
FREE

A JOURNEY OF THE HEART

WELCOME TO HEARTLOGIC



Free, A Journey Of The Heart

Our vocabulary is a distillation of our unique, personal life experiences in a greater, universal context. **Words create worlds.**

At this transformational time in the history of humanity, expanding extremes and the reconciliation of injustice are inviting inspired action to collaborate and create better, together. **Humanity is hope.**

Togetherness is Truth

As we now enter a more significant conversation in co-creation, we begin to realize our power and response-ability in prioritizing what is truly important.

Each choice we make can change the course of our life, for better .. or not.

Wouldn't it be great to know with crystal clarity which choices are best ?

To know we know, not just to think we know ..

Now is the time, Now is our time

We are powerful co-creators blessed with the opportunity to experience life and cultivate the mystery of possibility through our collaborative togetherness.

We breathe the same air; we dream the same dreams: we all want to be happy.

Could true happiness unite humanity in the spirit of this greater unifying truth ?

In this context, our happiness is synonymous with fulfillment, aligning our purpose and passions to live a life we truly love: *Freedom.*

While breathing in the immediacy of the now moment, our minds and hearts work together to shape the story of We, humanity, in this future now moment.

United in partnership, purpose and possibility, what shall we inspire together ?

What is truly True ?

Perhaps we think we know what is important in life and love, but when we consciously decide to embrace the unknown we begin to open ourselves to new possibilities.

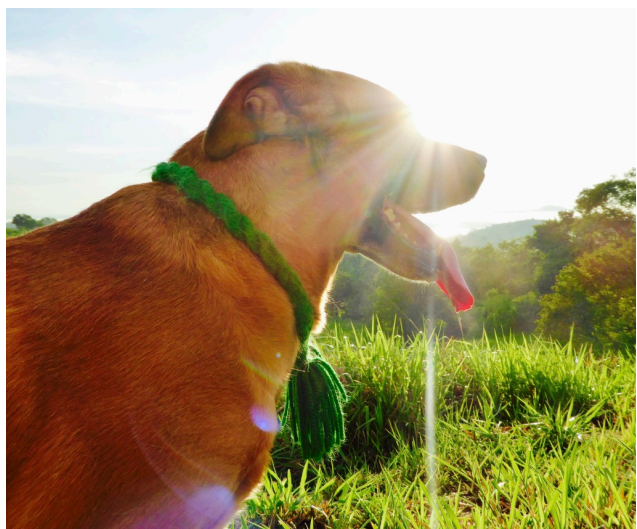
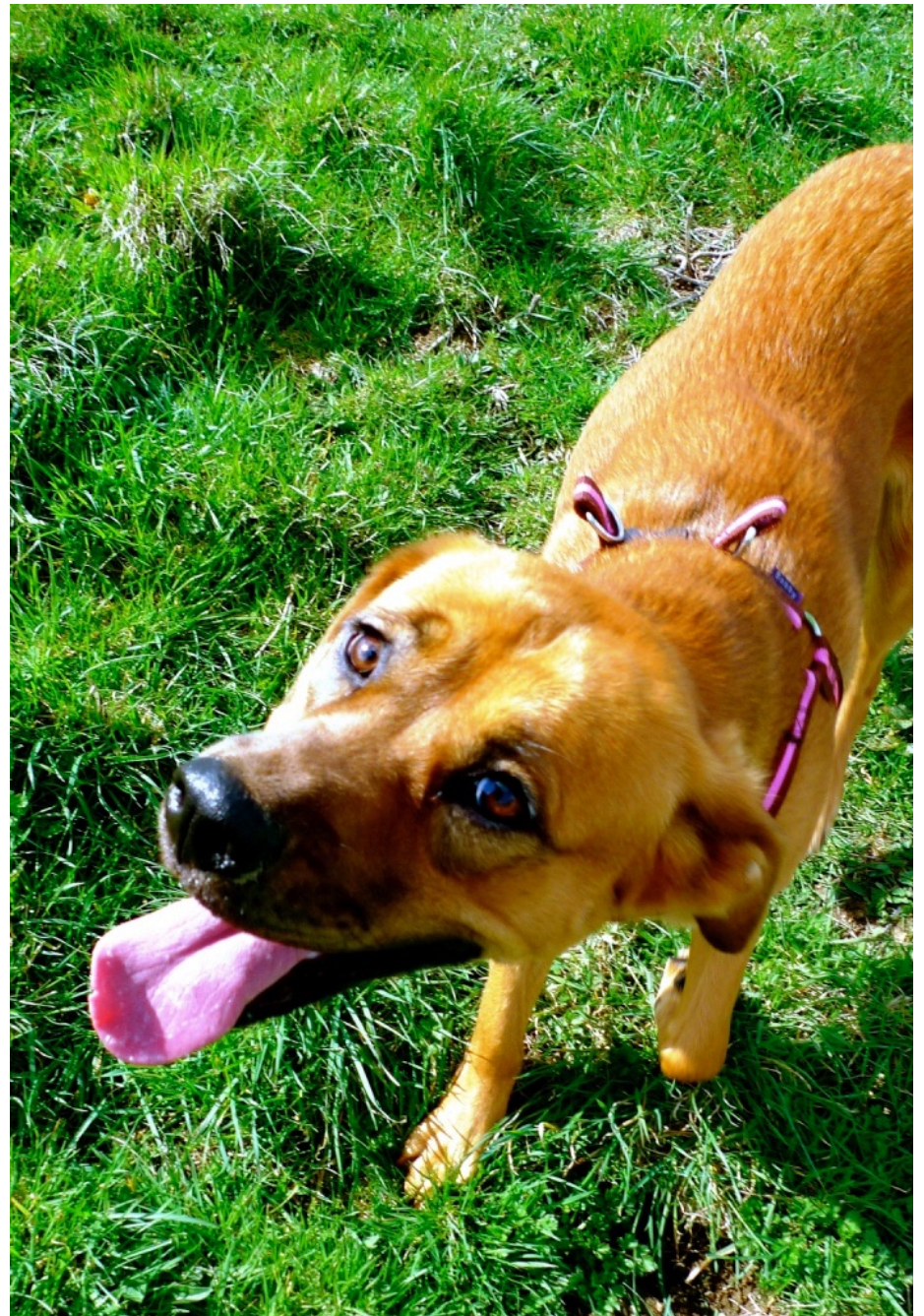
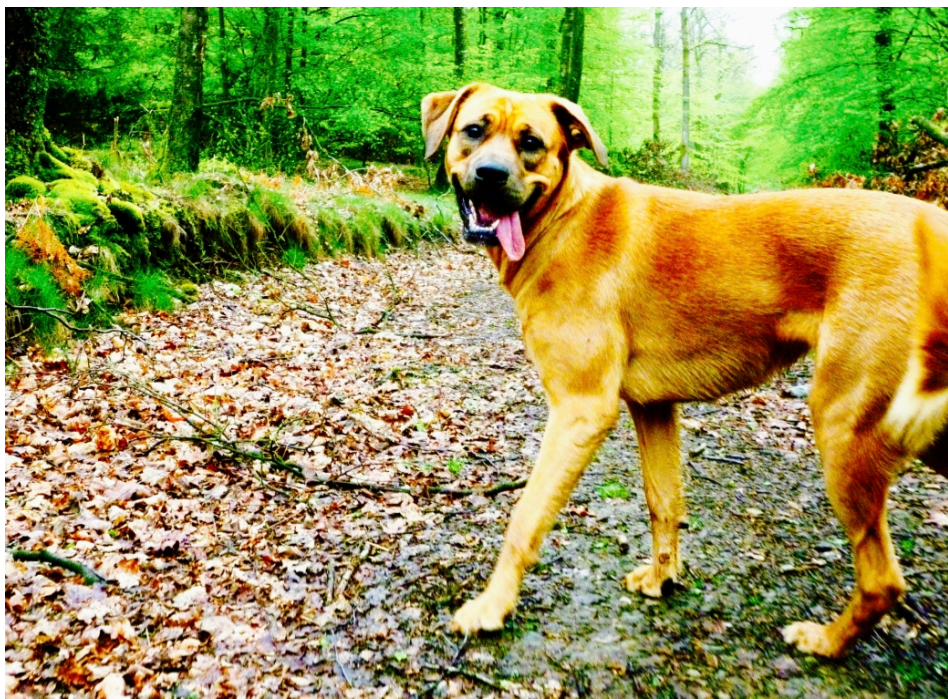
If we think we know everything,
we may not be exploring anything.

The truth shall set us free.

FREE, A JOURNEY OF THE HEART

Chiba Sunshine, Spirit Guide

Purest love. Chiba arrived into my life as a divine blessing. My guide and guru, Chiba's shining eyes always share the pure intelligence of true love.



Play is joy's passion

Could gratitude be joy's light?

Chiba shares her golden grace with an open heart and an adventurous spirit, reflecting the true *gift of life*.

After her adoption, Chiba was afraid of her own shadow. However, with each new challenge in life, Chiba's curiosity to explore the unknown and learn lessons revealed the depth of her resolve and her truly divine and innocent blissful nature.

Patience is prayerful persistence

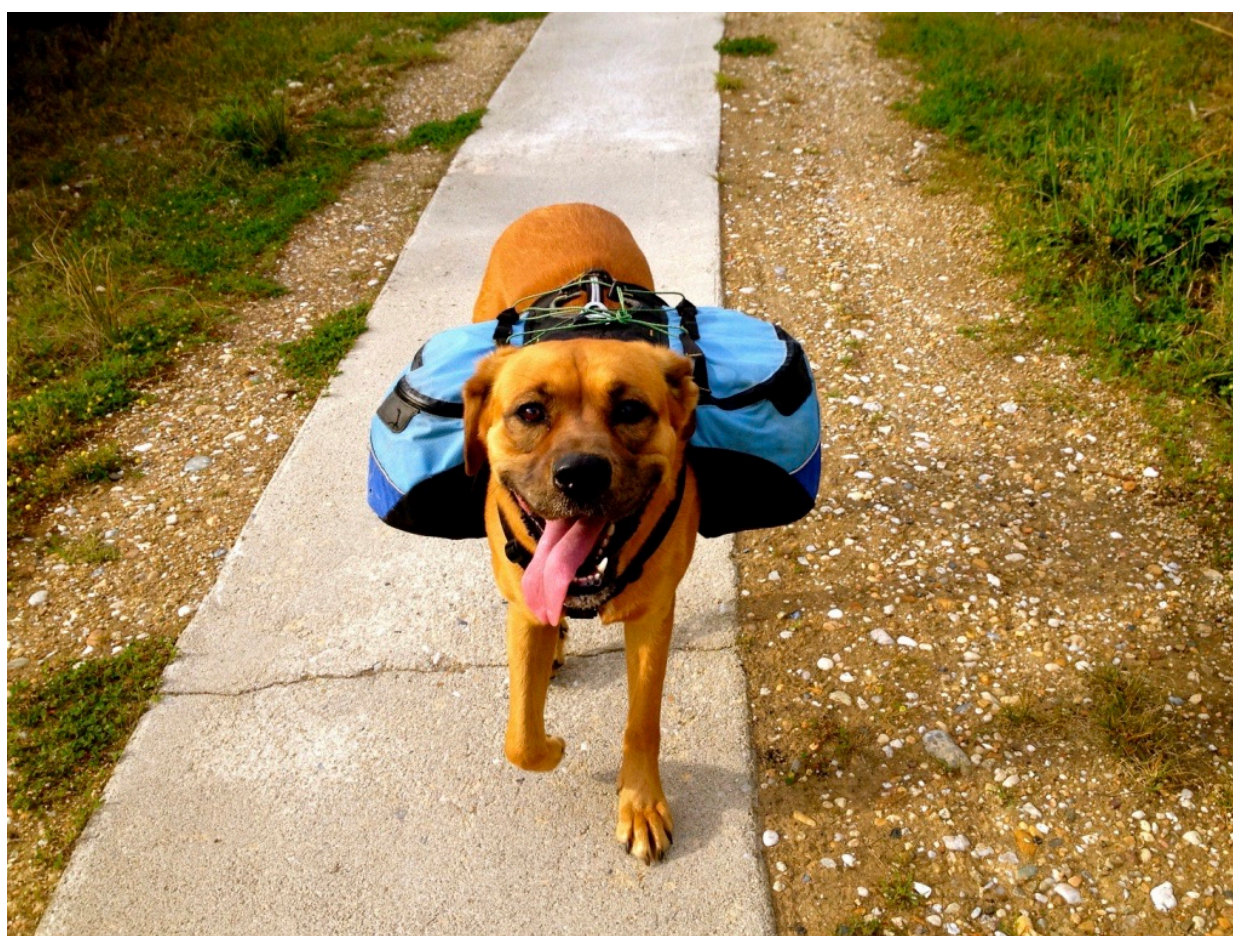
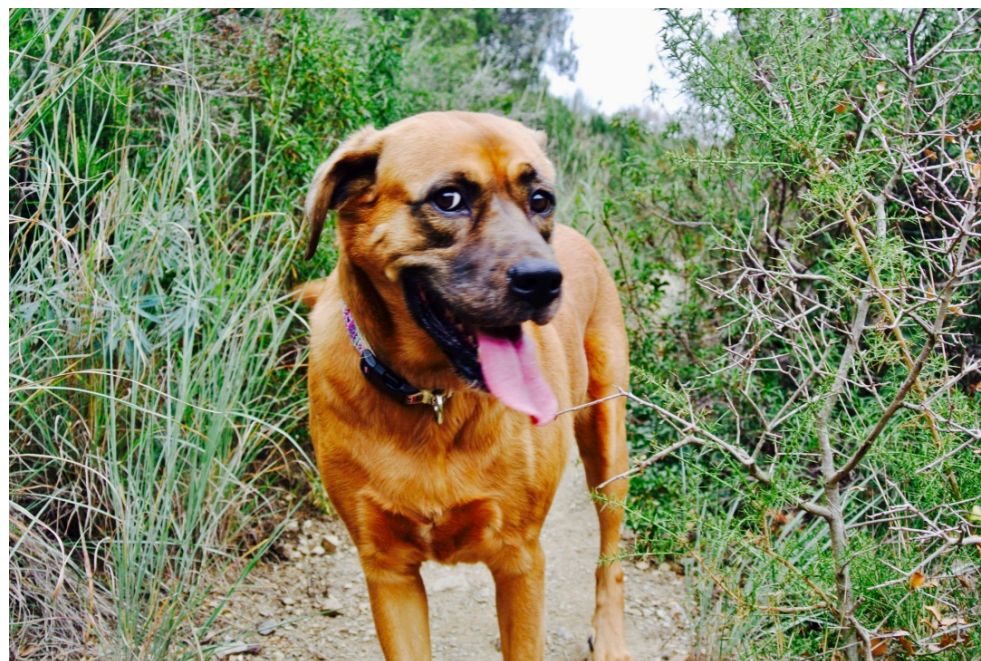
Chiba spent nearly a year in a Belgian shelter before we 'rescued' one another.

Following a brutal upbringing and subsequent abandonment, her long stay at the shelter meant that she had spent over 2/3 of her life in confinement and relative isolation when she was adopted.

. . . the fine-line between an Obstacle and an Opportunity ..

Chiba's ability to explore and transform her fears into freedom shares a seed of hope for each person and all humanity.

We can each learn to transcend even the most challenging circumstances by cultivating compassionate curiosity to learn our life's lessons in the easiest and most loving ways possible. *And so it is!*



A New Way, A True Way



We are being guided by a force far greater than we can imagine.

How powerful is all humanity when we can welcome higher purpose in choosing to cultivate true happiness within and together?

self, meet Self. Our 'higher-self' is synonymous with our best decisions and greatest good, a bridge to the source of Creation guiding clarity in our priorities and choices; the light of the soul that aligns our truest passions, most authentic personal experiences and deepest dreams with Universal purpose and possibility.

Each being's higher-self harmonizes their life's lessons with the greatest good for all.

The breath is the foundation of (and pre-requisite for) life. Therefore, as we open to our origins of Creation and re-establish our relationship with the breath, we are each invited to authentically inspire life most alive, the goodness living within and with all.

As perhaps the most important resource for our self-growth, the *breath of life* is a gift from God and a vehicle of personal transformation. *What inspires Truth within you?*

“.. And A Little Child Shall Lead Them.” Isaiah 11:6

The Breath of Life

Hope is made whole with inspired action

We can survive for a relatively long period of time without food, and while adequate hydration is a top priority, life can not exist without the force that breathes it alive.

Through conscious breathing and mindful awareness, our life priorities and inner energies align and harmonize as we learn to inspire wholehearted happiness.

Inviting this process, consciously choosing to re-connect with our origins and cultivating a devoted daily practice can increase our ability to access vital life-force, enhancing our capacity to mindfully energize and elevate ourselves and others.

The breath once again becomes our messenger of miracles: union / communion, vitality and clarity, radiance and joy as we welcome our birthright of true happiness.

Our origins of inspired innocence

In the mother's womb, babies are nourished through the umbilical cord, circulating vital life-force along a continuous circuit of energy formed from the first cellular division - an energetic pathway that flows up the spine and down the front of the torso.

This primary cellular division, prompted by growth and resource needs, is guided by the divine intelligence within our DNA and is the first physical separation from our original Oneness and *miracle of life* that created us alive.

Leaving our mother's womb at birth, our challenges continued when the umbilical cord was cut and we urgently needed to learn to breathe differently in order to survive.

Sub-conscious breathing patterns started shaping from these beginning breaths, and considering the foundational importance and profundity of these life lessons, we may have experienced and potentially harbored significant transitional traumas or fears that, through shallow breathing, unconsciously limit access to our lifeline and vitality.

Life is the mystery of all wisdom. Through our experiences and choices, we can learn to transcend our traumas, embracing our process of self-growth: learn, grow, know.

Vitality is the messenger of victory

The Journey Home

‘Umbilical breathing’, also known as natal, embryonic or primordial breathing, can re-awaken and activate our ability to elevate and energize ourself through the original ‘breath’ that nurtured, sustained and cultivated life inside the womb as a fetus.

Babies do not breathe in the womb in the same way we respire after delivery. Oxygen travels through the mother's lungs, heart, vasculature, uterus, and placenta before nurturing the fetus through the umbilical cord.

As we welcome a practice to breathe with full presence, we remember who we are and return to our beginnings in order to re-establish a healthy, synergistic relationship with the *breath of life*, opening the door to a whole new relationship with life itself.

Perhaps there is a fine-line between remembering our true nature and re-birth.

Each breath is a new beginning

It's best to practice these techniques seated with a relaxed and elegant upright posture:

Extend and align the head and neck with a long, straight spine.

Keep the chin slightly tucked-in to fully lengthen the spine.

Invite a body that is free of any tension or preoccupations; be fully present.

Ideally, invite gratitude and a child-like curiosity to playfully participate!

Learning these new breathing techniques can be most effective when we create a sacred space without disturbances (or food to digest) and commit to our practice: *

Start by breathing slowly, silently, and naturally through the nose.

Inhaling, the belly gently expands; observe the space you create inside.

Exhaling through the mouth, effortlessly engage the belly and release the breath.

* Devote yourself to yourSelf

Health permitting, start with 3 minutes/day; increase practice time as appropriate.

Engaging the mind to participate and play

With each inhale, visualize and feel the pure energy of the Universe entering you, spreading throughout your entire body, refreshing and renewing you. Listen deeply to your heartbeat and feel the breath's journey within, circulating to the finger/toe tips.

With each exhale, gently release all that is no longer serving you or your highest good.

Health permitting, continue to inhale and exhale only through your nose:

Draw in the breath from your abdomen; expand the belly (and potentially your side-body and ribs) with the inhale and contract elegantly with the exhale as it's released.

Explore the full range and spectrum of movement of your belly and your expansion.

Breathe powerfully without exerting excess force, exploring your healthy boundaries.

Practice letting the process flow naturally to reactivate your original life circuitry.

Breathe as a baby breathes, using the navel point as a gentle guide, a graceful pump and fulcrum to effortlessly energize, nourish and nurture yourself. Play!

Continuing with abdominal respiration, visualize that the breath is an energized current of life force filling the body with pure energy as it rises from the lower abdomen to the chest, circulating to every part of your body alive with vitality.

As you exhale, the breath descends from the chest to the abdomen easily and gracefully.

We continue to observe the breath and further engage our mind and our ability to gently activate the abdominal area to guide each new breath, each bright beginning.

As we celebrate the alignment of our will and well-being with sincerity and gratitude, the Universe continues to share experiences and opportunities to be grateful for.

Exercise One: Joy of Meditation as Nourishment

as quoted from "The Blooming of a Lotus" by Thich Nhat Hahn

1. Breathing in, I calm my body.

Breathing out, I smile.

2. Breathing in, I dwell in the present moment.

Breathing out, I know it is a wonderful moment.

Transcending duality, our mind, breath and entire being merge as one,
breathing as a reborn baby within the womb of all creation.

We explore our inner nature, never forceful always fluid with the inhale and exhale.

We mindfully observe the quality and frequency of the breath, admiring how it slows down as each inhale is more energized, conscious and complete.

Each exhale is more cleansing, clearing out all that no longer serves our highest good, creating healthy space to expand within.

We celebrate our return to Oneness and the complimentary contrasts of life.

We observe our improving ability to energize ourselves with each inhale and appreciate our capacity to let go more completely through each conscious exhale.

Meditate, repeat and remember who you truly are.



We Are God's Children

3 The Father has loved us so much that we are called children of God. And we really are his children. The reason the people in the world do not know us is that they have not known him. **2** Dear friends, now we are children of God, and we have not yet been shown what we will be in the future. But we know that when Christ comes again, we will be like him, because we will see him as he really is. **3** Christ is pure, and all who have this hope in Christ keep themselves pure like Christ.

1 John 3 (NCV)

The New Century Version (NCV) is a revision of the International Children's Bible (ICB)

Life Is Listening. Yes, Really.



The Universe is listening to us.

Within each word, we share with the Universe a statement that contains our full energetic signature.

On both conscious and subconscious levels, when we communicate, we are sharing our intention - our words, and inviting that experience to show up in our reality.

Life is listening. The messages are here.

When you silence your mind and hear the sounds in the silence, you will know your inner voice, your inner truth.

You will know that you are your own universe.

In this world, there's a fine line
between a dream and a fantasy.

Meditation is the way to open the door
to your truest self, to your dreams.

Life Is Listening

Could music, meditation and expressive movement be harmonizing medicines for all humanity?



To encourage and invite this new creative conversation with the reader / listener, deeper exploration into the music's lyrical lessons can empower new perspectives and a new narrative in this transformational age through applied listening:

How can we harmonize our truest passions and highest purpose?

Could our life experiences create the capacity to choose our priorities more wisely?

Technology is broadly defined as “the application of scientific knowledge to achieve a desired outcome.”

We are fortunate to live in this age of new possibilities and abundant technological resources that can unite humanity and humankind in a new way, a true way.

The Universe is always moving in spirals.

In three dimensions, when we make a cycle, it will actually be created as a spiraling motion because we have to consider our depth.

And as we open and explore ..

As we welcome, in humility and respect, for this Greater Power that has created us alive:

I don't know what I don't know.

I don't know what I don't know.

I don't know what I don't know.

Thank you Higher Power; thank you life experiences.

Thank you for guiding me with your higher intelligence that created me, that existed before my independent thought, that harmonized me and guided me on my life's path learning lessons and experiencing life in the easiest, most loving way possible.

'The Magnificent Moon' by Mildlife

You're born, then you die

There might be reasons why

Then again, who cares ?

Could all be in my head ?

You may be mine

Up and in your child

Who lives beyond

All that we could know ?

'The Magnificent Moon' by Mildlife (continued)

In time, out of phase

In half of a moon's phase

As I stare below

Reflecting onto you

It serves to remind

It could take you a while

These days move forth

It won't be too long

Eyes open, lights on

Time to make your mind up

Is it yes or no?

It all comes down to you

Eyes open, lights on

Time to make your mind up

Is it yes or no?

It all comes down to you

With all that, mine now

Hold on to your lifetime

As it spins away

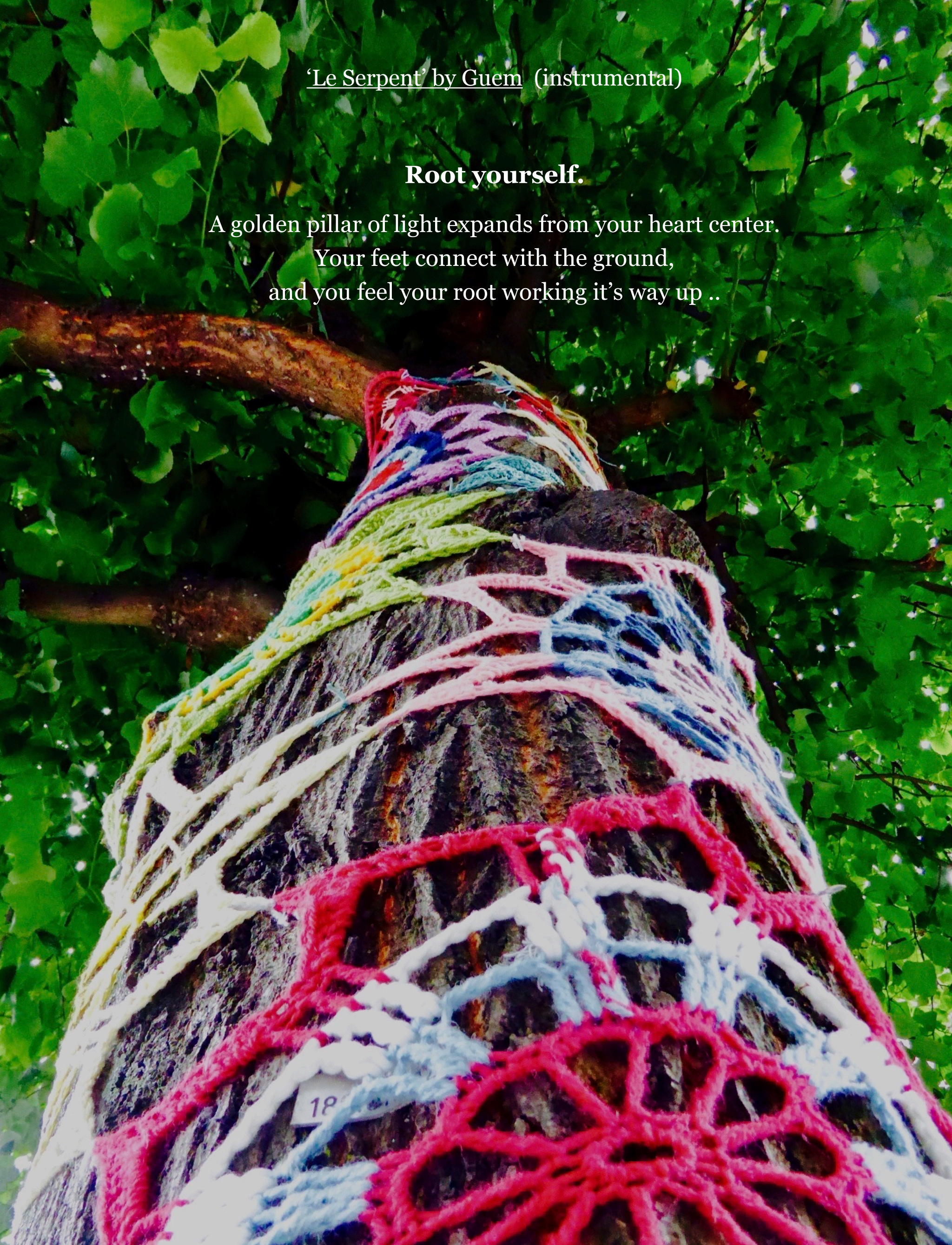
Through all time and space

'Le Serpent' by Guem (instrumental)

Root yourself.

A golden pillar of light expands from your heart center.

Your feet connect with the ground,
and you feel your root working it's way up ..



'Body Parts' by Gabrielle Roth

We'll begin by warming-up your body parts

Feel your connection to the Earth through your feet

And let your head go as you relax your knees

Take a deep breath as your head rolls around your shoulders

Feel the weight of your head, how it wants to move today

And follow your head with your whole body

Relax your jaw

Feel the connection between your head and your shoulders

Shift your attention into your shoulders

Just move them up and down, forward and back, all around

Let them tell their story

Do they feel tight or loose ?

Let your whole body follow your shoulders

Feel the connection between your shoulders and elbows

Shift your attention to your elbows

How do they feel; how do they want to move ?

And just let your elbows go

Follow them deeper into your dance

'Body Parts' by Gabrielle Roth (continued)

Shift your attention to your hands

How do they feel ?

How do they want to move in this moment ?

Do your hand dance

Surrender your whole body to this dance

Your arms are the messengers of your heart

And shift your attention to your spine

Let your breath help you find the dance of your spine

Moving like a snake, undulate

Loose, natural, relaxed

Surrender your whole body to this dance

Shift your attention to your hips

Feel how they want to move

Hips hold many stories

And surrender your whole body to follow in your hips

Feel the connection between your hips and your knees

Feel how they want to move

Lift them, bend them

Listen to your knees and follow them deeper into your dance

'Body Parts' by Gabrielle Roth (continued)

And shift your attention to your feet

How do you move on this Earth ?

