



A JOURNEY OF SELF-DISCOVERY & HEALING

WORKSHOP BOOKLET

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In Loving Memory of
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May 22, 2009- July 29, 2009

OM SAHANA VAVATU

Direct translations of the Sanskrit words into English often do not relay the full meaning of the text. The translator must consider the context; therefore, translations of the mantra vary. One translation of the full meditation is as follows*:

Om sahana vavatu

(Om, may God protect both teacher and student)

Saha nau bhunaktu

(May He nourish us together)

Saha viiryam karavaavahai

(May we work together with great energy)

Tejasvi nau-adhiitam-astu

(May our studying be effective)

Maa vidvissaavahai

(May there be no hate among us)

Om shanti, shanti, shanti

(Om peace, peace, peace [in three forms – in me, nature and the divine forces])

* from www.yogapedia.com

WHAT IS THE NAME WORK?

The Name Work draws wisdom from a number of different psychological modalities, philosophies, cultures, and disciplines and has helped me more fully recognize the lightness and peace that already exists inside of my very being.

The Name Work is a method of working with the letters in a chosen name. It was born when I created an acronym from the letters in my daughter's name, Kara. Working with each letter in her name, I created a Sacred Acronym. It is Universal and a starting point for all to beginning this work. Here's what it looks like...

K is for **Kindness**
A is for **Alignment**
R is for **Regeneration**
A is for **Action**

My *Name Work* is informed by my experience as an MFT Psychotherapist, Yogini, and by a global Spiritual Journey spanning over twenty years. It has helped me out of darkness and deep despair as I mourned the loss of my infant daughter Kara, who left this earth far too young. Today, it helps me work through everyday obstacles. Practiced regularly, *The Name Work* can and will make a difference. It is my prayer that this work helps you to move through and face your pain, loss, obstacles and or grief. And through this method, may you discover the peace inside of you that comes from moving towards resistance.

Life is scary at times. We need to love and care for ourselves and each other. I would like to challenge us all, myself included to relinquish our collective need to pretend. As Ram Dass says, "we are all just walking each other home." May the Divine wisdom in all of our names make our lives and the world just a little bit better. May this work connect us all in love as we move and groove and have a life. May your chosen name offer you a sense of renewal and peace now and every day.

Om, Shanti, Shalom.

 Lily Dulan

A to Z

A

QUALITIES

Agreement, Ambition, Alignment, Attentiveness, Affection, Action, Agreement

SAMPLE AFFIRMATIONS

- **Agreement:** I live in *agreement* with my life by having the courage to take a stand and disagree. By disagreeing, I come into alignment with what agrees with me.
- **Ambition:** It is safe for me to be *ambitious*. Going for my good helps me to grow and be a beacon of light to those around me.
- **Alignment:** No matter how dark it may seem, I affirm that there is light at the end of the tunnel of darkness. I affirm that God is good and the Universe is in perfect *alignment*.
- **Attention:** I am centered and responsible by wholly placing my *attention* on whatever task is in front of me. I show up in the moment with positivity.
- **Affection:** I treat myself with positive regard and *affection*. Through treating myself affectionately, I am able to express more positivity and be affectionate with others.
- **Action:** I move into *action* out of a centered place by taking time to pause and regenerate.

B

QUALITIES

Balance, Bravery, Beauty, Brilliance, Birth

SAMPLE AFFIRMATIONS

- **Balance:** I am filled with an understanding of my innate *balance*. I nourish my body, mind and Spirit by the healthy lifestyle that I live.
- **Bravery:** I practice *bravery* by letting go of what no longer serves me and by accepting the things I cannot change.
- **Beauty:** I am beautiful, and I see the inner *beauty* in myself and those around me.
- **Brilliance:** I affirm that this world is a place of *brilliance* and light. I shine my Inner light in all that I do.
- **Birth:** I give *birth* to the me that I want to be and I am good!

