

Creation Process



I put into motion the spiral of my life,
turning feeling into thought-forms.

I can create everything
that IS Love.

In PRESENCE I choose Love
and nurture my decision
holding it unceasingly in my HEART.

I communicate my choice clearly.
Voicing its content
I release the vibration of the word into space;

IN THE NAME OF GOD'S BENEDICTION
IN THE NAME OF GOD'S GRACE
IN THE NAME OF GOD'S POWER
I KNOW MYSELF AS THE GROUND
FULL OF UNDERSTANDING
LOVE
AND PEACE.

IN THE NAME OF GOD'S BENEDICTION,
IN THE NAME OF GOD'S GRACE
I GIVE MYSELF THE RIGHT TO HAPPINESS.
— THE FIELD OF ABUNDANCE OPENS

ALMIGHTY GOD,
THROUGH YOUR INTERCESSION
— EVERY CELL OF MY BODY
FILLS WITH JOY.

I return to this prayer often
re-programming the mind, even at night.
Feeling the joy of fulfilment.

I maintain Humility –
openness to all outcomes.

Humility is born from a deep trust,
embedded in the experience of Oneness.
We are after all children of God, and *if children, then heirs, heirs of God.*
Whatever God gives, is given with Love.

Free Will
focused by Purity of Intention,
grounded in PRESENCE
becomes.

There are as many possibilities
as there are parallel realities held by infinity.
The centre is the HEART and the WORD
– THE CAUSATIVE CREATIVE MIND.



The passion of transformation fills everything,
including emptiness and stillness.
Its creative movement proliferates; brightening life with its glow.

PRESENCE AND FREE WILL
are the universal language of life
– the greatest gift,
and greatest mystery of EXISTENCE.

DYNAMIC OF SILENCE

NOW



I AM AT THE HUB OF THE WHEEL OF CHANGE.
Knowing penetrates deep into the cells of the body.
My breath is held,
suspended in wonder.

I AM AWAKE ...

I SEE ...

I am immersed in the BLESSEDNESS OF THE MOMENT...

THIS MOMENT

– NOW

IS THE SILENCE UNITING ALL.

In this potent Silence
lies the dignity of my humanity.
I honour it.
I see and honour myself in the NOW.
I delight in the incomparable nature of Existence.
I express this joy with my whole being:
BODY, MIND AND SOUL.

SILENCE is a fleeting star,
therefore I nourish and ground it in the breath.
It takes me into a wider and wider embrace
and fulfils the everyday.

In the Silence of meditation
I am both the LONGING AND ITS COMPLETION.
– the Alpha and the Omega.

I am the dynamic Joy of the Creator
and the Creation.

The Fire of Transformation
and the Silence of Peace.

Haste vanishes,
its place is filled with spontaneity.
Tensions subside,
yielding to blessed release.
Pettiness expires
washed by a stream of generosity.

Events occur.
I receive them
with the joy of Discernment.

Held in the arms of Silence
I do not burden myself with arising distractions
Touched by Peace
they recede.

I receive MEDITATION as a gift.
SILENCE IS.
I do not try to interpret or capture it,
so it remains, unblemished by trivialities.

The circle of Silence gradually widens,
Embracing my close ones
and pouring out upon all who desire it.

In the Potency of Silence Now
I BECOME A CHANNEL FOR THE FLOW OF LOVE.

HAPPINESS AND JOY



Life is a wondrous adventure.
When I take life too seriously, it escapes me.
When I see it from the perspective of eternity,
it reveals unending dimensions.
The multiplicity of forms in Existence appear as a great play
– the spontaneity of Nature.

The Meditative state,
– the act of returning HOME,
forever deepens the wonder of Existence.
Nothing dims its radiance,
not even that which we call death.

I AM to BE,
to experience, to rejoice.
I delight in everything
within me and around me.
I see beauty in what IS.
Bound by nothing,
I welcome into my LIFE that which completes me.

I see perfection In everything.
I don' t run away from anything, not even pain.
I meet pain and it dissolves in the arm of wholeness.

I celebrate GOD' S PRESENCE.
I celebrate LIFE.
I celebrate and play.

When Joy is hidden for a time,
I lift my head and praise life even more,
so that my *joy might be full*.

The more I share my joy,
the more intense and vibrant it becomes.
Its generosity spills over.

Joy IS the culmination of everything,
However, I do not try to grasp it
and do not feign it.

Joy IS a witness of Truth.
The less veiling of the heart, the more it shines through
– the Truth that sets free.
I trust in God' s benevolence
and shall not be shaken,
even though the earth trembles and mountains sink into the sea.

I AM self-fulfilling Joy,
immersed in the CONSCIOUSNESS OF BEING
grounded in wholeness,
held in peace,
enriched by creativity
anchored with understanding
and upheld by the power of
– I AM –

SPHERES OF BODY AND SOUL



I KNOW THAT I AM.

