

A  Baker's Dozen  
of  
*Omnifaith*  
*Spiritual Practices*



Rev. Dr. Susan Corso

a series of spiritual practices

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**In Memoriam**

*Heather Dietz Whelan,*

**Celestial Poet Laureate**

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# Introduction

Those of us who choose to live our lives based upon our spiritual principles have the constant challenge of *how* to practice that choice every moment of every day. Practice is the name of the game in nearly every worthwhile endeavor, and no less in spiritual living.

I've learned to use all sorts of everyday occurrences to prompt my practice: clicks of my mouse, a kitchen timer, the whoosh sound every time my sweetie sends an email from her Mac, whenever I turn the page of a book, when I do Control S to save on my PC. You get the idea. All triggers are designed to keep me a/ in the present moment, and b/ aware of the Divine.

Below you will discover a baker's dozen of spiritual practices that I've discovered and used over the years to remind me that I am most definitely a spiritual being having a human experience.

Practice, dear one, makes perfect. Enjoy these in good health, abundant wealth, and manifest joy.

All love,

*Susan Corso*



# 1. The Shema



When I need to rise above a situation, particularly one in which I feel separated from the people involved, I call on half my ancestry and use The Shema, one of the germinal prayers of Judaism from the Torah. Sometimes called the *Shema Yisrael*, it hails from Deuteronomy 6:4, and reads,

**Hear, O Israel:  
The LORD Our God  
is One LORD.**

This powerful line of scripture reminds me to *hear* which requires listening which in turn requires still-

ness and silence. I think of the word *Israel* as the three aspects of a human being:

*Is* = Body, *Ra* = Soul, *El* = Spirit.

*Our God* and *One LORD* remind me that no matter the appearance, humanity is one and there is one Divine Spirit connecting us all.

If I'm in public and can't say the whole verse, sometimes I just whisper the word *Shema*.



## 2. Ho'oponopono



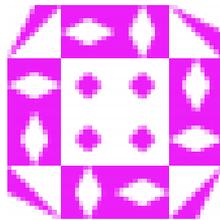
When I'm stuck in old patterns, I use an updated version of an ancient Hawaiian healing practice called Ho'oponopono. (hoe-oh-PO-no-PO-no) The four powerful phrases are a tool for forgiveness, reconciliation and transmutation of old inner memory programs.

T.I.P.I. is the acronym. To take 100% responsibility for your experience of reality, repeat the phrases within, addressing your own inner divinity:

**Thank you.**  
**I'm sorry.**  
**Please forgive me.**  
**I love you.**

You can use all four phrases or one or two or three depending upon the experience you're having. My "default" phrase is *Thank You* most of the time.

The goal is to clear your memory and those of others so that old programming is released and divine inspiration drives your actions instead.



### 3. God Be All Me



When I know I'm having trouble putting my best foot forward, or better said, when I know I'm putting my worst foot forward, I use this prayer created by a turn of the 20<sup>th</sup> Century English metaphysician whose name has been lost to time.

### God Be . . . All Me.

The effect of these words spoken slowly and with great breath is to bring my Divine Spark, my God Self, forward, and to allow my egoic self to relax and take a back seat.

I'm saying *Let Me Lead with my God Self. Let that Divine Spark burst into a Divine Flame* as I breathe

and let go so that I may return to gratitude in this very precious moment.

You can learn more about this prayer from the video on Beliefnet's [Preachers & Teachers](#).



## 4. A Self-Blessing



When I have forgotten whose I am, this practice restores me to my place in the Cosmos instantly. I learned this practice from Jennifer Reif, author of [\*The Holy Book of Mary Magdalene\*](#), a remarkable gathering of reconstituted ceremony.

*Let your hands meet together in prayer; touch your Third Eye, and speak:*

**Everlasting Light.**

*Put your right palm on your left shoulder, and speak:*

**Holy Mother.**

*Put your left palm on your right shoulder, and speak:*

## **Holy Father.**

*Let your hands meet together in prayer in front of  
your heart, and speak:*

## **Sacred Child.**

*Open your hands to receive.*

**I Am that Sacred Child  
In whom Mother, Father,  
And Everlasting Light  
Do now reside. Amen.**

It takes very little time to do this ritual—it even works in office loo cubicles—and it is an immediate reminder that I belong here whether I’m feeling that way or not. I often change the final prayer to suit the situation.

