

# MERGE

## PRACTICAL SPIRITUALITY



## POWERFUL DAILY PRACTICES

OVERCOME THE LIMITATIONS OF THE EGO MIND AND  
TAPPING INTO THE UNLIMITED POTENTIAL OF THE CREATIVE SPIRIT  
(Practices from Suzanne's book: *Wake Up! Awakening through Reflection*)

***SUZANNE ROSS***

# PRACTICAL SPIRITUALITY

## INTRODUCTION

Welcome to Practical Spirituality! I am so delighted to offer this book with a collection of 10 essays on Practical Spirituality from my book, "Wake Up! Awakening through Reflection." Everyone can benefit from practical tools and daily exercises that allows them to move beyond the limitations of their ego mind. We can all step into the unlimited potential of our creative spirit if we make a conscience effort. Practical Spirituality will guide you toward liberating your mind from limiting beliefs so that you can realize your highest potential!

You see, I believe that the true meaning of life is to create and the purpose is to evolve. This is based on a divine revelation that came to me a few years ago. I believe that we can intentionally create the experiences that will help us to consciously evolve. These experiences will be based upon the lessons we have come here to learn. I have provided a specific process by which these lessons can be revealed and applied. This involves living in a higher state of awareness in which we are very present with our thoughts, words and actions. Then we can consciously direct them according to the lessons we need to learn. As we uncover our life lessons, it becomes clear that they are centered on a higher way of living and being. This enlightened way of being is reflective of a higher consciousness which we refer to as our "higher self". By making an intentional effort to draw upon our highest self when applying these life lessons, we are expressing our divine nature. When the progressive evolution of our soul has become our highest priority and we are intentionally creating our experiences accordingly, we are fulfilling our divine purpose. This leads to the question of how:

**"How do we intentionally create the experiences that we need to consciously evolve?"**

As divine beings, we have the inherent ability to create our experiences according to our desires. We can manifest anything we desire just by visualizing it in our minds and feeling the passion in our hearts. This is how we create with a strong intention. When we envision what we wish to create and express a strong desire to do so, our subconscious mind gets the message loud and clear. Our sub-conscious mind is sub-ject to the thoughts in our conscious mind. It responds by creating whatever we focus our attention on. In this sense, we can basically "think things into being" and transform our thoughts into reality. If spirit can see that our desires serve a higher purpose, it will set things in motion on a universal level. With the highest intentions in mind, we can create the "thought-forms" that are necessary for our soul's evolutionary progress. Based on our passions, we will discover our true calling and with the power of these emotions, we can create everything we need to make our dreams come true. Once we get the hang of it, magical synchronicities will unfold all around us and we will find ourselves successfully fulfilling our true purpose! Wayne Dyer once said, "You have to believe it to see it.". This is definitely true when it comes to manifesting with intention. You must have faith!

**Faith in your ability as a Creator is essential!**

Your ability to concentrate will also be extremely helpful and you will develop this skill during the meditations. By engaging in the visualizations, you will learn how to project your thoughts according to your intentions. You may even begin to see that everything in creation is essentially a

thought-form projected from the mind of the Creator. As an aspect of the Creator, you have the same creative potential to manifest form by projecting the thoughts in your mind. To strengthen your faith, I have chosen to share my beliefs about our divine potential.

We are “thought-forms” in the mind of the Creator. If we imagine that the entire field of consciousness within which all of creation exists as the “mind” of the Creator, then we can grasp the concept that we are essentially, “thought” transformed. He thinks everything into being by projecting his loving thoughts wherever he wishes to manifest things and beings. Spirit activates these forms by breathing life into them. They become illuminated by the living spirit within them. Living beings are endowed with an energetic pattern, or personality, that is unique to them. We are all energetic vibrating patterns of light and love. When we learn how to project our consciousness, we are actually directing a beam of vibrating light that contains the patterns of our thoughts and intentions. This light has the power to manifest based on the instructions it contains. It has the power to “trans-form” thought into form.

It’s like fiber optic cables that transmit “data-filled” light between communications systems. This information travels at the speed of light between its origin and destination. We are sending “data-filled” light when we project our consciousness with a strong intention. Just like the Creator, we can manifest thought into form by projecting the light of our consciousness. It’s best to consult with a higher source before creating. We have to remember that the omnipresent spirit has a much broader perspective than we do. It knows what’s best in the big picture of interconnectivity. That’s why it’s wise to call on our higher self rather than relying on our ego. Here’s where faith comes in again. Sometimes, we may not understand why things are happening the way they are. We may get frustrated and think, “Why isn’t that person responding or why didn’t I get that promotion.” If we are co-creating with spirit, we must have faith that there is a good reason and that something much greater is in store for us. With faith in spirit, we know in our hearts and mind that:

**“Everything is as it should be.”**

This doesn’t mean that we just “Let go, let God”. We still have to actively pursue our goals. They just have to be based on the highest intentions, and then spirit will lend a helping hand. The divine purpose of being is to co-create on the path of self-realization. The whole purpose of creation is based upon the Creator's desire to "know thyself" through experiences in both spiritual and physical realms. Therefore, he devised a divine plan to create worlds that would expand into eternity and evolutionary beings to inhabit and experience them. The Creator increases his "knowledge of self" through our experiences in these worlds. He is the One Great Self and the One Infinite Source of creation. We are all aspects of his personality. We are each a "point of view" from which he can observe the eternally expanding experience. As a unique point of view, we can provide the Creator with the best experience possible by accessing our highest self. As beings in the physical realm, we are projections of our higher self which exists in a spiritual realm. Our higher self projects many aspects of its self throughout the various realms of creation. In this sense, we are one of many selves existing at the same time. Our higher self "ensouls" all aspects of its projected selves just like the Creator "ensouls" all of his creation. We have a direct connection to our higher self and to the One Great Self. This is because they are one and the same. I want to emphasize this point because I want you to know that you have the same ability as the Creator to intentionally create and consciously evolve. You are a creator and you have the divine potential to do, be and have anything you truly desire. Believe it and you will see it come true!

To help you access your divine potential, I have created a series of daily practices. You will learn how to create from spirit rather than from ego. When you are guided by spirit, you are drawing

from an infinite source that is endless. When you are creating based on the desires of your ego, you are drawing from a superficial source that is transient. Spiritual fulfillment will bring you everlasting happiness while ego will only bring you temporary happiness. That's why we want to create based on the spiritual guidance we receive during meditation and reflection. I have included this section on "Practical Spirituality" to help you merge your divine being with your ego identity. This will help you transform your intentions into the realization of your true self. You will begin to create meaningful experiences based on your life lessons that will bring you more joy, peace and happiness than you ever thought possible. You will begin to create with the highest virtues in mind and this will attract abundance into your life. As you learn to focus on your true desires, synchronicities will magically unfold in every aspect of your reality.

There is no great secret to manifesting. It's simply a matter of directing your thoughts with the highest intentions. If your desire is to create something that will benefit yourself and others, you will receive plenty of assistance from spirit. By simply asking with an open heart and mind, spirit will get busy on manifesting your intentions. This is spirit in action and once you have the universe on your side, anything is possible. Each and every one of us has the ability to draw from the infinite source of spirit. This is an endlessly abundant source of health, wealth and prosperity! The Creator wants all of his children to enjoy the abundance of his infinite creation. Ask and you shall receive my friends. Just remember that the key to manifesting spirit into form is the purity of your intentions. If you have unconditional love in your heart, spirit will be on your side. When you radiate light and love every day in every way, you will attract abundance. The people that you need to fulfill your divine purpose will be attracted to your light and together you will co-create your shared intentions. This exponentially increases your creative power!

