

Learning How to “Set Your Day” Shooting the Arrow

By Montana Gray

Finding, learning and teaching techniques from all cultures and studies for higher consciousness and living better lives is my life's passion. We offer you many different tools, keys, formulas and techniques in the JOY Program to try and use to build your consciousness deeper, higher and stronger. Here is another that you might really like.

This is a Tibetan process called “penpa tang.” The expression means “to set the tone for the day” by setting aside a few moments before you begin your day to get quiet, do a simple meditation, and use your private time to solve a problem you may be having.

It also means, “shooting the arrow” because you are shooting the Vibrations/Frequencies out into All Mind to review and imagine solving your problem. This activates your deeper mind to review your perceived problems and go into the “emptiness” to find positive and joyful solutions.

Very Important: For this technique to work, you make it a habit and do it every day.

It is preferable that you do the following before starting the practice:

Doing something daily and regularly begins a ritual. Create a sacred space in your home that is used only for this practice and that no one else enters. Even if you have a small apartment, you can get some sort of divider screen, create a comfortable throw on an upright chair, and surround yourself with crystals, a bubbling water fountain perhaps. The importance is to have your mind know that this is a “sacred space” and moreover, “your” sacred and special space, a new habit and ritual, and for the energy you release here to stay clearly yours.

Set the same time every day. If you are in a family, decide on and schedule the best time that you will not be disturbed.

It is best to do this before you begin your day; however, do not do this in bed or your bedroom. Your bedroom has the energy of your dream travels, and is not a clear space for this kind of work.

Next, begin your practice:

- 1.) You are going to take 10 in and out breaths. You will begin counting on the OUT breath, and then the IN breath. One series of these breaths = 1 breath. Continue doing this exercise until you have completed 10 total breaths – or what is actually 20 in and out separate breaths.

If you get distracted, begin at one again. At first your mind will resist, but with time and practice you will find that you are easily able to get into the “gap,” the space “between thoughts” and access information and solutions from “All Mind.”

- 2.) Once you have completed your breathing sequence, envision a problem you have not currently solved. Now internally ask what possibilities are available in the “emptiness” – the gap between thoughts. Just observe, do not judge. Imagine the problem solved joyfully and peacefully and see yourself totally relaxed and joyful because you have released this imaginary obstacle into All Mind, and now solutions will come forth.

Usually within a day or two, your solutions will appear. Expect them, look for them and make sure

- 3.) The final step is to imagine yourself in your dream life: money is flowing, you are perfectly fit and healthy, surrounded by loved ones and good friends, having joyful experiences and the freedom to create those experiences, releasing the gifts that are your unique fingerprint on the universe, and allowing more and more abundance, love, and JOY into your life in every moment.

See the home you desire, FEEL YOURSELF IN IT, the geographical place or places you desire to live, the travels you want to take, the clothes you want to wear, the ways you want to spend your days. See yourself truly happy – happier than you've ever been.

PRETEND YOU ARE ALREADY THERE AND FEEL HOW IT FEELS.

Become like the child and use your IMAGINATION. As you continue with your daily practice, you will find your dreams getting larger and more believable. You will find your JOY increasing as you begin to actually FEEL yourself in that life. And most importantly, you will be putting out your Frequencies into All Mind to Attract and Create that exact kind of life for you.

Remember, The Law Of Attraction, "Like Attracts Like." It's the LAW.

- 4.) Spend at least 15-30 minutes daily doing this exercise. End your exercise with what you are Grateful for and affirm that in every moment you are becoming more aware of, and efficient at, the "powers of thought" to create all that you desire.

COMMITMENT IS EVERYTHING – PRACTICE MUST FOLLOW

If you are serious about having the life you desire you must commit to making this a daily practice. You are setting new imprints into the patterns of your brain, and changing the structure of your current limiting imprints. And, here's great news! It takes only a short time to begin making and seeing these changes. The better news? Regardless of where your life is right now, in this moment, with your focused thoughts, you can create a brand new reality – the one that your Inner Self has been trying to get you to see all of your life!

[Montana Gray](#)

To change your life, you must FEED YOUR MIND, on a consistent basis the RIGHT THOUGHTS. Visit <http://www.angelavatar.com> for resources that include E-books (many free), CD's, "MP3's, workbooks and personal intuitive and hypnosis sessions.