

# *Seven Days to Your*



# *Luminous Self*



**Making the Shift from Homo-Sapiens to Homo-Luminous,  
Celestial Beings with  
*Celestial Psychology®***

**Where Mind & Body Meet Spirit**



Written & Prepared by  
Celeste Emelia Mattingly, LCSW  
*Creator of Celestial Psychology®*

Visualizations Written by  
Dory Dzinski, LPC  
*Editor & Publisher of The Door Opener Magazine*

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# Making the Shift from Homo-Sapiens to Homo-Luminous, Celestial Beings with *Celestial Psychology®*

## DAY ONE

### **Celestial Psychology® Principle(s) to accompany the first chakra:**

Human beings are spiritual beings or celestial beings having a physical experience and are therefore inherently good.

Human/spiritual/celestial beings are capable of healing themselves and each other with consciousness.

Human/spiritual/celestial beings are capable of healing themselves and each other with consciousness.  
Consciousness plays a direct role in the effectiveness of energy as medicine.

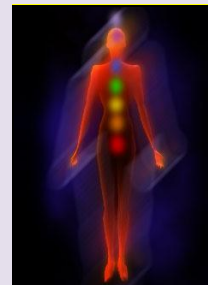
Psychotherapy is the ultimate form of healing because all healing comes from the mind.

### **Affirmation for the Day:**

**I** am a spiritual being having a human experience. I am a celestial being having a human experience. I know this is true because deep down I know myself as a spiritual being. I am inherently good. I have purpose and value. I am capable of healing myself and others. I am safe, grounded and centered because the first chakra of my energetic/spiritual body is activated, open and alive. My first chakra is balanced and spinning in its perfect direction for where I am right now, working toward my evolution, strengthening my celestial body, creating my homo-luminous being.

### **Visualization/Meditation for the Day:**

Sit in a comfortable position with your feet on the floor and your eyes closed. Imagine you are at the beach, sitting in a beach chair facing the ocean. The chair is low to the ground and you can easily pick up sand and sift it through your fingers. The warm waves lap easily around your feet and legs, and at times gently and laughingly splash up onto your torso. Imagine that the ocean water is becoming filled with millions of tiny red rubies and garnets, sparkling, twinkling, glistening, and gleaming in the sun. There are no sharp edges – they are all very smooth, soft, and delicate to the touch. The red jewels wash up on you and you lazily pick up handfuls and release them into the wind. You feel perfectly centered, perfectly grounded, perfectly present. You feel safe, secure, comforted, and protected as you are surrounded with the magnificence of these jewels, understanding that you, too, are precious beyond compare. There will never be a moment in your life when you are not safe and cared for. You trust that you are evolving! You enjoy the process! You enjoy your life!



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# Making the Shift from Homo-Sapiens to Homo-Luminous, Celestial Beings with *Celestial Psychology®*

## DAY TWO

### Celestial Psychology® Principle(s) to accompany the second chakra:

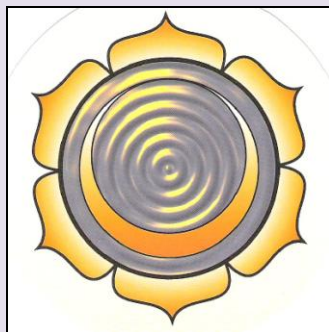
Human/spiritual/celestial beings are capable of change, especially when they focus on The Celestial or The Divine - a higher consciousness, often referred to as a *power greater than themselves*.

### Affirmation for the Day:

I am capable of changing myself by raising my awareness to spirit. I have the freedom to transform my humanness into a divine self, a higher self, a celestial self. I use the power of my second chakra to achieve the success I need to change. My second chakra allows me to achieve mastery over my humanness in all ways. My emotions and creativity blossom and flow. All my senses are activated. My second chakra is balanced and spinning in its perfect direction for where I am right now, working toward my evolution, strengthening my celestial body, creating my homo-luminous being.