One last thought I would like to share before sending you off on your journey:

Be grateful every day for all of the blessings in your life. Be grateful for your health, your home and your loved ones. Be grateful for the unconditional love of the spirit that surrounds you. By recognizing the abundance you already have, you will attract more into your life. By always expressing infinite love and eternal gratitude for all that is, you will access your divine potential.

DAY ONE  
**PRACTICAL SPIRITUALITY**  
Transformation: Balancing Ego and Spirit

*"My religiosity consists in a humble admiration of the  
infinitely superior spirit that reveals itself in the  
little that we can comprehend of reality"*  
~Einstein

I believe the reason I was led to a spiritual path rather than a religious denomination is because spirituality has allowed me to open my heart to all belief systems without boundaries. I am able to see the divine essence of all traditions and therefore, the divinity within all seekers. I used to think that religions were judgmental and hypocritical. Upon closer examination, I realized it wasn't the religions at all. They too had a divine origin and nature and it was just the ego's interpretation of it. The human ego casts shadows on the beauty and truth of the message like clouds that block the sun or borderlines that divide countries. The light of pure spirit becomes filtered and fragmented. In the true nature of being, all is one and every living being is united by spirit. It is the ego that keeps us fragmented. Ego is threatened by spirit. When we die, ego dies. That's why we are so afraid of death.

But even in life, our spirit can overcome our ego. Just as our spirit is liberated at the time of our death when it merges with the omnipresent light, we can make a sincere attempt to free ourselves from our ego in this lifetime by connecting with the living spirit now. We can start just by having a higher level of awareness about the qualities of ego and spirit. This will allow us to distinguish between the two and identify, therefore, who we are bringing forth and to what extent.

It's very helpful to say "spirit, spirit, spirit" whenever you feel ego is overstepping its boundaries. Anything other than pure unconditional love is ego, of course, so we have to be very cautious in our thoughts, words and actions not to let it rear its ugly head and cloud our judgment. So this becomes a daily practice: Just say to yourself, "Is this ego or spirit talking?" If its ego, we think, "How can I redirect my thoughts towards spirit?" If its spirit, we simply smile and express gratitude for the guidance we are given. Staying in spirit allows your divine purpose to unfold in many beautiful and profound ways. A harmony of synchronicities takes over and you move effortlessly through life as you allow them to flow freely. If you stay open to spirit and surrender to the will, your heart will overflow with an abundance of joy and brilliant rays of light will emanate from your being. Those who recognize the light will be drawn toward it and you will know that you were destined to walk the path together. As your circle of light expands, you are realizing more and more of your own true self in the reflection of others. The other light beings are simply reflections of your own spirit expanding just like we are all reflections of the One Great Self experiencing.

Remember, you are a child of the Creator, his spirit is within you and, as such, you are an expression of pure spirit – a divine aspect of his personality. Your physical being is a vehicle within which you can realize your true self through experiences in this realm. As long as you stay in spirit and strive for the highest expression of yourself, by exemplifying your best traits, your path will unfold effortlessly. An insatiable curiosity will lead you to the truth and an open heart will help you find it. Ask and you shall receive all the guidance you need. Always remember: all is one. You are one with the spirits who are guiding you.

Recently, while struggling to balance my own ego-identity with the divine spirit within, I asked for guidance. I simply said, "I am struggling to balance my ego with my spirit. I am finding it difficult to bring my spiritual aspirations in alignment with my ego identity." I asked, "How do I bring the light and love of spirit into my mundane existence as a physically incarnated being? How do I inject spirit into daily tasks like going to the DMV or paying bills? How do I transition from bathing in the light as I channel spirit into sitting in congested traffic on the way to work?"

There is a strong pull in the direction of spirit which makes me want to hibernate somewhere remote so I can be isolated from the distractions of the world. On the other hand, my ego identity has obligations in the physical realm. There are many things to be done that seem like distractions from my true purpose of writing about and bathing in spirit. I know, however, that I have an opportunity to radiate the light of love when I am out in the world and that this too fulfills my divine purpose. I just need to learn how to embrace every moment of my life as an opportunity to express my spiritual self. I need to learn how to set aside my ego so that my spirit can shine through my thoughts, words and actions. I have to remember that the spirit resides within me like a brilliant light radiating outward from my heart and mind in all directions. When I am focused on my spiritual practices, out in nature or with spiritually minded friends, this light glows brightly and strong feelings of unconditional love, pure joy and inner peace consume me. I feel deeply connected to spirit and my body feels like it's shimmering with light. At other times, the light of my spirit grows dim as my ego consumes me. I feel a sort of heaviness set in as thoughts of resentment and frustration arise and my patience and compassion towards others diminishes. At these times, I feel separate from others and from spirit. I feel overwhelmed by the mundane tasks and personal

obligations of my ego identity as Suzanne. I begin to view these as distractions from spirit and begin to resent them. I want to flee from the ego demands of my physical world and retreat into my true nature as a spiritual being.

This is the biggest challenge of our lives: to balance ego and spirit.

I was facing this challenge head-on one afternoon when the frustrations of trying to resolve a property tax issue boiled up inside of me and started turning to anger. Darkened by the shadows that were dimming my light, I decided to run a nice hot bath. With my string of mala beads in hand, I began to call on spirit. For each mala bead, I simply repeated the phrase: "The power of the infinite spirit is within me". Halfway through the beads, my shoulders dropped and I began to relax. I pictured a sky full of clouds and each cloud had a name – taxes, mortgage, work,... One by one, I sent these clouds away. Finally, all that was left was a clear blue sky with a golden disk in the center. The brilliant rays of the sun consumed me and I felt drawn into the light. Embraced by its warmth, a sense of deep inner peace overwhelmed me and I knew that everything would be fine. Then one by one, simple easy solutions to the issues that had been gnawing at me just flowed. I had called on spirit to ease my mind and now it was flowing through me. Once I removed the dark clouds of my ego mind, the bright light of my spirit could shine through once again.

I expressed my eternal gratitude and promised to shine my radiant light throughout the remainder of the day. I made an oath to bring spirit into my every thought, word and action as, one by one, I tended to the tasks of my ego-world with joy in my heart and peace in my soul. This is the message that came through loud and clear:

"Ask and you shall receive. Surrender to the light and it will guide you." And so I simply asked, "How do I bring my spiritual essence into my physical experience? How do I bring the spiritual realm into the physical world? How do I challenge my ego to step aside so that my spiritual light can shine brightly at all times?" This is the message I received:

"Each and every task is an opportunity to serve and should be cherished as such. Shine your light upon each and every person you encounter and, in this way, you can overcome the darkness and bring peace, joy and happiness into the world while performing daily tasks. These errands are simply an opportunity for you to interact with spirit in the physical realm and, if you are mindful, you can transform this realm into a spiritual experience. Remember, you are a spiritual being having a physical experience. Beyond that, you can transform what appears to be a physical experience into a spiritual one by seeing the divine light of love in each transaction and in every living being. This is how you bring spirit into the world of ego, my dear. Go out and shine your light and radiate your spirit. You are never separate from it for it is omnipresent – just like my love."

Before heading out, take the time to sit and connect with spirit. This way, you will walk in the light and it will not allow the darkness to pervade your space. If you ask for guidance, spirit will help to clear the clouds of ego away so the sun can shine brightly through. If you listen carefully, you will be guided through the tasks and what seemed difficult, will suddenly seem so simple. It is a matter of surrendering and going with the flow. Once you drop all resistance and move into your day with an open heart and mind, everything will fall into place beautifully. You will be in the divine flow and as you shine your light upon the world, others will respond with joy and kindness. Your day will unfold magically and you will become aware of a divine synchronicity as mysterious people, places and things show you special messages with hidden meanings. If you engage in these experiences with a reflective mind, these meanings will be revealed. This is spirit guiding you and if you can remain in a state of expanded awareness by being fully engaged in the moment, you can follow its

guidance and progress along your path. Following the path of spirit will fill your heart with so much joy that you will begin to attract an abundance of opportunities. If you make your wishes clear and your intention is pure, you can attract the opportunities that will bring you the most happiness and fulfillment. With your mind focused on spreading the light and love of spirit, you will be presented with many glorious people and things to help you do just that. The Creator wants all of children to enjoy the abundance of the universe. All you have to do is ask, surrender and then just open your heart to receive.