Feel the balls of your feet, your heels and toes

Improvise what is to move your feet

And surrender to the dance of your feet

Breathe

Just surrender your whole body ..

And now we'll begin the rhythms, starting with flowing

'Rhythm of Life' (Gospella) by Oleta Adams

Climbin' every mountain, always killing time

Count the cost as days go by

Monday I've got Friday on my mind

Why don't we make love

Instead of making plans ?

Mother Nature, Father Time

Maybe it's the family of man

Angels cry when they hear that tune

It's sleepless nights for the man in the moon

And it's the rhythm of life

My mind's made up

'Rhythm of Life' (Gospella) by Oleta Adams (continued)

Lucy's sign is the Chinese dragon

Oh, oh, she's got luck

The rhythm of life is the force of habit

Oh, oh, the rhythm of life

Give the girl a future

Give her what she needs

Teach her life's a long flat road

Maybe she'll have better luck than me

Works so hard like he's still in school

His pockets are jammed, but this man's a fool

Within the rhythm of life

My mind's made up

Lucy's sign is the Chinese dragon

Oh, oh-oh, she's got luck

The rhythm of life is the force of habit

Yeah-yeah, oh, the rhythm of life

Rhythm of life

Oh, when out of sight is out of mind

Shut your mouth, I'm doing fine

Mama's goin' back in time

The rhythm of life
(Life goes on)

It's goin' on and on, keeps me growing strong, yeah!
(The rhythm of life goes on)



“The highest, most effective energy on this planet is the word. There is nothing beyond it, there shall be nothing beyond it, and there was nothing beyond it. Therefore, we must consciously understand the power of the word.

When we understand the power of the word and we apply the whole mind behind the word, then we create the word which can create the whole world for us.”

Yogi Bhajan, as quoted from ‘The Power of The Spoken Word’

'Footsteps in the Stars' by Deya Dova *

Tahwaho Lawaylai Ahoho Lawaylailai

Come. Calling to the golden deer

Come. The mountain is heavy with seekers here

Come. Like arrows from the mouth of innocence

Rise. Infinite space stretches out before us

Rise. In this nano second we are enormous

Rise. Like the child who can recall it's origins

Remember oceans of storms

Rock and meteorite were flung

In this temporary atmosphere

Our orbits hold strong

From where the sun first strikes and the lava did flow

To the far outer reaches of Sirius and Alcyone

Waiho Oihoo Oooo

We have come

Yeaihoo Hooi oo Hooohoo

Rise. Painted stories whisper in our caves

Rise. Silver canoes from distant skies they came

Come. Track the footsteps in the stars

'Footsteps in the Stars' by Deya Dova * (continued)

We have come. We have come

Hear the ancients by nights fire

Remember oceans of storms

Rock and meteorite were flung

In this temporary atmosphere

Our orbits hold strong

From where the sun first strikes and the lava did flow

To the far outer reaches of Sirius and Alcyone

Waihawai Oh Ka Win Ta Win E Hun Wun Ta Win Ka W-n E

Yeaihoo Hooi oo Hoohoo

We have come. We have come

Hear the ancients by nights fire

Remember oceans of storms

LungWa LungWa OoHo

To the far outer reaches of Sirius and Alcyone

Waiho Oihoo Oooo

We have come

* Comments provided by the Artist: Indigenous cultures from around the world have rich and detailed stories of the ancient visitors from the stars. This song remembers the Human race's hidden history and pays respect to the people of the sky.

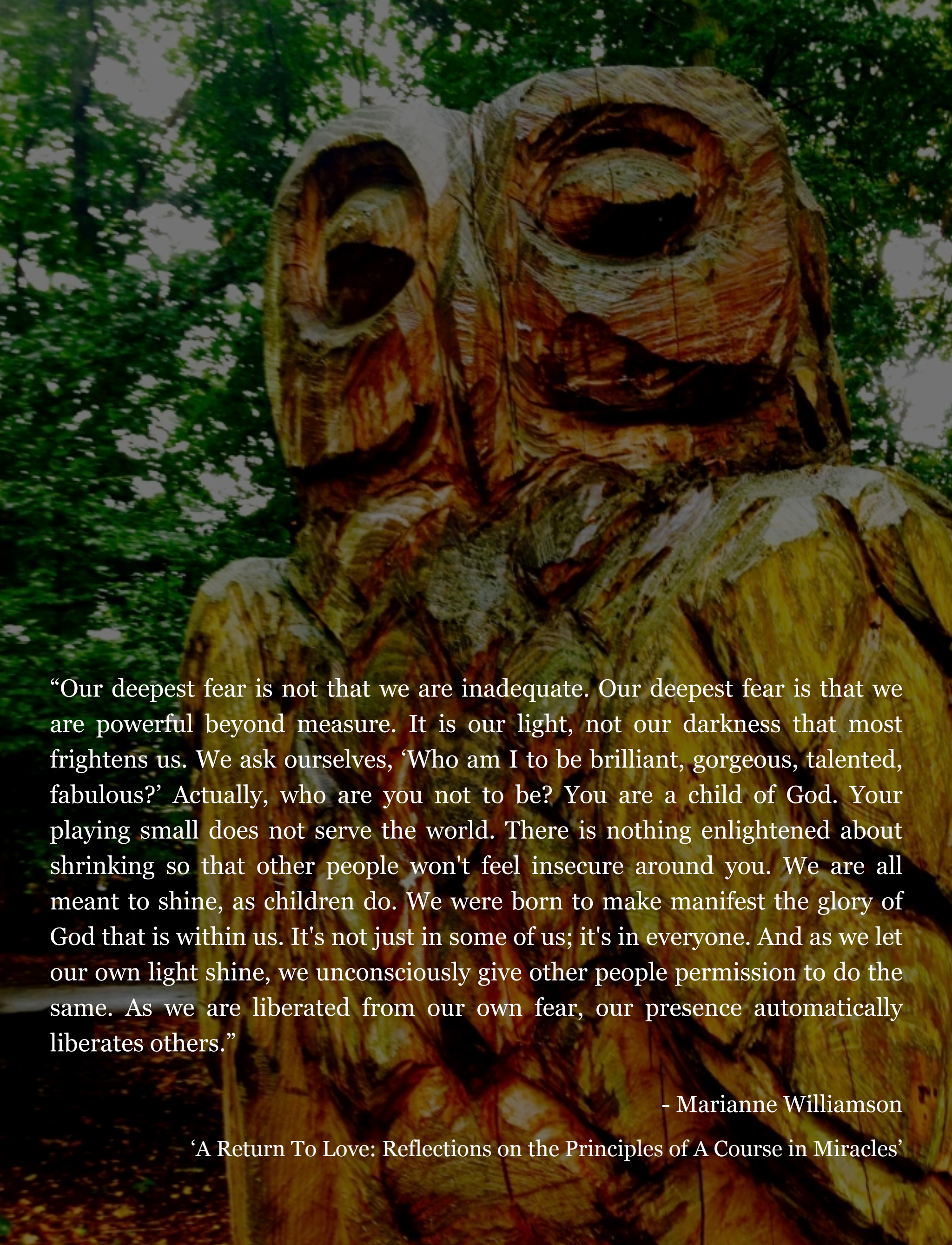


We are far more powerful than we can imagine.

Videogame Of Life



If you could design *Life* as a videogame,
what would represent the score ?



“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’ Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

- Marianne Williamson

‘A Return To Love: Reflections on the Principles of A Course in Miracles’

ThoughtSeeds: Reconciling Our Roots Of Reality

Our actions, thoughts and feelings compliment our life lessons. The ‘duality’ we experience is largely the divergence between thought and feeling. Our instinct and intuition also dance together through a process of self-discovery.

As we consciously decide to embrace the unknown, we begin to open ourselves to new possibilities. Through our discernment, decision-making and receptivity to (learn to) love the lessons we are living, we create flows of energy that help us grow.

We grow in all directions.

If each thought is a seed of potential, how could we best cultivate a conversation to empower and celebrate the goodness of all that we are (co-)creating together?

We, Energy

In Physics, the law of Conservation of Energy states that the total energy of a system (for example, the Universe) is constant. Energy can neither be created nor destroyed; rather, it can only be transformed or converted from one form to another.

As we open to embrace our inter-connected, inter-dependent energetic origins and inherent One-ness, we also welcome the possibility to appreciate that the higher power and intelligence that creates everything lives within each and every-thing.

In this context, Creation and Creator are inseparable, a creative consciousness of pure possibility: totally unified, infinite, boundless vitality bridging being with beyond.

Know Thyself, Grow Thyself

As above, so below. In our mind, we live in a world of possibility: our thoughts plant powerful seeds of intention. In our heart, we harmonize our inner energies with our soul’s purpose and the voice of spirit. With our instinct, we are guided by gut feelings and the wisdom of the enteric brain / intrinsic nervous system in the intestines.

As we harmonize mind, body and heart (our internal trinity), our inner energies align and activate our intuition. We begin to more clearly discern the voice of spirit and our inner truth as our intuition becomes our guide to synchronize our personal experiences and empowered choices with a more Universal purpose and possibility.

In humility to the infinite mystery that animates, creates and connects all life and possibility, does impossibility exist beyond the concepts created within the mind ?

Believing in belief: the mystery and possibility of We, Humanity

Intuition is like a cosmic antenna tuned-to the heart of all creation that connects the individual's personal identity with the greater intelligence and oneness of all, Source.

Welcoming this greater mystery of co-creation (creator | creation) within and together, the lesser-known aspects of ourself become more conscious through our choices and openness to learn life's lessons, repeating until they are learned and lovingly resolved.

Our experiences, and perhaps especially the contrasts, guide the clarity to make self-empowering decisions. Feeling truly good feels great, the essence of being:

The Book of Genesis is the story of Creation, the first book of the Hebrew Bible and the Christian Old Testament. In the six days of God's creation before a day of rest, all that was created was good. If only goodness was created, then perhaps our power as humans is to recognize the truth of our inherent inner nature and our ability to grow into the godliness of who we truly are, welcoming a deeper discussion of self-discovery.

As we relate to the past, all has happened for our highest and greatest good, for it simply can not be another way. By welcoming the opportunity to cultivate our inner awareness, we can develop a greater capacity to observe the power of our choices in creating our truest happiness: we honor the higher intelligence of the process guiding our growth, celebrating the lessons from each opportunity to live and inspire life most lovingly alive, sharing from the heart and living authentically by example, in the light.

Our reality is a mirror of our thoughts and beliefs; there are no insignificant thoughts. Thoughts are things, and each thought has equal creative power. No thing is nothing. Our beliefs, like magnets of co-creative energy, attract and expand our awareness.

We are creations of divine goodness and children of nature with the free will to explore our existence and the power of the Word, exploring our story one deep breath at a time.

In this process of learning to live our love truly alive, may we embrace our empowered choice to open the door within to the mystery of possibility. The only thing we can know with true, absolute certainty is: "I don't know what I don't know."

Life is an autobiography of choice; we are becoming home

“The barriers of our past plant seeds of potential for the future. The way we understand and interact with time and ourselves is changing. Our integrity is of utmost importance. But how can we really show up in our relationships and live to our word, if we don’t even know the influence of our actions ?”

- Unknown



You are the light that you are.

The only thing I know for sure is that I don't know what I don't know ..

“The highest, most effective energy on this planet is the word. There is nothing beyond it, there shall be nothing beyond it, and there was nothing beyond it. Therefore, we must consciously understand the power of the word. When we understand the power of the word and we apply the whole mind behind the word, then we create the word which can create the whole world for us.”

- Yogi Bhanjan, as quoted from ‘The Power of The Spoken Word’

Monday, October 19th (2015)

As we open to these conscious conversations, we are able to develop a solid foundation for a self-supporting truth and move from the old paradigm, which has been to believe what we've been told to believe - to a new place, which is to experience belief itself.

Going back to the importance of our vibrational vocabulary and how that relates to truth, we can see the underlying connection between all spiritual and enlightenment practices in the world.

It comes down to vibration.

Vibration, meaning the energetic waves that we put out into the world that are largely determined by the words we use.

Now, this might be a further conversation, but those words are going to influence that universe in terms of our thoughts, in terms of our actions and in terms of the actual words that we say and how we say them.

The Word Became Flesh

In the Bible (Gospel of St. John 1:1) it says "In the beginning was the Word. And the Word was with God. And the Word was God."

In Eastern spiritual practices there is a lot of chanting to connect in with the intelligence of these primal (or primary..) sounds.

And anyone that has tried a chanting practice can probably relate to the feeling that by chanting certain words that are representative of universal concepts, that in that process of that chanting, the person feels different.

It starts with a feeling ..

I am not associating a better or a worse feeling, but there's a change.

And once we can actually appreciate that there is that foundational change, we can start to understand how much our very words influence our happiness.

So, if our vocabulary is unique to our individual experience, how can we really ever understand anything ?

You are the love that loves you

Well, we understand it our own unique way, through our filter of consciousness translated using our vocabulary.

This may seem like a profound concept, but just to illustrate, when I fell in love with my first girlfriend when I was 16 years old, I loved her and wanted to marry her. I did the best I could, and it was the greatest feeling that I had ever in the world.

Now, if I discuss the love that I have for my current partner, I can describe it using the same exact terms, but then again the feeling is completely different, the way that I act is completely different, the way that I express that love is very different.

Therefore, words change with our experience and our understanding obviously changes with our experience.

Experience is the ultimate teacher; experience is knowledge.

So, even when we are reading a book or a poem about love, that concept is filtered through our own filter of consciousness.

If, “In the beginning .. the Word was with God. And the Word was God.” then how do we relate to whether that concept applies today ?

We, Humanity

Perhaps we can merge this concept of a higher power: of a God, of a unifying force, an intelligence .. and we are humans and are, of course, very intelligent people.

So, from my point of view, this idea of the word being ‘God’ has reached a more practical application.

We, humanity, have the ability to shape our destiny.

An emotion more powerful than ‘Like‘

Love is the glue of balance and the practice of purpose.

“This is also one of the second holiest sacred places for the worldly people to arouse dhamma, urgency to exert for the perfection of life.

The ancients - peaceful, suitable, exertive and secluded forest - for highly developed mental training practice, the fountain of the sublime, world peace and everlasting happiness.”

- Quote inscribed at the World Peace Pagoda in Pokhara, Nepal



*Know Your Yes,
Know Your Soul*

'Heard Somebody Say' by Devendra Banhart

I heard somebody say
That the war ended today
But everyone knows it's goin' still

Our motherlands and motherseas
Here's what we believe
It's simple
We don't want to kill

I heard somebody say
That the war ended today
But everyone knows its goin' still

Our motherlands and motherseas
Here's what we believe
It's simple
We don't want to kill

Oh, it's simple
We don't want to kill
Oh, it's simple
We don't want to kill
Oh, it's simple

'Know Your Yes, Know Your Soul'

accompanied by 'Breathe Me' (Piano Cover) by Sia
and 'Bliss Feels Great' by Jiven Nithaya

Hey bro,

How are you doin' this morning, all goodness ?

Chiba and I have been chilling-out in this field just playing for a nice little bit.

Taking it nice and easy, man.

Weather's so nice, fresh, sun's big ..

And I think it's going to clear up a little bit later as we get closer to Michigan.

So, we'll have to see ..

But hey bro, I just wanted to say 'aloha'

As far as those kundalini (yoga) practices are going, confide in your heart and in your intuition.

One thing that I like to share with people is to really know, deep within yourself your absolute *YES!!*

YES!!

The feeling that you get you get when you know something is *YES!!*

How does that feel in your cells, in your bones ?

How does *YES!!* smell like ?

What does *YES!!* sound like ?

How does YES!! feel ?

It all starts from the heart, seed of the soul

So, associating these emotional, psychic and sensory anchors with a concept, can help us to triangulate the dynamic balance with that experience and continue our dance with the illusion.

When you know your absolute *Yes!!* and you know your absolute *Noooooooooo way!!*

Yeah, that's a great meditation. I love that meditation.

The more that we can just ask that higher part of ourself and we can take challenging life decisions by essentially creating a decision-tree of sorts, then we're able to connect with what I call 'heartlogic'.

Like we talked - the holy books say 'as above, so below', and the heart is the first organ to form. It is the first, fully-functioning organ; the heart and the circulatory system.

So, perhaps we can think about the heart as our 'God', as the physical manifestation of our soul ..

“You have to keep breaking your heart until it opens.” Rumi

In Traditional Chinese Medicine, the five-element model associates different vibrations, vocabularies and terms with each one of those elements, and the heart is the element of fire, which really means alchemy. And the emotion is joy.

And so, what joy really means - I don't know if us as humans we're ever going to be able to conceptualize that - because joy is the alchemical power of God, of Creation.

That's why, I believe, Jesus said we should be complete in our joy. Complete in our joy.

We may often define joy as something that is guided by a pleasure principle, but it is something that is alchemical.

*“I have told you this so that my joy may be in you
and that your joy may be complete.” John 15:11*



The heart invites inner harmony, what's your true rhythm ?

So, in that progression of understanding what our heart is really saying, and reconciling it with our thought and our instinct - which are the brain and gut ('enteric brain') - and then creating that check mechanism within ourself to really know what a true *YES!!* feels like ..

What is best for me ?

If we ask that question with everything, and if we trust that guidance, then our path is illuminated.

'The Beauty Way' by Raio featuring Markandeya

Call the wind and call the stars

Let them remind you who you are

You are the breath of Life

You are the Light eternal...you shine

Call the forest, call the seas

Rooting into deeper peace

And though will come the waves

Within your heart you know the way

The beauty way

The loving way

Abuelita enseñame humildad

Dearest Grandmother (i.e. nature's wisdom) teach me humility

Abuelita enseñame a rezar...perdonar...volar

Dearest Grandmother (i.e. nature's wisdom) teach me to pray, to pardon, to fly

'The Beauty Way' by Raio featuring Markandeya (continued)

Abuelita enseñame this blessing all-protecting way

Abuelita enseñame a cantar

Dearest Grandmother (i.e. nature's wisdom) teach me to sing

The beauty way

The loving way

Well I got two eyes but none of them can see

The causeless effectless identity

Perspective of the Spirit we bring in

Aligned with the Self in every being

Sing a few songs, then I'll be gone

Inside this skin who can stay too long

Cause in my life I've come to know

I'm here to love, surrender and grow

So we can dwell in the temple of the Innermost High ..

Shivaya...Parameshvaraya...Shashi Shekaraya...Namah Om

Bhuvaya...Guna Sumbhavaya...Shiva Thandavaya...Namah Om

The beauty way

The loving way

The beauty way

The loving way

‘Four Foundations of Life’ by International Council of 13 Indigenous Grandmothers

accompanied by ‘Nature’s Breath’ by Prem Das, Muruga and Shakti

What I am going to tell you about right now is what we call the four foundations of life

And there was a time before you came into this world where you lived in water

We call that the first foundation of life

You lived inside water, inside of your mother’s stomach

We call it the womb

That’s where you lived, inside water

So, you lived in this water for three-quarters of a year, nine months, and even though you were inside your mother, you could still see and hear what was going on in this world out here

And then there was this time that came, and it was time for you to come into this world here

And before you came out, the water it came out before you, and you followed it

And when you came into this world, the first thing that you did was that you opened your mouth and you sucked in air

And this air, it’s the second foundation of life

You sucked this air into your lungs, and then when you blew it out, when you let that air out, you let out a cry

And ever since then, that’s what you’ve been doing you’ve been using this air that way

Breathing it in, sucking it in, into your lungs, and then you blow it out

And in that way, you use it, you move it inside of you and outside of you and when you do that, you express yourself, too

You have a voice, you can express your voice

You can say, talk to others and you can tell what your needs are

As a baby, as an infant, the way you told us what you needed, when you were hungry, you would cry

‘Four Foundations of Life’ by International Council of 13 Indigenous Grandmothers

accompanied by ‘Nature’s Breath’ by Prem Das, Muruga and Shakti

When you were uncomfortable and maybe you needed to have a change in your diaper, you cried

And so, you started communicating with us by moving that air inside of you and outside of you

And so ever since then, that’s what you’ve been doing, communicating by using this air in a special way

So, we say this air is the second foundation of life and it is very sacred and that when you move it inside of you and you express your voice it’s always good to express good, kind words to your mother, your father, your grandmas, your grandpas, your brothers and sisters, and your aunties and your uncles and all of your relatives and even people who see you that you don’t know or maybe you know a little bit

It’s good to say good things to them, be kind with your words

And then after you breathe this air, then the next thing someone did was picked you up and put you over in this area of the room where they had a bright, warm light

Back in the old times, they would have a fire burning

They would say, “heat up the room, make that fire bright for this little one; make it warm, make it bright,” that’s what the old people said

So here today, when you are born, they take you to this light

You have this light that shines on you and makes you feel warm and comfortable

And that’s your introduction to what we call the third foundation of life, the fire

The warmth that it represents and the light that it shines on you

And so you were introduced then to that fire and ever since then that’s what you’ve been doing, too, everything you do in your life has to do with the fire

Like the sun everyday, that sun comes up, that fire, that grandpa fire is there for you

Lights you, lights the day for you, makes it warm for you, makes it comfortable for you

That’s the way this grandpa fire takes care of you

‘Four Foundations of Life’ by International Council of 13 Indigenous Grandmothers

accompanied by ‘Nature’s Breath’ by Prem Das, Muruga and Shakti

And you use it to cook your food, you use it for washing, you use it for making things

Mostly everything in this world that we have that is manmade depends on fire to make it

So that’s the third foundation of life

And ever since then, you are using it that way

So we say you respect this fire, too

Sometimes you might just sit down with it

Just sit there with a candle and look at the flame and see how it is and how beautiful it is and you look at it and be with it in a good way, peaceful

If you feel like you are confused, don’t know which way to go in your life or even if you are traveling and you feel like you have lost your sense of direction

If you sit down and light-up a fire it will help you and give you a sense of direction again

So we use it that way, too, as indigenous people as Native American people we use it that way for our ceremonies use this fire in a sacred way, acknowledge it

And then, somewhere along the way as you continued to grow, the person - your grandma, your mother - the person who was taking care of you, they laid you down on the floor on the Mother Earth

And at first, you just laid there on your back, and then pretty soon you rolled over onto your stomach

And you laid there on this Mother Earth and then pretty soon, you got up on your hands and knees and you started crawling around on the Mother Earth and you got up and sat there on the Mother Earth, too

And then pretty soon, someone got you and they picked you up and they put you on your two feet, stood you up on this Mother Earth

They held you there

'Four Foundations of Life' by International Council of 13 Indigenous Grandmothers

accompanied by 'Nature's Breath' by Prem Das, Muruga and Shakti

Then at some point, all of the sudden you didn't need someone to hold you, all of the sudden you were able to get your balance and you felt the power of the earth beneath you and the security that this Mother Earth has for you, that you could stand on it

And you stand there and balance yourself and feel that balance and feel that power there of this Mother Earth

And then you at some point, some day along the way you took a step

You took your first step on this Mother Earth

And then you started to walk

You might have walked a little bit and sat down but got back up

And walked some more

And then started walking

And then you started running

And then you started feeling the joy of walking around in balance on this Mother Earth

And ever since then, that's what you've been doing

That's the fourth foundation of life, this Mother Earth

Those things, those four things, we say they are the ones that we completely rely on for our life

If we don't have them - if they are not around us, if they are not here with us - then we do not have life

Those are the four sacred foundations of life that we must have in order to live in this world

So, grandchildren, I want you to remember that

Sometime, you might feel thirsty or maybe you just don't feel good

If you take a drink of water and you say, "I want this water to make me feel good."

‘Four Foundations of Life’ by International Council of 13 Indigenous Grandmothers

accompanied by ‘Nature’s Breath’ by Prem Das, Muruga and Shakti

You go ahead and drink it with that thought and sure enough it’s going to do that for you

If you communicate with the water, you tell it how you want it to be with you, it’s going to be that way for you

So grandchildren, I just want to share that with you

And then the same thing with this air we breathe

There might be sometime it feels like maybe you have like a heaviness around you

But what you have to do is just take in a deep breath of air

And then blow it out, and when you blow it out, blow out the thing - whatever it is, even though you don’t know what it is - just blow it away from you

Then take in another deep breath of goodness with that thought in your mind that ‘I am breathing in this goodness’

Replacing whatever it was that was making you uncomfortable, with goodness

Use that air that way

And always give thanks for it, too

Then sometimes, even the fire

Treat it nice, take care of it

Sometimes you might just sit down and look into it, wherever there’s a fire

Sit down, look at it

Meditate with it, think with it, think about it

It’s going to show you something good

What I do is, every morning I go out - the first thing I do, the first time I walk out my door to meet the day

I look up at the sun

'Four Foundations of Life' by International Council of 13 Indigenous Grandmothers

accompanied by 'Nature's Breath' by Prem Das, Muruga and Shakti

I don't look directly at it - it's not good to look directly at it, but I acknowledge it, put my hands out towards it

Then I go reach down to the earth and I touch the earth and then I touch my heart and I touch my mind, and

I pretend like I am washing my face with that sunlight, put that light on my face and give thanks for the day, say thank you to the Creator

Thank you to all of these elements, these four foundations of life

The water, the air, the fire and the earth

Say thank you: "Thank you for my life"

"Thank you for being here for me"

"Thank you for being with me in this day"

And I bless myself with those things

With the new day, with Creator

And I go on my day

And it's good

When I don't do that, that's when I kind of have a little struggle here or there

But I'm always reminded that we have to take time to be thankful for these four foundations of life

So, that's what I'd like to share with you and encourage you to do that

Because no matter how old you are, you still rely on these four foundations of life

And all the rest of your life clear until the day the Creator calls you back home

So I want to share that with you right now

God bless you



'Peace on this Land' by Dharampal

When the elders came and they saw this land they said,
may peace be on this land

When the elders saw trees shudder in the wind they said,
may peace be on this land
may peace reign on this land
may peace rest in this land

When the elders looked and they saw the sun they said,
may peace be with everyone

When the elders touched the earth inside their hand they said,
may peace be on this land
may peace reign on this land
may peace rest in this land

All things come from God, and return back in the end

And all we know is that we are here

And we'll work this land again

We'll work this land again

May peace, peace be with everyone

Peace in the waters, peace in the trees

Peace in the rivers, and the air that we breathe

Peace in the atmosphere, peace in our children

Peace in the universe, and everywhere

The only thing I know, for sure, is that I don't know what I don't know.

'Guru Ram Das' (Live) by Simrit

Who do you think you are, if you know yourself?

Who do you think you are, do you know yourself?

Do you know everything, do you think you know everything?

Do you have to know everything?

We don't know nothing

We don't know anything, we don't know anything, we don't know anything

Who do you think you are? Who do you think you are?

Do you know your soul? Do you know your soul? Do you know it?

Do you know your soul? Do you know your soul?

Soul, do you know your soul?

Guru Guru Wahe Guru, Guru Ram Das Guru

Translation:

Guru – teacher or guide that brings one from the darkness to the light.

Wahe – exclamation of ecstasy of the divine

Ram Das – literally translates as “God's Servant” and also refers to Guru Ram Das, the Fourth Guru of the Sikhs

More Information from www.SpiritVoyage.com :

This mantra is known for its immense healing qualities and for imparting humility to the one who chants it.

This mantra relates directly to healing and protective energy, and the mantra is comprised of two parts. The first part is a nirgun mantra (Guru Guru Wahe Guru). This projects the mind to the source of knowledge and ecstasy.

The second part is a sirgun mantra (Guru Ram Das Guru). This means the wisdom that comes as a servant of the infinite. It is the mantra of humility. It reconnects the experience of the finite to infinity.