### Visualization for the Day:

Sit in a comfortable position. Imagine yourself holding a glass of freshly squeezed orange juice. Bring it up to your lips and begin drinking it. Feel how cool and refreshing it is as it passes through your mouth, down your throat, and into your stomach and intestines. As it flows through you, it turns everything it touches a bright, rich orange. Feel yourself radiating orange and embrace the opening of your creativity and sensuality. All of your senses are opening. You feel vibrant, receptive, aware, and capable of navigating through your emotional landscape with ease. You are filled with juicy, jovial, life-filled orange. You trust that you are evolving! You enjoy the process! You enjoy your life!



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## DAY THREE

### **Celestial Psychology® Principle(s) to accompany the third chakra:**

Human/spiritual/celestial beings are evolving from homo-sapiens to homo-luminous beings.

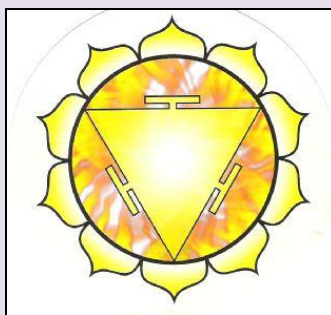
Human/spiritual/celestial beings have evolutionary impulses that drive them to become fully-actualized and therefore becoming homo-luminous celestial beings is inevitable.

### **Affirmation for the Day:**

**I** am driven to evolve. I work with the power of my third chakra to awaken my transformation to a homo-luminous being. All my actions are governed by my right to act in ways that produce the energy, vitality and personal power necessary to complete this transformation. I choose only that which is good for me and my boundaries keep me confident and strong in my self value. My third chakra is balanced and spinning in its perfect direction for where I am right now, working toward my evolution, strengthening my celestial body, creating my homo-luminous being.

### **Visualization for the Day:**

Sit in a comfortable position. Imagine yourself in the middle of a field, lying down on your back in the soft grass. Your arms and legs are spread out comfortably and your eyes are closed. Imagine the bright yellow sun, exactly above you, touching every aspect of your body. Feel its warmth; feel its power; feel its total connection with your every cell. Feel your body drinking up the bright yellow of the sun, coming in through your skin, pulsing through your blood stream, strengthening all your muscles and your bones. Bask in the brilliant yellow – experience it filling you with strength, power, complete certainty, and personal brilliance. You trust that your third chakra is compelling you to actions that further your evolution! You trust that you are evolving! You enjoy the process! You enjoy your life!



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# Making the Shift from Homo-Sapiens to Homo-Luminous, Celestial Beings with *Celestial Psychology*®

## DAY FOUR

### Celestial Psychology® Principle(s) to accompany the fourth chakra:

The outermost layers of the celestial body are the seat of consciousness and the intersection of the individual and the divine.

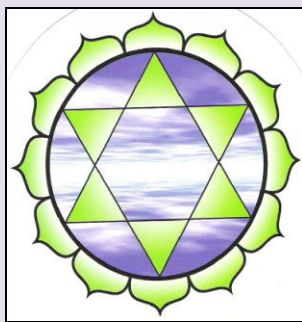
Human/spiritual/celestial beings are connected to one another and the universe as a whole by way of what science is defining as an energy grid, Field, or a Divine Matrix.

### Affirmation for the Day:

I am connected to the universe. I am connected to the Divine Matrix. My fourth chakra makes this connection easily and freely by giving and receiving love. I am open and loving to everyone and everything. I extend forgiveness to the best of my ability and I am working toward my own healing. My fourth chakra is balanced and spinning in its perfect direction for where I am right now, working toward my evolution, strengthening my celestial body, creating my homo-luminous being.