Divine spirit, I am eternally grateful and infinitely in love for all of eternity. Amen.

DAY TWO  
**PRACTICAL SPIRITUALITY**  
Self-love & Empowerment

*"In our false sense of separate self, we have had no desire to interface with the existence of the true I AM, who is the core of our conscious existence. We have unconsciously lived in alienation to our real self, our true identity, because our whole life has been lived in and from our rational mind."*

~Sean Calvin

During a transitional phase in your life, it is particularly important to let go of any limiting beliefs you may have about yourself. This will empower you to move forward with the true perceptions of your higher self and leave behind the false perceptions of your ego. We all have the innate capacity for complete happiness and perfect health. The only thing that can possibly prevent us from being totally happy and perfectly well is the limiting beliefs we have about ourselves. While we may point to *outer* circumstances, this divine potential is *within* each and every one of us. There is nothing outside of ourselves that can limit our inherent potential. Unconditional love, peace and joy belong to the human spirit by virtue of the divine source from which we came. When we are connected to this source, we are tapping into our unlimited potential for happiness, success, health and well-being. So why do we limit ourselves? Why do we see ourselves as separate from the divine source of pure love by not loving ourselves and others unconditionally? Why are we limiting ourselves by being disconnected from the unlimited abundance of the source? How do we reconnect and then, stay connected to it? These are the questions that we are going to explore. We are going to dig deep within to discover why we don't firmly believe that we are anything less than perfectly divine beings capable of tapping into our highest self at any all times. To enhance our ability to connect with our highest self and overcome these limiting beliefs, we are going to start by engaging in the following practice. Simply fill-in the blanks:

**RE-DIRECTING YOUR BELIEFS**

**FALSE PERCEPTIONS OF EGO**

1. I am not \_\_\_\_\_ enough.
2. I am not \_\_\_\_\_ enough.

3. I am not \_\_\_\_\_ enough.
4. I am not \_\_\_\_\_ enough.
5. I am not \_\_\_\_\_ enough.
6. I am not \_\_\_\_\_ enough.
7. I am not \_\_\_\_\_ enough.
8. I am not \_\_\_\_\_ enough.
9. I am not \_\_\_\_\_ enough.
10. I am not \_\_\_\_\_ enough.

NOW SIMPLY REDIRECT THESE THOUGHTS

**TRUE PERCEPTIONS OF YOUR HIGHER SELF**

1. I am \_\_\_\_\_ enough.
2. I am \_\_\_\_\_ enough.
3. I am \_\_\_\_\_ enough.
4. I am \_\_\_\_\_ enough.
5. I am \_\_\_\_\_ enough.
6. I am \_\_\_\_\_ enough.
7. I am \_\_\_\_\_ enough.
8. I am \_\_\_\_\_ enough.
9. I am \_\_\_\_\_ enough.
10. I am \_\_\_\_\_ enough.

Now perform the following “ Mirror Practice”. This practice will help to liberate you from the false beliefs of your ego and allow you to merge your ego-identity with your highest self. By merging ego and spirit, you can apply the virtues of your highest self to your everyday roles and activities. In this way, you can learn to re-direct limiting thoughts and behaviors to higher ones that activate your divine potential.

**THE MIRROR PRACTICE**

Stand in front of a mirror. Look yourself square in the eyes and smile. Realize that the light behind your eyes is the spirit of your highest self. Know that the source of this light is the pure

unconditional love of the infinite spirit and that it is within you and all around you always. It transcends your ego and you can always draw upon it. Greet your higher self and say,

“Thank you for loving me unconditionally.”

Now recognize your ego-identity and say, “I love my skin and hair. I love my face and neck. I love my mouth, tongue and esophagus. I love my brain. I love my chest and shoulders. I love my heart and lungs. I love my stomach and intestines. I love my back and spine. I love my central nervous system. This control center operates on the energy of pure love. I love my kidney and liver. I love my bladder. I love my hips and thighs. I love my knees and calves. I love the feet that support me and the hands that feed and care for me. I love every bone, muscle and joint, I love every cell of my being.” Now envision every cell of your being illuminated by the light and love of your spirit.

Know that your higher self always resides within you and the love of the infinite spirit is always around you. Make a commitment to honor your spirit at all times.

DAY THREE  
**PRACTICAL SPIRITUALITY**  
Closure: Letting Go

*“As you adjust to letting go, your knowledge, faculties, desires as well as your thoughts, intentions and actions will progressively become more positive, constructive, patient and loving. You will perceive a higher calling to life’s purposes and experiences.”*  
~Lonnie C. Edwards. M.D.

Adults tend to resist change. Even if we know that our circumstances need to change, for whatever reason, it makes us uneasy. It’s a fear of the unknown and it’s why so many people stay in situations that are undesirable. Since the meaning of life is to create, however, we must keep creating new experiences that allow us to learn and grow. If we find ourselves in a situation where we are not being creative, and we don’t consciously choose to make a change, conditions may begin to deteriorate anyway. Like Janet’s teacher said, “If spirit isn’t creating, it’s destroying.” Whether we find the courage to make a change or spirit does it for us, it is still difficult to leave our old life behind and move on to new adventures. It feels like we always leave a piece of ourselves behind in the old life, especially in the beginning. At first, we feel fragmented and our mind seems to spend time in both the old and new lives. Even though we are trying to focus on a new way of life, our mind seems to wander into the old version of it. Our mind may spend time romanticizing the old life and replaying past events. It may also replaying scenes that it regrets. We may try to re-create better versions of these past scenes as well in which things were said or done differently all of this prevents us from embracing our new life fully. If we are going to embark upon our new adventure with energy and enthusiasm, we must let go of our old life. We must find closure with the people, places and things in our old life so that we can direct our full attention on our new one. As time goes on, our mind will spend less time revisiting the past, but here are some effective practices for consciously moving forward.

Although we may miss our old surroundings, it is usually the daily interactions with others

that are most difficult to let go of. We get used to seeing the same faces and even when we don't like all of them, we still miss seeing them every day. We like the familiarity of faces and places and when we change things up, we miss our daily routine. We cannot wonder what those people are doing and saying in our absence. We wonder if they miss us or if maybe they are thinking of us or talking about us. Sometimes it even bothers us that they can get on fine without us when we thought we were such an important part of their lives. This practice of letting go involves three stages of detachment.

The first stage is a reflection upon the people you left behind. You have two choices when it comes to people with whom you may have never set a proper goodbye or may have unfinished business with. It may be appropriate to set up a meeting, live or over the phone, or to send a letter or email. On the other hand, depending on the way in which you left, it may be best to leave things lie. In this case, an effective practice is to write a letter anyways and keep it to yourself. Writing a letter that expresses your feelings and emotions about leaving the relationship behind is a very cathartic practice.