C

QUALITIES

Centered, Capable, Charming, Curious, Childlike

SAMPLE AFFIRMATIONS

- **Centered:** I move through the activities of each day from a *centered* space, taking time to pause and regenerate.
- **Capable:** I am *capable*. I speak to myself in loving ways and I honor the things that I can do. Through recognizing my capabilities, I bring more positivity into my life and am eager to try new things.
- **Charming:** I am *charming*. I shine a pleasing bright light and draw to me the people and situations that serve my highest good.
- **Curious:** I am *curious* about life's great mystery. I embrace synchronicity and spontaneity—knowing that things happen in their own time and for my greatest good.
- **Childlike:** Jesus said to become like a child, as children more readily see the beauty in the world. Knowing this, I cherish the purity, innocence, and *childlike* Spirit within me.

D

QUALITIES

Decisive, Deep, Devoted, Diligent, Direct

SAMPLE AFFIRMATIONS

- **Decisive:** I move with purpose in my life and being *decisive* gives me power. I recognize that no is a complete sentence, and that healthy boundaries serve my highest good.
- **Deep:** I honor the *deep* knowingness within me, recognizing that finding quiet time to center myself serves my highest good.
- **Devoted:** I am *devoted* to living my life to the fullest and I move with Divine Rhythm.
- **Diligent:** I am *diligent* in the way that I approach my spiritual practice, knowing that I have the power to make my life a heaven or a hell right here and right now.
- **Direct:** I communicate in a clear, concise, and *direct* way -- knowing that the words I speak are truthful, loving, and consistent with my Highest Purpose.

E

QUALITIES

Enthusiastic, Energetic, Easygoing, Efficient, Emotion

SAMPLE AFFIRMATIONS

- **Enthusiasm:** I meet the events of this day with a sense of *enthusiasm*, knowing that the best is yet to be.
- **Energetic:** It is okay for me to be *energetic* and to express positivity for I am excited about life.
- **Easy-going:** I meet the obstacles that I face with an *easy-going* attitude, knowing that everything is unfolding for my highest good.
- **Efficient:** I am *efficient*. I complete the tasks in front of me with purpose, direction, and vision.
- **Emotion:** I embrace the full realm of my human *emotions*, knowing that whatever arises will be healed in Divine Time. I trust in my own biology and affirm that all is well.

F

QUALITIES

Fastidious, Fabulous, Fervent, Friendly, Funny

SAMPLE AFFIRMATIONS

- **Fastidious:** I am *fastidious* when it comes to my Spiritual Life, paying careful attention to my word, thought and deed.
- **Fabulous:** I am absolutely *fabulous* and I embrace myself as the wonderful Spiritual Being that I am.
- **Fervent:** I have a *fervent* Spiritual Vision, and I embrace my life with passion.
- **Friendly:** I am *friendly* to myself and friendly to others. I see the world as a friendly place, knowing that friendly attracts friendly. I draw friendship to me by the friendship I offer others.
- **Funny:** I have a good sense of humor and enjoy laughing and being *funny*.

G

QUALITIES

Generous, Gentle, Good, Great, Gratitude

SAMPLE AFFIRMATIONS

- **Generous:** I am *generous* with others and others are generous to me. The good that I give out comes back multiplied.
- **Gentle:** I treat myself *gently* and am *gentle* and kind in all of my relationships.
- **Goodness:** I embrace the *goodness* that is the Living Spirit within me.
- **Greatness:** I know that I am capable of accomplishing *great* things. I hold a High Vision for myself and know that my good will positively affect others and the world at large. I recognize that even seemingly small acts of kindness are great, as they have a ripple effect.
- **Gratitude:** I have an "attitude of *gratitude*" and often think and/or write down all of the things I am grateful for. I recognize that each moment is new. I can always start over.

H

QUALITIES

Heart-centered, Helpful, Highest Good, Holy, Helm

SAMPLE AFFIRMATIONS

- **Heart-centered:** I find my *heart-centered* nature through taking the time to pause and go within.
- **Helpful:** I am *helpful* to those in need and what I give out comes back multiplied.
- **Highest Good:** Everything is unfolding in "Divine Right Order." I embrace the idea that situations and circumstances are unfolding for my *Highest Good*. My life is a living prayer.
- **Holy:** I live my life in a *holy* way. I love myself, others, and I am a magnet for GOOD.
- **Helm:** I am at the *helm* of my life ship and I steer it towards the GOOD!

