

I without Me

**For your journey
within & without**

**Easy exercises to connect you to the
divine spirit in less than a minute**

by Amreen Choudhury

*In loving
memory of mom*



The exercises in this book are not intended to be a substitute for the advice of a licensed therapist. Readers should consult with their doctors or licensed therapists for matters relating to their mental health.

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About the Exercises

I without Me: For your journey within & without contains easy exercises to connect you to divinity in a minute or less.

These exercises are intended for those with a curious mind and desire for divine experiences.

These exercises are also intended for anyone suffering from disappointment, pain or heartache to help them discover deeper insights, joy and peace.

You can do each exercise at a time. Or you can incorporate all the exercises simultaneously once you become familiar with them.

The exercises in this book will unshackle and free you from limitations and constraints. They will also bring serenity, joy, whimsy and magic into your life.

I without Me



I without Me

WHEN TO DO THIS

“You are one with the universe”
- we’ve heard this phrase.

But what does this really mean?

We may have a concept of what this could be all about. But, do we truly experience it? How can we know this to be true?



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This exercise will enable you to experience oneness with the universe. This exercise will also help you to look at situations from an objective and higher perspective.

Do this out of curiosity and fun. You’ll also benefit when you do this exercise to understand a particular situation or individual(s), including unpleasant ones.

Do not attempt this exercise when you are driving or operating heavy machinery.

You can do this exercise in most places. It can be in your home. It can be when you are walking somewhere. It can be when you are waiting in line at the grocery store. You can do this alone or while interacting with others.

EXERCISE

Imagine yourself **WITHOUT** your “self” as you know it. This “self” includes your entire identity, such as nationality, gender, age, socio-economic status, your body, your past, your goals, and even your values.

In other words, imagine that [insert your name] didn't exist. In this state, imagine that you don't know that you have a body or a mind. You cannot even comprehend or conceptualize what a body is. You cannot understand or relate to your thoughts. You cannot identify with your thoughts or with the concept of your “self”.



Photo: canva.com

It's as if all your memories are gone – poof! Just like when you burst a bubble!

In this state, every time you remember your “self” or become aware of your body and thoughts, just burst your “bubble of self” over and over again.

Without your body and mind, what do you experience? Where do you begin and where do you end?

TO MAKE THIS EXERCISE MORE EFFECTIVE

The experiences are more profound when you do this exercise outdoors in nature.

You don't need to be in any particular mental-emotional state to do this exercise. It'll be effective no matter what your state is.

You can continue to do this exercise repeatedly to burst your “bubble of self”.

You can even send yourself reminders throughout the day to do this exercise. Or you can write "I without Me" on pieces of paper that you'll notice in different spots of your home to help you remember who you are without your "self".



Removing the Filter of Good & Bad



Removing the Filter of Good & Bad

WHEN TO DO THIS

In life, we're sometimes faced with circumstances that disappoint and hurt us. Maybe we even feel devastated from specific events.

These are often related to things that didn't turn out as we'd expected or wanted.

These are followed by us wondering "why". The more pain the situation causes, the more we wonder why. We may even wonder what the lessons are, if any, from such painful situations.

This exercise will enable you to identify the lessons you need to know from things that had hurt you. The lessons are often there for our own growth.

This exercise will also bring you relief and peace. You will look at the situation objectively from a higher perspective. From this perspective, you will get a better understanding. You will also be able to make decisions that are in line with your truth.



EXERCISE

Find a spot where you will be comfortable and will not be disrupted.

Now, think of the specific scenario that brought you disappointment and pain. Something that failed to live up to your expectations or an outcome that turned out to be the opposite of what you desired.

These painful scenarios could be a romantic relationship that failed, which you thought would last forever. It could be not being where you'd like to be in your career right now.

Now, let yourself completely feel the hurt and disappointment when recalling this scenario. Do this especially when these feelings are triggered by other situations.

For instance, in the case of the romantic relationship that failed, you feel the hurt and disappointment surfacing when you learn that your romantic interest is now with someone else.

Or in the case of not being in the position where you'd like to be in your career, the feelings of lack are triggered when you see someone else getting the opportunity you wanted.



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It is very important that you identify the specific “triggers” that bring forth the emotions on the surface.

In your comfortable spot, recall those “triggers”. In your mind, see yourself in that specific moment where you were triggered, and imagine an invisible filter in front of you through which you are seeing this moment as “bad” or “good”.

Now, imagine the filter is lifted while you see yourself in this same moment. Without the filter, imagine that your mind is unable to label the moment as “good” or “bad”.

How do you see yourself in your mind reacting to the same situation now when your mind is unable to label?

For example, if your “trigger” situation is the moment you learned that your romantic interest is with someone else, remove the filter of “unwanted” from this specific moment in your mind. Observe what other thoughts surface without that filter.

If the subsequent thoughts in this scenario in your mind are that being with this romantic interest would have been “ideal” for you, then remove the filter of “ideal” and see what pops up.

This exercise will require you to imagine multiple filters.

Pay attention to the feelings when looking at the situations without the filters.



How does your body feel when you lift the filters? Take some time to notice and absorb the feelings, including the sensations in your body.

As you do this exercise, you will see other scenarios surfacing.

For the above example, other thoughts and scenarios could be of past relations that also failed. You will notice your mind's tendency to label them as "good" or "bad".

Continue to lift the filter of good/bad for each scenario.

TO MAKE THIS EXERCISE MORE EFFECTIVE

As you remove each filter, think of a similar situation where you were not as invested in the outcome.

For example, it could be another relationship that dissolved in the past. But, you were never saddened by it, or you are no longer saddened by it. Infuse each filter that you remove with the "essence" of the similar situation that doesn't have the power to bother you as much.