The second stage of detachment involves compartmentalization. You need to create a compartment of your old life as well as one for your new life. In your mind, put all of the people, places and things from your old way of life in a box. You will place all of your memories about them inside the box. You are no longer creating new memories and experiences there and so it will remain just as it is frozen in time. It will have a beginning and an end. You will review the contents of this box like a movie streaming in fast forward from the beginning to the end. When you reach the end, you will literally imagine the words "The End". This box and all of its contents will remain suspended like a holographic book floating in the back of your mind. This book will remain closed and you will only open it when you make a conscious choice to do so. You will say to yourself, do I need to open this book right now or is it better for it just to remain shut. Simply ask yourself if opening the book will serve you at the time or whether it will just be a distraction. This is a way of consciously controlling the thoughts in your mind rather than just letting them wander around aimlessly. Mastery of the mind a very powerful practice and it will serve you well.

The third stage of detachment is simply repeating the phrase, "Have faith. Trust spirit. Let it go." Any time you feel doubts about your new adventure creeping into your mind, repeat this phrase. Whenever you find yourself either romanticizing or regretting your life, repeat this phrase. If you long for the familiarity of your old circumstances, remind yourself why you made a change and repeat this phrase.

We have been focusing on transitions and closure that have affected your life significantly, however, sometimes during the course of a single day, we find ourselves transitioning in and out of interactions that need closure. Often times, we will have an interaction or discussion that didn't sit right with us. We will replay this interaction over and over for the rest of the day and even into the night. At times, this can be helpful if we find constructive ways to resolve it or to make ourselves feel better about what was said or done. Most of the time, however, we just have to let it go. We have to put it in a box and let it float away. We have to make a conscious choice to let things go that are no longer serving us instead of replaying scenes and reenacting them. We just have to tell ourselves that we were doing

the best we could at the time and let it go. This is another good time to repeat the phrase: "Have faith. Trust spirit. Let it go."

DAY FOUR  
**PRACTICAL SPIRITUALITY**  
New Beginnings: Surrendering to Spirit

*"When you surrender, it is the human ego, also known as the altered ego, that gradually transforms back into the original consciousness of your divine nature."  
~ Aurelia Louise Jones*

It's your reality that you are creating and no matter how much you might think that others are interfering with your manifestation of it, you have placed them into your life intentionally. Their role is to teach you the important lessons that are necessary for your soul's evolution. Remembering that they are essentially your teachers and that they are here to help you progress, allows you to more fully embrace their presence. You are always being challenged by the lessons you have come here to learn. The only thing that you are being tested on in this "school" called life is the quality of your reaction to, and interaction with, all people, events and things you are presented with in every waking moment. If you remember nothing else, remember this!

You must ask yourself, "What is my role, or part, in causing and/or affecting any and all aspects of my relationships with other people, places and things". Even in simple daily tasks and transactions, there is a lesson hidden within. It is to your greatest advantage to take the highest possible approach embracing a broader perspective and then apply it to the quality of your thoughts, words and actions. It comes down to simply asking yourself: Was that the highest possible thought or should I redirect it? Were those the best words I could have used or could I do better next time? Were those the best actions I could've taken or should I try again? You can make a checklist of qualifying values, for instance - were your thoughts, words and actions the most: loving, compassionate, supportive, understanding, nonjudgmental, respectful, considerate, appropriate, sympathetic, empathetic, helpful and kind ones possible? The general idea is that they are the most conducive to the well-being and welfare of yourself, others and all living things immediately and in the long term. I wish to present a personal "progression of thought awareness" that led me to a profound revelation - one that impacted the evolutionary transformation of my soul deeply and powerfully.

In my reality, or "consciousness experience", I know that I am manifesting every person, place and thing for a definite purpose - the evolution of my soul. From that perspective, I am in conscious control of it and therefore, I must be in a heightened state of awareness at all times closely guarding my thoughts, words and actions. Of primary importance in the conscious awareness of my participation in this reality, is the empowerment of my "Creator-consciousness". This realization takes my expanded every day awareness to an even higher level. Now I become aware that my conscious participation goes beyond the mindfulness of my reaction to, or interaction with, the people, places and things I am experiencing. In this higher level of consciousness, I become acutely aware that I am actually "creating" the substance of the experiences in my reality. Also, I develop the greater understanding that I am perceiving them within the context of my current state of evolutionary consciousness. In other words, as I become more "in tune" with these two revelations:

1. That my reality is being directed by my higher consciousness for the purpose of my soul's evolution
2. That my perception, and therefore the nature of my experience, will be in direct

relationship to where I am at on the evolutionary scale of my consciousness  
I realize the implications of how liberating and empowering this actually is and it gives me an even greater motivation to connect with my higher consciousness at all times. I am aware that this will also help me to identify the lessons hidden within each experience. I know now that I have the power to create the highest experiences that are most conducive to my soul's evolution.

Many valuable conceptual truths are revealed within this revelation. I can sequentially list them as progressive evolutions of thought-realization and as such, attain a firmer grasp upon the eventual ideal that I AM in control of my soul's evolutionary path! This is my divine purpose. This is my divine right. This gives my life a deeper meaning and a greater purpose in every moment of every day of this rare and precious incarnation.

Here is the progression of thought-realization that led me to a most divine revelation:

1. I become aware of the cause and effect relationship between my thoughts, words and actions.
2. This leads to a greater motivation to attain the highest level of consciousness in creating my experiences.
3. As I experienced the direct result of my higher consciousness and become aware that my positive emotions correlate with the best thoughts words and acts and conversely, that my negative emotions seem to correlate with the worst choices, I can use this to direct and redirect my mind, speech and behavior accordingly.
4. This individual grasp of personal reactivity, and interactivity, correlating positive and negative emotion now begins to extend outward as I observe the effects they are having on others.
5. The next progression includes a dual realization that I begin to reconcile in my mind simultaneously:
  - 5A. the inner knowing that my "self" and the other "selves" are unified. Essentially, the other selves are simply a projection of my own consciousness. Knowing this suddenly makes me realize that they are an integral part of my own consciousness experience and as such, my thoughts, words and actions are intimately intertwined with theirs. What I think, they sense. What I feel, they respond to. What I say, they react to accordingly and how I act affects them as much as it does myself. Essentially, what "happens" to me, "happens" to them and vice a versa. We are collectively sharing the consciousness experience and we are connected as a unified whole in an infinite field of consciousness!
  - 5B. the second half of this realization naturally revealed the law of attraction, and the so-called toroidal field, which reflects the magnetic nature and reciprocal flow of the energy we transmit and receive as players engaged in the game of life on this field of consciousness. It's like a boomerang-affect if you consider the magnetic quality of the law of attraction. You send out a thought, word or action that has a particular quality to it, ie. Kind, angry, helpful, rude, and that is exactly what will come right back to you. Within this field, the recirculating and interactive "torodial flow" extends this concept to include a collective-effect. You are intentionally, or unintentionally, transmitting an energy field that is flowing into the field of those around you and as such, continually affects them why you are in their presence. This goes beyond the energy having a purely individualized reciprocal affect. This is collective reciprocity.
6. This concept is then further enhanced by the greater understanding of the infinite field of consciousness. Now I begin to comprehend that there is only one field, the great field, and that my

energetic movement within it affects the status of the entire expanse of the field. Realizing that even my thoughts are expressed as energy, as well as my words and actions, I become simultaneously aware of both the vulnerability and invincibility of this implication. I suddenly feel both threatened and empowered at the same time as I consider the endless possibilities.

\*Here is where my progression of thought takes on a whole new level an important decisions must be made\*

7. I realize the profound effect of my free will choices which compounds the absolute necessity and importance of my conscious participation.

I can choose between these states of being:

unconscious or conscientious

unaware or aware

asleep or awake

negative or positive

neutral and unchanging or actively evolving

victim or creator

I choose to be conscientiously aware in an awakened state of positively and actively evolving within my creator consciousness.