I

QUALITIES

Imagination, Independent, Inventive, Inspired, Intelligent

SAMPLE AFFIRMATIONS

- **Imagination:** I use my *imagination* to call love and light into my world. Even in my darkest hour, I know that the light will shine once more.
- **Independent:** I embrace my own *independence* and march to the beat of my own drummer. I trust that what no longer serves me will fall away.
- **Inventive:** I approach life with a sense of ingenuity and *inventiveness*. I am a Creator in my own life and I choose to make it GOOD.
- **Inspired:** My life is Divinely *Inspired*. I give thanks to my Teachers on the path and am grateful to know how to use my Divine Tools.
- **Intelligent:** I am *intelligent*. Like a snowflake, there is no one else like me. I am unique. I shine my love-light out into the world, trusting that Divine Intelligence heals all situations and circumstances.

J

QUALITIES

Juicy, Joyous, Just, Jazzed, Jubilant

SAMPLE AFFIRMATIONS

- **Juicy:** My life is *juicy* and overflows with sweetness. I trust in the sweetness of Life itself.
- **Joyous:** I move towards what is *joyous* in life. I am a source of joy to others and others in turn bring me joy. If I don't feel it now, I trust that my season of Joy will come. Godspeed.
- **Just:** I trust that the Universe is good and *just* and that everything unfolds in "Divine Right Order."
- **Jazzed:** I find reasons to be *jazzed* about life and move towards those who have an attitude of gratitude.
- **Jubilance:** I move towards what is *jubilant*. Even if I don't feel it now, I trust that a day of great happiness and triumph will come again. I trust the flow of life.

K

QUALITIES

Kindness, Keeness, Kinship

SAMPLE AFFIRMATIONS

- **Kindness:** My life is an expression of *kindness*. I express kindness to myself others and the environment.
- **Keeness:** I have a *keen* sense of what is good and right, and I move towards my GOOD.
- **Kinship:** I reach out to other in the spirit of *kinship*. I am a friend to others on this journey.

L

QUALITIES

Level-headed, Lovable, Likable, Lovely, Luminous

SAMPLE AFFIRMATIONS

- **Level-headed:** I am *level-headed* when I need to be, recognizing that this journey called life can be confusing. I trust my Heart Center and embrace "Divine Right Order."
- **Lovable:** I am *lovable*. I am a unique being who is worthy of love, independent of past mistakes. I forgive myself. I love myself.
- **Likable:** I am *likable*. I am a magnet for positivity.
- **Lovely:** I make my life and home environment *lovely*. My personal space is a source of comfort and I fill it with things that I love.
- **Luminous:** I am a light in my own life and in the lives of others. I shine with *luminosity*.

M

QUALITIES

Motivated, Miraculous, Magic, Magnificent, Meticulous

SAMPLE AFFIRMATIONS

- **Motivated:** I am *motivated* to show up for my own life with positivity and hope. I accept what is in front of me and embrace life's mysteries, knowing that all is well in the eyes of God.
- **Miraculous:** I affirm that life is indeed *miraculous*, and that situations and circumstances are unfolding for my Highest Good.
- **Magic:** I embrace the *magic* of healing and affirm that miracles are possible.
- **Magnificent:** I affirm that my existence is *magnificent*. I embody the good in all that I think, say, and do. Yes, today is a new day. I begin new!
- **Meticulous:** I am *meticulous* with my thought, word, and action—and am a peaceful presence on this earth.

N

QUALITIES

Natural, Noble, Nice, Newness

SAMPLE AFFIRMATIONS

- **Natural:** I move in sync with the *Natural* World. I love Mother Earth and cherish her resources.
- **Noble:** I am *noble* in the way I relate to others. The ideals that I express are Divine.
- **Nice:** I am nice to myself and *nice* to others. I emanate peace.
- **Newness:** I embrace *new* situations and circumstances, knowing that my Good is around the corner.

