇ **Filipino Cultural Closing: *Pagpupugay sa Kalikasan***

A practice of expressing **gratitude and humility toward nature** before or after a spiritual act.

Suggested Elements:

- **Bow to the earth** or touch the ground with reverence
- Offer a quiet word of thanks:
“*Maraming salamat, Kalikasan. Ako ay iyong anak.*”
- **Gesture of honoring:** Palms to heart, then extended to the sky or trees

Optional Additions: Burn herbs, place stones, or make simple hand gestures to local natural elements (e.g., trees, water, sun)

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MODULE 7:

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Designing Transcendental Meditation Sessions

Objective:

Train participants in crafting personalized, culturally aware meditation sessions that honor both Transcendentalist philosophy and Filipino cultural contexts.

1. Structuring Group vs. Individual Sessions

Key Differences & Considerations:

Tips:

Table with 3 columns: Aspect, Group Sessions, Individual Sessions. Rows include Focus, Length & Format, Facilitation Style, and Environment Setup.

- For groups, emphasize shared Kapwa experience and collective intention
For individuals, prioritize listening deeply and adapting language

2. Ethical Facilitation

Core Principles:

- Informed Consent: Explain meditation practice, potential emotional responses
Confidentiality: Respect personal sharing in group or private settings
Non-Judgmental Space: Hold space without agenda or imposed beliefs
Boundaries: Recognize limits of facilitator's role; refer to professionals when needed
Inclusivity: Use language and examples that respect diverse backgrounds

Ethics Checklist for Facilitators (Handout recommended)

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MODULE 8:

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Certification Practicum and Final Integration

Objective:

Embody, present, and integrate the practice as a certified guide of Transcendental Meditation with cultural awareness.

1. Presentation: 15-Minute Guided Meditation

- Format: Live facilitation (in person or virtual) or recorded guided meditation submission
• Content: Incorporate Phases 1, 2, and 3 of the Oversoul Meditation
• Cultural Elements: Use Filipino metaphors, soundscapes, or rituals learned in prior modules
• Facilitation Skills: Clear vocal tone, pacing, grounding, and inclusive language

Objective: Demonstrate mastery of meditation structure and cultural integration

Preparation Tips:

- Rehearse with peers or mentors
• Record multiple takes if submitting audio/video
• Focus on embodied presence and heartfelt intention

2. Written Reflection: "My Path to the Oversoul"

- Prompt: Reflect on your journey through the course, highlighting:
o What the Oversoul means personally and culturally
o Insights gained from integrating Transcendentalism and Filipino spirituality
o Challenges and growth experienced
o Vision for your role as a meditation guide in your community
Length: 500-800 words (or equivalent creative format such as poem or art reflection with explanatory notes)

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3. Feedback and Review Session

- Group or individual session facilitated by course instructors
- Constructive feedback on guided meditation presentation and reflection
- Discussion on areas of strength and opportunities for growth
- Goal-setting for continued practice and teaching

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4. Ritual of Affirmation and Certification Ceremony

- **Ritual Elements:**
 - Group affirmation circle invoking *Kapwa* and Over-soul unity
 - Filipino-inspired closing rituals (e.g., *pagpupugay sa kalikasan*)
 - Presentation of certificates of completion
 - Sharing of intentions for continued service and growth
- **Atmosphere:** Celebratory, inclusive, and heart-centered

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5. Continuing Practice Plan

- Each graduate designs a **personalized ongoing practice plan**, including:
 - Daily meditation goals
 - Community sharing or teaching opportunities
 - Engagement with Filipino cultural/spiritual traditions
 - Continued self-reflection and learning
- Encouraged to join alumni groups or mentorship networks for support

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Supplemental Materials

- Certification checklist and guidelines
- Sample templates for reflection and continuing practice plans
- Contact list for mentorship and peer groups

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◇ **Sample Retreat Arc (Half-Day to Full-Day)**

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Time	Activity
Morning Arrival	Opening Circle & Pagpupugay sa Kalikasan: Land acknowledgment, breathwork, intention setting
Mid-Morning	Silent Nature Walk: Phase 2 "Expanding Awareness" meditation among trees, stones, or water
Noon	Oversoul Meditation Under a Tree: Facilitated Phase 1 + 2 blending; affirmation chanting with ambient sounds
Afternoon	Group Reflection: Journaling, storytelling, sharing insights (circle format)
Late Afternoon	Earth Offering Ritual: Simple nature-based act of gratitude (e.g., offering flowers, seeds, or spring water)
Closing	Affirmation & Farewell Ceremony: "I am one with the Oversoul of the Earth and of my ancestors."