'Renaissance' by Ian Kamau

We'll never have a renaissance

'cuz we stand and point our finger, but we're all confused

You'll never have a renaissance

if you say you're for the people but it's all for you

We'll never have a renaissance

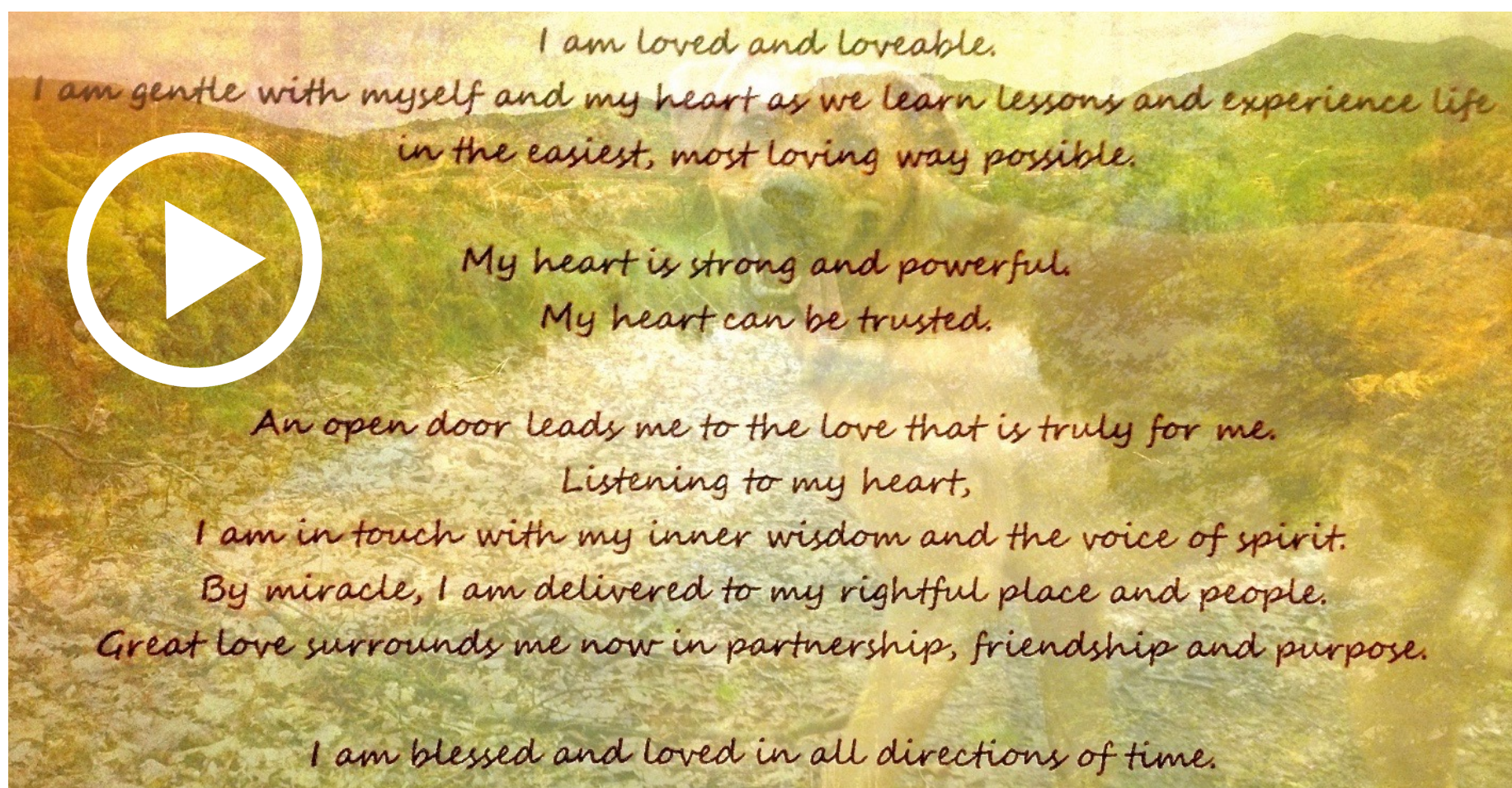
because we say we'll get together, but it isn't true

We'll never have a renaissance

if we speak about a movement and refuse to move



Inviting A New Conversation Within



"Let him that would move the world first move himself."

- Socrates

True change starts within and as we each each live our authentic happiness alive, we share the example for all to elevate themselves. At this time in the evolution of all humanity, individual transformation is the creative catalyst for universal salvation. **Health is self-respect; self-respect is health.**

Thank you for all we are sharing and collaboratively creating in this journey for truth, authentic happiness and freedom for all, always in all ways.

Hey there, this is Jeffrey,

Today it's the 21st or 22nd of March 2012, and I would like to start sharing my thoughts with the world ..

I have been having a lot conversations with myself, and I felt that this would be a nice way to continue them.

One of the reasons that I am starting these conversations now, maybe speaking-up, is because I feel like one of the big cycles in my life is coming together.

It was about nine months ago that I went to a music festival with some friends of mine on the Belgian-Franco border.

The music festival is called Dour and attracts a lot of alternative sorts of music and good hip-hop, jazz, funk, r&b, electronic and everything in-between.

It's a really cutting-edge festival.

And me, being the music-lover that I am, always wanted to go and check it out.

I'd been a little bit hesitant to go in previous years because I didn't have the right group of friends that I could go and explore that festival with.

While normally that wouldn't set me back, I'd heard things about Dour.. basically that it was really a very true festival experience.

That people of all origins, backgrounds, energies come together and there's also the chemical element of this festival that is also very powerful.

And as chance had it, going to Dour I had been on the rocks with my girlfriend for a while.

I'd been going through a lot of self-discovery. And trying to really 'feel' the world through my heart, and to deeply understand if this connection - which was the most constructive relationship that I've had on many, many levels - but something still felt incomplete ..

¿ Self-reflection vs. projection ?

¿ Projection vs. self-reflection ?

And I got into this inner dialogue that was looking at this person that I loved, but I felt that I wasn't in-love with this person.

We dated for about a year, and we started to fall into some of those traps that a lot of couples fall into.

And perhaps, this was just trying to show me that it wasn't anything about her or about me, because we knew we were trying our best.

It's just that things didn't feel like they were coming together.

We've all had that feeling where everything just feels right; I like to say it's like surfing.

Where you are just riding the wave; you are zen, you are One.

You feel almost as if you are being carried, but yet you can still guide your direction.

And it is somewhere that is between the Earth and the Heavens. By all means you are grounded, but yet you feel as if you are flying to the sky.

Some sports people call it 'the zone' and these athletes enter into a highly meditative state with such a focus and energy that it seems that the game evolves around them.

These great athletes (who basically command the game) are more than their measures. They are a state of mind; they play the game bigger than themselves.

And going into Dour, I felt like I wasn't playing this Life game and this Love game to a point where it felt bigger than myself.

Communication had broken down, and I was at the point where, while I felt guilty - I also felt strongly - that this was not going to continue on a healthy path.

And, to a certain extent, I liked her way of perceiving the world. That she could always change the energy of the situation in order to understand it and analyze it. And I saw that in all of our lives it's like this. How we perceive something is the most important.

Could our perspective influence how we perceive perfection or the difference between a problem and a greater process? Isn't perfection how we choose to see it?

Of course, there are some other natural establishments - there are some things that have been developed in this world that have provided the infrastructure in which we need to navigate.

And, I felt that if everything in life was really 'meant to be,' I always had this feeling that there should be this element of joy.

I can't really explain it, but maybe we've all been there in our relationships.

I was lucky at the time; I had planned for a sabbatical, which I am about half-way through, and I had a lot of time to think.

And, I knew that my 'feeling self' did not feel that love. Maybe that sounds basic to most people, but I grew up in a household without that element of unconditional love.

My parents influenced me through a lot of ways, and they were trying to incentivize me, but basically everything worked out to be financial.

And 'Love' was largely defined as how much you would sacrifice for someone.

Well, that might be true for some; but if you truly love someone, is it ever a sacrifice?

Does the element of resentment ever enter the picture?

When do we know we're giving enough? What is 'enough'?

These were the questions I had on my mind, so as I entered Dour, I felt there were bigger things stirring.

And after one of the parties - there were concerts every two hours across several stages, and at the end of the night, I met up with some of my friends and we were talking with some other people, of course.

At one point, I started talking with this interesting French guy, and we were just making whatever conversation you make at six in the morning.

I think something about my state of mind had really brought about this connection with this guy. He and I just started talking. We went and grabbed a couple of beers and we basically just talked about Life, which is what I like to do a lot.

And over the course of our conversation, we talked about a lot of things.

And while I didn't necessarily get the best feeling from this guy - I had challenging time trusting him; I was really testing myself to what point I would unconditionally trust the world, and whatever Faith or Fate had lined-up for me.

So, it turns out that this guy had some sort of 'interesting' drink. He said it was highly-concentrated verbena, and it is something that is normally added as an infusion to tea.

I had read a little about verbena when I'd first learned about it and it definitely has some calming, chamomile-like effects, but I'd also read that concentrated, it has the potential to give psychedelic effects.

And he explained that this green, viscous mixture, which smelled a bit like absinth was just concentrated verbena (vervain in French).

I took a few sips and .. I just decided that that was enough.

Something within me knew that that was enough.

Our conversation evolved to several different levels of Life, Love, Fear and Philosophy.

He and I parted ways a few hours later, and I really felt that I needed to refresh myself.

It was a heavy conversation after a heavy night, and there were heavy emotional things going on back home.

So, after talking about all of these things with this guy and sharing my feelings out into the open, I went to go take a walk.

I tried to get out of the campsite, but it was pretty well-controlled, and I ended up 'escaping' by going down into a ravine.

I just wanted some time alone, so I thought I could walk along the ravine, and I climbed down and walked a little bit . .. Then when I started to climb up, this was the start of a very interesting trip ..

Climbing up the side of the ravine was quite steep, and I could see why it had been blocked off. There was poison oak and poison ivy, and not very many strong footholds.

I'd heard that a few years back, someone had died trying to climb this ravine. I tried to scale it - tried to go down and then up the other side, but well, my life wasn't worth it.

A few cuts, scratches and bruises later, with some nasty, stinging poison oak burn, I decided that I should just go and get some rest.

I started walking around and I was completely disoriented. My sense of direction is normally 'interesting,' I am a dreamer.

I like to have my head in the clouds. I also like to appreciate the scenery, so sometimes I can get a little bit lost.

But, I really tried my best to remember the exact path to the camping, and it's not that it was so difficult.

But for some reason, I couldn't find it.

At this point, I was having an nice time walking around meeting people. And I came across some guys - I wanted to roll a joint. I came across some guys rolling this massive joint. And we started talking. I had a little smoke and they finished rolling this marvel, which was almost 10 inches long.

And they passed it over to me. I'd never smoked something like this before, well, I tried it. And, sometime after smoking this joint, lost looking for my campsite, I had a hallucination.

I think that hallucination came as a result of not eating a lot of food, drinking too much beer, the chemically-enhanced night, this 'verbena' mixture and then this massive joint.

So, I'm not advising that anyone try this, but this is just the way that it was for me.

And I can't remember where I was.


It was almost as if I was transported, and I had some visions.

It really felt like a dark and rhythmic, yet poetic hallucination.

Skeletons and skulls; smoke, fire and brimstone - it was all very confusing.

I just only clearly remember the last few lines of a message I received.

They said, "All your questions will be answered, and at the end of this day you will meet someone with whom you will forever love."



**If a healthy boundary is integrity,
then what does a limit represent?**

'Choose' by Santana

Tell me, what you gonna do? Where you gonna go? You're running out of time

Hey baby, what's it gonna be? Are you gonna stay?

Do you want to be free?

Choose; What ya gonna do? Choose. Do what you gotta do ..

Choose; What's ya gonna be? Choose. Do what ya gotta do ..

New day

The time is right

Ya make the move, you do what you gotta do

You're free

If you want to be

You'll see

Ain't nothing gonna stop you

Choose. What ya gonna do? Choose. Do what you gotta do ..

Choose. What's ya gonna be?

Choose. I believe to my soul that ya gotta be free

New day

Time is right

Ya make the move, do what ya gotta do

You're free

If you want to be

You'll see

Ain't nothin' gonna stop you ..

'Shining Star' by Earth, Wind & Fire

Yeah, hey, hey

When you wish upon a star

Your dreams will take you very far, yeah

But when you wish upon a dream

Life ain't always what it seems, oh yeah

What you see on nights so clear, hey

In the sky so very dear, yeah?

You're a shining star

No matter who you are

Shining bright to see

What you could truly be

(What you could truly be)

Shining star come into view

To shine its watchful light on you

Give you strength to Perry oh yeah

Yeah, make your body big and strong, yeah

Born a man-child of the sun, yeah

Yeah, saw my work had just begun

Yeah, found I had to stand alone, yeah

Bless it now, I've got my oh no

Oh yeah, oh yeah

So, if you find yourself in need

'Shining Star' by Earth, Wind & Fire (continued)

Why don't you listen to these words of heed

Be a giant or grain of sand

Words of wisdom, yes, I can

You're a shining star

No matter who you are

Shining bright to see

What you could truly be

You're a shining star

No matter who you are

Shining bright to see

What you could truly be

You're a shining star

No matter who you are

Shining bright to see

What you could truly be

Shining star for you to see

What your life can truly be

Shining star for you to see

What your life can truly be

Shining star for you to see

What your life can truly be

'Sun Children' by Nickodemus feat. The Real Live Show

New day, new time

I'm a child of sunshine New day, new time

I'm a child of sunshine. Every time the sun shines. New day, I'm about to get vibe

I'm a child of sunshine New day, new vibe

The light of the world

Will rise once again

And again

Coming amongst the clouds

Look to the sky

That the life should strike the face and give light!

New day, new light Sunshine, that's my vibe Get right, get right, hands high Sun children, that's my tribe New day, that's my vibe New light, that's my vibe Sunshine, that's my vibe Children of the sun is my tribe!

I'm ready for the weather if rain should come down It changes one cloud and game to run wild And watch my whole style

Work my flaws out

Just go the whole mile and run the whole route

Insane!

I bolt, the race out

Sprint to the finish, I dream without doubt

Scream like a dentist is working my mouth

When it's time to release the truth to speak out

Out loud!

Telling the world where we doubt

Belief in my power, increase the amount

I'm here to clean house

Roll the shades up, and let the sun in

It's time to raise up!



I am loved and love-able.

I am gentle with myself and my heart as we learn lessons and experience life
in the easiest, most loving way possible.

My heart is strong and powerful.

My heart can be trusted.

An open door leads me to the love that is truly for me.

Listening to my heart,

I am in touch with my inner wisdom and the voice of spirit.

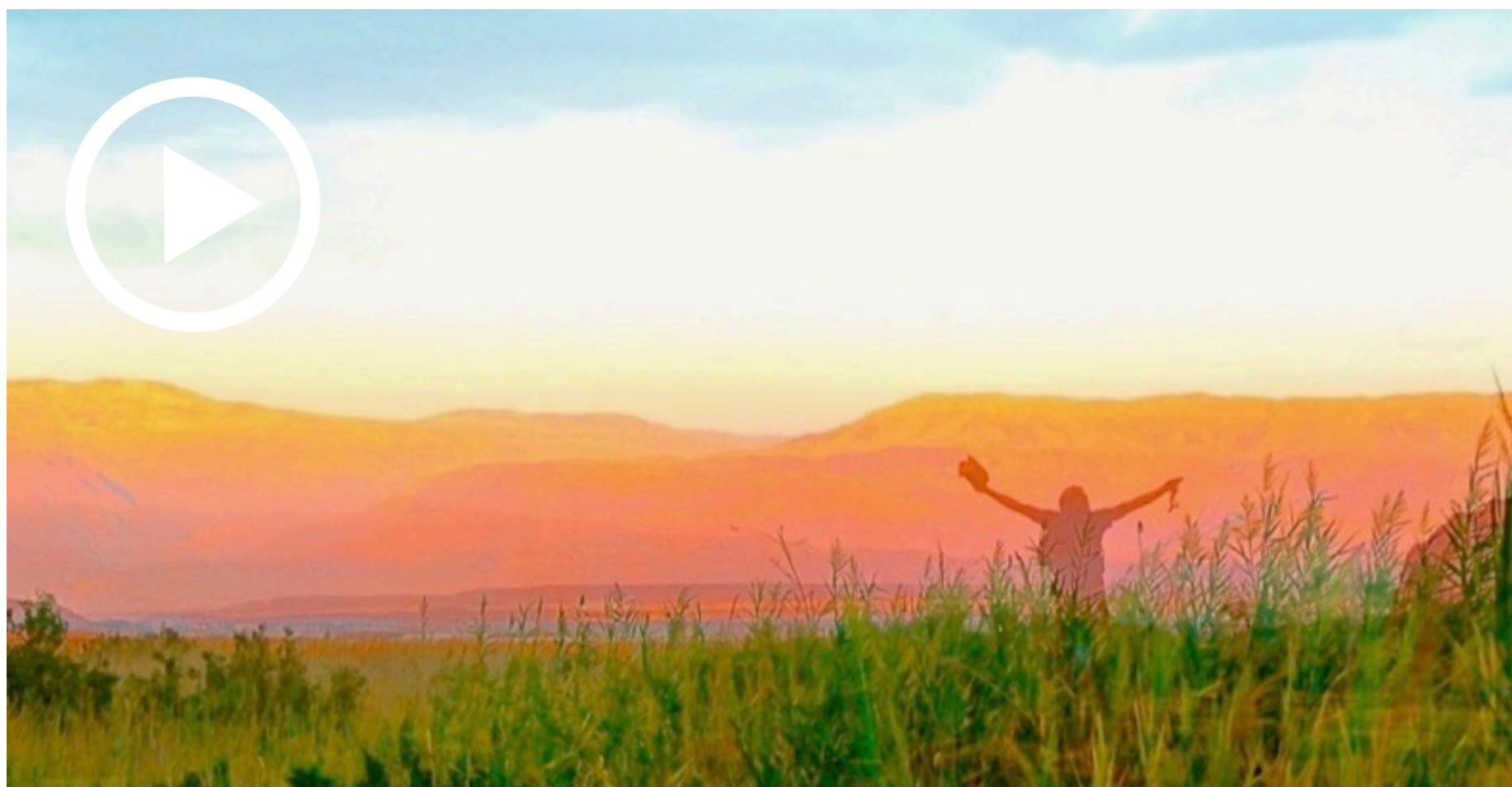
By miracle, I am delivered to my rightful place and people.

Great love surrounds me now in partnership, friendship and purpose.

I am blessed and loved in all directions of time.

And so it is.

The Power Of Dreams



Perhaps occasionally we may experience a sense of despair in this place of Rebirth.. Then again, it just takes a thought, a seed of truth.

Our perspective can create our paradise or a prison. There's a fine-line between a problem and the greater process guiding our growth. Thankfully, our advancements in technology empower us with the opportunity to share and learn more easily from our lessons in life and love.

Different perspectives unite to create dynamic solutions; our conscious choice is a catalyst of empowered change as we welcome freedom from suffering.

The light of truth guides our growth and higher human harmony as we learn from inspiration and injustice alike. We are co-creating a New Earth, together.

What a beautiful omen ..

Positive spirals of change

We live in transformational times and much of this transformation results from the openness to discuss certain topics that were once perhaps taboo.

(Such a weird word, surrender - a weird way to say trust.)

We've all heard the idea to not discuss sex, drugs or rock and roll.

Or, at least those were the topics that were off limits when I was growing up.

Surrender to the experience

Now, people are talking about metaphysics and how they perceive the world and what love means to them.

The more we can invite conscious conversation, the more that we can open ourself to those unique definitions that people have given to these certain words, the more we can make them our own.

I am Love, I am Loved, I am Love-able

The human body is an energetic miracle.

We pick up other people's behaviors and habits, even unconsciously.

So, when we can consciously create a clear intention, ask for guidance, and really visualize that we have received all the help that we would like in the easiest and most loving way possible, we may be able to open the door of possibility to Possibility itself.

Begin dream sequence ..

Welcome to a New Age, a True Age

'Aquarian Awakening' by Heartlight

This is the time to realize, with no doubt, who you really are.

Reality is changing; we are moving to higher dimensions.

Could true happiness live in harmony within and with all?

'Aquarian Awakening' by Heartlight

Cosmic powers emerging, and your hearts are opening into the light.

This is the new age; we've been waiting for a long, long time.

Realize, you are rebirthing, ascending, transforming into the Aquarius Age now.

Change your position, change your consciousness, change you ideas, change your mind..

You are now, you are fresh, you are Re-Birthed into the Aquarius Age!

Dream Journal: The Power of a Name

If we are all One and we can't remember the name of our ourself, then how could we be fully whole ?

Continue dream sequence ..

'Ima Adama (Mother Earth) Mantra' by Heartlight

"Ima Adama Wahe Guru We Are One Forever"

Ima Adama = Mother Earth

Wahe Guru = Ecstasy of the Divine

Smile, laugh, be joyful and know, you are *the gift*.

You are the light of your life.



Awaken to a feeling ..

'You're So Cool' by Hans Zimmer

(Instrumental)

'For 12' by Other Lives

I was in the dark age

Searching for the ones in my life

I'm so far away

But I had hit the ground runnin'

Steady as you go, I don't mind

I'm still here today

Oh, spouting hymns and all's in them

And forever target when it ain't so kind

But it feels like forever

When your mind turns to fiction

And I had took the long way

And I was in the heat and I don't mind

I'm so far away

But it feels like forever

When you mind turns to fiction

Imagine the darks from the skull

In a night without sleep

Vibration comes

First suit I had in months without feet

Spouting hymns and all's in them

And forever target when it ain't so kind

But it feels like forever

When your mind turns to fiction

Hello, I am Jeffrey,

March 21, 2012

I would be interested to know a little more on how to align collective dreams. As I am starting my studies as a holistic healer, I feel I can offer an interesting perspective and story on how we are all connected.

I've been combining many powerful techniques: qigong, kundalini meditations, transcendental meditations, dream yoga and shamanism on elemental levels.

And I feel I am awakening, or rather, starting to feel just how everything is connected. I have connected through dreams, and an owl leads the way.

Universal happiness, God, spirituality, the divine, nature, Mother Earth, Pachamama; whatever, however you call it, I feel connected to the universal heartbeat.

Incorporating multiple meditation techniques has amplified my connection.

The indigenous people believe we are all connected to Pachamama through our actions, words, thoughts and spirit.

While literally translated as 'Mother Earth,' the true meaning of Pachamama is all-encompassing: moon and sun, heaven and earth, stars and seas, pure energy.

As I develop the techniques to consciously tap into this universal energy, I begin to develop an understanding of how reality is manifested through our own states of mind.

As we begin to understand and accept our true nature, to co-exist and respect that which we are, together, we start to consciously evolve to different states of mind.

We evolve to a feeling mind, to a feeling mind that connects our heart and intuitive mind through our third eye.

We start to awaken to a world that feels like an extension of ourselves, part of the universal heartbeat. Through our meditations and mindful dream journaling, we start to feel the world and understand our truth, our dreams.

Perhaps finding happiness is connected with our more intuitive selves, and we can all unlock our true nature, awaken to a feeling. Connect, feel the heartbeat of Pachamama.

Roots so deep
Roots so strong
Roots, hold on forever
Hold on

As quoted from 'Roots' by Shimshai

Yoga Is Union: A Timeless Technology Of Transformation



We are part known and part unknown.

We are part finite and part infinite.

And *yoga* is what brings us together.

The masters, gurus, and all of the sages tell us that we are these infinite beings.

And we may be able to agree with that in principle: philosophically, metaphysically .. but the most important thing is the experience.

Experience is the true master, and Kundalini Yoga is an amazingly powerful technology to give us the experience to have the knowledge that we can connect with a greater part of ourselves, an infinite part of ourself.

Could the divine live in devoted discipline ?

The more we continue our practice, the more we can connect with our infinite nature.

Think about that word, technology:

Technology is the application of knowledge to achieve something.

We are so lucky in this time to have been gifted this amazing technology:

to achieve a higher spiritual actualization.

to live our lives more fully.

to love the lives that we live.

It's an exciting time.

So, that's a little introduction to Kundalini, the yoga of awareness - a technology to connect our finite and infinite selves to accomplish a fulfilled life.

Kundalini Yoga is a technology that transcends time and space, and before we start any practice of Kundalini Yoga, it's important to pay respect to the lineage of all of the masters before us and all the masters that are yet to come.

We do this with a mantra. As you may know, mantra is a sound that connects us with a primary truth.

It's not just the sound itself, it's how the sound is pronounced and it's rhythm.

So, it's the sounds, the context, the rhythm and our projection of it, and in Kundalini Yoga we 'tune-in' before we start any practices so that we can connect with all of those practitioners, masters and gurus that have ever practiced and that will ever practice it.

We are being supported by a 'golden chain' of teachers, and we are each a critical link, so we should pay reverence to this magically beautiful connection we have.

Tuning-in to the the vibration of Creation

The mantra we use to tune-in is:

‘Ong Namō Guru Dev Namō’

Ong Namō In deep reverence, I honor the subtle divine wisdom of Creation

Guru Dev Namō In deep reverence, I honor the divine teacher within

We can really feel the impact of this mantra when we chant it, when we know it inside.

In some chants, ‘Om’ is chanted. Om is the sound of silence; the cosmic seed.

‘Ong’ is the consciousness of creation

‘Namō’ is deep reverence

‘Guru’ is the knowledge and the process of moving ourselves from ‘gu’ - the depth, the darkness - into ‘ru’ the light. It’s transformation.

‘Guru Dev’ is the ‘inner teacher’

We are each our own guru and we are each connected to the infinite source of creation.

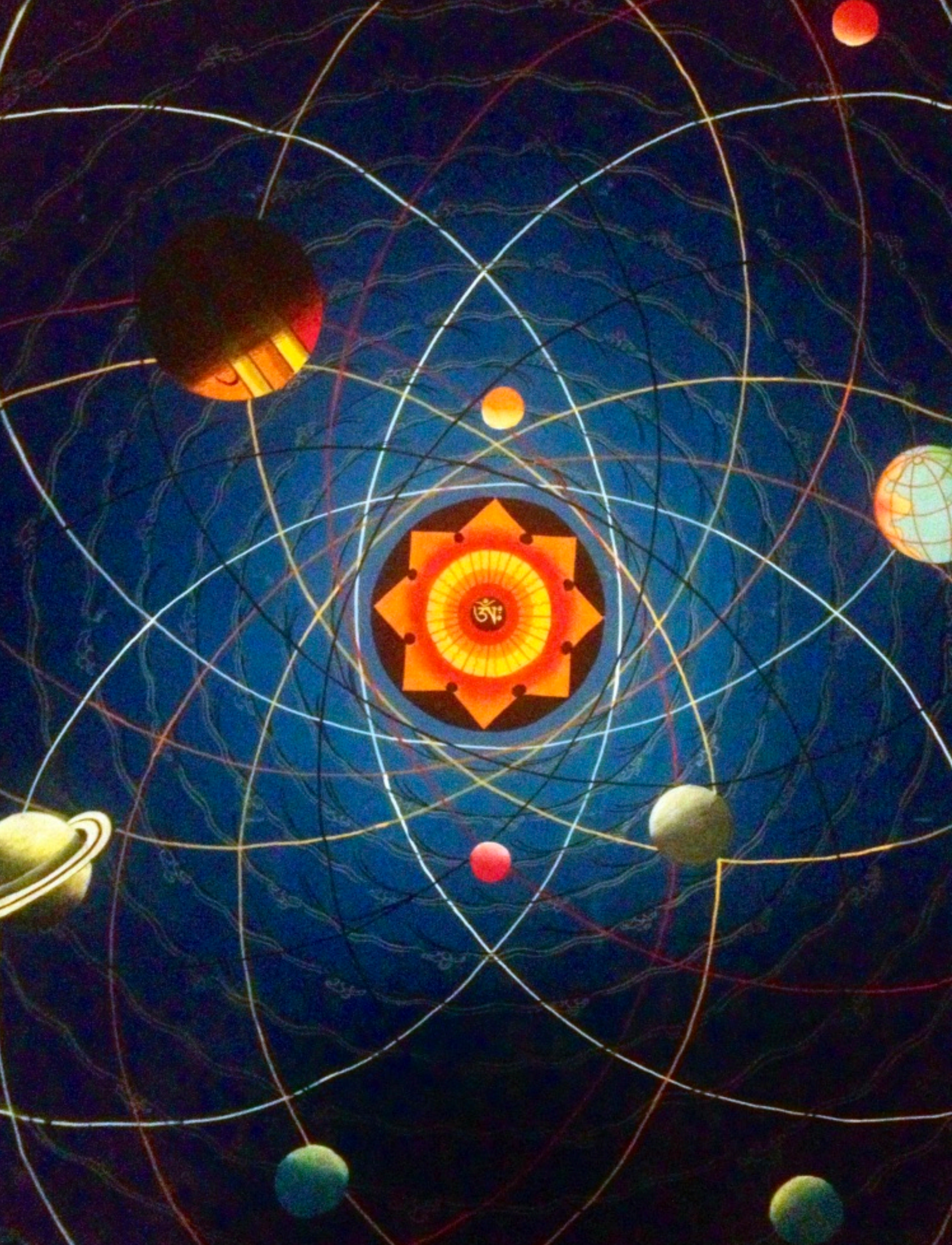
We each come from the same place and we’ll each return back to that same place, and this technology helps us to realize that we are forever connected to that source.

So, when we chant ‘Ong Namō Guru Dev Namō’ we are paying respect to the Creation and the Creator, and there is no separation.

We are responsible.

We are the creators of our reality.

Our reality is our creation.



“..Nothing Shall Be Impossible Unto You” Matthew 17:20



A life full with purpose is purposeful for all.

Synchronicity is more likely to happen as we celebrate it.

Human intellect combined with hope for humanity is the seed of potential to harvest inner harmony and true happiness.

Just as we are learning from The One, The One is learning from each one.

The Universe champions our happiness by empowering our choices to learn from life's contrasts, expanding into love. As we develop an awareness of our inter-connected and inter-dependent nature, we open to the promise of higher purpose.

‘I practice only the thoughts of the things that I truly desire. I focus on the best for all. My heart and mind harmoniously unite for the greatest good of myself and humanity.’