O

QUALITIES

Offering, Opulent, Outgoing, Organic, Order

SAMPLE AFFIRMATIONS

- **Offering:** My life is a Divine *Offering* and I ask God each day how I can be of service to myself, others, and the environment.
- **Opulent:** The good that is available to me is *opulent* in the most Divine sense of the word. My life is lavish as I luxuriate in God.
- **Outgoing:** I am motivated and *outgoing*, shining my light in all that I do.
- **Organic:** My life unfolds organically. I respect my connection to Mother Earth and I allow my Good to unfold *organically* rather than trying to force things to happen.
- **Order:** I trust that my live is unfolding in "Divine Right *Order*," even when I can't see it.

P

QUALITIES

Passionate, Peaceful, Persevering, Positive, Powerful

SAMPLE AFFIRMATIONS

- **Passionate:** I am *passionate* about life and I allow Divine Passion to move through me as I inspire myself and others.
- **Peaceful:** I find what is *peaceful*, by stopping, pausing, and looking within. From this place I see the ever-present peace in the world around me.
- **Persevering:** When I experience life obstacles like grief, depression, or sadness, I *persevere*, knowing that there is light at the end of the tunnel. I *persevere* in the pursuit of my dreams knowing that in God anything is possible.
- **Positive:** I am a *positive* person, knowing that Goodness is always at hand. I trust that everything is unfolding for my good even when I can't see it.
- **Powerful:** I am beautiful and *powerful*. I embrace my true Power knowing that the Living Spirit guides me in all that I think, say, and do. All I have to do is call on it!

Q

QUALITIES

Quality, Quick, Quiet, Quirky

SAMPLE AFFIRMATIONS

- **Quality:** My life is High *Quality* as I discover the qualities inside myself and my own name and use them to manifest my Greatest Good.
- **Quick:** I am *quick* to see my life as Good, and to weed out negative thinking that no longer serves me.
- **Quiet:** I find *quiet* and peace within, knowing Divine Quiet is ever-present even when I can't see it.
- **Quirky:** I embrace my unique *quirkiness* and use what is unique about me for my Highest Good.

R

QUALITIES

Reassuring, Resourceful, Responsible, Reverent, Regenerative

SAMPLE AFFIRMATIONS

- **Reassuring:** When I have doubts I remind and *reassure* myself that the universe is GOOD.
- **Resourceful:** I am *resourceful*. I use the resources available to me to make positive changes in my life. I continue to reach towards the good even in my darkest hours, knowing that God is an ever-present resource, even when I don't see it.
- **Responsible:** I am *responsible* by creating a healthy life for myself and facing what is in front of me.
- **Reverent:** I am filled with a *reverence* for Life and give thanks for being alive.
- **Regenerative:** I take time each day to pause and *regenerate*.

S

QUALITIES

Strength, Serenity, Sincere, Synchronistic, Sober

SAMPLE AFFIRMATIONS

- **Strength:** By taking time to pause and regenerate I increase my *strength*.
- **Serenity:** As they say in 12 step groups, I find *serenity* through accepting the things I cannot change. I know that God or The Universe readily offers me this serenity.
- **Sincere:** I am *sincere* to myself and others—and know this as I move into action.
- **Synchronistic:** I embrace life's *synchronicities* and seeming coincidences Knowing that I am being led by an ever-loving Presence.
- **Sober:** I live a life *sober* from addictive behavior. I know that if I have a desire to remove an addiction from my life that it will be removed.

T

QUALITIES

Talented, Truthful, Thoughtful, Tolerant, Tactful

SAMPLE AFFIRMATIONS

- **Talented:** I am *talented*. I honor myself for what I am able to do well—and I know that I have unique talents that I have yet to discover.
- **Truthful:** I live a life centered in Divine *Truth* and am conscious of this *Truth* in thought, word, and action.
- **Thoughtful:** I am *thoughtful* of myself as well as others as I move through life. And as it is written, I do unto others as I would have them do unto me.
- **Tolerant:** I am *tolerant* of others who do not hold my views.
- **Tactful:** I am *tactful* and diplomatic in the way I advocate for myself and others, knowing that my words have a ripple effect.