The awareness of this permeates the physical body,
and the subtle bodies.

I am a three-dimensional hologram
formed by imprints in the etheric fields.

Within the subtle bodies are contained:
the energies of all experience
– past and future,
individual and collective memory –
and the vertical pillar of union with God.

My body and my expression are the work
of the DIVINE MATRIX OF EXISTENCE
and a reflection of all my experiences.

Just as at the time of birth
I couldn't comprehend the complexity of life,
so now, I can't imagine
the regions of the SOUL beyond time and space.

But still, their eternal qualities penetrate the cells of the body
and communicate through hunches and intuition.
At night the SOUL reveals its transcendent nature,
leaving the body and sharing its secrets
in the form of dream images.

However, SOUL transmissions can be distorted - not only in dreams,
but also when seized by the analytical mind.

With the removal of boundaries set by the mind,
unknown realms are revealed.

The SOUL reveals only as much, as I AM.

The sphere of recognition
is the sphere of Becoming.

Now, we see in a glass darkly.

In the SILENCE of meditation
we will see face to face.

It is essential to which level of subtle body
we are connected, in each moment.

The higher the subtle body, the freer it is
from the programming of personal and collective illusion.

The purest connection between body and SOUL
is through FEELING untainted by mind.

FEELING is mostly actuated through the senses.

When compulsive thoughts intervene,
emotions are born, obscuring contact with the SOUL.
The nature and intensity of the compulsive thoughts
will determine the extent of our internal split.

Any conflict within oneself
disturbs the harmony of being

Outward positive behaviour
does not always reflect our inner state.

Artificial learned manners:
cultivated love, contrived love, selfish love,
all deny the inner TRUTH.

The body and SOUL connection highlights the understanding

that all change starts within.

Excess emotional tension
manifests itself in the physical body as discomfort.

In this way, the SOUL calls for change.

Dis-ease is a potential transformation of the SOUL.

I do not fight it.

I dialogue with pain,

to reveal the reason for its existence.

I send the Light of Love to every weary cell
bringing understanding and healing to the cause of the ailment.

Being conscious of the subtle bodies
is synonymous with meeting the Soul.
The experience varies in scope and intensity,
thus its description is always subjective.



I breathe freely ...

harmonising internal energies ...

The relaxed body becomes lighter ...

I am immersed in it ...

I SALUTE THE BEATING HEART OF LIFE ...

Not limited by tensions
and free from all conditioning
I journey within my physical body.

Gradually, I move beyond the body ...

I float ...

and turn ...

I am aware of myself outside the body...

I see my body...

THE DIVINITY OF THE SOUL



Within the depths of the SOUL
is contained its greatest treasure
– consciousness beyond time and space.

I IMMERSE MYSELF IN CONSCIOUS PRESENCE

Experiencing the depths of my SOUL,
I partake in the fullness of Unity.
This is the greatest gift of God:
participation in God’ s Infinite Power.

I EXIST

– according to the Creative Intention –
to fulfil the image of my likeness
to ETERNAL CONSCIOUSNESS
by proclaiming

– I AM –

I AM

The journey to the source of the Soul comes to an end ...

The suffering of ignorance passes.

In the silence of meditation,
in a state of deep empathy for myself,
in a state where I remain in full contact with my essence,
the dark side of myself becomes silent.

What remains is BLISS
wrapped in pure Presence...

With trust immersed in this protection,
full of Hope and Peace
I enter the DIMENSION OF SPIRIT ...

A burst of energetic tingling
passes through me and wakes an astounded Humility.

Overcome by Silence
I am silent...

I have pure intent
– it is the joy of Being.

I draw close to the Ark of the Covenant.

I am stilled,
sensing the nearness of GOD' S PRESENCE.

Waves of Love
wash over me with tenderness and gratitude.

Am I open enough to accept all this?
Lowering my eyes,
I protect the trembling cells of my body
from the dazzling LIGHT.

The intellect tries to deny the recognised Truth,
that I AM ONENESS.
Yet, *I have received the Spirit of adoption, as son*
in which I can cry
– Abba, Father.

The rejection of this Good News,
would be a betrayal of the Highest Self.

I recognise this Self in me.
I understand and stand by it.
I am uniting with my Highest *I*
- my HOME.

I know where I am.
I recognise my place in the NOW.

I am awake ...

In one instant,
– according to the innermost image,
IT CAME TO BE ...

And from the depths of the Soul a call arises:

I AM
I AM
I AM



Enfolded in God's Presence

I embark on further journeys into Recognition.

New, unending dimensions open.

I have freedom to partake in spheres, states and dimensions

as my openness to God desires.

Eternity doesn't have a need to hurry.

I can re-turn, and take my journey towards the Highest Mountain again,

enriching every moment with the energy of the experience gained.

I am Becoming a witness and a channel of

Truth

Unity

and Love.