

IGNITE THE LIGHT

Meditate with Jesus

DAILY
PRACTICE
GUIDE

YAH
Light*

About This Guide

BE STILL AND KNOW TRUTH

Meditate with Jesus is an easy to follow 8-step daily practice using a combination of stillness, music, meditation and prayer created for surrendering and connecting to the Spirit of God. This routine is designed to bring you into an intimate relationship with your unique body, breath, voice, spirit, heart and soul, through the power of the Holy Spirit, helping you to listen and to talk to God effectively. This transformational discipline takes you from the outer world to your inner world where you can seek and find the Kingdom of God. Faithfully draw near to Jesus and recover the virtues of his spirit; peace, love, patience, kindness, self-control, gentleness, faithfulness, joy, wisdom, forgiveness, hope, truth and more!

No matter who you are you can learn to trust God. He will complete you and give your life meaning. It's time to restore the Truth, recover your true nature and recognize the the true nature of others. Time to ignite the light within!

About Tonyah

Tonyah is a divinely inspired teacher, singer and songwriter with a call from The Spirit of God to share her practice of daily meditation and prayer. She is a Registered Dietitian who believes in feeding the body, soul and spirit. Tonyah's hope and vision is to bless others with the peace and power that comes from connecting to God through this practice or her music.

Her company is called YahLight, Meaning God's Light. Connect with Tonyah and her music at www.yahlight.com.
Visit her website at www.tonyahdee.com.



Daily Practice Guide

Step 1 DAILY PRACTICE

Create a space, a "God spot," where you can be alone with God. Try establishing a morning routine. For example, set your alarm, shower, and then meditate. Decide in advance how you will sit. Will you use a chair, cushion, or couch? Have your favorite devotional chant, mantra, hymn, or instrumental music accessible. In addition, have a journal, a Bible or devotional, pencil, candle, and a place to set your morning beverage. Experiment with your best time to practice. Give early morning a chance, so that you can start your day being restored with faith and God's Grace. Resist the temptation to skip the practice. Instead, show up for yourself. There's no judgment. There's no right way or right amount of time. So, most of all, make the experience enjoyable.



restore

Step 2 THE BODY

Create a sanctuary in your body. Gently become as still as possible in a seated position. Your spine is straight and your sitting bones stable. Your shoulders are back, heart open, and chin tucked in. The top of your head reaches upward, and your belly is soft. Now imagine a cross from Heaven to Earth and shoulder to shoulder running through your body. Next, find a position of dignity. Close your eyes so you can direct your attention to explore your inner world. Breathe slowly and deeply. Stay alert yet relaxed. Begin to experience your body as a temple of God's Spirit, where you can experience God's Presence and get to know your true nature. Resist the temptation to force anything. Be gentle with yourself. Breathing is slow, deep, and relaxed.



sanctuary

Step 3 THE BREATH

Become aware of your breath, your connection to life. Take in long, slow, deep breaths through your nose. Breathe deeply and rhythmically. Try the breath of peace. Inhale to a count of five (P-E-A-C-E) and exhale (P-E-A-C-E). Imagine the breath as spirit, vitality, power, and inspiration. Imagine it purifying, calming, and healing as it creates feelings of safety, serenity, and a connection to your inner self. Inhale deeply and feel God enter. Exhale slowly, and feel love exit. Notice a feeling of calm and relaxation coming into the body. Breathe in and out of your heart. Allow the goodness of the breath to lovingly flow in and out of your body, bringing you new life. Stay connected to the Breath of Life throughout the practice.



create

Step 4 THE WORD

Select a YahLight devotional chant, a worship song, a hymn, or a mantra that is repetitive, easy, and heart-centered. Once you start to sing, notice how sound creates vibration, movements of energy, balance, and harmony in your body. Listen to your unique voice. Witness your multidimensional nature, singing, breathing, thinking, feeling, desiring, and listening all at once. Memorize the words to the song and close your eyes. Sing with joy and sincerity from your heart. Imagine that God is listening and harmonizing with you. Contemplate or memorize God's Word instead of or in addition to singing. Listen to a Yahlight scriptural contemplation or select a Bible verse. Allow God's Word to renew your mind with new thoughts.