### Visualization for the Day:

Stand in a comfortable position with your arms out to the sides. Close your eyes and imagine you are a vine, a bright green, healthy, beautiful vine with your legs as the stems and your feet as the roots. As you stand, rotate your hands and arms very gently and slowly. Imagine that you are creating delicate tendrils from which blossom the softest and most beautiful tiny pink flowers. You may sway gently from side to side, imagining tendrils coming from your torso, your shoulders, your head. Let your hands dance as you allow the pink flowers to bloom. You are completely covered in green and pink – you are immersed in love, inside and outside. You are extending this love out into the world for all to experience. You are in a state of active healing – alive, beautiful, peaceful, joyful. You trust that you are evolving! You trust that your fourth chakra is compelling you to emotions that further your evolution! You enjoy the process! You enjoy your life!



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# Making the Shift from Homo-Sapiens to Homo-Luminous, Celestial Beings with *Celestial Psychology*®

DAY FIVE

## Celestial Psychology® Principle(s) to accompany the fifth chakra:

The development of consciousness is referred to as consciousness-raising.  
In Celestial Psychology®, it will also be referred to as "Holy Work."  
Consciousness-raising and Holy Work are integral to Celestial Psychology®.

Celestial Psychology® is the "Holy Work" of evolving from homo-sapiens to homo-luminous beings.

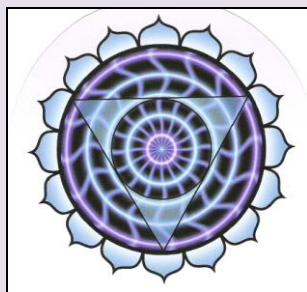
"Holy Work" is the responsibility of the individual; however, when being performed or practiced, its efficacy is enhanced by the individual's focus on divine or celestial forces, which are omniscient and omnipresent.

## Affirmation for the Day:

I love to do Holy Work. I love to do Holy Work for myself and for others. I love to do all that raises consciousness, for myself and for others. I communicate clearly, logically and truthfully about all areas of my life. I speak truths that raise the consciousness of others, as well as my own. I use my voice to assist the evolution of mankind. I listen closely, carefully, and deeply. My fifth chakra is balanced and spinning in its perfect direction for where I am right now, working toward my evolution, strengthening my celestial body, creating my homo-luminous being.

## Visualization for the Day:

Sit in a comfortable position. Imagine that you are standing in front of a door that leads to the outdoors. Take a few deep breaths and open the door to begin your day. You are greeted by the most beautiful blue sky you have ever seen. Fluffy white clouds float by gently. Blue birds and blue jays fly by joyfully. They land on the tree branches near you and on the ground by your feet. You can see a beautiful and sparkling blue body of water off in the distance. You breathe deeply, closing your eyes and imagining the blue entering your nose and nestling in your throat chakra. It is fresh and invigorating. You feel clear and free. You are ready to listen deeply and speak clearly in all you do today. Your truth is set free in a healthy expression of who you really are. You trust that you are evolving! You trust that your fifth chakra is compelling you to express all that furthers your evolution! You enjoy the process! You enjoy your life!



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# Making the Shift from Homo-Sapiens to Homo-Luminous, Celestial Beings with *Celestial Psychology®*

## DAY SIX

### Celestial Psychology® Principle(s) to accompany the sixth chakra:

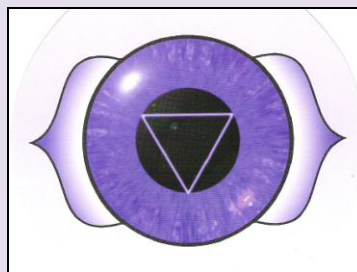
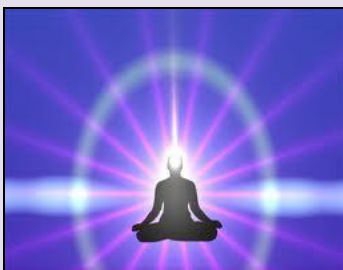
Human/spiritual/celestial beings are co-creators with divine or celestial forces. They co-create reality, and the more developed their celestial bodies become, the more efficacious and miraculous their creations my become.

