

YAH  
Light\*

10 Minute  
DAILY  
RESTORATION  
practice

# About This Guide

## RESTORE YOUR TRUTH. GO WITH GRACE

The YahLight™ practice is designed to bring you into an intimate relationship with your body, soul, and spirit. A daily practice of connecting to the truth in your body awakens the power of your heart.

YahLight™ is a unique combination of meditation, devotional music, and prayer. These powerful transformation practices lead to a life of purpose, peace and integrity.

There is a light within you. This divine light lives in your heart and awakens our authenticity; it connects us to God.

YahLight™ educates people of all ages about the use of music, breath, and stillness to invoke a sense of surrender to a living spirit within each of us.

No matter who you are, know that a life of truth, authenticity and joy is possible! And, indeed, it's much closer than you think.

### About Tonyah

Tonyah is a divinely inspired songwriter, with a call from her spirit to spread the practice of meditating, singing and praying daily.

Her hope is to bless others with the peace and power that comes from connecting to God through this practice. Her company is called YahLight, meaning God's Light.



# The Guide

## Step 1 DAILY PRACTICE

Through the daily practice of meditation and prayer, we can cultivate a state of happiness and journey gracefully toward becoming loving, purpose driven, and authentic. Peace, love, hope, faith, and joy live actively inside our bodies as a gift for us to open or restore. Meditation and prayer takes us from the outer physical world to the inner world where these virtues live. A daily practice produces the changes we need to become more of our true selves—radiant, present, and enlightened.

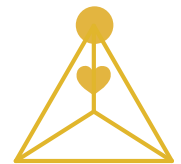
restore



## Step 2 THE BODY

Find a comfortable position, where your body can remain as still as possible in a sitting position. Your spine is straight and sitting bones are stable. Your shoulders are back and heart is open. Your chin is tucked in. The top of your head reaches upward and the belly is soft. By closing your eyes, you will have more alert attention to explore your inner world. Focusing on the place between your brows limits thinking, and directs energy toward the front and middle of your brain. This body posture creates a container so that your energy flows to the contents on the inside. Hold this posture throughout the practice.

container



## Step 3 THE BREATH

Begin by taking in deep breaths. The breath is our connection to life itself. Words associated with the breath are spirit, vitality, power and inspiration. The breath is a purifying, calming, generating and healing force that we use as a tool to change our chemical composition and to coordinate our nervous system. Breathe deeply and rhythmically. Brain waves will change to a state of calm, which triggers the relaxation response in the body. Proper use of the breath will also invoke feelings of safety, serenity and connection to our inner selves. As we cultivate the breath, we are better able to value each word that comes out of our mouths. Thus, breath is known as our source of intelligent creativity.

invoke



## Step 4 THE VOICE

Start singing. Sing for at least 5 minutes, and sing through the next two steps. Listen to your unique voice while finding a comfortable breath pattern in the song. Take in breath and sing out on the exhale. Let the feeling of the song and the thoughts of the mind resonate and merge. Sing with sincerity not perfection. Change the words or octaves. Get to know your voice. Since sound is vibration, all sounds evoke movements of energy. Different sounds resonate in different parts of the body. Positive vibrations elevate our emotions and carry messages to trillions of cells, inviting our bodies into a greater state of balance and harmony.

resonate



## Step 5 THE CONSCIOUSNESS

Become aware of who you are on a deeper level. Witness from this place thoughts, feelings, sensations, emotions and judgements. Notice that these come and go. Become mindful of your consciousness, breath, voice, mind and body all at once. Connect to who you are beyond your thoughts and judgements. Practice non-resistance. Allow the contents to express themselves. If there is pain or sorrow, accept and be open to it. Surrender, and give attention to your personal inner truth in this present moment. True listening and paying attention is a form of love.

witness



## Step 6 THE HEART

Begin opening the heart to your journey. Imagine and feel a radiant light emanating from your heart to areas of constriction or pain. Move this energy of unconditional love around your body as you continue to witness your truth. Cultivate feelings such as patience, courage, non-judgement, and willingness to participate in your life. The heart generates an electric and magnetic field that is much more powerful than the brain. Your heart is not limited to an area inside your chest. It is a field that extends outside the body and penetrates the world. Through this daily practice, we develop new pathways that originate from the heart and open the body and mind, dispelling darkness and pain. Have faith that this light from your heart opens the way for joy, peace, empowerment and enlightenment which are your true nature.

open



## Step 7 THE MIND

Stop singing. Sit in silence or listen to instrumental music. Observe and use the power of your mind. Cultivate fearlessness, and an ability to be in reality. Know all darkness is there to lead you to light and authenticity. Darkness shows up as judging, craving, desire, resistance, physical or emotional distress, fear, addictions, pain, worry, doubt, pride, being focused on the past or future, and evil. Meet the negative and dark sensations with light from the heart in the form of love, kindness, patience, acceptance, self-control, endurance, faith, peace, hope, humility, neutrality, optimism, forgiveness, mercy, and grace. Avoiding or numbing our pain creates more darkness. Let go of what is not the essential, eternal, divine part of you. Renew your mind by cultivating what you want to grow. You are in charge.

renew



## Step 8 PRAYER

Bring hands into a prayer pose. Pray out loud or silently. Listen deeply to your heart. With hope, gratitude and humility, give thanks; to be alive. Give thanks for this life, this day, this experience, this journey, this body, this awareness, this truth, this power, this grace, this healing. Ask for forgiveness and forgive yourself for dark thoughts and dark behaviors. Feel forgiven. Bless the difficulties and difficult people in your life. Ask in love and devotion: "I want," "I need," "I pray." Feel like the prayer has already been answered. Imagine and create the life of your dreams.

create



# The Cheat Sheet

Step 1



restore

DAILY PRACTICE


Step 2



container

THE BODY

Step 3



invoke

THE BREATH


Step 4



resonate

THE VOICE

Step 5



witness

THE CONSCIOUSNESS

Step 6



open

THE HEART

Step 7



renew

THE MIND

Step 8



create

PRAYER