3. Logistical & Ethical Considerations

Respect and Responsibility:

- **Land Use Permissions:** Obtain consent from land-owners or indigenous stewards
- **Ancestral Awareness:** Acknowledge ancestral spirits; ask permission through ritual or silent offering

Accessibility: Ensure safe terrain, emergency planning, inclusivity for participants of all abilities

 **Eco-Responsibility:**

- **Leave No Trace:** Pack-in/pack-out policies, no synthetic materials left behind
- **Zero Waste:** Use of reusable containers, biodegradable items
- **Sacred Harvesting:** If using plants or herbs, harvest with prayer, in moderation, and with knowledge

 **Facilitator Oath Suggestion:**

"I vow to tread lightly, listen deeply, and return what I borrow from the Earth."

4. Practicum: Design a 1-Day Nature Retreat



Retreat Design Template:

Element	Description
Theme/Title	e.g., " <i>Liwanag sa Gubat: A Journey Back to the Oversoul</i> "
Location	Specific site + cultural/ancestral significance
Meditation Sessions	Phase 1: Inner Illumination (sunrise), Phase 2: Nature Walk (midday), Phase 3: Grounding (sunset)
Sound & Silence Use	Optional indigenous instrument, nature sounds, silent periods
Cultural Ritual	Opening <i>pagpupugay</i> , closing <i>alay sa lupa</i> (earth offering)
Integration Activity	Journaling, drawing, nature altar building, dialogue circle

Optional Fieldwork Assignment

Facilitate a **mini nature retreat** (1–2 hours) with:

- 1–2 participants (friends, family, or peers)
- Integration of one full meditation phase
- A brief ritual or offering at the end

Document:

- **Intentions and location chosen**
- **Reflections from participants**
- **Your personal learnings as facilitator**



Reflection Journal Prompt

How does leading meditation in nature shift your relationship with the Oversoul?
 What did you learn from *Kalikasan* that you couldn't learn in stillness alone?

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MODULE 11: Transpersonal Coaching

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1. What Is Transpersonal Coaching?

Transpersonal coaching addresses **the full spectrum of human consciousness**—ego, soul, and spirit.

◇ **Core Characteristics:**

- **Rooted in Transpersonal Psychology:** Acknowledges spiritual dimensions of the self
- **Focus Areas:**
 - Soul-purpose alignment
 - Shadow work and unconscious narratives
 - Archetypes, intuition, and altered states of awareness
 - Conscious life transitions and spiritual emergence
- **Emphasis on Cycles:** Awakening → Integration → Embodiment

✦ **Filipino Integration:**

- *Loob* (inner world) as coaching entry point
- *Kapwa* as relational self-awareness
- *Diwa* as life essence and guiding soul pattern
-

📖 **Quote for Reflection:**

“To go beyond the self is to finally find the Self.” – adapted from John Rowan

2. Integrating the Oversoul Model

Transcendental Meditation becomes a coaching arc when we view each phase as a **spiritual diagnostic and intervention point**.


Meditation Phase	Coaching Focus
Phase 1: Inner Illumination	Identify limiting beliefs, habitual patterns, core wounding
Phase 2: Expanding Awareness	Explore interconnectedness, collective wounds, systemic context
Phase 3: Grounding and Integration	Anchor new beliefs, daily practices, action plans, and rituals

4. Practicum: Soul Coaching Simulation

 **Coaching Simulation (30 Minutes):**

Pair Up and Practice:

1. Open with breathwork or short meditation
2. Use **1 Oversoul phase** as the frame
3. Ask **2–3 intuitive or symbolic questions**
4. Close with a culturally rooted **affirmation ritual**

 **Facilitator Role:** Observe listening presence, cultural resonance, and embodiment in language.



Practice Assignment

Create Your Transpersonal Coaching Framework

Document your unique approach using the Oversoul and Filipino soul psychology.