## 5. Psalms 46:10



When I have too much to do or I am going too fast in the doing, this practice returns me to a healthy, sane speed. The Psalms are a Hebrew Hymnal, and as such, hold familiarity and comfort. I learned this practice many years ago from a friend in seminary.

*Speak these words, slowing down progressively:*

**Be still and know that I am God**

**Be still and know that I am**

**Be still and know that I**

**Be still and know that**

**Be still and know**

**Be still and**

**Be still**

**Be**

By the time I get to the final *Be*, I have released my addictive focus on events and circumstances, and returned to Being, which is our natural state. It also works when people around me are spinning too fast.



## 6. I Love You



When I want to set a loving tone for my day, I use this practice that I learned from Louise Hay's work many years ago.

This is part of her famed mirror work, and believe me when I tell you that it took me two years to be able to do it honestly without having to put on mascara first!

*Look in the bathroom mirror, when you first arise,  
and speak:*

# I love you.

*Repeat as often as it takes till you mean it.*

These three words are so powerful. They work especially when I don't love myself, or rather, when I'm not feeling loving toward myself.

This is a great way to set up your day.



## 7. Make Your Own Mantra



When I need to remember that praise or blessing increases what it's heaped upon, I turn to these Hebrew words that I spontaneously strung together for a Jewish client of mine. We'd been seeking a mantra he could use for mindfulness. All the ones we'd tried were too long for his busy life as a physician.

*Try this, I said:*

**Baruch Shalom**

*Perfect*, was his response. The words mean *Blessed is Peace*. They were perfect for where he was

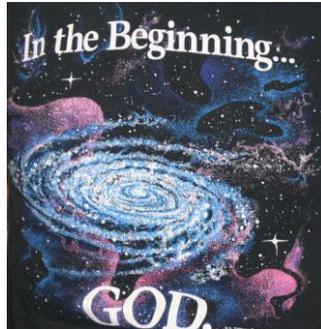
at the time. He wanted a feeling of more peace in his medical practice. Another way, with the exact same meaning, would be:

## Baruch Hashalom

You can make your own mantra every day, every hour even. Look at what's in your life and choose words that mean something to you. Usually, they'll have something to do with the intangibles of life: freedom, beauty, truth, honor, joy.



## 8. Get the First Four Words



When I catch myself looking on the outside for reasons or meanings, I remember this goody that I learned in seminary.

Our Bible professor stood in front of us the first day of class and said, “If you truly get and embody the first four words of the Hebrew Bible, you don’t have to read the rest.”

There was a pregnant pause in the room. “You do know the first four words of the Hebrew Bible, don’t you?”

I did, and I said them aloud.

## In the beginning, God . . .

That says it all. It brings me up short every time.

If I can remember that whatever I'm contemplating had its beginnings in God, whether I can see how or not, I am home free.

Then I can turn myself toward seeing God in that situation. When I do, it always smooths out.



## 9. Magdalene Christos



When I need the “big guns,” I do this one. Just as I believe that Jesus of Nazareth was The Christ, meaning *the Anointed*, I believe that Mary of Magdala was The Magdalene, meaning *the Great Devotion*.

This practice is a variation on wise Jennifer Reif again, the author of [\*The Holy Book of Mary Magdalene\*](#). It too is about drawing what is the best in me forward, rather than having a lesser aspect of myself deal with a situation.

*Breathe in, and speak:*

# Magdalene

*Breathe out, and speak:*

# Christos

*Or reverse them.*

I tend to sense these two energies as resting upon my shoulders like the fasteners of a cloak. Try it to see how they show up for you. My breath tells me to call upon these two mighty spirits for inspiration. They have never failed me.



## 10. God's Name



When I am caught in my beliefs about time—past, present, or future—I use this practice to remind myself that God is in all forms of time and timelessness, *chronos* and *kairos*.