8. At this point, the reality of my existence as an energetic vibrational "wave" of individual consciousness within an undulating sea of "other-consciousness" starts to wash over me. My individual identity of "beingness" is overwhelmed by the totality of "togetherness". Instead of being ONE, I am ALL. Then the concept of ALL-IN-ONE illuminates my soul and I'm elated by this feeling of unity. I am deeply touched by the connectedness I realize I have with every other soul in the infinite realm of consciousness.

9. Then the ultimate realization fills me with pure ecstasy as my soul expands throughout the field of time and space limited consciousness and extends beyond the boundaries of creation as it merges with the sacred center of the infinite field of consciousness. This is the point from which every soul emerges and all energy radiates outward. It is the source of the ever-expanding expression of divine consciousness! And through the infinite field, I am connected to it! Always and forever!

10. Then the thrill of ecstasy transforms into a state of total serenity as the final realization consumes me: I am not just connected with it, I am it and "it" is the primordial "I AM". I AM THAT I AM.

As I pondered these revelations, I wrote the following poem:

*As I live and breathe, I AM, when I die and cease, I AM.  
For all of eternity, I AM.  
I AM! I AM! I AM!  
In the fabric of time and space, I am a single thread  
Interwoven into the divine plan upon which I am being led  
In the light of all consciousness, I am pure radiance  
Illuminating the path that leads to Omniscience  
In the spiritual realm, I am a white dove  
Ascending and descending in search of true love*

*In my transcendence, I will be reunited with his holiness  
I am a swirling spiral of ecstasy in a realm of divine infinity  
For all eternity, I AM! I AM! I AM!  
I AM THAT I AM!*

DAY FIVE

## **PRACTICAL SPIRITUALITY**

Harmony & Equilibrium

*"The immutable cosmic forces are ever seeking a balance. The operation of this law of nature is absolute and totally impersonal in its striving for harmony and balance."*

*~Edward Lee*

I believe we all have the potential to do, be and have anything we desire. All we have to do is focus on what we truly want in our lives and then make a clear plan of how to get there. It's really that simple and it's all about creating balance and harmony in your life.

I want you to ask yourself: what more could I do on a daily basis to be the best employee and coworker, the best husband or wife, father or mother and the best friend. Most importantly, I want you to ask yourself: how can I truly be my own best friend? Do I value myself enough to make the effort it takes to be healthier and more successful? Not just for my own benefit, but for the benefit of those around me – those who I care about and who depend on me to bring my best self forth every day.

I want you to honestly ask yourself if you believe you are making the most out of your life every day by having balance - by bringing your best self forth both at work and at home? If not, I want you to ask yourself why. What is standing in your way? What barriers have you put up that are limiting you? What is preventing you from getting everything that you want out of your life? We all have to ask ourselves this question: "What is it that we truly want and why don't we already have it? We will be exploring these questions over the course of this workshop and more importantly, finding the real answers to them. What you will come to realize is that you that you have the power within you to unleash your highest potential and that there is nothing standing in your way except for the limiting beliefs you may have created in your own mind. You can, however, take comfort in knowing this: There are no obstacles that you cannot overcome. There are no barriers that you cannot break down. No matter what it is you wish to achieve, I firmly believe you can make it happen and by the end of this workshop, you will too. You will realize that you owe it to yourself, and to those that are depending on you, to be the best person you can possibly be every day in every way.

You might be thinking, "It's easy for you to say. You don't know my life and all of the obstacles and time constraints that I have. You don't know the stress and pressure I am under or all of the demands of my personal and professional life." That may be true in some respects but I have empathy for those of you who are trying to balance the demands of your professional life with the obligations in your personal life because I myself have been there. I have had many times in my life when I have been stressed out, sleep deprived, undernourished and anxiety ridden from living an unbalanced life. I know what it's like trying to please everyone by being the perfect employee, perfect wife – perfect image of success. Even though I seemed successful on the outside, I was not so much on the inside and I knew if I didn't start focusing on my own health and wellness, I would burn out – physically and mentally. So one day at the end of my rope, I seriously asked myself, "Are you happy with the way everything is going in your life?" And the answer was a resounding "NO!" I knew I needed to start making some major changes. I knew if I didn't, I was going to face some serious health concerns. Realizing I was at a crossroads, I chose to make the positive changes that

would improve the quality of my life. I realized that I had the power to make these changes and I knew it would be worth the effort, and so I did! And believe me, if I can do it, you can too. I am no different than anyone else.

Now for me, these changes included pursuing a career in health and wellness but I started just by focusing on my own. That's what changed my life. It wasn't that I made a new career choice, it's that I made a new personal choice to value myself and my body enough to make positive changes. I convinced myself that I was worth it and the people whom I loved and cared about were worth it too. I knew that if I didn't take care of myself, it wasn't only I who would suffer. Everyone around me would be affected - those who depended on me and believed in me. So that became my motivation - to be the best person I could be for not only myself, but for others too. I wanted to live my best life. I needed to find balance and equilibrium. I also needed to follow my heart and pursue my true calling. I knew I wasn't reaching my highest potential at work or at home - not even close - and as a result, I wasn't experiencing harmony in my life. So it started with saying "I am worth it!"

If you ask yourself, "Do I have everything I ever wanted? Am I being and doing everything I can to live my best life?" and the answer is "No", it's time to make some changes! It has to start with your health and wellness, because if you don't have that, you cannot reach your highest potential in any aspect of your life. With optimal health, you have unlimited potential. Without it, you are limiting yourself unnecessarily. But you can do something about it. This is something you have control over. You have the capability to improve your health and wellness. We all do! All you have to do is focus on making the positive changes that will improve your health and wellness. Let's start by identifying and breaking down any barriers that appear to be limiting us from reaching our highest potential. We are in this together and by the end of the workshop, each and every one of you will be saying:

I am an amazing human being with unlimited potential.  
I can do anything I desire and be anything I wish.  
I will reach my highest potential.  
You will be saying, "I am, I can, I will."

Now, close your eyes. We are going to start by looking at your golden dream - the fantasy version of you and your life. We are going to see what that looks like. The golden dream is your fantasy reality. In this fantasy, you have everything you ever wanted and achieved everything you ever dreamed of. What do you see? Do you picture wealth and riches? Are you thinking, "Well if I had lots of money, I could have everything, be anything and go anywhere. Then I'd really be happy!" I am going to challenge you to go a little deeper now. How about the golden dream of you? What does the "fantasy you" look and feel like? Do you picture yourself taller, thinner, more attractive, more successful, more popular - admired and respected by everyone? Now stop and consider for a moment: why aren't you all of these things and more? Why don't you have everything you ever wanted? In a world where anything is possible, why aren't you living your fantasy reality as your fantasy self? Ask yourself, why am I limiting myself and accepting the belief that I am only capable of achieving a certain level of success, having a certain level of abundance and looking and feeling only moderately well? Are you ready to shatter these limited beliefs about yourself? I am here to show you that you absolutely have the unlimited potential to be, do and have everything you ever dreamed of. You just have to learn how to tap into that potential and create a reality in which the possibilities are endless. Are you ready to create your fantasy reality and become your fantasy self? Of course you are!

First, you need to make a plan by identifying where you are at now - your CURRENT SELF - and

then visualize where you want to be as your IDEAL SELF. Then, you just draw a bridge between the two and one step at a time, you cross that bridge by making small, incremental changes every day. You can start by recognizing what you already have – a good job or an unfulfilling career, a stable income or an unpredictable one, a loving family or a dysfunctional one, a decent car and decent house (or not) and good or poor health. Now look ahead into the future and see what that looks like. It's easy! Just visualize getting the promotion that you deserve or pursuing a fulfilling career more aligned with your true calling. Envision yourself with abundant health and wealth. Imagine having more balance and harmony in your life - more quality time with your family, more time for yourself.

