



NIKKI SLADE

PILLAR 3: DEVOTION

MEDITATION

Find somewhere calm to sit and place your hand on your heart. As you follow the breath focus on what your conscious form or formless point of devotion is.

You may find that your form of devotion fluctuates for you over time. For example, perhaps one day Lakshmi is calling you and the next day it is Shiva or a scene in nature maybe? Just allow it to all unfold within for you. Or you may be eternally devoted to One form alone i.e. Christ, Krishna or Allah.

Once you know where your heart is then I invite you to spend this week immersing yourself in your point of devotion.

CHANTING

Choose 2 chants and focus on connecting to your chosen deity or formless vibration as you chant. If you are with a friend (or fellow student from the FB group) then perhaps practice with one of my chants in call and response and see if you can lead back and forth whilst remaining inwardly connected. Remember the AIM exercise of merging keeping that in mind.

CONTEMPLATION

Research and find a poem that inspires you from one of these Poet Saints of India Lalleshwari /Tukaram,/Kabir /Tulsidas/Mirabai/Guru Nanak

STUDY

Research [Sally Kempton](#)'s beautiful book '[Awakening Shakti](#)' and start to study the vibrational qualities of all the Goddesses to expand your knowledge and awareness.

You might also want to read my own book [The Healing Power of Chanting](#).

CREATION

After you are a week into your devotional practice then one morning after chanting write a poem that captures your experience of Bhakti. Come ready to share it in our LIVE session together on 25 November if you would like to do so.



"**Nikki's Kirtan has the power to explode love in the room.**"
Sally Kempton, Spiritual Teacher and Author of 'Awakening Shakti'

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