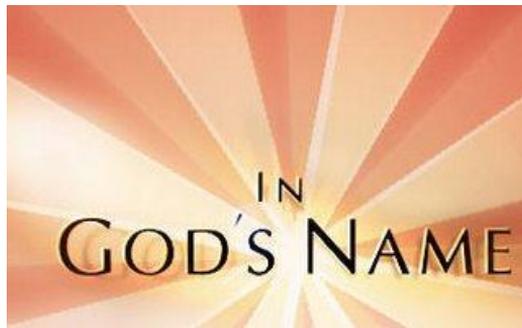
In the Hebrew Bible, when Moses is given his mission to the children of Israel, he asks God a question. “Whom shall I say sent me?”

God says, “Tell them my name.” Over the years, various translators have had a field day with God’s answer. I have seen it in all the variations below.

**I was that I was  
I am that I am  
I will be that I will be**

No matter what verb tense is used, the God of our many understandings is. God was there in the past. God is here in the present. God will be there in the future.

Chronological time is a human construct made for our convenience not for our punishment. This practice works to loosen the driving demands of over-scheduled time.



## 11. So'ham



When I catch myself separating from someone or something I don't like, I use this practice to remind me that whatever I judge or reject is really in me otherwise I wouldn't even see it. I learned this from the Siddha Yoga lineage; its guru is currently Chidvilasananda a.k.a. Gurumayi.

The Sanskrit words mean *I Am That*, or *That I Am*. There are two ways it works with the breath. See which one feels best to you in any given circumstance.

*Inhale, and speak:*

**So'**

*Exhale, and speak:*

**ham**

*Or the reverse . . .  
Inhale and speak:*

**Ham-**

*Exhale, and speak:*

**Sa**

Wherever I judge, I create debt or obligation in my life. This is why the Christian Lord's Prayer suggests that we are forgiven *as* we forgive.

Rejecting what we see in ourselves is a powerful form of resistance that causes us to cling to that which we resist. So'ham reminds me that whatever I'm resisting is what I too am.

## 12. Willing

<b>I</b> Willing & Able	<b>II</b> Willing & Not Able
<b>III</b> Not Willing & Able	<b>IV</b> Not Willing & Not Able

When I am the most *unwilling* a.k.a. willful, I resort to a variation on a practice that I originally found in the first edition of *The Runes* by Ralph Blum.

A seminary professor of mine used to say that we didn't really need to be willing. We needed to be *willing to be willing*, and we could extend those *willing to bes* as far out as it took to catch an internal glimmer of the feeling of genuine willingness.

**I am willing to will thy will**

Many folks are afraid of God's will for themselves. I used to think it meant I would have to do things I didn't want to do.

Over the years, I've realized that God wants for me nothing more nor less than I want for myself. It takes willingness to allow that to become manifest in our lives.



## 13. Peace, Peace, Peace



When I fall away from my own awareness of my mission on Earth, I use this email practice to realign myself with my purpose. I originally wrote about this in my Peace Blog for *Ode Magazine*. The post was [\*An Email Peace\*](#). I believe that Peace on Earth is only possible through the work of individuals on their own inner peace.

So, what if every time you received, read, wrote, deleted or sent an email, you first said a loud to yourself, “Peace”? Can you guess how many emails you receive each day? Can you guess how many you

send? What if every click was an opportunity to affirm peace both for yourself and for your correspondent?

*Ding?* **Peace**

*Create?* **Peace**

*Send?* **Peace**

*Delete?* **Peace**

This use of email clicks will work with any idea that is dear to your heart. Try Love, or Compassion, or Full Tummies the World Over, or Rain Forests.

When peace becomes praxis, peace becomes real. When any idea becomes praxis, it becomes real.



# Gratitudes

I had already begun to compile this book when I learned of the death of someone very dear to me—Heather Dietz Whelan. Heather and I spent many hours talking about and learning through spiritual practice. It is to Heather that this small offering is dedicated. I will miss her deeply.

I am grateful to my father for half of my heritage, a root in Judaism, and to my mother for her Old Testament attitude toward life which caused me to look elsewhere for my own way to live mine.

Rona Wilk and her dear mother, Irma, sent me to the right place for Hebrew answers. An especial thanks to Linda Mulligan of Harvard Hillel for so responsively taking my question to the wizards of Hebrew there. Norman Janis very kindly answered my emails giving in-depth explanations of Hebrew sentence structures. It always amazes me how much I don't know!

Joe Vitale and Dr. Ihaleakala Hew Len taught me the basics of Ho'oponopono. Sondra Ray helped.