U

QUALITIES

Unbound, Uncommon, Unaffected, Understanding, Unconditional

SAMPLE AFFIRMATIONS

- **Unbound:** I am *unbound!* I take time to pause, regenerate, and free myself from worry.
- **Uncommon:** I am unique and *uncommon*. I embrace my originality. There is no one like me on this planet.
- **Unaffected:** Jesus said be in the world but not of the world. I am *unaffected* by external situations and circumstances knowing that I am guided by the good of this Universe.
- **Understanding:** I have compassion and *understanding* for the suffering within myself as well as the suffering of others.
- **Unconditional:** I practice giving *unconditional* love to myself. I love myself no matter where I am in my healing process.

V

QUALITIES

Versatile, Valuable, Vivacious, Vibrate, Validation

SAMPLE AFFIRMATIONS

- **Versatile:** I am *versatile* in my approach to life and in relationships, understanding that we are all on our own unique journeys. When I am hurting I focus on what I can and can't change in myself and the world around me.
- **Valuable:** I am *valuable* and offer my unique qualities to the world.
- **Vivacious:** I approach life with a sense of excitement, expectancy and vivaciousness knowing that the best is yet to be.
- **Vibrate:** I *vibrate* at a high frequency knowing that the thoughts I think create the quality of my experience.
- **Validation:** I know that true *validation* comes from Self Love. I validate myself knowing that I am on the right path.

W

QUALITIES

Wonder, Warmhearted, Willing, Well-behaved

SAMPLE AFFIRMATIONS

- **Wonder:** I know that good comes when I am willing to approach life with a sense of childlike *wonder*. Life is a wonder and I approach it knowing that all is well when I see with Gods eyes.
- **Warmhearted:** I am *warmhearted* and see things from a variety of perspectives. With a loving attitude I am of service to those in need.
- **Willing:** I am *willing* to grow and change. I am willing to learn and grow through my grief and suffering, knowing that all is ultimately well, even when I can't see it.
- **Well-behaved:** I am *well-behaved* in difficult life circumstances. I practice self-control when needed, and I speak out when needed. I listen to the voice within before acting. I forgive myself and others for past transgressions. I recognize that being *well-behaved* comes by first learning to treat myself kindly.

X

QUALITIES

Xenial, Xenodochial, Extraordinary, Expectant*

SAMPLE AFFIRMATIONS

- **Xenial:** I am a host- or hostess-with-the-mostess and treat my guests like gold. I keep my heart open and treat others as I would like to be treated.
- **Xenodochial:** I am friendly to the stranger knowing that we are all God's children. I keep my heart open in difficult times.
- **Extraordinary:** There is only one me. My life is *extraordinary*.
- **Expectant:** I am *expectant* of my Good, knowing that the Universe is full of wonderful surprises. In the darkest of times, I urge myself to expect the Good that awaits.

*Given the scarcity of words that begin with the letter X, we included some words that have phonetic X sound.

Y

QUALITIES

Yielding, Yogic, Youthful, Yummy

SAMPLE AFFIRMATIONS

- **Yielding:** I am *yielding* like a rock in the ocean, allowing The Universe to carve me to its liking. I am open to Divine Possibilities.
- **Yogic:** I approach life with the wisdom of a *Yogi*, treating my body like a temple, knowing that peace is found by going within.
- **Youthful:** I approach life with sense of *youthful* vigor keeping my heart open wide and taking time to honor the ever-changing *youthful* Spirit within. I parent the child within when I feel wounded, knowing that Self Love heals.
- **Yummy:** Life is *yummy* and I am open to Divine Possibilities. I splash in the Divine Water of Life. As Ram Dass says, "Yum! Yum! Yum!"

Z

QUALITIES

Zealous, Zany, Zestful, Zippy

SAMPLE AFFIRMATIONS

- **Zealous:** I approach life with excitement and *zeal*.
- **Zany:** I embrace my uniqueness and eccentricities. I am *zany*, fun, and alive in my uniqueness. Like a snowflake there is only one me, and I choose to love me.
- **Zestful:** My life is filled with *zest* and I spice things up when needed.
- **Zippy:** I am like the song *Zip-a-Dee-Doo-Dah*. "My Oh, My Oh, what a wonderful day!" I embrace my inner *zippiness*.