harmonize

Step 5 THE SPIRIT

Take a deep breath in and hold it. Hold the Spirit in and let it enliven your body. Relax with the breath held in. Exhale slowly. Relax deeply. Seek and find peace at the center of your being. Become aware of who you are on the deepest level, in the secret place of the Lord. Find a place of peace and stillness that exists beneath and beyond your thoughts, feelings, and desires, a peace beyond understanding. Connect to God's Holy Spirit who supports you, is a witness to your soul, and illuminates new life in you. Imagine that God is with you and in you. Rest in His Light and Peace. Practice being patient, kind, gentle, faithful, having self-control, thinking about good things, loving yourself, and loving God at the same time. Abide in His Mighty Presence.



connect

Step 6 THE HEART

Take a deep breath in and hold it. Let it fill your heart, and then exhale slowly. Relax. Seek and find love in your heart. Remember something that gives you the feeling of love: a pet, a relationship, a hobby. Sit in this feeling of love. God is love. Open and expand the healing light of Jesus, letting it flow through your body and soul. Allow unconditional love and light to search your inner parts. Bathe any pain with compassion and the Breath of Life. Notice anything constricted or heavy, and bring your loving attention to it. Breathe in God's Love to the hurt or dark places. Breathe out love. Accept your truth with no judgment of good, bad, right, or wrong. Be cleansed by the love, kindness, and compassion flowing from your heart. Let it go, and let God in.



open

Step 7 THE SOUL

Take a deep breath in and hold it. Exhale slowly. Seek and find your mind. It is thinking, planning, analyzing, judging, and remembering. Notice how thoughts come and go. Thoughts can be random and not always true. The Spirit of God gives you control over your mind. Surrender your mind to the thoughts of God. Silently recite a Bible verse or favorite positive affirmation. Take another deep breath in and hold it. Exhale slowly. Seek and find your emotions. Pay attention to what your soul is feeling. Emotions seek light, love, and acceptance from your heart. Allow your truth. Use the breath to release dark or heavy emotions. The Spirit of God understands you and brings you comfort. Surrender your emotions to the Love of God. Take a deep breath in and hold it. Exhale slowly. Now seek and find your will. It makes choices using the words I, I will, I won't, I want, I don't want, I wish. Let the Spirit of God hear the desires of your heart. Silently talk to God using those words. Then, surrender your will to God's Will. Say, "Father, Thy will be done." Surrender your soul, your mind, emotions and will, to the care and direction of God's Spirit, a Higher Power.



renew

Step 8 PRAYER

Bring your hands together in prayer. Pray out loud or silently. With gratitude, thank God for all He has done for you. Thank Him for what you do not have but hope for. Thank Him for whatever comes to your heart. Perhaps try: "Thank you God for your Kingdom, Power, and Glory. Thank you for this day, this practice, my body, soul, spirit, and heart. Thank you for my blessings and challenges." Continue with "Thank you Jesus for your light, love, grace and mercy" and "Thank you Holy Spirit for your Guidance, Help, Wisdom, and Truth." Confess and admit dark thoughts, struggles, mistakes, and behaviors. Ask for forgiveness. Forgive yourself. Feel forgiven. Ask for what you want and need. Pray for those in your life and in the world. Ask to be an open vessel for God's Will to be done in your life. Believe your prayer has been heard. Receive hope and grace. In your day, wait patiently and listen. God is working for you, inside of you, through you, and around you.



believe

Cheat Sheet

DAILY PRACTICE

Step 1



restore

Faithfulness

THE BODY

Step 2



sanctuary

Gentleness

THE BREATH

Step 3



create

Goodness

THE WORD

Step 4



harmonize

Joy

THE SPIRIT

Step 5



connect

Peace

THE HEART

Step 6



open

Love, Kindness

THE SOUL

Step 7



renew

Self-Control

PRAYER

Step 8



believe

Patience

Go in Grace