The intention with this practice is to identify the aspects of yourself that you would like to improve upon. This workshop can be a major turning point in your life or it can just be another 10 days that slips by. It's up to you what you do with it. I believe that you will make the most of it though because I believe in every single one of you and I know that in your heart, you believe in yourself. Together we will make the most out of this 10 days. Today, you will start making the most out of every day.

## DAY SIX

### **PRACTICAL SPIRITUALITY**

#### Healing with an Open Heart and Mind

*"The river of life, of love, of limitless abundance and of every good and perfect gift you wish to enjoy and to obtain lies within you, awaiting your recognition and your dedication to calling it forth." ~Aurelia Louise Jones*

The more that I read and the more that I learn about science, religion and spirituality, the more I realize that every discipline, system and philosophy holds some semblance of truth within it. I realize that nothing should be discarded and that everything should be considered with an open, yet discriminating, mind. We, as human beings, have been trying to figure out who we are, where we came from and why we are here ever since we arrived on this planet. I believe that, through a combined process of Darwinian evolution and divine intervention, we have evolved and devolved, advanced and degenerated. The highest truth of our existence is that we are spiritual beings having a physical experience. As individual and collective souls, we have agreed to this consensus reality which is unfolding on this planet in this universe. We are entangled in the web of consciousness that defines the pattern of the universe as well as the webs that define the solar system, our planet and our individual beings. As physical beings, in a time and space universe, our spirits will inhabit physical bodies in order to gather experience on material worlds. Between these physical incarnations, our souls will ascend into spiritual worlds where they will continue on their evolutionary path. In higher schools of learning, they will have the opportunity to review their life experiences and reconfigure their consciousness before descending to continue on their journey of self-realization in the material worlds of time and space.

Sometimes we have to stop and ask ourselves, "Whose journey are we on?" We have an innate desire to know ourselves on a deeper and more meaningful level. We want to know what is the true nature of our being and the purpose of our existence. We want to know who or what is the source of life in the universe. When we get to the point in our lives when we know there just has to be more to our existence than the endless details of our daily life, we begin to explore what lies beyond. Our journey of self-realization truly begins when we first look up and start to wonder about the magic and mystery of it all. Fortunately for us, human beings have been exploring these mysteries for many thousands of years and so we have at our fingertips an endless amount of resources to

enlighten us on our journey. Since we are unique individuals, each on our own path, we will be pulled in different directions. We will be drawn toward the same light but we will each take a different route. No matter what path you have chosen, or if you're still searching, you must be sure you are following your heart and keeping your mind wide open. An open heart and spacious mind will lead you in the right direction. You must also set some precious time aside if you are to make this journey into the light. Every moment will be worth its weight in gold if you embrace it wholeheartedly. I am fortunate to have more time than most and as such, I have dedicated much of it to exploring deeper truths. I am fascinated by every aspect of this exploration and have plunged headfirst into it. I am surrounded most days by stacks of books on everything from science and religion to meditation and prayer. I have copious amounts of notes and drawings as I am constantly scribbling my thoughts down on paper.

After five years of searching, I have arrived at a place where answers are unfolding in miraculous ways every day and all around me. I see the true nature of reality in a way I never thought possible before. It's like I have woken up and can clearly see the light shining through everything and in everyone and every experience. I attribute this awakening to the fact that I have kept my heart and mind wide open throughout the entire process. I have let everything in and then decided what to keep based on how it fits within the puzzle. I also spend time just going within to listen to my own heart and explore my own mind to discern what resonates for me. As a result of this intensive inner and outer exploration, I have formulated my own belief system - one that I call "Eternalism" -and it is based upon a wide range of scientific, religious and spiritual truths that all come together as one. Upon accumulating a vast amount of research and looking in many different directions, I asked myself one day what it is that I truly am. Am I a string theorist or a Buddhist? Am I a philosopher or a devotee? Do I believe in Catholicism or Hinduism? Finally I decided that what I really believed in was eternity and therefore I was essentially an "eternalist" who believed in "Eternalism". I felt very pleased with this new revelation and was satisfied by the fact that it embraced an infinite array of possibilities.

While exploring different theories about the creation of the universe, I came across "M-theory". This is a theory that is apparently open to interpretation as I came to discover when I looked up what the "M" stood for. I learned that the "M" means different things to different scientists, ie. membrane, monstrous, and even magical and mysterious. My favorite was Michio Kaku's "Mother of all theories". I decided right away that, for me, it would stand for "Multiple". Since my perspective on eternity is based on multiple theories, I have designed my own brand of M-theory!

For today's practice, I want you to write down the spiritual and/or religious beliefs that resonate within you as the most fundamental truths. Just write down the first five beliefs that come to mind without thinking too much. The ones you truly believe will flow right onto the page effortlessly, ie. : "God is love" or "The universal source is infinite – beginningless and endless."

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Hold these beliefs close to your heart while still keeping an open mind to new possibilities that may align with these fundamental truths. The world's religions and belief systems have many parallels. When we learn to recognize the beliefs we have in common rather than focusing on those that differ, we will begin to develop a stronger sense of unity. We will create a more synchronized universe – one verse – one song –one symphony that we can all harmonize with. That's how we can truly heal ourselves and our planet.

DAY SEVEN  
**PRACTICAL SPIRITUALITY**  
Reawakening: An Expansion of Consciousness

*“Eventually we may arrive at the insight that all our thoughts are merely borrowed from the great database of consciousness and were never really our own.” ~David R Hawkins*

It is my firm belief that in order to understand the reality of one's self, or “self-realize”, it is necessary to grasp the true essence of the reality within which one exists. The reality that we perceive is purely within our own determination of it by the choices we make or expectations we have. In other words, consciously or subconsciously, we choose our perception of reality. We direct and define the reality we experience with the power of our mind. We, as intelligent humans, also have access to the universal mind. The source of this creative intelligence is always working through us individually as our “higher self” and collectively as the “Great Self”. We are in constant communication with both this immediate and greater field of consciousness. Our brains are simply transmitters and receivers of this information. At this point on our evolutionary path, we are able to access only a limited bandwidth of that knowledge. As we become more advanced beings, we may be able to access it telepathically. For now, however, we can work on increasing our bandwidth in three important ways.

First, we can access the endless stream of information available to us in books and online. We can access all of the information and knowledge that man has accumulated throughout the ages. Secondly, we can expand our consciousness during meditation and contemplation by accessing the inner wisdom we have accumulated throughout our many lives. Both of these practices greatly enhance our knowledge and wisdom. The third way is to heighten our sense awareness by increasing our sensitivity to the world around us. This actually strengthens our signal! This practice is very effective and also brings us into the present moment where the real power lies.

We can to live in this narrow field of awareness that we call “our own little world”. We can choose to step out of that world and look beyond it. All we have to do is put away our devices, shake off all the whirling thoughts related to our “own little world” and look beyond it into the breadth and depth of the greater world around us. When we do this, we will notice how far we can actually see. The farther we look out into the horizon, especially when we look at celestial bodies, the farther we are looking into the past. We can also see things close-up that exist in our immediate presence and appreciate the most intricate details. The cool thing is that we can actually see things that are both

far away and in the past or up close and in the present simultaneously. We can also hear sounds occurring right next to us and sounds emanating from far away both at the same time.

You can choose to exponentially increase your human potential by expanding your bandwidth and strengthening your signal in these three important ways:

1. By knowing as much as you possibly can about yourself and the world around you
2. By expanding your consciousness through contemplation and meditation
3. By heightening your sense-awareness of the world around you

We have much greater access to the field of consciousness around us that we typically acknowledge or use to our advantage.

