

# Exercise to develop virtues for listening to the Inner Voice

*Excerpts from the book on 'Engineering Ethics' by Dr. CG Krishnadas Nair, published by Harishree Publishing Company, ISBN 91-901862-0-5, is reproduced below with permission, for the benefit of our readers" - Editor*

## **Chittasudhi (Mind Cleansing)**

- *Sit-down in a quiet place. Close your eyes. Take a few deep breaths and relax.*
- *Now start exhaling and inhaling deeply.*
- *As you exhale, visualize mentally that all your negative feelings are being expelled and believe so.*
- *Each time you exhale, think of some-one you are angry with, jealous about or hate and let your anger, jealousy, hatred and other negative feelings flow out of you.*
- *Each time you inhale, imagine, and believe that the divine energy, bliss, love compassion, courage and truthfulness are flowing into you.*
- *Keep exhaling and inhaling for about seven minutes.*
- *Slowly open your eyes and get up remembering and believing that your mind is pure, rid of all negative feelings,*

*and is full of divine energy, moral courage honesty, and love.*

- *Repeat this exercise every day for a fortnight and then as often as you can.*

## **Listening to Inner Voice**

- *Sit in a quiet place. Close your eyes and relax and take a few deep breaths.*
- *As you breathe slowly and effortlessly, direct your mind to go deep into yourself, to meet the divine power in you.*
- *Visualize the powerful, wise, loving, and caring presence in you.*
- *Relax and enjoy this powerful presence, make it your guiding force, talk to it and listen to this inner voice of wisdom.*
- *Practice silently talking and asking questions to it.*
- *Trust the inner voice and act on it. You will have a feeling of doing the right thing and be full of energy and enthusiasm.*