Jon Whelan's vast network of contacts created the introduction to Beliefnet which has yielded me such beautiful opportunity to me, not the least of which is

the blessing of knowing Valerie Reiss, and Holly Lebowitz Rossi.

Jennifer Reif's was the 151<sup>st</sup> book I've read on Mary Magdalene. Her ceremony is awesome. Much of my path has been focused on the Divine Feminine because of how much we need safe spaces in which to live these days.

I will be forever grateful to St. Paul School of Theology in Kansas City, Missouri for labeling me a heretic and kicking me out. Their dogmatism demanded that I find spiritual practices that would work for all faiths.

Louise Hay's pioneering work with HIV/AIDS has been an inspiration to me for many years. She was one of the first spiritual teachers to acknowledge illness and claim the ability to be well within it.

Robyn Barsky shared her Orthodox Jewish journey with me and demonstrated the living of a G-d-filled life. I am grateful for her inspiration.

My experiences with the Siddha Yoga Lineage led by Gurumayi have been consistently startling and fruitful. The first time I received *shaktipat* from her, she told me to go and meet my Jesus. That landed me in seminary and so I became a minister.

Ralph Blum's original treatment of the Runes and their meanings was remarkable so many years ago and remains astonishingly clear to this day, and Rev. Debbie Tyson's willing to be willing has stood me in good stead for many a decade—especially when I'm not!

For over a year now, and counting, *Ode Magazine's* Readers Blog has been a precious island to me. I post weekly there on the subject of peace, and the demand of that post makes me focus on how peace works in me, in my relationships and in the world

Most of all, I am grateful for the Divine in all its myriad forms, formats, and phases because that relationship guides all my others.

Be everyday blessed,

Susan



## Further Resources

May I recommend a few random prayer resources for your leisurely further perusal?

[Everyday Sacred](#)

by Sue Bender

[The Queen of My Self](#)

by Donna Henes

[Adventures in Prayer](#)

by Catherine Marshall

[The Dynamic Laws of Prayer](#)

by Catherine Ponder

[The Holy Book of Mary Magdalene](#)

by Jennifer Reif

If I had to advise anyone about prayer, it would be very simple. Keep looking till you find a form that works for you. Every time the form you're using gets stale, seek—and find—another one!

You can always make a prayer request on my website: [www.susancorso.com](http://www.susancorso.com)

# The Author



Dr. Susan Corso is a spiritual author, speaker, and counselor. An omnifaith minister and the author of *God's Dictionary* (Tarcher/Putnam 2002) and *The Peace Diet*, she has had a spiritual counseling practice for more than 25 years. She has been an intuitive since childhood.

Susan's blogosphere writing may be found at [Seeds for Sanctuary](#), [God's Dictionary](#), [Ode Magazine](#) and [The Huffington Post](#), and [Beliefnet](#). Her website is [SusanCorso.com](#)

One of her favorite occupations is writing spiritual fiction. She is the author of *The Healing Mysteries of Mex Stone* under the pseudonym Shulamith

Burton. The audiobook of the first in the series, [Oklahoma! Hex](#), came out in September 2008.

Susan is the founder of Sanctuary and ten-year author/publisher of a free e-newsletter, [Seeds](#). As a professor at the accredited College of Divine Metaphysics, she teaches and ordains ministers.

Susan has been published in magazines, online magazines and newsletters including *Business Ethics*, *Beliefnet.com*, *Ode Magazine*, *Science of Mind*, *Napoleon Hill's Think and Grow Rich*, *New York House*, *Q-Spirit*, *Self*, and *Winning Ways*. She is the author of several tape series. Susan also writes for the theatre: *The God Show*, *I Would Never*, *Fight or Flight*, and *PeaceWomen*.

For many years, Susan was an organizational consultant and motivational speaker guiding nuclear scientists as well as entrepreneurs into their life purposes. Some of her former clients include Westinghouse Hanford Company, Mary Kay Cosmetics, Gila River Casinos, and the American Nuclear Society, among many others. Today she functions as Chief Spiritual Officer for corporations.

She lives in one-sixth of a Victorian house outside of Boston, with her beloved spouse, director/actress/teacher Sheriden Thomas, and the spirit of her familiar cat, Charles of the Ritz.

Her mission in life is peace.



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