An enhanced awareness about your reality increases your ability to consciously direct it. Your subconscious mind will use your thoughts and feelings to create your perception of reality. Unless you are consciously aware of the thoughts and feelings you are allowing, left unchecked, they will permeate your mind and distort your perception. You have the power to become the master of your mind, however, and to consciously direct and redirect your thoughts and feelings according to the guidance of your higher self. In other words, you can consciously alter your perception of reality by choosing to elevate your thoughts and feelings about it. There is only one key that will unlock this potential within you and that is love.

Our thoughts and our feelings are very powerful at directing our reality. If they reflect the positive emotions of love, they can be very powerful in creating a harmonious perception of reality. If these thoughts and feelings reflect negative emotions of fear and anger, they will create a chaotic and distorted perception of reality. We must make an effort to tame our minds by controlling our thoughts and aligning them with the highest attributes of love, gratitude, compassion and kindness. In this higher consciousness, a harmonious reality will synchronistically unfold right before our eyes.

**DAY EIGHT**  
**PRACTICAL SPIRITUALITY**  
Synchronicity & Awareness

*Presence is the infinite space in which the unfolding sequence of life emerges. It is that universal atmosphere in which the flowering of human awareness blossoms into its full glory.*  
*Presence is the stillness inhabiting the core of our existence, giving us the light of life.*

~ Sean Calvin

Today's practice focuses on heightening your awareness so you can clearly see and embrace the synchronistic opportunities that are always presenting themselves in the form of people, places and events. First of all, you have to be committed to engaging in the reality which surrounds you and this includes leaving your mobile device alone for a while. You mustn't allow your devices to distract you from your present circumstances for a given period of time each day. Just like the new motto regarding texting and driving, whatever it is – "It can wait!"

Whenever we are out and about in the world, interacting with others, we must make a sincere effort to engage with them. If we are to recognize the synchronicities unfolding all around us, we must avoid the temptation to interact with our devices. This obsession disconnects us with the power of the present moment. We must also make an effort to disengage from the flurry of thoughts swirling through our head that distract us from fully appreciating our surroundings. A powerful practice that I use is to simply say out loud or in my head, "MOMENT!" This immediately draws my attention back into the present and I can more effectively engage with the world around me.

Another concept that reinforces the importance of engaging with others is the scientific theory of entanglement. This theory states that: Whenever we exchange energy with another living being, that energetic connection will remain intact for all time. Many scientific experiments have been done that prove the validity of this concept. This means that every interaction you have with another living being will remain forever imprinted on both of you. With this in mind, I want you to ask yourself: "What type of karmic imprint do I want to leave on myself and others throughout the day?" and "How can I improve the quality of the energetic connections I am making knowing that they will last forever?" The quality of these karmic imprints depends solely on the nature of your reaction to, and interaction with, every living being you encounter.

The third notion that I want you to consider is that each of our paths are predestined. We have come here with an agenda to learn the life lessons that will allow us to progress on our paths. As such, we will naturally create the experiences that are most likely to help us learn and grow. We will attract the people, places and things that are most conducive to our soul's evolution. Our spiritual guides may also place certain beings in our path to assist us on our journey. The key to recognizing these people and places as opportunities to learn and grow is to continually search for the deeper meaning of our interactions with them. We have to ask ourselves questions like, "Why have I been placed in this particular location at this particular time and how is this situation conducive to my growth and the lessons I have come here to learn?" We also have to explore the relationship that we have with others on a deeper level by asking ourselves, "Why have I been connected with this person and how can we benefit each other?" and "What lessons can we learn from each other?" By making a sincere effort to uncover the meaning behind our everyday experiences and interactions, we can reveal their higher purpose and "go with the flow".

Here are three powerful ways to remain open to the synchronistic flow of life's stream:

1. Use the practice of saying, "MOMENT!" Whenever you notice that you have become disconnected from the present moment.
2. Be aware the karmic imprint you are leaving on yourself and others with every reaction and interaction.
3. Recognize that the people, places and things you have attracted into your life all represent opportunities to learn the lessons that are most conducive to your evolutionary path.

By opening yourself up to the world around you in this way, and recognizing your oneness with it, you are opening to spirit. Aligned with spirit, magical synchronicities will unfold as you meet opportunity at every intersection. The power is in the present moment. This is where the magic

lies! Like the Aramaic prayer says, “Enter deep, its breath, its light.”

DAY NINE  
**PRACTICAL SPIRITUALITY**  
The Healing Power of Pure Intentions

*“The great law of thought is the most fundamental, for it connects with other laws and influences all human activities and experiences, as we become seriously committed to living a life that is physically, mentally, psychologically, emotionally, and spiritually harmonious.”*  
~Lonnie C. Edwards, M.D.

As we move through the workshop, progressively unfolding one experience after the next, it becomes obvious that when we are giving freely with virtuous thoughts and pure intentions, synchronistic opportunities emerge and unfold. During these times, we receive abundant gifts of prosperity and good health. We are able to see the beauty within all things and beings and appreciate the richness of our good fortune. On the other hand, we have also seen that when we put up resistance and go into victim-mode, we block the stream of positive energy. Instead, we begin to attract negative energy which manifests as undesirable people, bad experiences, accidents and illnesses. The more we resist and block out the light, the more we feel victimized, separate and alone. Cut off from the healing light of spirit, we find ourselves consumed by the shadows. Our faith diminishes and we become very focused on the negative aspects of everything in our lives. We begin to feel helpless and at the same time, defiant. Non-virtuous thoughts and behaviors create a dam which becomes difficult to penetrate until or unless an awakening occurs. We begin to create a great deal of suffering for both ourselves and others as we fall deeper and deeper into the abyss.

We can prevent this downward spiral by keeping an open heart and mind at all times regardless of the circumstances. A few days ago we practiced saying, “Have faith. Trust spirit. Let it go.” We must stay strong in our faith especially when life presents challenging people and circumstances. It is so much more conducive to our well-being, and the welfare of others, if we allow life to unfold with a curious mind that has faith in the divine plan. When we love and trust spirit, we can contemplate the deeper meaning and greater purpose behind all events without the hindrance of our ego. The tendency of our ego is to go into blame, anger and resentment. We feel victimized and separate from others. When our thoughts and intentions are pure and we consciously radiate love and light, we can connect with the healing power of our spirit. When suffering occurs within and around us then, we can just sit quietly and intuitively search for causes, effects and helpful resolutions. We can call upon spiritual guidance to help us find ways to alleviate the suffering. We can even use the power of our pure intentions to project healing light. For our own suffering, we can examine what negative energy we are holding onto that may be causing it and then confront it with love, compassion and forgiveness. We can see ourselves radiating light and surrounding ourselves with a brilliant bubble of white light. For others who are suffering, we can intentionally project healing light from our hearts into theirs and then envision them surrounded by radiant light. We can even send healing energy to entire cities and countries. We can envision the entire planet suspended in a radiant sphere of bright light.

In our own lives, we can start by making an effort to prevent or reduce our own suffering. We are

much more capable of helping and healing others when we ourselves are strong and healthy. When we open to the universal flow and allow divine energy to swirl in and around us, harmony prevails and healing takes place. We attract this divine energy by the magnetic power of our positive thoughts and intentions. When we intentionally radiate light and love, we can deflect harmful, negative energy. Instead of feeling separate in our ego mind, we feel connected to the spirit of all beings. Immersed in this light, we can see the living spirit in all things and feel at one the universal energy of pure love. This is the powerful energy that creates, transforms, heals and harmonizes all things and beings. Our life becomes a harmonious symphony unfolding miraculously when we become love in action.