Include:

- **Your coaching philosophy**
- **Key tools or models** (e.g., Oversoul Map, Kalikasan imagery, archetypes)
- **Example Client Journey** (3 sessions or a transformation arc)
- **Integration strategies** (affirmations, rituals, embodied practice)

Suggested Readings & Resources

- *The Transpersonal: Spirituality in Psychology and Education* – John Rowan
- *The Heart of Coaching* – Thomas Crane
- *Decolonizing Psychology: Indigenous Filipino Perspectives* – Virgilio Enriquez
- Articles on **Kapwa**, **Loob**, and **Diwa** as transpersonal dimensions
- Oversoul Meditation Audio Library (Optional Resource Pack)

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Chapter 12:

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A Transcendental Meditation — Finding the Oversoul Within and Without

Complete Guided Meditation Script

Duration: ~20–25 minutes (adaptable for shorter formats)

Voice Guidance Style: Slow, gentle, spacious

Props: Optional soft background nature sounds, gentle gong or flute to open/close

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"The soul knows no boundaries, no separateness—only light, only one." — Inspired by Emerson

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Opening and Preparation

Welcome.

Find a comfortable seated or lying position. Allow your hands to rest softly. Gently close your eyes.

Begin to tune into your breath.

Inhale...

And exhale.

Let your body grow still.

Let your breath be effortless.

This is your sacred space—

A space to return to your true self, the infinite Oversoul that lives within and beyond you.

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Phase 1: Inner Illumination

Gently bring your attention inward.

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Notice the natural rhythm of your breath.

The rise and fall of your chest.

The grounding sensation of your feet or back on the surface beneath you.

If thoughts arise, welcome them without judgment— then return to the breath.

Now, visualize a spark of golden light— just between your eyebrows, at the center of your forehead.

This is your *third eye*, the seat of your **inner knowing**, your divine intuition.

Watch the light begin to glow.
See it pulsing with warmth, with life.
This golden spark is *you*—
your truest self, untouched and eternal.

Let the light grow brighter...
expanding outward...
radiating through your head...
your heart...
your whole body.

Feel yourself becoming **luminous**, filled with divine essence.

Now, visualize this light rising upward—
Upward beyond the body,
beyond the trees,
above the clouds.

You pass the sun...
the moon...
the stars.

Each one adds to your light.
You are growing brighter, lighter, freer.

You are rising toward a space of pure peace.
A realm beyond form, beyond thought.

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You arrive in the **Oversoul**—
the boundless field of love, light, and unity.
Here, you are not separate.
You are one with all.

Affirm silently or aloud:

"I am my higher self.
I am the light divine.
I am one with the Oversoul.
I am limitless.
I am the frequency of truth, peace, love, and joy.
I am that I am.
Om Soham."

Let the words echo inside you like a sacred bell.
Breathe and rest here in this radiant space.

Phase 2: Expanding Awareness

Now, let your golden light begin to descend gently.

Float back down, bringing this divine energy with you—
Back through the stars,
Back through the sky,
Back to your body—
The center of your forehead.

Let it settle there again—warm and alive.

Now gently open your awareness to the world around
you.
Feel the space you're in.
Sense the air against your skin.
Listen to the subtle sounds—near and far.

Now, expand even further.

Feel yourself rooted like a tree, yet radiant like the sun.

Affirm silently:

“I carry the Oversoul within me.

I am grounded.

I am connected.

I am home.”

Now take a moment of stillness—

To let everything settle.

To honor the journey.

To integrate what cannot yet be named.

When you are ready,

Bring your palms to your heart center in gentle gratitude.

Take one final breath—

deep and full.

And gently... open your eyes.

Closing Words

You have just touched the Oversoul—
within you, around you, and far beyond.

Let this light guide your actions.

Let this connection remind you:

You are never alone.

You are the One becoming many,

And returning to One again.

This practice is not an ending, but a return.

Return often. Trust what unfolds.