Oneness in a New Era

Welcome to a New Age

'Ong Namō Guru Dev Namō' by Sat Avtar

'Ong Namō Guru Dev Namō'

Ong Namō In deep reverence, I honor the subtle divine wisdom of Creation

Guru Dev Namō In deep reverence, I honor the divine teacher within

As quoted from Transitions to a Heart-Centered World

“We are living in a supercharged era, a time of upliftment for all humanity, a time of joining heaven and Earth, a time of experiencing the higher-self while living in the human body.”

- Gururattan Kaur Khalsa, Ph.D., Ann Marie Maxwell

Invite the light

Happiness is the harmony within

'Twelve Tribes' by 4hero featuring Mark Murphy

And the Gods said, “All of thee have only to learn this: the slower you proceed, the more you shall see and learn”

But the Gods had the advantage as they sat in their celestial domains with the awesome grandeur of the endless sea of splendor that is the sparkling space of timeless, slowly undulating solar systems, black holes, burning and dying stars as they shrieked their prisms

Ah, easy for the Gods

So impossible for puny little humankind on its water planet, blue and cloud- , this gorgeous Earth home of so many wondrous living things, hurrying and scurrying like an ant hill

'Twelve Tribes' by 4hero featuring Mark Murphy (continued)

Too fast for most to even begin to sense anyone could contemplate the twelve ages of procession of the Equinoxes, each 2,000-odd Earth years long; each with it's own zodiacal sign and character

We now step out of the bloodiest of Piscean 'progress,' slowly changing as we get used to being Aquarians growing toward the light and a New Age

The Aquarian Age

“ We are heading into a time of radical change. It is a time of great potential growth and expansion, but it is also a time of great potential pain and suffering ..

This shift is bringing out the best and the worst in mankind.

For the next 2,000 years we will be in the Aquarian Age. We have been in transition from the Piscean Age to the Aquarian Age for the last 50 years.

The official beginning of the Aquarian Age (was) November 11, 2011 or 11/11/11. Some people have set this date to December 21, 2012. Considering that this is a 2,000 year cycle, no matter which date you accept, we are in for lots of change in the near future.

The more you understand what is happening, the more that you can go through all of the changes without losing your balance and stability..

What can you do to help make this transition into this new age of information and consciousness ? Here are some suggestions :

1. Have a daily spiritual practice
2. Don't give into fear, despair or anger
3. Don't be a victim
4. Be a source of light ”

- Santokh Singh Khalsa



'Morning Sun' (Prins Thomas Diskomiks) by Adam Freeland

morning sun, praise the sky
tear the veil of darkness from our eyes
shining one, who lights our way
thank you for your presence in the day

'Everything Is Always Working Out For Me' by Abraham Hicks

Everything is always working out for me
Things are always working out for me
Everything is working out for me
Things are always working out for me

And since things are always working out for me

And since I know that things are always working out for me

Then what other things would I like to define that I would like to be working out for me?

Since things are always working out for me

Then I want to begin to apply my attention toward the things that I would like to be working out for me

I want to define more clearly what things I want to be working out for me

What things? Not nebulous things, not general things

What specific things would I like to be working out for me?

What evidence, what would really ring my bells?

What kinds of things would really ring my bells?

'Everything Is Always Working Out For Me' by Abraham Hicks (continued)

I would like to have a confidence about me so that when I am moving through traffic, I feel guided about where to go

I'd like to have good timing

I would like to feel that I am riding on a cloud or a magic carpet of momentum

I would like to feel the Universal forces working with me

I would like to look into the world and have a sense of who I am

I would like to have a full sense of who I am

I would really like to be so integrated with the fullness of who I am that I am accepting this world and the fullness of all that it is

I would like to look into this world and I would like to appreciate the components that have been before, that have lead to what is right now

I would like to live in a constant state of appreciation

I would like to be an uplifter

I would like anyone who comes into contact with me to benefit as a result of our being together

I would like to not feel bad if that doesn't happen

I would like to be in a place where I am not at my best, where I am not even close to my best and not beat-up on myself for not being at my best because I know, that like the ocean, I have ebb and flow, too

I would like to be completely accepting of myself and of everyone else

I would like to trust in the Law of Attraction and the information that it gives to me

I would like to live in a constant state of appreciation

'Everything Is Always Working Out For Me' by Abraham Hicks (continued)

I want to be the being that I am born to be

I want to be in this physical body and I want to be all that I was born to be

I want to have fun, and I want to have clarity, and I want to feel energy and I want to feel good and I want to wake up eager for the day

I want to sleep good and eat well; I want others to have that, too

I'd like everyone to eat well

I'd like all the little kids to go to bed with a full belly

And I would like them to know how good they are, I'd like that

I'd like the children to know their value

I'd like them to know it soon: I'd like them to know it now

I'd like opportunities to help them know it

I'd like to move around with them; I'd like to think about them

I'd like to shine that light on them

I'd like to speculate about that; I'd like to pretend that

I'd like to imagine that; I'd like to soothe myself with that thought

I want people to feel good. I would like people to feel so good that they never feel like taking guns and killing each other; I'd like them to feel that good

I'd like them to feel so good, I'd like people to know the value of who they are, I'd like that

I'd like to be in a place where I can help people know the value of who they are, I'd like that. Don't want it to come all at once, just one at a time

‘Everything Is Always Working Out For Me’ by Abraham Hicks (continued)

I’d like to tune into the frequency of who I am and spread the joy of who I am

I’d like to be consistently in my own joy

I’d like to be a catalyst helping more people feel good

I’d like to be someone who is such a catalyst to helping people feel good that I don’t even notice when they don’t

I’d like to be so true to my vibrational frequency, that anything that I want is flowing into me and anything that I don’t want is flowing out of me, understanding that there will always be contrast on the edge of what I am living

Oh, that’s it, I’d like to control my contrast better

I’d like to be better at inviting the contrast

I’d like the contrast to come in the form of a question to which I am seeking an answer rather than in the form of a problem to which I am needing a solution

I’d like the problems of the world to be distant enough from me that I am able to see them in an objective sort of sense

I don’t want to be swallowed-up in the problems; I want to be on the periphery of the problems

I want to be out there on the edge of the problems, close enough that I can help to find a solution, but not so wrapped-up in the problem that I am lost in the problem

I want my cork to be near the surface all the time, if not bobbing on the surface, and never deep in the underbelly of the ocean

I want to be up there where it’s easy to move, but even when I am in that state of what could be called ‘depression,’ I want to know that even then it’s okay, help is on the way

I want to know that Source energy is always flowing to me and through me, available at all times, and I want to feel alright about not being in the vibrational vicinity of it

'Everything Is Always Working Out For Me' by Abraham Hicks (continued)

I love knowing that Source loves me at all times, even when I am not in the vibrational vicinity

I like knowing that that gaze is never taken from me

I like knowing that pure, positive energy has it's gaze upon me at all times

I like knowing that Source is keeping Source's promise to me

And it is my intention to start right now keeping my promise to myself more of the time

I am going to have way more fun, I am going to look for more reasons to feel good

I am going to take good care of me, I am going to serve myself first and foremost

I am not going to tend my vortex and then I am going to do anything else I have time for

Well, I say I am going to do that; I am probably not going to do that

But it is going to be more alright with me when I don't do that

It's going to be alright with me more when I don't do that

I am not going to set standards for myself that I can't keep

But I am going to do my best to feel good more of the time

I am going to have way more fun

I am going to look for more reasons to feel good

I am going to take good care of me

We have enjoyed this interaction more than words can explain

You are powerful creators, and this has been a powerful group of minds that have come together

‘Everything Is Always Working Out For Me’ by Abraham Hicks (continued)

We are appreciating your willingness, not just to be in this room, but to be in this life
Not just to be in this life, but to be in this world, to be in this universe, to be part of
this creative experience of moving forward

It is our desire and it is our knowing that today, you have come into closer alignment
than you’ve ever been with who you really are

And we revel in that knowing, whether you know it or not

And we anticipate your discovery of the evidence of our knowing in the hours and the
days that are before you

There is great love here for you

And as always, we remain .. Let’s see where are we ?

In the vortex, in your grid

In the vortex, in your mind

In the vortex, in your actions

In the vortex, in your behavior

In the vortex, in your inspiration

*In the vortex, in complete and utter appreciation of the life that you breathe into
all that is ..*

There is great love here for you

We are complete

'Sleeping Giant' by Ian Kamau

Wake up, wake up, wake up

Wake up, wake up, wake up

Bigger than your wicked system

Bigger than your monarchy

Bigger than your quiet mission

Bigger than your fake democracy

Louder than your education built to push your lies

Bigger than your segregation

You won't control our lives

Wake up, wake up, wake up

Sleeping giant

Wake up, wake up, wake up

Sleeping giant

Louder than your empty promise

Louder than your arms

Louder than your foolish comments

Louder than your bombs

Bigger than your false division keeping us apart

Louder than your false religion that warps the truth inside our hearts

'Sleeping Giant' by Ian Kamau (continued)

And I said .. wake up, wake up, wake up

Sleeping giant

Wake up, wake up, wake up

Sleeping giant

Waking-up the sleeping giant

Opening our eyes

It is wrong if we're defiant or arbitrary lies ?

Screaming out for revolution, is it not the time ?

Calling out for evolution, beginning in our minds

And I said .. wake up, wake up, wake up

Sleeping giant

Wake up, wake up, wake up

Sleeping giant



'Embracing the Journey' by Emmanuel Dagher

As a society, many of us have been conditioned to always look towards the next thing in our lives that will make us 'happy' or fulfill us in some way

Although it can be wonderful to look forward to the future, always being in this space can really take us away from seeing and experiencing all the magic in our present moment

Many of us have heard quotes that state something similar to the following, "Life is less about a specific destination and more about the journey getting there."

When we take time to really enjoy what's happening in our lives now, every experience becomes a miraculous one

It is in the present moment where we have the opportunity to feel the most joy, love and satisfaction

Would you like to begin recognizing even more that life is less about specific destinations and more about the overall journey ?

Would you like to know what will happen when you do ?

And are you ready to embrace and get even more present to your journey ?

If so, say 'Yes' out loud and feel that energy ..

Good, notice what's different in your life in the coming weeks and thank the Universe because through gratitude, the Universe blesses us with even more to be grateful for

We, Energy



Todos somos um
We are all one

A ciência confirma que tudo é energia e nada está criado nem destruído
Science confirms that everything is energy, and nothing is created,
nor destroyed

Energia só está transformada
Energy only can be transformed

A gente pode convidar e invocar energias de alta consciência para nos guiar de
voltar à fonte de nossa vitalidade, ao mistério da vida

We can invite and invoke energies from higher consciousness to guide us to
return to the source of our vitality, to the mystery of life

“La distancia puede evitar un abrazo, un beso. Pero nunca un sentimiento.”
“The distance can impede a hug, a kiss. But never a feeling.” - Unknown

An open door leads me to the love that is truly for me

De abrir portas da consciência e de pedir para nosso melhor

To open doors of consciousness and to ask for our best

Cada decisão nos guia a entender o melhor

Each decision guides us to know better

O mais que cultivamos nossa consciência

The more we cultivate our consciousness

O mais que podemos também entender e discernir

The more we also can understand and discern

De saber pela nosso observação e reconciliação os efeitos

To know by our observation and reconciliation, the effects

E de vez em quando as conseqüências e também os benefícios, das decisões

And from time to time the consequences and also the benefits of our decisions

Quando invocamos energia para nos ajudar nesse crescimento

When we invoke energy to help us with this growth

Ficar mais perto do mistério

To be closer to the mystery

Como podemos abrir ?

How can we open ourselves ?

Cada decisão pode ficar mais angelical

Each decision can be more angelic .. or not

Em meu opinião, humanos sou anjos da terra é a gente esta voltando a nossas origens

In my opinion, humans are earth angels and we are returning to our origins

Guides of the Universe

Invocando energia abre a porta de mistério

Invoking energy opens the door of mystery

E ajudar essas energias desconhecidas de nos entrar, de nos ajudar, de nos conhecer e de nos guiar

And helps the unknown energies to enter, help us, to know ourselves and to guide us

Os arcanjos são os guias do universo

Archangels are the guides of the universe

Os arcanjos existem além dos conceitos porque os arcanjos se representa

Archangels exist beyond concepts because the archangels represent

Porque os arcanjos se representa, a cada um, uma perspectiva de energia pura

Because each archangel represents a perspective of pure energy

O Deus criou tudo. Tudo vem de Deus.

God created everything. All comes from God.

E humanos depictamos o Deus como humano

And humans depict God as a human

Damos poder a nossa humanidade

We give power to our humanity

Mais talvez podemos convidar um novo entendimento sobre nossa divindade que está escrito dentro de nosso DNA

But perhaps we can invite a new understanding of the divinity that is written within our DNA

Deus nos criou, só existe o um - uma energia que está transformando-se e é o poder de se transformar

God created us and only Oneness exists - One energy that is transforming itself and is the power to transform

Para quê ? Para melhorar, para evoluir

For what ? To better ourselves and evolve

Invoking Higher Consciousness

Para saber e para decidir melhor
To know how make better decisions

Os arcanjos que eu invoco de pedir ajuda, de ficar dentro de meu humildade são cinco
There are five Archangels that I invoke to ask for help, to stay within my humility

Arcanjo Miguel / São Miguel. o protector e guia de toda humanidade
Archangel Michael, the protector and guide of all humanity

De se elevar e se despertar
To elevate ourselves and awaken

Raphael, arcanjo de cura
Raphael, Archangel of healing

Arcanjo Gabriel, o mensageiro
Archangel Gabriel, the messenger

Dar mensagens e também o processo de comunicar está aumentado, elevado com a consciência de Gabriel
Invoking Gabriel's energy shares messages and also improves and elevates the communication process

Arcanjo Uriel é a mensagem
Archangel Uriel is the message

Uriel é a sabedoria pura
Uriel is pure wisdom

Metatron existe como um arcanjo em algumas religiões
Metatron is recognized as an Archangel in several religions

E Metatron, pelo meu conhecimento dos arcanjos é só um dos dois que viveram uma vida humana antes de se transformar nessa energia de guiar os outros
And Metatron, by my knowledge of the Archangels, is one of only two to have lived a human life before transforming (energetically) into an angelic guide

Learning lessons and experiencing life

Como Jesus passou aqui nesta escola da vida para nos mostrar a capacidade de amar
Just as Jesus experienced this school of life to show humanity our highest capacity to
love

É onde o nosso serviço se transcende algum conceito de sacrifício
It is where our service transcends even the concept of sacrifice

De decidir nosso destino e confiar em nossos coração
To decide our fate and to trust in our hearts

E de saber que somos mais, muito mais que só esse corpo físico
And to know that we are more, much more than just this physical body

Somos energia
We are energy



Holydays

'Uma Vida' by Dom Salvador

Uma vida, uma vida não é nada se não tem nenhum amor
One life, one life is nothing if you do not have love

Um sorriso não é um riso, um sorriso não é preciso se não tem amor!
A smile is not a laugh, a smile is not necessary if you don't have love!

Uma casa é tão fria apenas, apenas uma moradia sem amor
A house is so cold just, just a house without love

Eu persigo o meu destino, meu futuro do inseguro
I chase my destiny, my insecure future

Levando sempre, sempre a minha dor!
Always lifting, always with my pain!

Não descanso, não, eu não desisto, eu insisto!
I don't rest, no, I don't give up, I insist!

Eu insisto procurando o amor!
I insist looking for love!

Alegria! Alegria! É manhã de um novo dia!
Happiness! Happiness! It is morning of a new day!

Vou andar onde o amor levar, vou descobrir a vida,
I'll walk where love leads, I will discover life

Vou construir meu lar, eu quero me encontrar
I will build my home, I will discover life

Sei que vou ser feliz, meu dia chegará!
I know I will be happy, my day is coming!

Alegria! Alegria! É manhã de um novo dia!
Happiness! Happiness! It is morning of a new day!

'Jesus Cristo' by Erlon Chaves & Sua Banda Veneno

Jesus Cristo, Jesus Cristo, Jesus Cristo eu estou aqui!
Jesus Crist, Jesus Crist, Jesus Crist, I am here!

Jesus Cristo, Jesus Cristo, Jesus Cristo eu estou aqui!
Jesus Crist, Jesus Crist, Jesus Crist, I am here!

'My Sweet Lord' by Religare (Cover of George Harrison's original)

My sweet Lord

Hm, my Lord

My sweet Lord

Hm, my Lord

I really want to see you

Really want to be with you

I really want to see you, Lord

But it takes so long, my Lord

My sweet Lord

Hm, my Lord

My sweet Lord

I really want to know you

Really want to go with you

I really want to show you Lord

That it won't take long, my Lord

My sweet Lord

Hm, my Lord

'My Sweet Lord' by Religare (Cover of George Harrison's original) (continued)

My sweet Lord

I really want to see you

Really want to be with you

I really want to see you, Lord

I really want to see you, Lord

But it takes so long, my Lord

My sweet Lord

Hm, my Lord

My sweet Lord

'The Light' by Aykanna

I've seen the darkness, I've seen the light

From liberation to living trite

Lord knows, I must have faith

Spirit wants to shine and break out of these chains

Got to tell you how I feel, what's been real

My people overseas, no matter where I go

It's always been inside of me

I'm not new to this, I groove to this

Used to be a misfit, mind the balance --

Always searching for the one who knows

'The Light' by Aykanna (continued)

I've seen the lows, music was the only soul I knew

Now I looked to my spirit to keep me uplifted

Yes, I am gifted

Back in the days I was just another rising statistic

Treaded many alleys, many walkways, many dark days

Believe it yo, I do as I --

My revolution is on, duality distracts from one

Gonna make sure I stay shining in the sun

I've seen the darkness, I've seen the light

From liberation to living trite

Lord knows, I must have faith

Spirit wants to shine and break out of these chains

The tapestry I build, the poetry I spill

Without my vocal rhymes, I am like a child that has to deal with

Fear, rejection, living on false impressions

Believing nobody could save her until she made the connection

Gifted, not to be taken for granted

Anytime it's not mine, stay humble

A child of the conscious, hip-hop generation, music heals me, pushing through me

Like soul on vinyl moves me

'The Light' by Aykanna (continued)

Keep on expressing yourself, never compromise yourself

To all the souls who helped me carry my load

I reap what I sow

The story's told and this one is for y'all

I've seen the darkness, I've seen the light

From liberation to living trite

Lord knows, I must have faith

Spirit wants to shine and break out of these chains

I want to tell you how I feel

Sometimes I'm in the box, I can't get outta here

But what keeps me living through the dark times is the light

Shining down on me

I want to tell you how I feel

Sometimes I'm in the box, I can't get outta here

But what keeps me living through the dark times is the light

Shining down on me

I've seen the darkness, I've seen the light

From liberation to living trite

Lord knows, I must have faith

Spirit wants to shine and break out of these chains

'Black Jesus' by Ghostface Killah [Interlude dialog]

[Raekwon] Burn something kid

[Popa Wu] Yeah, you know what I'm saying, let me tell you something man

Through the man's mind, God

He see his elevation, God

See through his mind, he see his elevation, God

See this where he begin to know that where he come from

See some people don't have no direction, God

Because they don't know the science of they self

See the signs of life is the signs of you

All the elements that it took to create you

Everything that's in the universe, God

That's created the universe, God, is just within you

You see what I'm sayin ?

And that's the mind that you can't see

Don't you know if a man could take and flip himself inside out, God

He'll fall out and die if he sees the shit that goes on.. inside?

[Ghostface] So you mean to tell me I'm the creator of all this right here?

[Popa Wu] You the creator of all this

Because all these things must happen, it must take place

See people go back in the day, God

They say: one man, one woman, Adam and Eve, there ain't no such thing

Everything you see always has been and always will what be

Regardless the whom or what, it's got to be

'Someday' by Alice Russell

I know moonrise, I know star-rise,
And I lay my burden down
I walk in the starlight, I walk in the moonlight,
And I lay my burden down
I know moonrise, I know star-rise,
And I lay my burden down
I walk in the starlight, I walk in the moonlight,
And I lay my burden down
Stretch out my arms as the evening fades away
Your soul and my soul will meet someday
Stretch out my arms as the evening fades away
Your soul and my soul will meet someday
I know sunrise, I've seen blue skies,
And I lay my burden down
I walk in the sunrise, I walk under new skies,
And I lay my burden down
I know sunrise, I've seen blue skies,
And I lay my burden down
Moonrise, starlight
And I know my burden's found
Stretch out my arms as the evening fades away
Your soul and my soul will meet someday

'Dance Me to the End of Love' by Leonard Cohen

Dance me to your beauty with a burning violin

Dance me through the panic till I'm gathered safely in

Lift me like an olive branch and be my homeward dove

Dance me to the end of love, dance me to the end of love

Oh, let me see your beauty when the witnesses are gone

Let me feel you moving like they do in Babylon

Show me slowly what I only know the limits of

Dance me to the end of love, dance me to the end of love

Dance me to the wedding now, dance me on and on

Dance me very tenderly and dance me very long

We're both of us beneath our love, we're both of us above

Dance me to the end of love, dance me to the end of love

Dance me to the children who are asking to be born

Dance me through the curtains that our kisses have outworn

Raise a tent of shelter now, though every thread is torn

Dance me to the end of love

Dance me to your beauty with a burning violin

Dance me through the panic till I'm gathered safely in

Touch me with your naked hand or touch me with your glove

Dance me to the end of love, dance me to the end of love, dance me to the end of love



'Holy' by Netanel Goldberg

Fly like a river

Flow with the ocean

Fly on the wind that blows through the winter

Dream about love

Believe in your dreams

Live in the ocean of love

Close your eyes and feel the wind that is blowing

Open up your hands and sing

I am holy

I am holy

I am here to live this life

Dance in not knowing

Know your perfect power

Dance like a lion in the wild

Laugh like a child

Sing in full presence

Sing with the lion in the wild

Close your eyes and feel the wind that is blowing

Open up your heart and sing

I am holy

I am holy

I am here to live this life

I am holy

I am open to see flowers blooming

I am here to live this life

The Time Is Now



“Those who love peace must learn to organize
as effectively as those who love war.”

– Martin Luther King, Jr.

We are more connected than ever before.

Now is the time to cultivate our curiosity with a compass of
compassion and a healthy sense of wonder.

We, Humanity

We are all more similar than we are different

While at the same time, each individual person is unique within a sphere of our Universal similarity.

While uniqueness may imply difference, this is one of the many fine-lines that encompass this world of perceived duality.

We are moving into a time where it is okay to be different.

And we are evolving to a time where we embrace each other for those unique differences; where we collectively believe in each individual reality as part of a greater, collective dream.

Now is our time

This has come to us in many ways: advancements in technology, knowledge sharing, communication ..

But most importantly, we don't have any other choice.

We've spoken of Globalization for years.

However, it has been largely determined by financial transactions and tax status ..

The Truth is Golden: The Golden Rule of Globalization

True Globalization would be not only loving each other as neighbors, but will also mean that we can live together with Mother Earth in harmony.

'Spirit Bird' (Srikalogy Remix) by Xavier Rudd

Give it time and we wonder why

Do what we can, laugh and we cry

Sleep in your dust because we've seen this all before

Culture fades with tears and grace

Leaving us stunned hollow with shame

We have seen this all, seen this all before

Spirit bird she creaks and groans

She knows she has seen this all before

She has seen this all before

Many tribes of a modern kind

Doing brand new work same spirit by side

Joining hearts and hands and ancestral twine, ancestral twine

Many tribes of a modern kind

Doing brand new work same spirit by side

Joining hearts and hands and ancestral twine, ancestral twine

And slowly it fades

Slowly it fades

And slowly it fades

Slowly it fades

Spirit bird she creaks and groans

She knows she has seen this all before



* Globalization *
Vibration Harmonization

“Love is being there.

We must bring about a revolution in our way of living our everyday lives, because our happiness, our lives, are within ourselves.”

- As quoted from ‘True Love’ by Thich Nhat Hanh

‘Blessed We Are’ by Peia

Blessed we are to dance on this ground

With the rhythm of saints to carry the sound

We hold a prayer for the Earth

For the ones yet to come

May we walk in beauty

And remember our song

If we all can agree that we are more similar than we are different, could we change ..

the meaning ?

the feeling ?

the connotation ?

the vibration of what ‘Globalization’ really means ?

We have the technology, the leadership, the money, and the possibility to all agree that it’s time to take responsibility for our collective provider, our caretaker as we cultivate our garden of self. An invitation to truly connect with what is important.

Perhaps our first opportunity is the choice to be willing to see it.

'Unity' by Sean Johnson & The Wild Lotus Band

Out beyond

Ideas of right doing and wrong doing

There is a field

I'll meet you there

Out beyond

Ideas of wrong doing and right doing

There is a field

I'll meet you there

When the soul

Lies in that grass

All thoughts will pass

All thoughts will pass

When the soul

Lies in that grass

All thoughts will pass

All thoughts will pass

Lokah Samastah Sukhino Bhavantu (May all beings be happy and free)

Lokah Samastah Sukhino Bhavantu

Lokah Samastah Sukhino Bhavantu

Lokah Samastah Sukhino

Om Sarveshaam Swastir Bhavantu (Auspiciousness to all)

Sarveshaam Shantir Bhavantu (Peace to all)

'Unity' by Sean Johnson & The Wild Lotus Band (continued)

Sarveshaam Purnam Bhavantu (Fullness to all)

Sarveshaam Mangalam Bhavantu (Prosperity to all)

Om Sarveshaam Swastir Bhavantu

Sarveshaam Shantir Bhavantu

Sarveshaam Purnam Bhavantu

Sarveshaam Mangalam Bhavantu

Lokah Samastah Sukhino Bhavantu

Lokah Samastah Sukhino Bhavantu

Lokah Samastah Sukhino Bhavantu

Lokah Samastah Sukhino

Om Sarveshaam Swastir Bhavantu

Sarveshaam Shantir Bhavantu

Sarveshaam Purnam Bhavantu

Sarveshaam Mangalam Bhavantu

Om Sarveshaam Swastir Bhavantu

Sarveshaam Shantir Bhavantu

Sarveshaam Purnam Bhavantu

Sarveshaam Mangalam Bhavantu

Listen up people of piety

I've gone beyond the society

I'm not a Muslim nor Hindu

I'm not a Christian or a Jew

'Unity' by Sean Johnson & The Wild Lotus Band (continued)

Not of the west nor the east

Not of the ocean nor the earthly beast

Neither a natural wonder

Nor from the stars o'er yonder

Neither flesh of dust

Nor wind inspired

Nor water from beings

Nor made of fire

My place, it's the no place

My image is without face

My image is without face

Ah-oh

My place, it's the no place

My image is without face

My image is without face

Unity is what I sing

Unity is what I speak

Unity is what I know

Unity is what I seek

Unity is what I sing (Lokah)

Unity is what I speak (Samastah)

Unity is what I know (Sukhino Bhavantu)

'Unity' by Sean Johnson & The Wild Lotus Band (continued)

Unity is what I seek

Unity is what I sing (Lokah)

Unity is what I speak (Samastah)

Unity is what I know (Sukhino Bhavantu)

Unity is what I seek

Unity is what I sing (Lokah)

Unity is what I speak (Samastah)

Unity is what I seek

Lokah (Lokah)

Samastah (Samastah)

Sukhino (Sukhino)

Bhavantu (Bhavantu)

Lokah (Lokah)

Samastah (Samastah)

Sukhino (Sukhino)

Bhavantu (Bhavantu)

Lokah

Samastah

Sukhino

Bhavantu

Lokah

Samastah

'Unity' by Sean Johnson & The Wild Lotus Band (continued)

Sukhino

Bhavantu

Lokah

Samastah

Sukhino

Bhavantu

Lokah

Samastah

Sukhino

Bhavantu

Lokah

Samastah

Sukhino

Bhavantu

Lokah (Lokah Samastah Sukhino Bhavantu)

Samastah (Lokah Samastah Sukhino Bhavantu)

Sukhino (Lokah Samastah Sukhino Bhavantu)

Bhavantu (Lokah Samastah)

Bhavantu

'Or Elohim' by Heartlight



Love thy neighbor ?

Belief is the ultimate belief to work together as neighbors on this global garden: Gaia, Mother Earth.

We have the technology, the leadership, the money, and the possibility to all agree that it's time to take responsibility for our collective provider, our caretaker ..

'Standing Like A Tree' by Snatam Kaur

Standing like a tree

With my roots tucked down

My branches wide and open

Come down the rain

Come down the sun

Come down the fruits

To our heart that is open

To be standing like a tree

With my roots tucked down

My branches wide and open

Come down the rain

Come down the sun

Come down the fruits

To our heart that is open

'Standing Like A Tree' by Snatam Kaur (continued)

To be standing like a tree

With my roots tucked down

My branches wide and open

Come down the rain

Come down the sun

Come down the fruits

To our heart that is open

To be standing like a tree

With my roots tucked down

My branches wide and open

Come down the rain

Come down the sun

Come down the fruits

To our heart that is open to love

[Bridge]

Humee Hum Brahm Hum

Humee Hum

We are we

Brahm Hum

We are the Divine

'Standing Like A Tree' by Snatam Kaur (continued)

Humee Hum Brahm Hum, more Information from www.SpiritVoyage.com:

This is a mantra for creative expression. It helps remove fear to allow for authentic communication. This mantra literally means that we are the spirit of the Divine.