The key to this harmonious unfoldment is the purity and power of our intentions. When we are aligned with pure intentions that benefit ourselves and others, magical synchronicities unfold. These powerful intentions become highly creative and we attract an abundance of positive energy. Flowing with spirit in this way, we can align with our true calling and fulfill our highest purpose. On the other hand, when we resist the guidance of our higher self, we stop the universal flow and the power of our intention diminishes. We become less creative and expansive. Our evolutionary path is blocked and we stop evolving as creative beings and start de-evolving as destructive ones. Instead of ascending into the light, we begin descending into darkness. The spiritual attributes of unconditional love, generosity and selflessness transform into ego-driven patterns of power, greed and separateness. At this point, we usually “fall from grace”. If we are wise and enlightened, we will recognize the human tendency toward ego-based intentions before they dim our light and stop the flow of spirit. In a higher state of awareness, we can always re-direct our thoughts before they manifest as negative words and actions that begin to define the quality our experience. We have to remember that our subconscious mind is always listening to the thoughts of our conscious mind. It is sub-ject to these thoughts and it sub-consciously begins to manifest them into the forms that define our experience. Our emotions are the driving force that propels these forms into action and they become the reality we experience. This is how the power of thought creates the reality we experience. We have the ability to create and destroy every aspect of our experience with the power of intention. We just haven’t realized how to use this power to its fullest extent because we aren’t evolved enough yet to use it properly. As we progress on our evolutionary path, the awesome strength of our innate power will be revealed. Until we are endowed with divine wisdom, however, we have to rely on our higher self to help us create as responsibly. The power of pure intention is always the strongest when our creative thoughts are focused on benefiting both ourselves and others. This is how we open up to the magical synchronicity of spirit.

Today’s practice is focused on controlling the emotions that cause energetic thought waves to create and expand. Your emotions are the magnetic force that turns your thoughts into form. They are the power source of your thoughts. The two most powerful emotions are love and fear and they are at opposite ends of the spectrum of your emotions. As a magnetic force, these emotions attract like-energy. Loving thoughts attract loving forms into your experience and fearful energy attracts frightening forms. Love is creative and fear is destructive. Love is light and fear is darkness. Love expands and fear contracts. If you wish to attract love and light into your life, you must think loving thoughts that are inclusive and expansive. If fear creeps into your mind, you must redirect it with faith in a higher source, otherwise you will attract darkness into your life. You will contract in fear and whatever you are afraid of will magically appear. Synchronicity and intention work hand in hand with cause and effect. You can open to the light of spirit with loving thoughts that expand in creative ways. Likewise, you can let the darkness in with fearful thoughts that contract in destructive ways. You can become a beacon of light and create positive effects or walk in the shadows of darkness and produce destructive ones. Simply put, you are only thinking, speaking and acting in one of two ways – out of love or out of fear – that’s it. It’s one or the other. Love drives

all of your positive emotions and fear drives all of your negative ones. Plain and simple. Knowing that you create and evolve with love and destroy and regress with fear, which do you choose?

The power of your intention is very strong and it is propelled by the magnetic force of your emotions. That's why you must become the master of them. The key to preventing fear and gaining emotional mastery lies in the power of faith and pure love. Simply focus on developing these attributes and your divine potential to live in the light of love will unfold miraculously.

#### DAY TEN

### **PRACTICAL SPIRITUALITY**

#### Afterlife: Beyond this Realm

*"We live in almost total inward blindness (spiritual unconsciousness) restricted to and limited by our outward senses. Yet, by design, the human soul was created to walk in stereo consciousness - a blended awareness of two cosmic realms: material and spiritual."*

*~Sean Calvin*

Like most truth seekers, I am fascinated by any phenomenon that would be considered paranormal. This includes ghosts, UFOs, angels and aliens. I am also intrigued by near-death experiences, past life recall, astral travel and psychic phenomena. What all these entities and experiences have in common is that they are beyond this realm. Once we begin to ponder the existence of other realms, many questions arise. How many are there? How close are they? If they coexist with ours, like why can only certain people see them? Can we develop our own psychic sensitivity? How and why do certain entities pop into this realm and some experiences take us out of it? The mere existence of paranormal phenomenon implies that there are realities beyond the normal one we observe and interact with every day. We can call these "parallel realities" since they coexist with our physical three-dimensional one. Let's start our journey into parallel realities by first recognizing the simple truth of oneness and then we can move into the parallel expression of its parts – the profound concept of multidimensional reality. It's interesting that the term reality should even apply to the physical world since we know it is essentially an illusion created by spirit. The only thing "real" about it is the effect it has on us, particularly on our karma - the accumulation of our soul's experiences.

We know by now that the source creates the illusion of the physical realm for the sole purpose of teaching. That's why it is critical for us to learn from it. Only then are we using our incarnation for its highest purpose. That being said, let's embrace the opportunity to learn from our physical experiences by going beyond them. When we detach from the sense desires of the physical realm and recognize our innate desire to explore the spiritual one, we know we are evolving! As evolved beings who are seeking the truth beyond the illusion, we find ourselves straddling both realms. While one foot is still firmly planted in the physical illusion, the other one has wandered off into higher realms.

In the process of dying, our loved ones will traverse both realms. They will move in and out of their form as they begin the transitional process. I remember when my father was passing, there were times when he did not seem present in his body. One day when we came home from the hospital after seeing him in this state, we were shocked by an unexpected visit. My mother and I were tucked into her bed when suddenly the front door flew wide open and moments later, a gentle nudge slowly pushed the bedroom door open. The dog jumped up and started growling at the door with all of his fur standing on end. My poor mom was frightened but somehow I felt calm. I just had this inner knowing that my dad's spirit had come to visit and I said out loud, "Hi dad, thanks for coming to visit. Mom, puppy and I are just fine. Thanks for checking on us. We love you." My mom

settled right down and we just smiled at each other.

Our final practice is two-fold in nature. The first practice is focused on easing the transition for your dying loved ones as they move out of their physical body and into the spiritual realm. This practice is very loosely presented so that you can fill in the blanks with your own spiritual or religious beliefs and practices.

Practice #1 – As you become aware that your loved one is nearing the time of death, gather your family around and individually, collectively or both, say goodbye. Make a point to give them permission to pass. Call on spiritual assistance from the higher realm to guide them into the light. Whether you wish to pray, chant or just express your sentiments, know that your loved one can hear you. Also be aware that they can hear what you are saying (and even thinking) after they pass so try not to express fear in the presence of either their deceased body or their spiritual energy. It is also recommended that, once you perform a parting ritual, you give your loved one the peace and space to pass into the spiritual realm without being drawn to the attachment of your presence in the physical realm.

Practice #2 – This practice can be used anytime to enhance the connection to your spiritual guides and your higher self and it involves “resonance”. The light of the spiritual realm vibrates at a much higher frequency than the density of the physical one. We need to focus on raising the vibrational frequency of our environment if we want to resonate with spirit. There are a few ways to do this. One is to spin your chakras starting at the base, or root, chakra and moving up your spine until you reach your crown chakra. Once you spin your highest chakra, you will be vibrating at a higher frequency and spirit will enter through the crown of your head. Your crown chakra will become a divine portal through which higher consciousness can flow. Another way is to sing and chant as this naturally creates a higher vibration in the environment. Lastly, you can use instruments that are musical or vibratory like Tibetan singing bowls, drums, gongs or crystal glasses.

Both of these practices will help you bring the power of the spiritual realm into your physical reality. That is what this entire series on “Practical Spirituality” has been designed to do. Since you are a spiritual being having a physical experience, the most important practices that you can bring into your daily life are those that enhance your connection to both realms. Merging your higher self with your ego identity will help you realize your true identity as a divine expression walking the earth. Stay in-spirit, my friends, and it will serve you well on your journey into the light.