### Affirmation for the Day:

**I** co-create with the divine. I co-create my reality. The more Holy Work I do, the more I know the divine. I am gaining insight into what my spiritual, divine, celestial being will look, think like, and behave like. I create a miraculous life. I create miracles for myself and others. I can see with my mind's eye all that is divine. My mind is sharp, powerful, creative, and brilliant. I know all things, because my mind is one with the divine. My sixth chakra is balanced and spinning in its perfect direction for where I am right now, working toward my evolution, strengthening my celestial body, creating my homo-luminous being.

### Visualization for the Day:

Sit in a comfortable position. Place your hands in prayer position, and lift them up until your thumbs are touching your third eye. Imagine your mind being flooded with an inky indigo blue. There are brilliant points of light in the indigo, like stars in a midnight sky. The stars are exquisitely positioned on your night canvas. Your vision intensifies and you understand that each star is a piece of yourself. Some may be your ancestors or guardians watching over you. Some may be parts of your life journey – both its memories and goals. Some are friends and family – past, present, and future. Spend a moment contemplating these stars. Understand their messages for you, for your sixth chakra has opened and your intuition and clarity are impeccable. Your journey becomes clear. You trust that you are evolving! You trust that your sixth chakra is compelling you to know all that will further your evolution! You enjoy the process! You enjoy your life!



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# Making the Shift from Homo-Sapiens to Homo-Luminous, Celestial Beings with *Celestial Psychology*®

DAY SEVEN

## Celestial Psychology® Principle(s) to accompany the seventh chakra:

Human/spiritual/celestial beings are capable of overcoming the self-centered “Egoic Mind” and developing their *Higher Consciousness, Divine Mind, or Celestial Mind*.

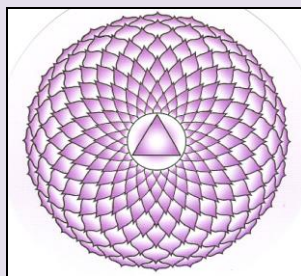
The Egoic Mind or EGO is defined with the simple acronym as Edging God Out.

### Affirmation for the Day:

I am transcended. I am free from the trappings of the egoic mind. I am timeless and eternal. I am the source of everything. I have no beginning and I have no ending. I am all that ever was and I am all that ever will be. I am the infinite potentiality, the inexhaustible possibility. My flow is eternal, all-reaching, unhindered by time or space. My seventh chakra is balanced and spinning in its perfect direction for where I am right now, working toward my evolution, strengthening my celestial body, creating my homo-luminous being.

### Visualization for the Day:

Sit in a comfortable straight-backed chair. Imagine you are sitting on the most magnificent throne you can imagine. You are surrounded by angels with wings of the brightest and most celestial white you have ever seen. A jeweled crown is placed on your head, which casts a golden radiance all around your head. You are adorned in brilliant opalescent garments with intricate designs woven of glittering silver thread. You feel the strongest spiritual connection you have ever felt. You feel the presence of the highest spiritual beings you've ever known. The love that emanates from them comforts you beyond any comfort you've ever known. Their love for you is compelling you to remember that it's always been there and will always be there. You are both the lover and the beloved. You are cherished and adored ... you are absolutely, divinely perfect. You trust that you are evolving! You trust that your seventh chakra is compelling you to transcend into your homo-luminous self! You enjoy the process! You enjoy your life!



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## **Acknowledgements**

Special Thanks to:

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## **Announcement**

### **"7 Days to Your Luminous Self"**

will soon be available as

#### **A set of 7 Fabulous DVDs**

DVDs contain thought-inducing,  
consciousness-raising images for the psyche,  
like the ones used above,  
accompanied by music & audio recordings  
of these illuminating affirmations and visualizations.

go to: [www.celestemattnglylcsw.com](http://www.celestemattnglylcsw.com) to check availability.