This exercise will be more powerful when you associate what is bothering you with another similar situation where you were not as emotionally attached to the outcome.

It should take you less than a minute to discover the lessons behind each filter that you remove. Give yourself 15 minutes in total to do the entire exercise for each issue in which you are removing multiple filters. At a later time, you can always continue to remove layers upon layers of filters about the same issue.



Each time, you'll be removing layers of the good/bad polarity.

Every time you do this exercise, you'll be removing layers of the good/bad polarity. This will help you discover the insights or wisdoms behind the experiences you once thought were painful. This will also free you from pain.

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Portals to the Divine



Portals to the Divine



Photo: Amreen Choudhury

WHEN TO DO THIS

Remember when you were a child. Your days used to be filled with wonder and magic.

No matter how painful your childhood experiences may have been, you were able to dive into the realm of imagination.

The realm of imagination was full of spectacular experiences. You were able to fully immerse yourself into a world of wonder. You were able to stay in this realm, sometimes as long as you wanted.

Now, as an adult, life can sometimes feel dense and flat. You find yourself bored at times. You try various ways to get out of this boredom.

Many of us try to escape the boredom and a deep sense of unease that come with it by looking at social media feeds constantly. It may have become a familiar pattern for you to surf the internet and check your e-mails obsessively. If it's a work day, you try making exciting plans for the weekend, believing that you'll be living more fully when the weekend comes around. You may even try to eat out of your way of boredom by indulging on food.

In other words, you continue to look for things that give you a "boost". It is as though you are constantly seeking...magic and wonder!

During your childhood, you could effortlessly slip into this domain of magic and wonder. But in your adulthood, this world gets obscured. It often gets taken over by thoughts. You get hijacked by incessant thinking. And often you find it difficult to get out of this hijacked state.



Photo: Amreen Choudhury

Next time when you're struck by boredom and/or incessant thinking, try this exercise. You can also do this exercise when you want some magic and inspiration in your life. You could do this sitting at the desk of your workplace, even on a workday. You could do this when you are walking somewhere.

This exercise will help you to access the realm of magic and wonder, where the presence of divinity is palpable. You'll find peace and even joy almost immediately.

EXERCISE



Photo: Amreen Choudhury

Look around you or feel around your immediate surrounding for an object of beauty or comfort. It could be a mug of hot coffee on your desk. It could be the pillow your head is lying on. It could be the sound of the wind you hear or the breeze you feel against your skin. It could be your child's laughter.

These objects of beauty or comfort are your portals to the divine. You may not know it yet, but these are magical portals.

Now once you've identified your portal, whether it's a mug of hot coffee or a tree, imagine yourself becoming this object of beauty or comfort.

Become the hot coffee or the tree. Slip into this state of becoming.

Follow this state of becoming, with all your senses, the way Alice followed the rabbit into the rabbit hole in *Alice in Wonderland*.

Keep following and going into this state, even if you get distracted by external noise or your own thoughts. Let any noise or thoughts gently nudge you into this state even deeper.



Photo: Amreen Choudhury



Photo: Amreen Choudhury

Now, stay in this state and just feel what it is like to be here. Feel all the sensations.

Why does it feel the way it does?

You don't know why. You can't quite describe it. And that's when you know that you're connected to the divine where you feel at ease. It feels like everything is exactly

where it's supposed to be.

You can't conceptualize this state, and you don't even feel the need to conceptualize. You're like a child again.

Children can step into this realm easily because they don't feel the need to analyze and explain everything they experience as much as adults.

Watch a child play next time. They use anything at their disposal and whatever they can find to get into the state filled with magic and wonder, no matter what their surroundings are like.

But as adults, our mind often takes over and tells us that what we have around us are not enough. It may tell us that we need more to be entertained. It may lead us to believe that something else needs to happen first before we can be enlightened or happy and feel like that we are enough.

As a child, you knew that this isn't true. You were once this child. You can continue to be this child again, if you want.

TO MAKE THIS EXERCISE MORE EFFECTIVE

Try this exercise with multiple portals, one after another, to connect to the divine.



Photo: Amreen Choudhury

Remember that these magical portals are everywhere, yet they elude us. They are right in front of us, often hiding in plain sight.

These portals are ethereal, yet eternal and accessible from anywhere to connect us to the divine.

There's no time limit as to how long you can do this exercise for. It can be for a minute or for hours after hours, depending on how much time you can set aside.

Similar to the suggestion for the exercise "I without Me", you can even write "Portals to the Divine" on pieces of paper in different spots in your home, workplace or other places. This will remind you that there are magical portals around you waiting to connect you to the divine.

What you need in order to feel peace and even joy are right here right now, no matter who you are or where you are in your life.

ABOUT THE AUTHOR

Amreen Choudhury is an astrologer and the creator of www.DivineKitten.com.

Her services include live astrology consultations as well as teaching astrology and other esoteric matters through online masterclasses, one-to-one lessons and in-person workshops.



She uses astrology, meditation and her understanding of the sub-conscious and unconscious mind to assist clients in navigating the complexities of life and reaching their potential.

Amreen graduated with an MA in International Affairs. She has lived and worked in multiple countries during the course of her career with humanitarian and international organizations, including the UN and Oxfam.

Living in different societies helped her to learn and cultivate spiritual interests from various esoteric traditions. She draws from her experiences in different corners of the world to bring magic, whimsy and infinite possibilities through her work.

Her calling in life is to inspire and free others from limitations and suffering by helping them to experience their own divine nature.



*The divine spirit is
always within your
grasp*