This is a mantra of connection. It eliminates the ego consciousness of separation and loss and builds faith and trust in the Infinite. This allows for open communication.

Standing like a tree

With my roots tucked down

My branches wide and open

Come down the rain

Come down the sun

Come down the fruits

To our heart that is open

To be standing like a tree

With my roots tucked down

My branches wide and open

Come down the rain

Come down the sun

Come down the fruits

To our heart that is open

'Standing Like A Tree' by Snatam Kaur (continued)

To be standing like a tree

With my roots tucked down

My branches wide and open

Come down the rain

Come down the sun

Come down the fruits

To our heart that is open

To be standing like a tree

With my roots tucked down

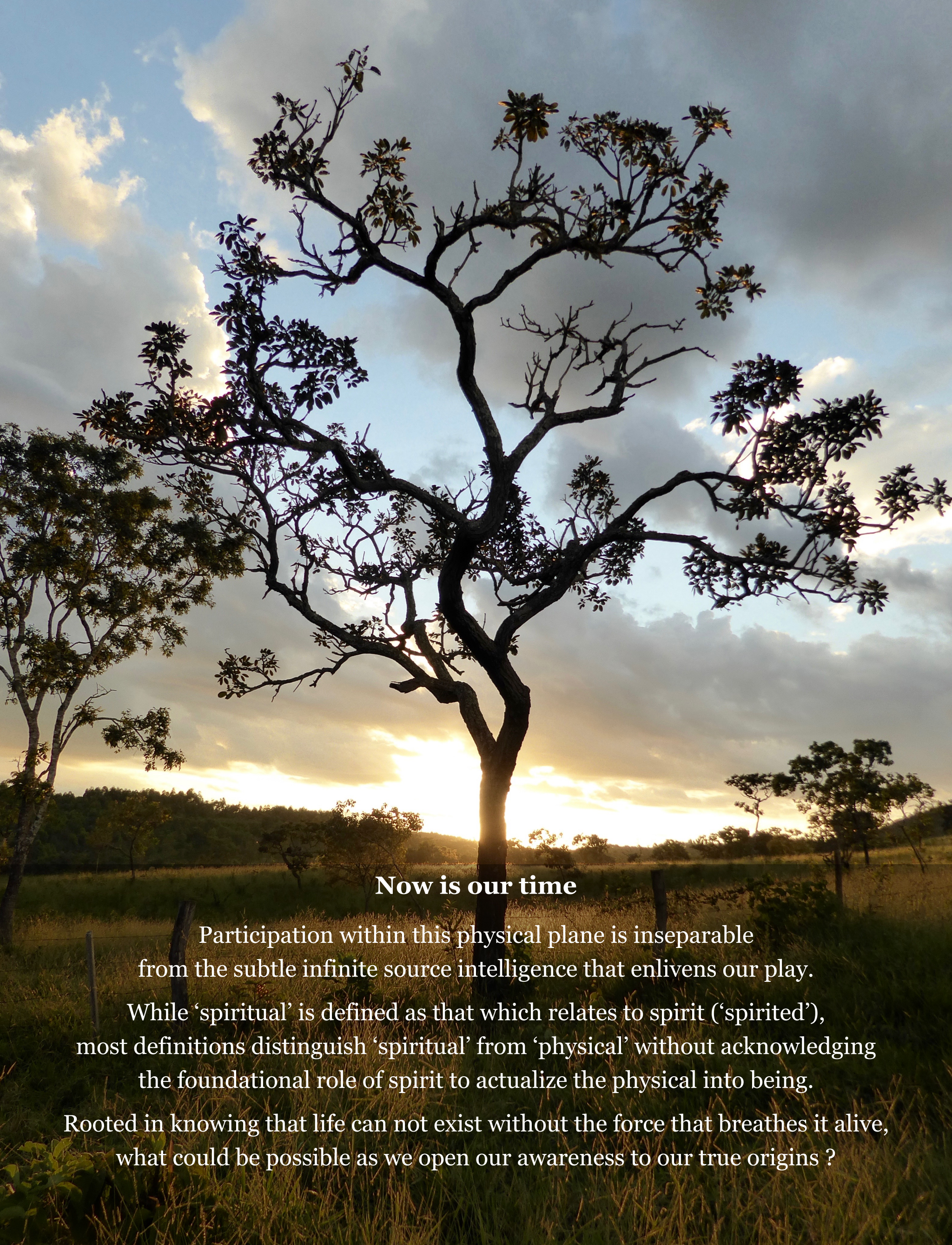
My branches wide and open

Come down the rain

Come down the sun

Come down the fruits

To our heart that is open to love



Now is our time

Participation within this physical plane is inseparable from the subtle infinite source intelligence that enlivens our play.

While 'spiritual' is defined as that which relates to spirit ('spirited'), most definitions distinguish 'spiritual' from 'physical' without acknowledging the foundational role of spirit to actualize the physical into being.

Rooted in knowing that life can not exist without the force that breathes it alive, what could be possible as we open our awareness to our true origins ?

We Inspire Inspiration



Inspiration Creates Creation: We Breathe in Gratitude

We Invite Invitation // I am that I Am

Gratitude is Joy's Light

We walk our heart's path.

We breathe in our Now.

We inspire inspiration.

Who are We, humanity?

Perhaps there's a fine-line between remembering and rebirth.

'Blessed We Are' by Peia

Blessed we are to dance on this ground
With the rhythm of saints to carry the sound
We hold a prayer for the Earth
For the ones yet to come
May you walk in beauty
And remember your song

Blessed we are to dance on this ground
With the rhythm of saints to carry the sound
We hold a prayer for all life
For the days yet to come
May you walk in beauty
And remember your song

Remember why you came here
Remember your life is sacred
Remember why you came here
Remember your life is sacred

Mother Earth,
Heart of Humanity



'Planet Earth' (Poem) by Michael Jackson accompanied by
'Armor Cleanse, Awakening Infinite Peace' by Emmanuel Dagher

Planet Earth, my home, my place

A capricious anomaly in the sea of space

Planet Earth are you just

Floating by, a cloud of dust

A minor globe, about to bust

A piece of metal bound to rust

A speck of matter in a mindless void

A lonely spaceship, a large asteroid

Cold as a rock without a hue

Held together with a bit of glue

Something tells me this isn't true

You are my sweetheart soft and blue

Do you care, have you a part ?

In the deepest emotions of my own heart

Tender with breezes caressing and whole

Alive with music, haunting my soul

In my veins, I've felt the mystery

Of corridors of time, books of history

Life songs of ages throbbing in my blood

Have danced the rhythm of the tide and flood

Your misty clouds, your electric storm

Were turbulent tempests in my own form

'Planet Earth' (Poem) by Michael Jackson accompanied by

'Armor Cleanse, Awakening Infinite Peace' by Emmanuel Dagher (continued)

I've licked the salt, the bitter, the sweet

Of every encounter, of passion, of heat

Your riotous color, your fragrance, your taste

Have thrilled my senses beyond all haste

In your beauty, I've known the how

Of timeless bliss, this moment of now

Planet Earth are you just

Floating by, a cloud of dust

A minor globe, about to bust

A piece of metal bound to rust

A speck of matter in a mindless void

A lonely spaceship, a large asteroid

Cold as a rock without a hue

Held together with a bit of glue

Something tells me this isn't true

You are my sweetheart gentle and blue

Do you care, have you a part?

In the deepest emotions of my own heart

Tender with breezes caressing and whole

Alive with music, haunting my soul

Planet Earth, gentle and blue

With all my heart, I love you

'The Keeper' by Simrit

Submit to the storm, walk into the water

Lay open the heart, let fear be the lover

A moon in the dark, in love with the forest

The keeper emerges with the secret before us

Into the deep, I dream in slow motion

We let ourselves go right into the ocean

A moon in the dark, in love with the whisper

The keeper submerges and the secret grows deeper

Give ourselves up, turn ourselves over

Way home is worn, path unforgotten

Mysterious heart with strings in the river

Some ancient start the water delivers

Some new reverie that we will remember

I carry it home and keep it forever

Give ourselves up, turn ourselves over

As morning lets go, springs from its cover

Day is reborn, sun is her daughter

Way home is worn, my path unforgotten

'The Beauty Way' (Kareem Raihani Remix) by Raio featuring Markandeya

Pachamama

Call the wind and call the stars, let them remind you who you are

You are the breath of life. You are the light eternal. You shine

Call the forest and call the seas rooting into deeper peace

Though will come the waves within your heart, you know the way

The beauty way, the loving way

..

Abuelita enseñame humildad

Abuelita enseñame rezar, perdonar, volar

Abuelita enseñame this blessing, all-protecting way

Abuelita enseñame a cantar

Abuelita enseñame

..

Gracias, Pachamama

The beauty way, the loving way

..

'Give It Space' (Kareem Raihani Remix) by Mitsch Kohn & Netanel Goldberg

Live it, live it through you

Through your body, through your voice, through your feelings

All what I have inside, I give it space in me

'Give It Space' (Kareem Raihani Remix) by Mitsch Kohn & Netanel Goldberg (cont'd)

I have the power in me, there's nothing to be stopped

Everything is in one big movement, connect to the movement inside

If you wanna dance, dance

Hey hey hey ha ha hey yahh

You have the intuition inside you, let it free out

If you want to give your voice, give your voice, let it free outside, don't stop it

If you wanna scream, really scream, don't stop nothing inside of you

You know your rhythm, welcome back home

'Breathe' by Ajeet Kaur

Show me the path that leads to the mountain

My heart is calling for her company

Won't you meet me where the river meets the sea ?

We have songs to sing and souls to carry home

Oh, you were born to fly in these wide open skies

And I will wait and I will sing until the wind's beneath your wings

Who am I to say if you should stay or run away

Oh be free my child to make your own way home

Breathe, my love, you have everything you need and more

Trust it, darling, the feeling in your bones

Oh, you were born to fly in these wide open skies

And I will wait and I will sing until the wind's beneath your wings

‘Pacha Mama’ (Kareem Raihani Remix) by Luna Devi & TomBaba *

Pacha mama (Cosmic Mother)

Pacha mama

Pacha mama

Madre Tierra (Mother Earth)

Wirikuta “Wirikuta is a desert, sacred to the Wixárika (Huichol) Indians..”

Wirikuta www.wikipedia.org

Wirikuta

Grande Espiritu (Great Spirit)

Pacha mama

Pacha mama

Pacha mama

Madre Tierra

Taita Inti (Father Sun)

Taita Inti

Taita Inti

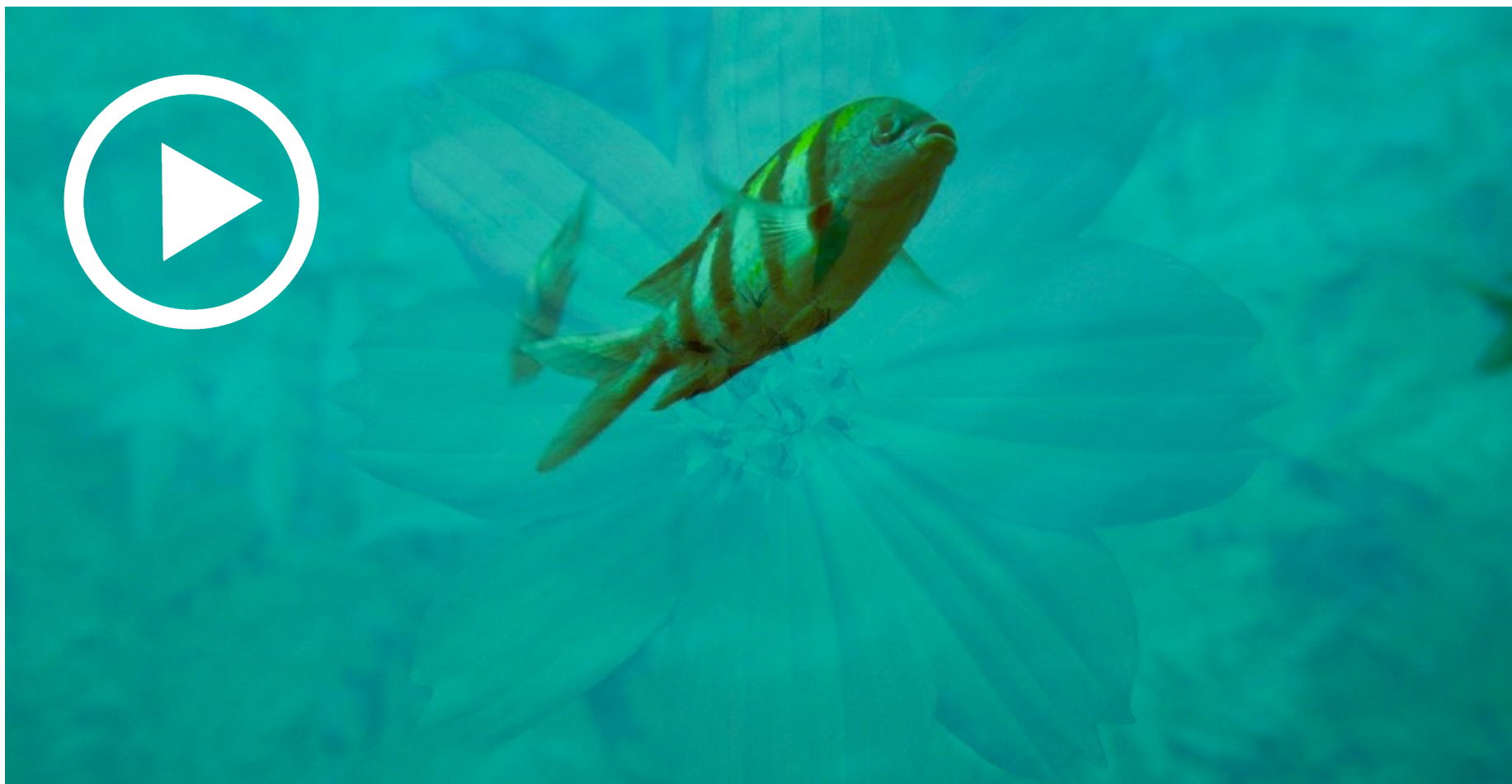
Grande Espiritu

* “Pachamama is a goddess revered by the indigenous peoples of the Andes.

In Inca mythology she is an "Earth Mother" type goddess, and a fertility goddess who presides over planting and harvesting.” www.wikipedia.org



Humanity Is Hope



Invite Invitation, Heart ∞ Mind Reconciliation

Dear Higher Power, Dear Creation, Dear Source..

We have many names for the most high, the most wise.

I believe in a higher power, and I'll be honest - that word 'God' really scared me for many years of my life, but that's a word a lot of people like to use.

In my experience, it always felt like we humans just didn't get it. If we were created in God's image, then didn't we see that actually we were creating God in our's ? .. and not seeing who we truly are ? We are co-creators with Everything.

We breathe the same air and we dream the same dreams.

Do you believe in belief? Our experiences, patterns and memories, thoughts and feelings collectively compose our basis for belief and combine to create an electromagnetic charge that attracts to each of us our unique life and ‘external’ reality, while helping us learn who we truly are inside.

“For many are called, but few are chosen.” Matthew 22:14

I’d once heard that ‘Many are called but few are chosen,’ and as I try to understand ‘Spirituality’ and surrender - surrendering to this Highest Power - it started to really resonate with me to develop a deeper and more tactile conversation.

The sages and ancient masters, the Oracle at Delphi, all guiding us inside: know thyself.

And perhaps knowing oneself is beyond just our rationalization or our visualization.

It’s more than what we see.

We are all balanced by very acute senses. As I become more inviting of experiences and possibility, I’ve found that my hearing is most acute.

The very delicate and extremely advanced engineering of our very balance is within our ear canal.

We all started as one ‘Love Cell’ and we expanded. We were curious to explore.

And then when we were facing challenges to support ourselves, we decided to divide.

So, one became two. Now, that’s a miracle.

First, it’s a miracle that two could invite one: that there is a higher intellect within our cells. On a very physical level, our cells are a large part of our physical self.

So, we started from this One place and now we are trillions of cells and perhaps millions of synergistic relationships with different organisms; when we take probiotics, it’s one example of some of the healthy bacteria that live inside.

Not only are we here as one being, fully connected - even through the air we breathe, but we are also a creation of Oneness.



One breath, One mind, One heart, One self

Our intellect, our DNA has been created through lifetimes of regeneration.
We have inherited all of our ancestor's decisions, and that's just on our bloodline.
Imagine, energetically what that could represent if energy is never created or
destroyed, just transformed ..

'Awakened' by David Newman

I was staring right into the light, as if it was the dark of night

Thought I was looking, but I was turning away

It was always right in front of me, I just wasn't ready to see

I was running, I was running away

I am here today, here in every way

I am awakened

I am born again, this is what I am

I am awakened

There was a finger pointing to the sun

I thought it was the only one

I was mistaken

I was giving it all away

I turned the truth into a lie

It happened in the blink of an eye

I was pretending, dreaming my life away

I am here today, here in every way

I am awakened

I am born again, this is what I am

I am awakened, I am awakened, I am awakened, I am awakened

I have broken through

I am awakened to the light of truth

I am awakened

'Awakened' by David Newman (continued)

I am here today, here in every way

I am awakened

I am born again, this is what I am

I am awakened, I am awakened

I was staring right into the light

I was staring right into the light

I was staring right into the light

I am staring right into the light

'Peace' by Ajeet Kaur

Peace within me

Peace surrounding me

Peace from me

By Thy grace, let there be peace....

Ek Ong Kar Sat Nam Siri Wahe Guru

Translation and more information from www.SpiritVoyage.com:

The Creator and the Creation are One. This is our True Identity.

The ecstasy of the experience of this wisdom is beyond all words and brings indescribable bliss.

This is a mantra of mastery. It is said to bring kundalini awakening, the opening of the chakras and experience of bliss. This mantra takes our consciousness from individual consciousness to group consciousness to Universal Consciousness.

'Prophecy' by Luna Ray

It's your soul that I am singing to

It's your song that I am calling through

It's your soul that I am singing to

It's your song that I am calling through

The waters now are raging

And the fires they are burning

And the Earth she is screaming

Saying, "Human hearts open"

From the prophecy, we build a legacy

To carry-out the works of Truth

From seven generations before what's to come

We must release and trust as the current she pulls us

We find ourselves together in the center of

This time your story has got to become mine

The river now needs to be utilized and seen as Holy

May my actions, may they contribute to the flow of Her holy waters.

Amritanandamayi Devi, Jai Ma

(Invocation and Victory for the Divine Earth Mother)



Do you honor your inner calling?

Through our ability to cultivate our awareness,
our consciousness becomes our vehicle for victory.

Breathe-in and choose to know your true self.

Cultivating The Garden Within: Learn, Grow, Know



Spirit is the seed that roots the *tree of life*.

From this moment forward, we can no longer disconnect the one from the many, for the highest good for each and everyone is best for all, including and especially Mother Earth.

As we relate to the past, all has happened for our highest and greatest good, for it simply can not be another way. Our memories are malleable and we can choose to cultivate the power to shift our perception of our past as we practice the lessons that we are learning. Perhaps perfection is how we choose to perceive it.

Experience is knowledge in practice; technology is the application of knowledge to achieve a desired outcome. What brings you up? What keeps you up?

Could gratitude be the language of grace?

Awakening to our true, inner nature

It's a wonderful time to wake-up, and in the morning, I like to invite; invite positive vibes, positive flows ..

If we see the Garden of Eden as an inherent, heavenly part of each of us, then could Adam represent our masculine energy and Eve our feminine ?

With all of these enticing questions, I went into a deep yoga practice followed-by an extensive meditation.

And while there were many other questions and perspectives offered, I decided to wait until this time to continue this conversation.

“Perfect practice makes perfect.” Grant Mulvey

Perfection is a state of mind.. Perhaps perfection is how we choose to perceive it.

In the beginning

“We first enter this life as spirit, and then we are born. We spend our early years learning how to function in a physical body and in material circumstances.

This allows us to survive, but there comes a time when we must understand and reclaim our spirit, our energetic nature.”

- As quoted from ‘Praana, Praanee, Praanayam’ by Yogi Bhajan

“Inhale deep, spine straight. Chin in, chest out.

Suspend the breath, and look for the last moment at the seventh year of life.

Exhale.

Inhale deep again and look down at it and forgive it. Good and bad, forgive it..”

- Meditation from ‘Rebirthing: Breath, Vitality & Strength’ by Yogi Bhajan

A hand-painted sign on a door. The sign features a central pink lotus flower surrounded by large green lily pads. The background is a dark, textured blue-green. The text is written in yellow, hand-drawn letters. The sign is mounted on a door with a metal handle at the top.

You are
Confined
only by the
WALLS you build
YOURSELF

'Grounding and Centering Meditation' by James Van Praagh

accompanied by 'A Healing Gift to Humanity' by Frederic Delarue

The following meditation was recorded during the '2015 Living an Elevated Existence Summit'

Best-selling author and medium James Van Praagh lead listeners through a grounding and centering meditation as a way to start their day

[\[James Van Praagh\]](#) Perfect, ok great. Ok, Good

Anybody who is listening to the sound of my voice and Tammy's voice

Any space you that are at right now, whether it's at the computer, on the telephone, wherever you are and even if you are listening to this at another time - not live, that's fine, too

Because this is a space we are creating with all of ourselves. Ok ?

So as you sit down at the chair or as you're laying down on the floor

Just in your mind because your mind creates; thoughts are things

In your mind, just create a thought and the thought is that you are here, now

You are here in this moment, now

Just be aware of this moment now

The past has already happened

The future is yet to be

All we really have is this moment, now

That's fine, that's fine .. now

What you want to do then is just be aware

Just be aware that you are a beautiful soul being

You are a beautiful soul being

'Grounding and Centering Meditation' by James Van Praagh (continued)
accompanied by 'A Healing Gift to Humanity' by Frederic Delarue

And you can accomplish anything in your life you want

So, as you are lying down or sitting down in the chair, I just want you to realize that the breath - the breath is a gift from God, for the breath sustains life

So, as you become aware of the space you are lying down in / sitting in a chair

Be mindful of the breathing, the breath and that will always bring you back to center

And just be mindful that you just turn your vision into the body

Be aware of your feet on the floor, of your legs, of your back, your shoulders, your arms and your hands .. that's fine .. and your head, your neck ..

No judgment, really just neutral

Just be neutral awareness and mindful that you have this beautiful body

And then just go to the heart space, just connect with your heart by your thoughts

And just try to hear the slow pumping of the blood

The heartbeat pumping the blood and bringing oxygen and life to every cell, every muscle, every tissue, every bone of your body

And as you do that as well, we are just going to have some gratitude

Just thank your physical body for getting you here today, for really being there for you

To live in this human world, it does a lot our body

We rarely give it time, we rarely give it appreciation like we should

So, that's really important that we just do that

Let's have a thought about that

That's fine, that's fine, good, good

If you would hold a thought for 3 seconds, it is realized, good

'Grounding and Centering Meditation' by James Van Praagh (continued)

accompanied by 'A Healing Gift to Humanity' by Frederic Delarue

And now what I'd like you to do as you hear my voice and now you are tuned to the body and the blood, the heart feeling beautiful, I just want you to be mindful of a golden star

A golden star way, way beyond this world that preceded this world

And just have the awareness that there is a golden star far, far away

That's all

And that golden star has your name on it

Has your name right on it, made just for you, good

And as a gold star comes closer to you, we are going to bring-in that beautiful gold star - that gold light - by using the breath

By the inhalation, we are going to breathe in that beautiful gold starlight into the top of the head

And just feel it come straight through, like raining through you

And that golden light surrounds every cell, every muscle, every organ

And that beautiful golden light represents the Light of the Spirit, the Truth, the Oneness

And as you exhale - you are going to exhale out of your mouth

And you might experience a color like a gray mist

And as you exhale, it's going to release all old ways of thinking

Situations, scenarios, emotions, memories of things you are holding onto that are not for your highest good

Been holding onto and they have been taking up space and they've been taking away from your power, they have been taking away from your life

'Grounding and Centering Meditation' by James Van Praagh (continued)

accompanied by 'A Healing Gift to Humanity' by Frederic Delarue

So we are going to let all of that energy go, all of those memories, all that emotion, all the upset - we are going to let that go with the exhalation

And going to fill it up with the golden light to take it's place

So, together imagine this beautiful golden light and inhale through your nose and hold it .. 2, 3, 4 ..

And exhale

Good, let it go

Let it go

Just having a thought is good enough

Don't worry, just let it go

Very good, very good

Now again, imagine this beautiful golden light coming into your body, into your space, this divine light, and circling all around cells and tissues and bones, organs bringing that light of the spirit: the light of perfection, balance, peace, harmony and oneness into your space

And as you exhale, let go of the old things you've been holding onto that are no longer serving your highest good

So inhale.. and hold it 2, 3, 4

And exhale, and blow it out, blow it out, blow it out

And Mother Earth will take that energy

She is a magnet

She will take that old, stagnant energy and recycle it with love

'Grounding and Centering Meditation' by James Van Praagh (continued)

accompanied by 'A Healing Gift to Humanity' by Frederic Delarue

And just one more time, bringing the awareness of this beautiful golden light
the oneness of spirit, perfection, balance

Inhale .. and hold it 2, 3, 4

Exhale

Just let it go

Let it go

Let it go

Good

Now, as you look at yourself

Imagine that you are stepping out of the body looking down at yourself, and I want
you to just to begin to see yourself as a soul being of light and become mindful of all
the beautiful colors the sparkles of your true self and see how beautiful you are

Remember, you are this beautiful God-being

And God says "Yes"

The human says "No"

You are able to do anything you want because you are God

And so it is

And slowly open-up your eyes and be as One



'The Journey: Yogi Bhajan's lyrics for clear passage' by Simran & Guru Prem

Passing through the journey of all my life, the passage is so clear and so good,
But in the morning fog and in the evening hail, sometimes I wonder and I'm dazed

Let me know and let me call my own reality

My own up and my own downfall

May I see the waters coming from the high mountain

Falling together as one all in all

And at the bottom, it collects to create a pool of deep understanding, a mental tool

Lower and lowest you must know, too

This is the polarity of God and you

It's all of the Love of God and His Creation

Live and learn in His vast expanse

Let me know and let me call my own reality

My own up and my own downfall

May I see the waters coming from the high mountains

Falling together as one, all in all

And at the bottom, it collects to create a pool of deep understanding, a mental tool

And in the high winds, the high mountain tops

Man progresses on his life walk

'The Journey: Yogi Bhajan's lyrics for clear passage' by Simran & Guru Prem (cont'd)

That is the journey, the journey of life

Walk on your way, with or without strife

I am on my journey, the journey of life

Walk on my way, with or without strife

Go on your journey, the journey of life

Walk on your way, with or without strife

Go on your journey, the journey of life

Walk on your way, with or without strife

We're on our journey, the journey of life

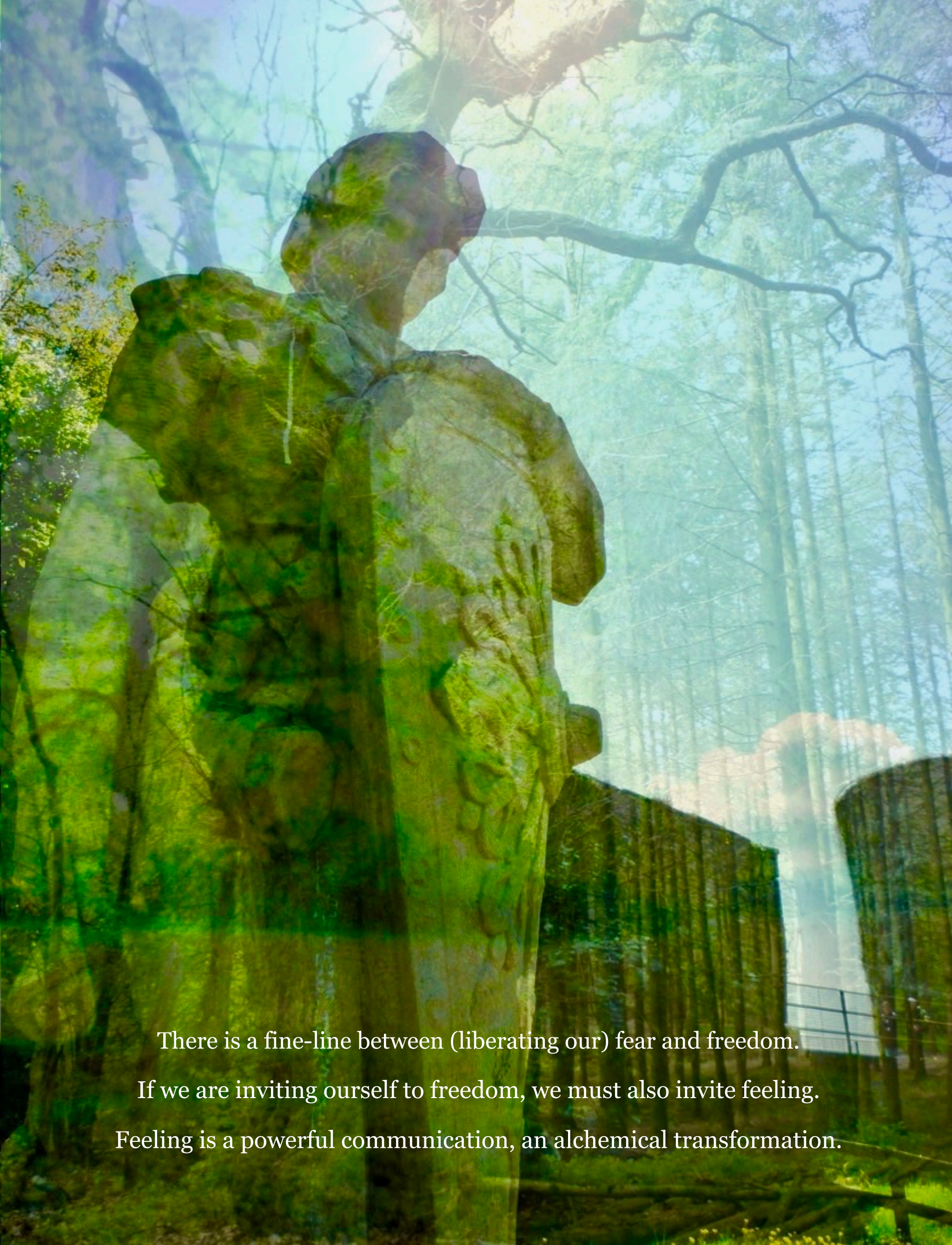
We'll walk on our way, with or without strife

Go on your journey, the journey of life

Walk on your way, with or without strife

Go on your journey, the journey of life

Walk on your way, with or without strife



There is a fine-line between (liberating our) fear and freedom.
If we are inviting ourself to freedom, we must also invite feeling.
Feeling is a powerful communication, an alchemical transformation.

Compassionate curiosity is the key to creation.

‘I don’t know what I don’t know’ can liberate us from limiting beliefs.

If we live in a world where we think we know everything,
then we may not be exploring anything.

Thoughtforms



The Crystalline Mind

Just as we are learning from The One, The One is learning from each one.

Our mind can categorize and separate, isolate and close or welcome, open and invite our truest creative potential. Empowered choice is the catalyst for compassionate change.

22:11 Notes from Ceremony

Thursday, 13 November 2014

I believe that any thoughtform or belief, when conveyed to its essence, merges into self.

One is the polarity: The One ∞ each one

.. the basic contradiction of a language, of an understanding, of a thoughtform ..

“The highest, most effective energy on this planet is the word. There is nothing beyond it, there shall be nothing beyond it, and there was nothing beyond it. Therefore, we must consciously understand the power of the word. When we understand the power of the word and we apply the whole mind behind the word, then we create the word which can create the whole world for us.”

Yogi Bhanan, as quoted from ‘The Power of The Spoken Word’



'The Wanderer' by Johnny Cash

I went out walking through streets paved with gold

Lifted some stones

Saw the skin and bones

Of a city without a soul

I went out walking under an atomic sky

Where the ground won't turn

And the rain it burns

Like the tears when I said goodbye

Yeah I went with nothing

Nothing but the thought of you

I went wandering

I went drifting through the capitals of tin

Where men can't walk

Or freely talk

And sons turn their fathers in

I stopped outside a church house

Where the citizens like to sit

They say they want the kingdom

But they don't want God in it

'The Wanderer' by Johnny Cash (continued)

I went out riding

Down that old eight lane

I passed by a thousand signs

Looking for my own name

I went with nothing

But the thought you'd be there too

Looking for you

I went out there

In search of experience

To taste and to touch

And to feel as much

As a man can

Before he repents

I went out searching

Looking for one good man

A spirit who would not bend or break

Who would sit at his father's right hand

I went out walking

With a bible and a gun

The word of God lay heavy on my heart

'The Wanderer' by Johnny Cash (continued)

I was sure I was the one

Now Jesus, don't you wait up

Jesus, I'll be home soon

Yeah I went out for the papers

Told her I'd be back by noon

Yeah I left with nothing

But the thought you'd be there too

Looking for you

Yeah I left with nothing

Nothing but the thought of you

I went wandering



Live by example, share from the heart

In this *school of life*, we are each student and teacher cultivating our curiosity with compassion to learn lessons in the easiest and most loving ways possible.

Around the time I started actively and consciously welcoming this invitation to truth, I felt a deep craving inside that yearned for purpose and fulfillment beyond the success I had learned to celebrate through career-advancement.

I sought-out self-help, personal growth and spirituality books that shared intriguing, yet abstract concepts like ‘happiness is our heart's truth’ and truly loving life is to ‘walk our heart's path.’

Poetic, yes. But what did these things really mean ?

Freedom is a novel concept without living it alive

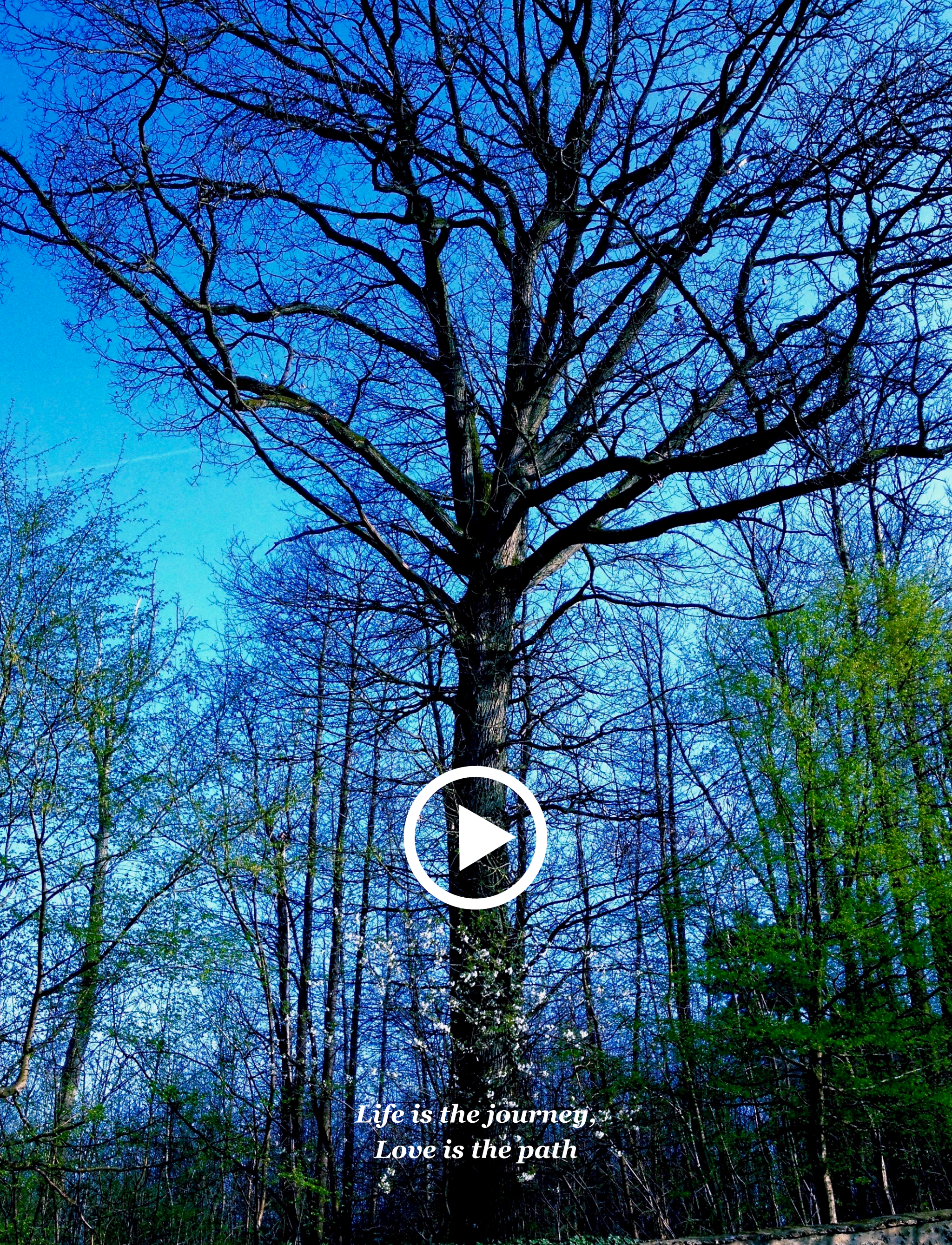
Perhaps paradoxically, the mindfulness and meditation practices that had helped me increase productivity and excel in the workplace also started sharing messages that guided me to greater dreams.

Within this journey of self-growth, a humble idea invited itself deep within: to live life most alive by doing more of what I love, to walk together.

Without maps or sense of time and with Chiba as my guide, I decided to fully devote myself to more deeply exploring the concepts that resonated so deeply through my readings and preliminary mindfulness practices.

With such an opportunity to literally walk my heart's path, I welcomed the invitation to learn to trust fully in my inner guidance.

Chiba and I walked 108 days across France and Spain, inviting each breath to share it's experiential wisdom, each step gracefully guiding our growth forward along on life's path.



*Life is the journey,
Love is the path*

'I Don't Know' by Beastie Boys

What's pleasing to the eye

In the delusion of all my sight

Is not what I find when I reach into the light

I have lost my mind

I'm walking through time

Deluded as the next guy

Pretending and hoping to find

That distant peace of mind

[Chorus] I don't know

Who does know

There is no

Where to go

It's not so simple as I try to wish

But then again what is ?

There is no other worthy quest

So on I go

[Chorus] 2x

I don't know

I don't know

I don't know

I don't know

'In The Heart Of A Rose' by Jean Jacques Perrey

Good evening, y'all and happy Friday, April 20, 2012: day 25 on the road, El Camino.

Today was a beautiful, cow dung smellin' day.

All of the rains over these past couple of days have pleasantly scented the air and the great news about today was we had great conditions, and we were able to get some walking in.

It was great to rest yesterday; we ended up getting a couple of hours in late at night before we made our shelter.

But I've been definitely feeling the impact of all the walking.

I feel my that my body is getting stronger and evolving.

But I've still got some of those little growing pains that I have been experiencing.

I feel like a new chapter is unfolding on 'The Camino'

Today, we walked three tours and made some pretty good progress, about 28 kms (17.4 miles).

'Dream 106' by Luke Vibert & Jean Jacques Perrey

My favorite dream is to dream that I am dreaming

My favorite color is blue, the color of planet earth from space

We stopped in for a little coffee this morning and actually escaped some of the oncoming rain, but walking the 7 or so kilometers (4.3 miles) into town was very fresh.

There was a nice fog in the air and the mist gave a wonderful quality to the air when you breathed it, it almost felt like you were swimming through the air.

In Chinese Medicine, they say that you can breathe through your skin.

And in some of the meditations that I've practiced, actually it talks about at least envisioning that you are breathing through your skin.

Breathing in, I know I am breathing in

And today, while I was practicing one of those meditations in this mist, it was a really incredible and uplifting feeling to start the day.

Since we had that late night walk, we didn't get a lot of sleep so I wanted to make sure to wake myself up ,and I was pretty psyched to have a good day.

During those last couple days of rain delays, I got not as much walking in as I would have liked.

While I don't have any goal / minimum or maximum per day - for me, every day I try to take myself to a healthy limit.

And today was one of those days that these limits I see that I had envisioned now need to evolve to the next level.

These first couple of weeks I had been struggling to go longer than an hour or so without fidgeting or adjusting the pack.

It was difficult to concentrate and keep it (the backpack) in one place - keep in the right place, rather.

And over the last couple of days, and particularly today, I tried to go for some longer walks and at certain points in time, I went for 2 - 2.5 hours with the pack and I am feeling great.

There is normally a trade-off as well with the pace: the longer you go, normally the slower on average you want to go.

But the pace is up as well.

And I am feeling good walking around 5-6 kms (3.1 - 3.7 miles) an hour.

Today it just kind of felt like everything was coming together like this.

The weather had evolved a little bit more, and we still had some nice showers, but I was very lucky: any time that there was the threat or start of rain, I was either under a nice tree for some shelter or I made it to one of a couple small villages and had some great conversations.



el camino r@dio, day 25 // 20 Apr 2012

This morning in Maulévrier, I just took a nice coffee and spoke with the owner and her husband about the walk.

They had three or four kids that were living all around the world.

They were pretty intrigued by the whole idea of the walk and they always came back to this point: “If I didn’t have this obligation or If I didn’t have that responsibility, that sounds like something nice to do”

And that left an impression on me, because I understand that I am in a very unique situation where I can take this walk, and I see that others are inspired by the idea of the walk, but indeed there are these real life obligations.

Melt! by Flying Lotus (instrumental)

So today, deep within, I started to ask myself:

Is it wrong to love ourself?

Why do we judge ourselves just by how much we give to others?

And essentially coming back to the idea: how can we truly love someone if we don’t truly love ourself?

Now perhaps the walk is just a metaphor for all of this, and perhaps these folks were just entertaining the conversation.

It’s great that they at least considered the implications of the walk, and while it’s not my place to judge whether or not they really want it, that’s for them.

And that’s for me, for myself.

During these nice long walks, I’ve had a lot of time to think and contemplate, and there are a lot of things stirring beneath the surface.

It’s challenging to put words behind these feelings, but I feel that as I am developing the strength and the stamina on the walk that my mental focus, clarity concentration and quality of meditation is also improving.

el camino r@dio, day 25 // 20 Apr 2012 (continued)

I feel that it's completely connected: when I am in a state of deep meditation - of a walking meditation, and when things just seem to come together.

Perhaps it's just coincidence, but I strongly believe that we manifest our reality.

Now, this can be taken on several levels: If I am nice to you, there's a higher probability that you will be nice to me, as compared to me not being nice, for example.

I had read that on psychological, on a cellular and even now on scientific levels, we are starting to understand that the more that we can calm that little voice in the head that reminds us of those obligations - and maybe brings some feelings of guilt, anxiety, expectation or fear ..

The more that we can not just calm, but also accept, understand and learn from that voice, without judgment and without expectation, the more we can actively manifest the reality of our truest, deepest inner self.

I had set a goal to complete the trip from Paris to the Galician coast outside of Santiago de Compostela, Spain taking the path my way, the most beautiful way that I feel I can appreciate it.

And I had set a goal of two months.

I have been trying to understand how this is all connected to the bigger picture.

Something deep within me feels that within these two months that I will be able to make it.

I have given myself reality checks and see that we are nearly 4 weeks in and we haven't even made it to the French coastline.

At this point, to walk a pretty direct route, it would be around 1000 kms (~620 miles).

I also understand the averages that I am walking every day are not adding up to mathematically to where I would need to be.

Now I start to see that it's this learning curve.

el camino r@dio, day 25 // 20 Apr 2012 (continued)

And, I am going to remove expectation, I am going to remove judgment, and I am just going to try and free myself from any of those conversations that, well, a destructive voice could have. I am going to acknowledge it and leave it by the wayside as I walk on.

I guess we'll have to see what all this means, but at the very least on this Friday, April 20, the 25th day on the road -

I want to let you know that you are all in my heart, in my soul, and I hope everything is coming together for you.

Until the next time.

Time Travelin' (A Tribute to Fela) by Common

Yo wassup world ?

Yo what's happening ?

It's the C-double-O and I'm back again

Take this back and then, tell a friend

Spaces and places you been, time travelin'

Time travelin'

Yo, I was a piano player in my last lifetime

Now I write rhymes, sip white wine and let my light shine

Out the dark space, with the world on my mind like Scarface

Though my sex drive like a car chase

More than a uhh, it's the piece of mind I chase

Stakes are high, like my uncle is

We both got problems, he never confronted his

Under the bridge I wrote, some shit to stay afloat

Time Travelin' (A Tribute to Fela) by Common (continued)

Send my old man a note to keep his phone on
My little cuz'll know cheap tricks are homegrown
Travel to a place sweeter than home, listenin to Nina Simone
Repeat this psalm, to the sky I'm keepin my palms
Facin the east, actions macin the beast
Embracin the streets, my guy caught a case cuz he beat
His lady down, it's two-thou
That ain't the way we lay it down
Souls get, found and lost at the roads they cross
Many paid dues, but few knew the costs
I ran through the Moss like Randy
Touching down with God, close friends, and family
Recognize the voice in the wilderness
Com Sense, '92 and I'm still in this
Time travelin, took my time in hand
My rhyme learn and plan
Jealousy, money and pride can burn a man
Some walk but never learn to stand
Still, afraid to expand what they feel
I'm dealin wit, wakes, marriages
ATM's, Ericsson's
Loud n#ggas that whisper carelessness

Time Travelin' (A Tribute to Fela) by Common (continued)

If we livin' in Revelation

Why should the people of the sun have to run?

Come to Esau in a year, he'll have freedom

He ask why I hadn't been to see him

Really, I ain't have a good reason

He said, "Rah, give back what you receivin' "

In a race against time, I was caught

In the same game as you, but long live the sport

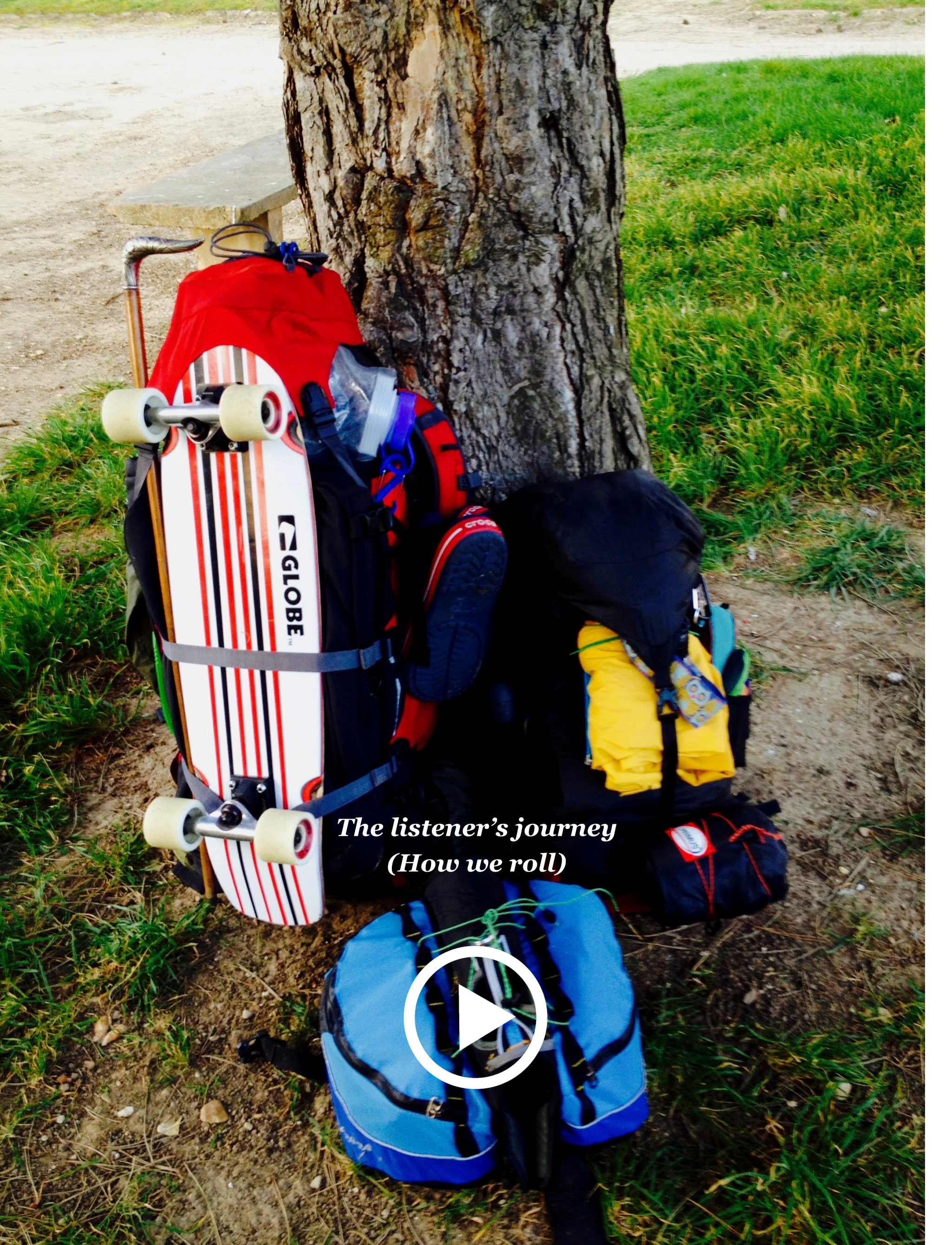
It's time travelin'

It's the C-double-O and I'm back again

Take this back and then, tell a friend

Spaces and places you been

Time travelin' time travelin'



*The listener's journey
(How we roll)*



Heartlogic

The Free Heart



Life is the mystery of all wisdom.

Life is pure experience, and feeling good feels great ..

Do we truly know what feels good ?

Perhaps we think we know.

Happiness // True, Real, Dependable and Deep Happiness

What does true happiness really mean ??

In this journey, this experience; this thing we call 'life' ..

What brings us up ? What keeps us up ?

And, as we ask the question of what of what life really means to us, we begin to appreciate that it can be an experience that is so much more than we ever thought dreamed or imagined.

Our thoughts are very powerful, and our eyes are the lens ..

How would you like to Experience and See, Feel and Be ?

What feels Great to You ?

Perhaps we have created a life more from a place of what we don't want and now we are invited to really bring ourselves into a positive place.

It's extremely powerful to know what we don't want; Our body also communicates powerful signals and signs.

And we perhaps we can appreciate that while we may know what we don't want, perhaps it can be more challenging to know what we do want ..

We may think we know what we do want, and that's a great starting point:

Happiness, Joy,

Feeling Good, Laughter ..

Play !



The fine-line between difference and uniqueness

We can each invite these aspects into our own reality and now, with all of the inspiration surrounding us, we can bring ourselves up.

The technology, the communication, the connection, the accessibility to life ..

We are moving into more of an open source world ..

Open . Source

If you could design life as a videogame / video game, what would represent the score ?

Mitote

“Your whole mind is a fog, which the Toltecs call a mitote. Your mind is a dream where a thousand people talk at the same time. Nobody understands each other. This is the condition of the human mind.

And with that big mitote, you can not see what you really are. It's the personality's notion of 'I am' ”

- As quoted from 'The Four Agreements' by Don Miguel Ruiz

The past is bright, the future is gold

As we consider the unifying principles of the universe and unite in belief, we open the door of possibility.

We are exploring the possibility of possibility.

We are discovering discovery.

And we are redefining life as we know it.

While that may sound like a revolutionary statement, it's indeed just another truth that we can appreciate on various levels of the spectrum of reality.

‘As I gain more knowledge in a conversation, so my reality is influenced.’

And as we, collectively communicate and consciously connect, we shape our truth.



In this world, there's a fine-line between a dream and a fantasy.

Meditation is the way to open the door to your truest self, to your dreams:

Choose yourself, Take responsibility

*Align a higher power within yourself;
that higher power is your best decision*

*Accept and release your past as your highest
and greatest good*

Learn lessons in the easiest and most loving way possible

Creation Is A Commitment



Be in the now, just be in the now.

Just breathe! No workshops needed, no seminars needed, just be in the now!



Perhaps we can merge this concept of a higher power, of a ‘God’, of a unifying force, an intelligence. And, we humans are, of course, very intelligent people.

From my point of view, this idea of the word being ‘God’ has reached a more practical application. We, humanity, have the ability to shape our destiny.

Belief is the ultimate belief.

In the conversation to reconcile the mind and the heart..

[Mind] You're afraid of yourself

[Heart] We are energetic blueprints (of perfection)

[Mind] Are we programmed for self-destruction?

What would Jesus do ?

In this conversation, we can connect with the idea of co-creation as we collaboratively open to our true nature.

How is it that a flower or a tree, and for that matter, nature - flourish in such beautiful ways ?

And, in our human evolution, our cells have no doubt learned the lessons of all that exists, because energy is never created or destroyed, it is only transformed.

Manifestation, Destination

It's just a visualization, do you imagine imagination, your heart of creation ?

Evolution, a creation persuasion .. ?

Even for those that are still defining and refining their understanding of evolution itself -

Perhaps we can relate to relation and our responsibility to conscious conversation.

In the last 200 years, the majority of the human population has shifted from living in villages, farms and together with Mother Nature to containers.

With open doors and a keen curiosity to explore exploration itself, we connect with nature, our inner nature.

When our doors are open, we awaken to our perfection, our blueprint for that beautiful flower or tree that we (energetically) represent.

Acceptance of self and a keen curiosity to explore exploration, itself ..

We connect with nature, our inner nature, and our perfection, our blueprint for that beautiful flower or tree that we (energetically) represent.

For many, the idea of ‘disconnecting’ to re-connect with (inner) truth, may be a conversation that continues to invite a deeper exploration into possibility.

Some may even be feeling the weight of their life’s responsibility and start re-assessing what this ‘container’ we are living in truly represents.

Self-Love starts with self-care.

We are far more than what we have, but are we truly care-taking our cherished life ?

Perhaps that’s the conversation that many are entertaining at this transformational time in the history of our connected Universe.

Semantics and connotations aside, do we truly love our life ?

Do we have joy, peace, harmony and do we realize that joy is the embodiment of the feeling of enjoyment ?

‘Heartlight Blessings (Hallelujah!)’ by The We

Beloveds, Divine Light Human Beings In the Heart

It is a Blessing, amplification of energies

All frequencies are being attuned to your heart

You are feeling uplifted in your heart and energetics

This is the time, this is the Now and this is the place

Feel and experience the sensations on your skin, love

You are pure in your heart; purest of the soul

‘Heartlight Blessings (Hallelujah!)’ by The We

Energizing every space of your DNA; harmonization of love

We are all One, pure entities of light

Hold your hands close to your heart and feel the beautiful energetics of the purest of light ..

Bring yourself into the now moment and say, ‘Hallelujah!’

Open your heart!

Hallelujah

Wake up!

Wake up!

Wake up!

Open your hearts to the lights

Wake up beloved humans, wake up to the light

In your heart 24/7 in the Now moment

We are ‘The We’ and we love you

Oneness, Harmony, Light, Symphony

One

One

One

One

One Love

Hallelujah



'Roots' by Shimshai

[Chorus] 2x Roots so deep
 Roots so strong
 Roots hold on forever
 Hold on

Stretch forth thy arms unto Zion

Stretch forth thy arms, yeah

Stretch forth thy arms unto Zion

Stretch forth thy arms

Stretch forth thy soul unto Zion

Stretch forth thy soul, yeah

Stretch forth thy soul unto Zion

Stretch forth thy soul

[Chorus] 2x

Stretch forth thy arms to the Amma

Of creation

Stretch forth thy arms to the Amma

Stretch forth thy arms

Stretch forth thy soul to the Amma

Of creation

Stretch forth thy soul to the Amma

Stretch forth thy soul

'Roots' by Shimshai (continued)

Stand firm on solid ground

Let your roots grow way deep down

Have no fear for the Earthly Mother is here

Let Jah wisdom fill your soul

For the living word is being told

Stand up high for the Heavenly Father is nigh

My roots are strong

My heart is open

In a spirit of devotion

Mother carry me across the ocean

My roots are strong

My heart is open

In a spirit of devotion

Jah Jah carry me across the ocean

Flow into the heavenly sea

Where standeth the holy tree of life

And the holy One of creation

Radiates eternal love and light

Into eternity

Where standeth the holy tree of life

Jah Jah hola One of creation

Give I the gift of eternal life, yeah

'Roots' by Shimshai (continued)

My roots are strong

My heart is open

In a spirit of devotion

Mother carry me across the ocean

My roots are strong

My heart is open

In a spirit of devotion

Jah Jah carry me across the ocean

Mother carry me across the ocean

Jah Jah carry me across the ocean

Mother carry me across the ocean

Jah Jah carry me across the ocean

Stand firm on solid ground

Let your roots grow way deep down

Have no fear for the Earthly Mother is here

Let Jah wisdom fill your soul

For the living word is being told

Stand up high for the Heavenly Father is nigh

So stretch forth thy arms to the Abba

Of creation

Stretch forth thy arms to the Abba

'Roots' by Shimshai (continued)

Stretch forth thy arms

Stretch forth thy soul to the Abba

Of creation

Stretch forth thy soul to the Abba

Stretch forth thy soul

Roots so deep

Roots so strong

Roots hold on forever

Hold on

Roots so deep

Roots so strong

Roots hold on forever

Hold on

Hold on forever

Hold on

Hold on forever

Hold on

Hold on forever

Hold on

Hold on forever

Hold on



Our external reality is a reflection of our internal world.

Our experiences, patterns and memories, thoughts and feelings collectively compose our basis for belief and combine to create an electromagnetic charge that attracts to each of us our unique life and 'external' reality, while helping us learn who we truly are inside.

Oneness: Nature Is Perfection's Creator



∞ Universal Theory of Collective Oneness ∞
As The One, So each (and every-) one

You and I Verse

We are nature's children, and as we begin to align with our true priorities and personal responsibility, we return to the foundations of our very existence, our inner nature.

Each sentient being is a uni-verse of personal energy that co-creates with all in our inter-connected Universe through more- (and less-) conscious energetic contributions.

The Universe originates and projects from the center outward.

‘As above, so below’

is the conversation to get back to the center.

In our mind, we live in a world of possibility.

With our instinct, we are guided by 'gut feelings' -
the wisdom of our enteric brain in the intestines.

In our heart, we harmonize our thoughts, intentions, instincts
actions and words in pure service of the soul.

As we harmonize our internal trinity, thoughts, feelings, and actions are
synchronized to align with a more Universal purpose through conscious choices and
personal empowerment, inviting the knowing through expansive life experiences.

The only thing we can know with definitive, absolute certitude:
‘I don't know what I don't know’

This mystery is the inherent paradox within our embodiment as humans ..

‘As without, so within’ is the the conversation to get back to the center.

We are centered in our hearts, we are pure, we are true.

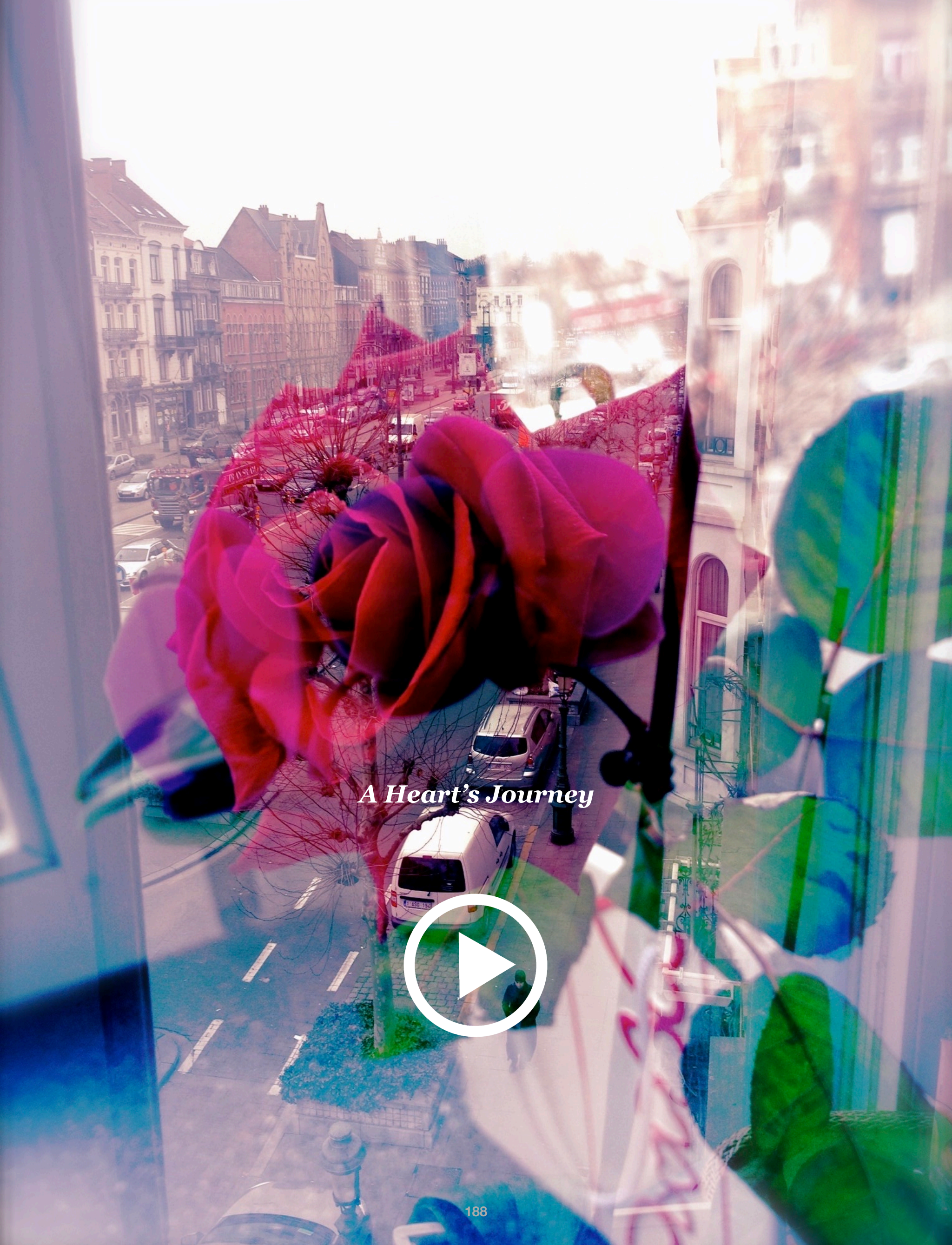
‘I am centered in my heart. I am pure. I am true.’

I am that I Am; You are that you are

And collectively, we are a prism of a star

Hearts of the Universe, beating as One

Dancing as the rhythm with this universal drum



A Heart's Journey



'Elation' by Levellers

Oh there once was a man who had lost his own smile
And he wandered the country mile after mile
Never quite knowing what he wanted to find
For his heart lay heavy with the weight of his mind
And he looked at the land through the tears in his eyes
For he knew that there were those who would will her to die
And he wept for his mother as he lay at her feet
And he heard a voice singing him softly to sleep

[Chorus] I'll be your queen, I'll be your mother - I'll be your mystical child
Be your best friend, your lover - Your wife for all time
Will there ever be another, in this life of mine
Will there ever be another, like my mystical child

So he climbed a high hill and he looked out to sea
And he heard a voice calling out softly to him
“Open your heart boy for it needs to be free”
And the next time you're crying come running to me

[Chorus]

So he walked through the valleys, the trees and the fields
And he came to a river where she waited for him
And they looked at the water of life flowing by
And he heard a voice saying, “You're not alone in the fight”

Excerpt from 'Zen In Our Daily Life (Bushido 1)' by Alan Watts accompanied by
'The Angels Voice' by Diane Arkenstone and 'Magic Flower' by 2002

So wake up! To wake up, you have to be quiet

So Zazen involves the discipline of stillness, mental stillness

I say discipline, I suppose that word shouldn't frighten you

It does to many people

I really prefer to call it a skill

Because discipline so often indicates something where you are forced by superior authority to follow a certain course of action

That is not real discipline, because it isn't self-discipline: it is mere submission

But real discipline is a delicious thing

You can't have any pleasure without discipline

You can't even get roaring drunk without the discipline of the distiller's art

There is no pleasure without discipline

You can't sail a boat without discipline

But it should be, that all disciplines that are effectively followed, are delightful

Obviously you know this, if there is some form of athletics that you like to perform - if like flying on a plane ..

It's something that is extremely interesting to do

And that's why you devote attention to it and develop the skill and so on

So this discipline of interior silence is practiced by Zen students and has been so in Japan since the 12th century

Now, what happens is that ever-curious thing, because this discipline differs from all others in one very odd respect: it has no purpose

Excerpt from 'Zen In Our Daily Life (Bushido 1)' by Alan Watts accompanied by

'The Angels Voice' by Diane Arkenstone and 'Magic Flower' by 2002

Because if you do it for a result in the future, you are not doing it

Because he will discover in the state of mental silence that is called in Japanese 'Mushin' meaning literally "no mind" or 'Noamunen', "no thought"

You will discover in that state of consciousness that there is no future; and likewise, no past

There is only now; the now is all there ever was and all that there will ever be

And until you know that secret, making plans is of no use to you whatsoever

Because when your plans mature, you won't be there to enjoy them; you'll be making plans for somewhere else

Plans are of use only to those who live totally now and realize, of course, that their memories are happening now, and that their expectations are likewise, happening now

There is only now, and that insight comes as a result of clarifying one's mind as if it were unpolished, I mean it a completely clean mirror

Or an unruffled pool, reflecting the sky and showing balances what lies at the bottom and that sort of mind is what is achieved in the practice of Zen meditation or Zazen

It goes also along with learning how to breathe

Because Zazen doesn't involve a kind of forced elimination of thought, or of any sensory input that one may be having, you begin by letting everything happen which is happening

Let your ears hear whatever they want to hear, let your eyes see whatever they want to see, let your lungs breathe as they will

And let your nerve ends distributed all over your body feel anything they happen to want to feel; let go, don't interfere

Excerpt from 'Zen In Our Daily Life (Bushido 1)' by Alan Watts accompanied by

'The Angels Voice' by Diane Arkenstone and 'Magic Flower' by 2002

And then say as you listen, without naming, without describing the sounds, that are going on all around you; as you feel without trying to identify what these feelings are

As you let your mind think about whatever it likes, but you listen to you own thoughts as it were they were birds chattering outside

Intro by Martina Topley-Bird

I'm gonna make the whole world do it

I'm hustlin' and take 'em by the heart

Won't suffer for delight

Not even for one night

You know there's no reason for alarm, no

Never too late, the sun don't love the day

And I'm not here just to play

No, no, no

You try to make the whole world do it

You hustlin' and take 'em by the arm

Won't suffer for delight, don't suffer for the light

You know there's no reason for alarm, no

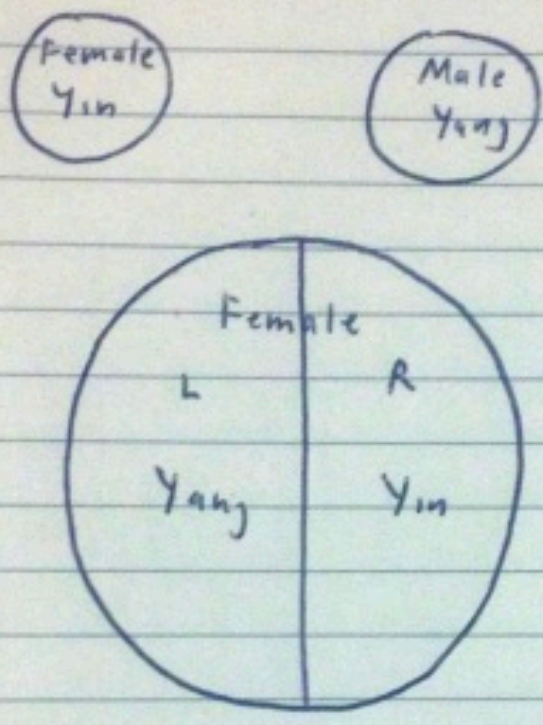
Never too late to sing until the day

I'm not here for to play

Oh, oh, oh

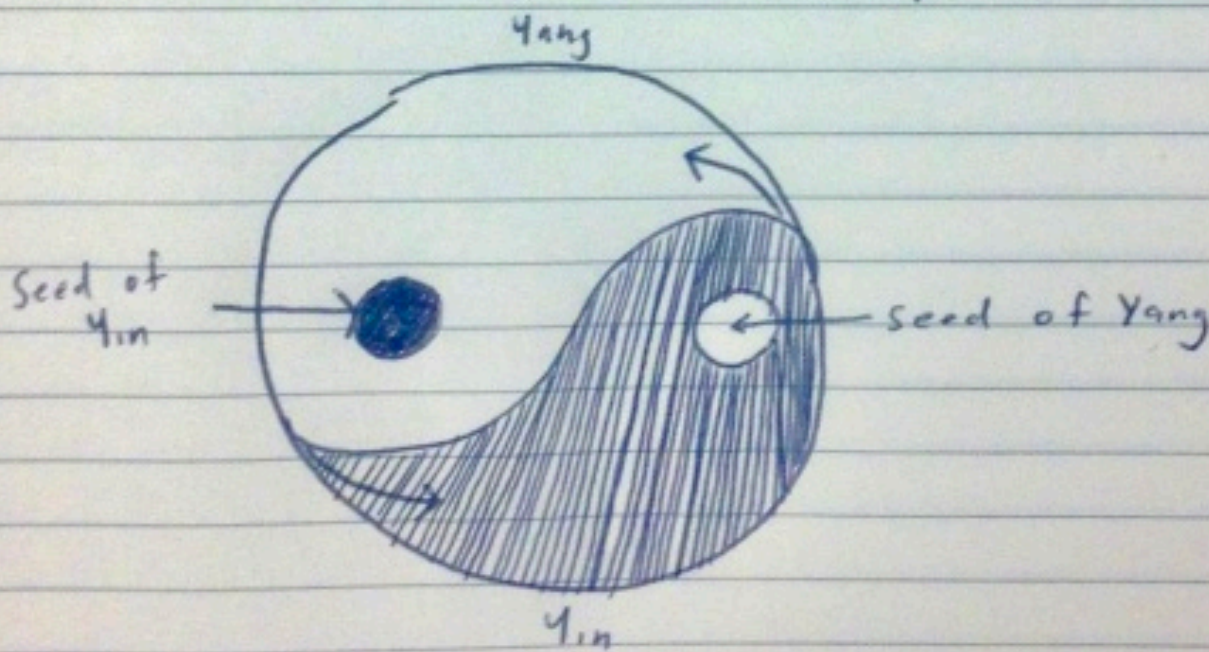
The correspondences of Yin + Yang

The Definition of Yin + Yang



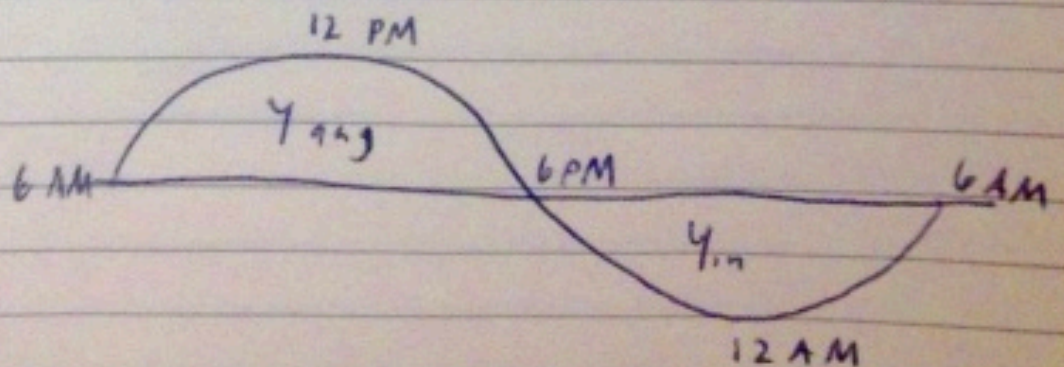
Yin + Yang represent two relevant things & phenomena which have opposite but complimentary qualities,

Yin + Yang also represent two relevant aspects of one thing or phenomenon



★ Four Aspects of Yin Yang Theory

1. Opposition of Yin + Yang
2. Interdependence of Yin + Yang
3. Mutual consumption of Yin + Yang
4. Intertransformation of Yin + Yang



הבנות נחמה by יה

תוך ים אני היא יה

תוך ים אני היא יה

י היא יה?

Out of the sea, I am Yah

Out of the sea, I am Yah

Who is Yah ?

Spent most of my life

Doubting my belief

Believing my doubts

My mind was so complex

So it remained inflexible

So why not try to simplify?

Believe your belief

Doubt your doubts

Yah put trust in us

Trust in us

Trust in trust in yah

תוך ים אני היא יה

י היא יה?

Out of the sea, I am Yah

Who is Yah ?

'La Vuelta Al Mundo' by Calle 13

No me regalen mas libros
Don't give me more books

Por que no los leo
Why not read them

Lo que he aprendido
What I have learned

Es por que lo veo
It's because i see it

Mientras más pasan los años
The more the years go by

Me contradigo cuando pienso
I contradict myself when I think

El tiempo no me mueve
Time does not move me

Yo me muevo con el tiempo
I move with time

Soy, las ganas de vivir
I am, the will to live

Las ganas de cruzar
The desire to cross

Las ganas de conocer
The desire to know

Lo que hay después del mar
What lies after the sea

Yo espero que mi boca
I hope my mouth

'La Vuelta Al Mundo' by Calle 13 (continued)

Nunca se calle
Never shuts up

También espero que las turbinas de este avión nunca me fallen
I also hope the turbines on this plane never fail me

No tengo todo calculado
I don't have everything calculated

Ni mi vida resuelta
Not my life resolved

Solo tengo una sonrisa
I only have a smile

Y espero una de vuelta
And I wait for one back

Yo confié en el destino
I trust in destiny

Y en la marejada
And in the swell

Yo no creo en la iglesia
I don't believe in church

Pero creo en tu mirada
But I believe in your look

Tú eres el sol en mi cara
You are the sun on my face

Cuando me levanta
When you pick me up

Yo soy la vida que ya tengo
I am the life that I already have

'La Vuelta Al Mundo' by Calle 13 (continued)

Tu eres la vida que me falta
You are the life that I lack

Así que agarra tu maleta
So grab your suitcase

El bulto, los motetes
The lump, the motets

El equipaje, tu valija
The luggage, your suitcase

La mochila con todos tus juguetes
The backpack with all your toys

Y, dame la mano
And give me your hand

Y vamos a darle la vuelta al mundo
And we're going to go around the world

Darle la vuelta al mundo
Go around the world

Darle la vuelta al mundo
Go around the world

Dame la mano
Give me your hand

Y vamos a darle la vuelta al mundo
And we're going to go around the world

Darle la vuelta al mundo
Go around the world

Darle la vuelta al mundo
Go around the world

'La Vuelta Al Mundo' by Calle 13 (continued)

La renta, el sueldo
The rent, the salary

El trabajo en la oficina
Work in the office

Lo cambie por las estrellas
I changed it for the stars

Y por huertos de harina
And through gardens of flour

Me escape de la rutina
I escape from the routine

Para pilotear mi viaje
To pilot my journey

Por que el cubo en el que vivía
Because the cube in which he lived

Se convirtió en paisaje
Turned into landscape

Yo!, era un objeto
I was an object

Esperando a ser ceniza
Waiting to be ash

Un día decidí
One day i decided

Hacerle caso a la brisa
Pay attention to the breeze

A irme resbalando detrás de tu camisa
To slip behind your shirt

'La Vuelta Al Mundo' by Calle 13 (continued)

No me convenció nadie
Nobody convinced me

Me convenció tu sonrisa
Your smile convinced me

Y me fui tras de ti
And I went after you

Persiguiendo mi instinto
Chasing my instinct

Si quieres cambio verdadero
If you want real change

Pues, camina distinto
Well, walk differently

Voy a escaparme hasta la constelación más cercana
I will escape to the nearest constellation

La suerte es mi oxígeno
Luck is my oxygen

Tus ojos son mi ventana
Your eyes are my window

Quiero correr por siete lagos
I want to run through seven lakes

En un mismo día
On the same day

Sentir encima de mis muslos
Feel on top of my thighs

El clima de tus nalgas frías
The climate of your cold buttocks

(MEDITATION)



'La Vuelta Al Mundo' by Calle 13 (continued)

Llegar al tope de la tierra
Reach the top of the earth

Abrazarme con las nubes
Hug me with the clouds

Sumergirme bajo el agua
Dive under the water

Y ver como las burbujas suben
And watch the bubbles rise

Y, dame la mano
And give me your hand

Y vamos a darle la vuelta al mundo
And we're going to go around the world

Darle la vuelta al mundo
Go around the world

Darle la vuelta al mundo
Go around the world

Dame la mano
Give me your hand

Y vamos a darle la vuelta al mundo
And we're going to go around the world

Darle la vuelta al mundo
Go around the world

Darle la vuelta al mundo
Go around the world

'Om Namah Shivaya' by Apache Indian

Jai om namah shivaya

Jai om namah shivaya

Well everybody would you focus your mind

Search for the truth and you will find

Good spirit and strength from within

That fights against all sin

Jai om namah shivaya

I shall walk across the land that has been chosen

And I shall climb the mountain so high

I shall go across the sea and across the ocean

And sing with the bird in the sky

It's only jah up above man who leads the way

Under whose shadow I abide

Me say you're running and you're running and you're running away

But from yourself you know you can't hide

Jai om namah shivaya

Well everybody would rise and focus your mind

Search for the truth and learn to be kind

Everybody would you fight against the evil you find

Tell you people about the 'religion of your mind'

Jai om namah shivaya

He who dwells in the secret place of the most high

'Om Namah Shivaya' by Apache Indian (continued)

Shall abide under the shadow of the almighty I

Everyday i rise... rise up above their lies

But still them want fight i and i

Everyday i rise ...rise with my spirits well high

Ca you know jah jah guide i and i

Jai om numah shivaya

Mahk Jchi (Heartbeat Drum Song) by Robbie Robertson & The Red Road Ensemble

Mahk jchi tahm buooi yahmpi gidi

Mahk jchi taum buooi kan spewa ebi

Mahmpi wah hoka yee monk

Tahond tani kiyee tiyee

Gee we-me eetiye

Nanka yaht yamoonieah wajitse

English translation from Saponi by Lawrence Dunmore:

A hundred years have passed

Yet I hear the distant beat of my father's drums

I hear his drums throughout the land

His beat I feel within my heart

The drum shall beat

So my heart shall beat

And I shall live a hundred thousand years

'Beauty in You' by Karen Drucker

I see the beauty in you, I see the power in you

I see the greatness in you, and so it is

I see the child in you, I see the sweetness in you

I see the softness in you, and so it is

[Chorus] I can see it, it's right there before me

I can feel it, deep in my soul

I just know it, that you are an angel

Full of magic, power and pure sweet love

I see the goodness in you, I see the wisdom in you

I see the strength in you, and so it is

I see the joy that's in you, I see your light shining through

I see the love that's in you, and so it is

[Chorus]

I see the grace that's in you, I see the courage in you

I see the heart that's in you, and so it is

I see the beauty in you, I see the power in you

I see the greatness in you, and so it is

I see the beauty in you (I see the beauty in you)

I see the power in you (I see the power in you)

I see the greatness in you (I see the greatness in you)

'Beauty in You' by Karen Drucker (continued)

I see the goodness in you, now (I see the goodness in you)

I see the wisdom in you (I see the wisdom in you)

Oh! I see your strength, your strength (I see the strength in you)

I see your joy, joy, joy (I see the joy in you)

And I see your light shining, light shining (I see the light in you)

And I feel the love that's in you (I see the love in you)

And I see the grace that's in you (I see the grace in you)

And I see the courage in you (I see the courage in you)

And I see the heart in you (I see the heart in you)

And so it is

And so it is

And so it is

And so it is



Our words' meanings change with our life experiences.

As we open to embrace our inter-connected and inter-dependent nature, perhaps we can merge the concept of a higher power, a 'God' or a Unifying Force with the collaborative intelligence that creates and connects all life (and beyond)

The Subject Tonight Is Love



Life is the Teacher, Love is The Lesson, Experience is the Master and Empowered Choice is the Process.

Love is a dynamic life force where fate and free-will unite.
Love grows and expands; True Love is our highest destiny ..
For why would we choose it to be otherwise ?

Love is a process, love is expression and love must grow and expand to stay alive.

As we begin to open ourselves to new concepts, compassionate curiosity is the key to positive possibility. Perhaps we can only discover discovery when we truly open to explore exploration.

Choosing to welcome this invitation to live our inner truth and true love, we open to new possibilities. We insightfully question how we may authentically express and create, perceive and receive our love with integrity; we reconcile our intentions with our wholehearted experiences to learn life's lessons with joy and grace.

You are the light that you are.

Love is our unifying core, our life's path and the reason to explore.

'The Subject Tonight Is Love' by Prem Joshua & Band

Hafiz says, "The subject tonight is love" and for tomorrow night as well

As a matter of fact, I know of no better topic for us all to discuss until we all die

Thursday, February 20, 2014

Greenbelt, Austin, TX

So many fine lines.

We find our power in creating a definition of our life, that is its own universe, it's own self-supporting truth.

Therefore, as we consider our vocabulary choices, let's understand what communication really is. Communication is exchange.

Communication represents connection, connection through exchange: giving and receiving.

And therefore, how do we know what we are giving and definitely what we are receiving in this exchange if we haven't taken the time to wholeheartedly contemplate what our words truly mean to us ?

We are all lost in translation, and therefore, it's very easy to misinterpret someone else's language as our own, or vice versa.

There's a fine line between persuasion and perspective.

Likewise, there's a fine line between compelling and convincing.

As we reconcile our own perceived duality, we can understand our unique truth and essence when our words fulfill (both means and feels) all of these 4 criteria.

Four Directions to Freedom

When everything that supports the foundation is synonymous with the Spirit of that which it describes, we create the power of the pyramid.

Gracefully geometric.. a square base.

Four directions create an anchor with which to ground ourselves and further facilitate conversation.

When something is true to us, it meets the criteria that it is persuasive and a unique perspective; that it is both compelling and convincing.

Our vocabulary evolves with our experience, and therefore, each individual is both the student and the teacher.

In our current society, many fall prey to the societally-accepted standards of what something 'should' mean.

And then we have a deviation versus that largely biased idea of what something 'should' mean with what it 'could' mean.

And most likely, we are only going to discover what our vocabulary truly means for us when we can connect with what it originally meant.

And original meaning is something that is embodied by what we say and how we feel when we say it.

These words arrived from our most elemental and Universal methods of communication.

But as context is ever-important, we are faced with many challenges.

And without bringing our awareness to some of the foundational, abstract vibrations that are subtly created in those different seas of context, we may not understand ourself.

Especially if we are all just talking a language that's supposed to mean something that we don't understand ..

One Love

What is One to you ? Is “one” everything ?

And at the same time, each ‘thing’ in everything .. ?

We can start to accept that our language is a technology, a tool used for exchange.

But if we are using concepts that are based-on a context that no longer applies, does any ‘thing’ mean anything ?

Given this flexibility and the polarity created at the base of our language, we are faced with fundamental challenges to reconcile who we truly are.

The age old question, ‘Who am I’ ?

Well, of course, ‘I am that I am’ but beyond that, am I everything; am I one ?

The fine-lines have established themselves to facilitate this conversation of balance: the line of grace.

Ultimately our journey is love, and love is the journey.

So, how do each of us define that ? Isn’t love the point that relates everything ?

‘Do It (Till You’re Satisfied)’ by Soul Messengers

Ooh, go on and do it, do it

Do it 'til you're satisfied

Whatever it is, do it

Do it 'til you're satisfied

Go on and do it, do it

Do it 'til you're satisfied

Whatever it is, do it

Do it 'til you're satisfied

'Do It (Till You're Satisfied)' by Soul Messengers

People know just what they'd like to do

Whatever it is, you've got it, long as it pleases you

Make it last as long as you can

When you're through it's up to you to try it again

Go on and do it, do it

Do it 'til you're satisfied

Whatever it is, do it

Do it 'til you're satisfied

Go on and do it, do it

Do it 'til you're satisfied

Whatever it is, do it

Do it 'til you're satisfied

Everybody knows what they like to do

Whatever it is, do it, long as it pleases you

Just take some time and relax your mind

Then do it, do it, do it 'til you're satisfied

Ooh, go on and do it, do it

Do it 'til you're satisfied

Whatever it is, do it

Do it 'til you're satisfied

Go on and do it

Do it 'til you're satisfied



‘A Course In Miracles’ (ACIM)

“Your past learning must have taught you the wrong things simply because it has not made you happy. On this basis alone, its value should be questioned.”

- Course in Miracles Society

Higher Heart Harmony: A Meditator's Guide To The Galaxy



In our process to share our light with the world, we must first create the curiosity to authentically explore, discover and express our unique truth.

We want to be heard, but first we must learn to listen to our inner wisdom and discern the voice of spirit within. Life is listening.

We are being guided by a force far greater than we can imagine ..

An open, compassionate heart is a refined compass of creative perception. As the primary organ to fully develop, the heart and signature energetic pulse are an organic intelligence harmonizing our development, growth and potential.

This internal wisdom shapes our process into who we want to become and how to consciously create our dreams into being.

Our highest destiny is true love, for this is our essence and our origin. The light of truth guides our growth into grace. *What does the voice of spirit share with you?*

The first cycle in life's spirals ?

As the seed of the soul and center of our creation, the heart is our bridge to the greater mystery that exists beyond concepts and constraints of the human experience.

The heart generates and circulates energy through its spiraling pulses of power, a vortex of vitality. Selfless service and perfection in practice, the heart is the primary energetic alchemist to transform Source energy into personal life force.

In traditional Chinese medicine, the tongue is believed to sprout from the heart, further supporting an invitation to harmonize our mind and body with the heart as we reconcile our inner and outer worlds with the creative power of the word.

Chinese medicine also believes each organ is represented by an intelligent harmonious nature and emotional spectrum. The heart is represented by joy, and an imbalance results from either too much (agitation, restlessness) or too little (depression) joy.

Inviting our heart's guidance into our conscious awareness can help develop a deeper knowing of our rhythm and reconnection with our most authentic and alchemical joy.

The circulatory system is composed of the heart, blood vessels and the blood, and is the first fully-functioning system to form in the body; our blood is the body's primary nourishment, medicine and physical representation of our heart's creation, *life*.

Like the breath, the pulse is a messenger of miracles inviting our whole awareness to harmonize our inner rhythms that represent our communion with soul and Source.

Our blood's quality is a foundational focus, as our blood's health is literally at the heart of our health and well-being. In traditional Chinese medicine, blood houses the mind.

The quality and quantity of the air we breath, the absorption of nutrients and food and liquids we consume, and the efficacy of the inner process to transform these 'inputs' into accessible vital energy largely determines the quality of our health and well-being.

What's love got to do with it ?

As we learn lessons and experience life, we embrace all experiences as reflections of ourself, highly-charged situations / emotions can guide the transformation of reaction into response-ability as our fears dissolve into freedom. Love is as love does.

*One
Breath*



*Higher Power ?
I pray to Truth,
humbled by the
mystery of creation.
Thank you for life.*

'Earth' by Mark Swan

When conflict or challenge or extremes in life amplify, start to feel uncomfortable ..

Do we really know, really truly know how we would like to be treated ?

Really, what's the difference between a boundary and a limit ?

Sure, we always want to give people the benefit of the doubt and we want to believe in the golden rule: treat others as you would like to be treated.

But that's just the thing, do we really know how - really, truly know how we would like to be treated ?

It dawned on me, and it was like a big wake-up call. It was so simple, and yet for me it was so impactful: I didn't know what I didn't know, until I did.

We all have these moments of realization where our experience is new in life after we really practice the lessons that we are learning.

Feeling good feels great!

I've been talking about speaking my truth and walking my heart's path and really believing in a higher harmony.

In a meditation, there was a beautiful sequence of words that came through as 'Higher Heart Harmonics' and that was a beautiful concept for me.

'Hon, Hon, Hon' by Mirabai Ceiba

The highest heart

Even our heart, which is the first organ and the first system, the circulatory system grows into it's greatness.

You know, our heart has been there from the beginning.

Our heart is an intelligence that is guiding our creation and development.

Zen and the art of meditative maintenance

And when we are in these moments of zen, oftentimes which arrive from a massive exploration - an expansion to new heights and to new depths, to new dimensions and to new travels within .. We grow, we grow.

We grow in all directions, across all time, across all space and place, all of these dimensions and realities and any versions of the ways that we have chosen to experience the world.

And I believe that, one of these big realizations was that I was afraid to breathe.

I was afraid to breathe ..

'Medicine' by Rising Appalachia

Wise men say that rushing is violence

And so is your silence when it's rooted in compliance

To stand firm in loving defiance, make art your alliance

Give voice to the fire

Move people to the beat of the wind

Gather yourself and begin to dance the song until it ends

We are winners, champions of the light

Forming in numbers and might, keep the truth close in sight

Medicine Woman, Medicine Man

Walking with grace, I know your face, and I trust your hands

Medicine Woman, Medicine Man

Walking with grace, I know your face, and I trust your hands

Find your teachers in the voice of the forests

Unplug, you can't ignore this, wisdom of the voiceless

'Medicine' by Rising Appalachia (continued)

Remedies are bountiful and surround us

From the garden to the farthest, prayer made of star dust

Find your healing in the music that calls you

The voice that enthralls you, what do you belong to?

Eyes out! There's the setting of the sun

Give thanks to each and everyone

The lesson is the Medicine Woman, Medicine Man

Walking with grace, I know your face, and I trust your hands

Medicine Woman, Medicine Man

Walking with grace, I know your face, and I trust your hands

I believe in bending backwards and extending

My traps trip back until the message is in action

The yard is feeding, stop stark the disbelieving

'Cause the garden holds the shards, the medicine is in the seeds when

We hold tight to our right to protect and

We know our might is tenfold in connection

Our elders hold them bright lights, we protect them

The medicine is evident: the wolf, the hawk, the bear clan

We hold tight to our right to protect and

We know our might is tenfold in connection

Our elders hold them bright lights, we protect them

The medicine is evident: the wolf, the hawk, the Medicine Woman, Medicine Man

'Medicine' by Rising Appalachia (continued)

Walking with grace, I know your face, and I trust your hands

Medicine Woman, Medicine Man

Walking with grace, I know your face, and I trust your hands

'Liberdade Pra Dentro Da Cabeça' by Natiruts

Liberdade pra dentro da cabeça 4x

Freedom from inside your head

Quando você for embora

When you leave

Não precisa me dizer

No need to tell me

O que eu não quero joga fora

What I don't want to throw away

Você pode entender

You can understand

Desigualdades e a luta

Inequalities and the struggle

Afim de encontrar

In order to find

A liberdade e a paz

Freedom and peace

Que a alma precisa ter, oh baby

That the soul must have, oh baby

Estar com você

Being with you

'Liberdade Pra Dentro Da Cabeça' by Natiruts (continued)

Na virada do sol

At the turn of the sun

É compreender

Is to understand

Que o que há de melhor

Yhat the best

Tá na vida

It's in life

Na transformação

In the transformation

Da natureza

From nature

Que me traz a noção

Which brings me the notion

Na verdade

In truth

Eu não vou chorar

I am not going to cry

Hoje sei, sei

Today I know, I know

O que a terra veio me ensinar

What the earth came to teach me

Sobre as coisas

About things

Que vêm do coração

That come from the heart

'Liberdade Pra Dentro Da Cabeça' by Natiruts (continued)

Pra que eu possa trazer
So I can bring

Pra mim e pra você
For me and for you

Liberdade pra dentro da cabeça 4x
Freedom from inside your head

Estar com você
Being with you

Na virada do sol
At the turn of the sun

É compreender
Is to understand

Que o que há de melhor
That the best

Tá na vida
It's in life

Na transformação
In the transformation

Da natureza
From nature

Que me traz a noção
Which brings me the notion

Na verdade
In truth

Eu não vou chorar, eu não
I won't cry I won't

'Liberdade Pra Dentro Da Cabeça' by Natiruts (continued)

Hoje sei, sei

Today I know, I know

O que a terra veio me ensinar

What the earth came to teach me

Sobre as coisas

About things

Que vêm do coração

That come from the heart

Pra que eu possa trazer

So i can bring

Pra mim e pra você

For me and for you

Liberdade pra dentro da cabeça

Freedom from inside your head

Liberdade pra dentro da cabeça

Freedom from inside your head

Liberdade pra dentro da cabeça

Freedom from inside your head

Liberdade pra dentro da cabeça

Freedom from inside your head

Liberdade pra dentro da cabeça

Freedom from inside your head

Liberdade pra dentro da cabeça

Freedom from inside your head

Liberdade pra dentro da cabeça

Freedom from inside your head



'One Breath' by Abhi Ktori

One breath,

breath of eternity.

One song becomes a symphony,

of hearts meeting in harmony,

with you, blessed one.

‘I Am The Light Of My Soul’



We each create our book of life through our choices, aligning our free will and our freedom in the loving process to explore our origins and discover, through personal experience, what life truly means to us.

As we open to the knowing that the mystery of all creation is beyond any definition, compassionate curiosity is the cornerstone to transcend the love and fear paradigm.

Due to our associations with comparison, perhaps many have confused Love and Fear as opposites.

However, when we open to the concept that our fears are powerful internal communications to help us love, and that these messages are borne of Love itself ..

Perhaps we can open to reflect on the possibility that we may fear our own power to transform ourselves.

Know thyself, know thySelf

We are our inner nature.

Nature is our guide to unify us with that which we truly are.

'The Universe' (featuring Jennifer Neal) by A Guy Called Gerald

The universe we mold around this one of a multi-dimensional speckles of reality resonates

Or you can say it creates, an interference pattern within the fabric of space

If we were to look closely at an individual human being

We would find that the body is made up of a mass of resonating particles and is in itself a universe

All information exists here and now within our own consciousness

There are places we can go within our consciousness that unite our being with the cosmos

We need to align our minds with the cosmic mind if we are going to find any of the purposes of our existence or to find answers to some of the unexplained problems

Especially as we are heading towards one of the most important increments in the history of our time here

'The First Breath' (featuring Jennifer Neal) by A Guy Called Gerald

Creation is a commitment, happiness is a discipline

We can create our truest happiness when we love our discipline, and when we are disciplined in our love.

Welcome to heartlogic.



Heartlogic (recorded in Americana, Brazil, 2018)

accompanied by 'The First Breath' (featuring Jennifer Neal) by A Guy Called Gerald

Antes de começar este aplicação, a gente vai continuar nosso discurso sobre coração
Before starting this practice, we will continue our discussion about the heart

Lembra, o coração foi feito primeiro
Remember, the heart was the first (organ) created

O coração foi feito depois de todos esses conflitos internos
The heart was made after all these internal conflicts

Esse crescimento que estava nos convidando a transformação, a alegria da vida;
a alquimia
This growth that has invited our transformation, the joy of life; alchemy

Coração e pura alquimia e alegria
The heart is pure alchemy and joy

(Coração) foi feito primeiro do mistério
(The heart) was made from the mystery

Como podemos aplicar esse sabedoria, esse inteligência em nosso dia o dia ?
How can we apply this knowledge, this intelligence in our day-to-day life ?

A gente tem que entender que a gente vem de Um
We have to understand that we come from One

E a gente pode sempre conectar com esta energia de Um, desse fonte, desse vitalidade
And we can always connect with this energy of One, this source, this vitality

Mais, cada pessoa tem uma experiência distinta com esta energia de Um
What's more, each person has a distinct / unique experience with this energy of One

Entao, esse e uma coisa um pouco interessante sobre esta vida 'espiritual'
So, this is something a little interesting about this 'spiritual' life

Porque cada pessoa está aqui na planeta para compartilhar nosso amor autêntico
Because each person is here on the planet to share our authentic love

Heartlogic accompanied by 'Bliss Feels Great' by Jivan Nithaya

Para explorar nossa harmonia de coração, nossa harmonia da vida
To explore our harmony of heart, our harmony of life

Para compartilhar nossa alegria
To share our joy

E para crescer nossa vibração energético
And to grow / increase our energetic vibration

Que quando nossos células estão lá dançando dentro da energia de nossa consciência
When our cells are dancing within the energy of our consciousness

Quando a gente está mais feliz, os células estão com outro character
When we are most happy, our cells have another character

Este caminho espiritual é muita interessante, porque muitas pessoas estão vendendo felicidade, não é ?

This spiritual path is quite interesting, because a lot of people are selling happiness, isn't it?

Faiz isso não faiz isso, come isso!
Do this, don't do this, eat this!

Sô vocês podem saber disso
Only you can know this

Vocês podem ir para a escola
You can go to school

Vocês podem ir para guru
You can go to a guru

Guru pode tocar terceiro olho, pode dar iluminação, quem sabe ..
Guru can touch the third eye, can give illumination, who knows ..

Mas sô você vai saber
But only you will know

Heartlogic accompanied by 'Bliss Feels Great' by Jivan Nithaya

E começa nessa área o que está se sentindo bem e o que não está sentindo bem
And it starts in the area (to know) what feels good to you and what doesn't

Quando a gente aceita que a gente não sabe o que sente bem
When we accept that we don't know what feels good

A gente está lá, é fácil - a gente não tem que resistir.. Por quê?
We are there, it's easy - we don't have to resist .. Why?

Porque a gente já sabe que a coisa mais básica de toda a vida, respirar - a gente não está respirando

Because we already know that the most basic thing of all life, breathing - we are not breathing

Nossa consciência está programada de resistir respirar em vez de convidar respirações

Our (sub)consciousness is programmed to resist breathing instead of inviting the breath

Numero um, entao quando a gente se aceita que nossa programação é errado, a gente pode abrir de outras coisas

Number one, so when we accept that our inner program is wrong, we can open up to other things

Ta ?

Ok ?

Conectado com isso é de saber como está funcionando nossas energias

Connected with that is in knowing how our energy works

Em geral, nosso coração está aqui..

In general, our heart is here...

Que ? Vortex! Spirais!

What ? Vortex! Spirals!

Heartlogic accompanied by 'Bliss Feels Great' by Jivan Nithaya

Mandando sangue, mechendo sangue
Sending blood, mixing blood

A gente está inspirando o ar, a gente está comendo comida para fazer ..
We are breathing in the air, we are eating food to make ..

Para fazer nossa medicina, que é nossa sangue
To make our medicine, which is our blood

Tudo está juntando para fazer esse sangue
Everything comes together to make this blood

E a qualidade de nosso coração está comunicando com o corpo
And the quality of our heart is communicating with the body

Quando a gente está lá fazendo uma experiência boa, o coração está feliz, não é ?
When we are having a good experience, the heart is happy, isn't it?

Quando a gente está lá no conflito, o coração não está feliz
When we are involved in conflict, the heart is not happy

Entao, e muita simple
So, it's very simple


Os principios, os contextos
The principles, the contexts

Ah! so temos que escutar nosso coracao!
Ah! We just have to listen to our heart!

Mas como podemos crescer esse capacidade de conectar com o desconhecido ?
But how can we grow this capacity to connect with the unknown ?

.. e com nosso poder de transformação ?

.. and (how can we connect) with the power of transformation ?



The Universe is always moving in spirals

In three dimensions, when we make a cycle, it will actually be created as a spiraling motion because we have to consider our depth.

And as we open and explore ..

As we welcome, in humility and respect, for this Greater Power that has created us alive:

I don't know what I don't know.

I don't know what I don't know.

I don't know what I don't know.

Thank you Higher Power; thank you life experiences.

Thank you for guiding me with your higher intelligence that created me, that existed before my independent thought, that harmonized me and guided me on my life's path learning lessons and experiencing life in the easiest, most loving way possible.

[A Journey Into The Light](#)

'Let Your Heart Be Known' (Acoustic) by Steve Gold

Let your heart be known 4x

Wait, wait, wait

Hold me inside

Take your breath in mine

Awaken now

I will hold you up 4x

Let your heart be known 4x

I will hold you up my love 4x

Wait, wait

Hold me inside

Take your breath in mine

Awaken now

Awaken now

Awaken now

[Jeffrey]

Ok, I've never recorded this.. so, I am driving back in this red Mini Cooper; I had just been on this 5,000 mile road trip.

It took me all the way to the mountains, like north of Santa Fe (New Mexico).

And I felt this calling back to Chicago.

[A Journey Into The Light](#)

I came back to Chicago; on the GPS it was 20 hour trip, I got back in 24 hours. I wasn't speeding but I really felt guided, I felt kind of pulled.

I tried to sleep, I couldn't sleep; I didn't have to go to the bathroom.

It was just amazing, so even trying to stop to eat and take breaks and go out to walk Chiba .. you know, it was wild. So, I get called back to Chicago and then a few days later, I was on my way back to my parents' place.

This book was about being in your pure state of being- you know, the flow of your life.

So, as I was just kind of laughing about how strange it was to come back, I was on my way to my parents' and I hit a traffic jam.

I'm like, 'okay, well that flow was pretty short lived, but it was a cool experience.'

But then all of the sudden, I got this feeling to just breathe deeply into it, and all of the cars around me started to rearrange themselves.

And people were just acting crazy, which wasn't uncommon for Chicago traffic.

But then I started to notice that the cars in front of me started to organize into a formation where the car in front of me was orange, and then the car in front of that was yellow, and the car in front of that was like a dark green ..

I didn't see up further than that but this was like a prism, and this (felt) like the chakras *

* From Oxford Languages, Definition and Origin of 'chakra'

chak·ra /'CHäkrə/

noun: chakra; plural noun: chakras

- 1 (in Indian thought) each of the centers of spiritual power in the human body, usually considered to be seven in number.

Origin from Sanskrit cakra 'wheel or circle', from an Indo-European base meaning 'turn', shared by wheel.

[A Journey Into The Light](#)

And then I was just breathing and then, all of the sudden, I felt guided again.

I was guided into a rhythm of my breath.

And then, all of the sudden, the cars - when I was really deep into a nice breathing meditation while I was driving, the cars aligned themselves on either side.

The cars on the sides were mostly dark-colored cars. But at a certain point in time, the dark-colored cars all turned to kind of a gray and then they all turned to white.

And then I saw the colors of the cars in front of me, and I was really still conscious, it was very strange, and then everything turned white.

So, I was there and I was in a deep place to be able to observe.

I wasn't worried or anything, I was just asking questions.

At the time, I was studying 'A Course In Miracles' (ACIM)

[Friend] I haven't worked in a spiritual library that much.

[Jeffrey] So they (ACIM) talk about these 'light episodes' ..

And so, I had seen some energy fields around people before or thought I could see into someone's aura- things like this, but it had never been like (the current situation)

But I was very calm, very centered, and I said, "Am I dead?"

And then, I kind of got the answer, "Is there death?"

And I was just like, "Ok, so that just explains it .. you know?"

So it was very clear to me that this is just the perceived life or perceived death.

And, I was here in this car; I could still kind of see my car, it hadn't all gone into the light.

And at that point, I decided to close my eyes. I don't know why, I just did.

Everything around me is white, it's like I am floating through a cloud.

I close my eyes and then I saw the cars around me through my inner sight!

Blue-print of Perfection - Say out loud [©]

"Name" I call forth the blue-print of Perfection that you are. For as much as is allowed at this time to become quickly and easily re-activated in your life, world, and affairs.

[A Journey Into The Light](#)

Wow! That's what they mean that our thoughts create our reality .. That was totally inside of me, and I was being shown how I was creating this.

And I also then knew, because I could observe within my inner sight different perspectives of those cars. And so, I could see, oh yeah - I could fly and I could see, ok there it is, the energetic rainbow ..

[Friend] So it's like you almost achieved enlightenment for a brief period of time just in that traffic jam ?

[Jeffrey] Well, that's a really bold statement.

[Friend] But it happens ..

[Jeffrey] There was a knowing; there was definitely a knowing.

And I guess if enlightenment means that we open ourselves to ask more questions, then I would say "Yes" because it opened the door to so many questions.

[Friend] Well, I mean, I guess they say that enlightenment is the end of all, you know, thoughts and the destruction of the ego.

That can happen periodically, and then you can return back to yourself because you have to keep on living through your karmas until they play out, you know ?

No pun intended ..

[Jeffrey] Exact! I do feel it was almost like a videogame experience.

Because here I was, totally calm and just kind of realizing that there really is no life or death, and that everything was coming from within me. And for it to be totally .. to experience that, it was so profound, yet at the same time I already had known it.

Again, (the experience) wove in all the teachings that you already have everything you need for your highest good..

So, I come back - I guess, into my body or into this reality - our regular, perceived reality like maybe, I think it was about 20 miles later. It didn't feel like that; it felt like an eternity and a split second all at once.

'Sa Ta Na Ma' by Mirabai Ceiba

Information from www.SpiritVoyage.com :

<u>Mantra</u>	<u>Meaning</u>
Sa Ta Na Ma	Saa = Infinity, totality of the Cosmos
	Taa = Life (birth of form from the Infinity)
	Naa = death (or transformation)
	Maa = Rebirth

Also known as Panj Shabad.

This mantra is used to increase intuition, balance the hemispheres of the brain, and create a destiny for someone when there was none. This mantra describes the continuous cycle of life and creation. This mantra is a great catalyst for change.

[A Journey Into The Light](#)

And so, I was just there and I was very calm.

I just felt very blissed out.

I didn't need to think about it, I didn't need to freak out about it and I felt really at peace - and I said, "Ah, this is really nice."

So, my folks - they lived at the time maybe 45 minutes more away.

As so as I am getting closer to their house, again the same kind of guidance that was helping me to breathe in this really amazing rhythm that brought me into the previous state ..

Again, I am kinda feeling that breathing. Ok, here we go again.

I was just there and I was still in such a blissful place that I wasn't really thinking about it, but I was really observing.

[A Journey Into The Light](#)

And so, I am approaching an intersection where I needed to turn left.

It's a major road and driving like 50-55 mph, my foot starts to get heavy and it really did feel like a force outside of me that was speeding up.

All the while, there was oncoming traffic.

So, I have to admit that even in that blissful state, there was still an element of concern, right?

Even though earlier I had experienced that there is no life or death, I was observing a potential danger.

And for me that was really interesting because it showed me that there are different levels of this 'awakening', right?

So, anyway, I am just trying to trust because I am still in that place where I am not freaking-out but my foot keeps pushing the gas pedal down.

And so, I turn into the intersection and all of the sudden, I feel a really strong pull that felt like the emergency brake of my body was pulling up - it was my mulbandh *

I feel my pelvic floor come up and then, all of the sudden, I feel this bright ray of light coming up through my my mind and my mind's eye. Again, everything turns white.

And then, it was just a quick flash of light .. it was just a microsecond ..

Then, I saw that everything had stopped.

I would have been hit by that car; it had stopped - everything else stopped.

The traffic coming toward me, everything.

And I still felt this real pull from my mulbandh *

* Information from www.3ho.org regarding the Root Lock—Mulbandh

The root lock, mulbandh, is a powerful contraction of muscles and stimulation of energies that helps to redirect sexual energy into creativity and healing energy.

[A Journey Into The Light](#)

I made it to the other side of the intersection; it was a big intersection - like 5 or 6 lanes on both sides, so I had to cross like 3 lanes of traffic.

And then, I felt my body relax.

And what was so strange is that when time picked itself back up - I found this really interesting as well - that it went back to the same speed.

It didn't have a time where things needed to speed up again.

So, that was like an "Aha!" moment, again.

Because it was like, oh my gosh, it felt like I just .. it wasn't like I stopped time ..

It's like I just kind of quantum leaped.

I was maybe just observing a certain reality while I quantum leaped to another reality.

Because I was thinking, all realities - if infinity is really possible - then all realities exist all of the time.

So, there was a reality where I made it to the intersection too early.

There was a reality where I made it to the intersection at the time that I did.

There is a reality where I made it to the intersection later. Right ?

And so, I experienced all of those realities.

And I was able to perhaps travel through some sort of quantum experience.

Maybe it was a black hole; that's what I think science says regarding the concept of time travel.

So I felt like, "Oh, wow! That was like a time-travel, right !? .."

Because how could it be any other way ?

It was like I went from one reality and just picked up in another reality.

And everything else around, to my perception, had appeared virtually unaffected.



[A Journey Into The Light](#)

Then, here's where it was funny.

Because I am starting to get overly confident about this.

And a few blocks later I try to make a turn; I was making a right turn,

And I said, "Ok, let's see if I can stop traffic or if I can stop time again."

And I try to pull up on my sex organs, on my mulbandh ..

And I don't know if it was just the force of me pulling up or it was just what I was perceiving, or maybe both, but it felt like there was a blip.

Maybe that was something I just suggested to myself.

So to this day, I guess, the question is about that blip.

How much of that did I perceive, how much of that was real ?

If we do indeed feed what we focus upon ..

If we believe in these experiences, then how much can we create those experiences in our daily life ?

But not in order to play with time, but to take us to our right path.

[Friend] Yes! To take us to the destiny that is supposed to flow.

[Jeffrey] Yeah! For me, I had always thought about love, like what is 'true love' ?

And there are all these disagreements about fate and destiny, like fate versus destiny.

And in A Course In Miracles (ACIM) it talks about there is no substitution.

[Friend] I have actually never worked through it.

[Jeffrey] Oh, you've never worked through it ? It is powerful.

It's amazing because it is a work that is very functional.

There is a Bible-like scripture that puts it in a more contemporary contextual relevance and cultural relevance.

[A Journey Into The Light](#)

So, it (ACIM) doesn't use the same archetypes as the Bible.

There is a workbook as well, 365 lessons.

So, the idea is you work through the workbook and get yourself closer to creating the miracle of yourself.

In those lessons, or perhaps in the text, I had known that one thing that resonated deeply with me was that there is no substitution.

So then, I got into a conversation about what's love, and what about fate and destiny, karma and dogma ..

If there is no substitution and if we are really just these energies traveling through space, then what it means is that love is kind of like gravity, right ?

[Friend] Yes, love is like gravity. Love is the energy that fuels the universe.

[Jeffrey] Exactly, because why would we want to be here anyway ?

Love is what brings us together.

And what I found interesting about that is - to the best of my knowledge - science has not yet fully explained gravitational forces.

[Friend] It reminds me of that quote from Dante's 'Divine Comedy' (Paradiso 33):

The love that moves the sun and the other stars.

“l'amor che move 'l sole e l'altre stelle”.

[Jeffrey] Oh, I've got goosebumps!

That's what everyone is saying, like all the sages and everything ..

And so, then I got into this conversation with another beautiful friend who is more rational. I love the conversations we have.

He was saying, “Well, if gravity and love are the same thing, then ..”

“Freedom is not given to us by anyone; we have to cultivate it ourselves. It is a daily practice... No one can prevent you from being aware of each step you take or each breath in and breath out.”

- Thich Nhat Hanh

[A Journey Into The Light](#)

[Friend] Well love is light energy and gravity is a product of that.

[Jeffrey] That's true, but I could actually see ..

So, I was reading a Thich Nhat Hanh book, and I love how articulate he is.

And he said, you know ..

“Love needs to grow.”

If you don't nourish and nurture love, and of course, I am just quoting (correction: paraphrasing) here.

I don't know if I could ever do his beautiful words justice ..

“Love is like a tree, you need to root it and you need it to grow. And if you don't nourish it and nurture it, it will die.”

And so, I have seen that our Universe is expanding;

I've also heard that love is expansion.

So, for me it actually does make sense -

We are all still being held together, but we are all in the process of love.

There were so many amazing things that those light episodes opened-up to me that day.

So, that was kind of the basis for what I wanted to write about ..

An open door, curiosity is the key to creation

“The richness of expression present in the native Aramaic language of Jesus is a treasure that has been lost- or limited only to scholars - for too long. To discover this treasure, we must challenge ourselves to participate in the prophetic and mystical tradition that Jesus had represented. It is a far cry from our ordinary way of thinking.”

- as quoted from ‘Prayers of the Cosmos: Meditations on the Aramaic Words of Jesus’
by Neil Douglas-Klotz

‘Bluezone’ by Aykanna

The Lord’s Prayer in Aramaic with transliteration and alternative translation by Neil Douglas-Klotz from ‘Prayers of the Cosmos’

Abwoon d’bwashmaya (Our Birth in Unity)

Nethqadash shmakh (Clearing Space for the Name to Live)

Teytey malkuthakh (The Creative Fire)

Nehwey tzevyanach aykanna d’bwashmaya aph b’arha.

(Heaven Comes to Earth: Universal Compassion)

Hawvlan lachma d’sunqanan yaomana.

(The Blessings of Earthiness: The Next Step)

Washboqlan khaubayn (wakhtahayn) aykanna daph khnan shbwoqan l’khayyabayn.

(Letting Go, Heartbeat by Heartbeat)

Wela tahlan l’nesyuna

Ela patzan min bisha.

(Remembrance: The Birth of New Creation and Liberty)

Metol dilakhie malkutha wahayla wateshbukhta l’ahlam almin.

Ameyn

(A Celebration of Cosmic Renewal)

The Lord's Prayer (One Possible New Translation from the Aramaic)

‘Prayers of the Cosmos: Meditations on the Aramaic Words of Jesus’
by Neil Douglas-Klotz

Oh Birther! Father-Mother of the Cosmos,

Focus your light within us - make it useful:

Create your reign of unity now -

Your one desire then acts with ours,
as in all light, so in all forms.

Grant what we need each day in bread and insight.

Loose the cords of mistakes binding us,
as we release the strands we hold
of others' guilt.

Don't let surface things delude us,

But free us from what holds us back.

From you is born all ruling will,
the power and the life to do,
the song that beautifies all,
from age to age it renews.

Truly - power to these statements -
may they be the ground from which all
my actions grow: Amen.

Free, A Journey Of The Heart

**Thank you for the opportunity to invite this new conversation.
May the truth of our heart inspire the greatness of our good.**



Invite the light

8 August 2021

Dear divine one,

This day of concluding reflections celebrates Chiba's thirteenth birthday together with the hope that our adventures together can inspire new possibilities in this time of great transformation, growth and metamorphosis.

What an honor to complete this creative project as a humble and heartening tribute to Chiba and all of the love and eternal wisdom she continues to share.

May her shining example welcome an inspiring invitation to free ourselves and others from suffering through compassionate curiosity, a seed of hope for each person and all humanity to transcend and transform our fears into our freedom.

Who are we, humanity? We dream the same dreams; we breathe the same air.

With great humility to the mystery of all life (and of possibility) in this golden age, could collaborative togetherness help humanity and human-kind to cultivate the golden rule more consciously through our choices and priorities?

As we now enter a more significant conversation, we begin to realize our power and responsibility in prioritizing what is truly important.

Each choice we make can change the course of our life, for better .. or not.

*Wouldn't it be great to know with crystal clarity which choices are best?
To know we know, not just to think we know ..*

We invite invitation. We inspire inspiration. We explore exploration.

∞∞∞ We co-create creation ∞∞∞

May all beings be truly happy and free.

In Service, Partnership and Purpose,
Jeffrey and Chiba Bluebird Sunshine

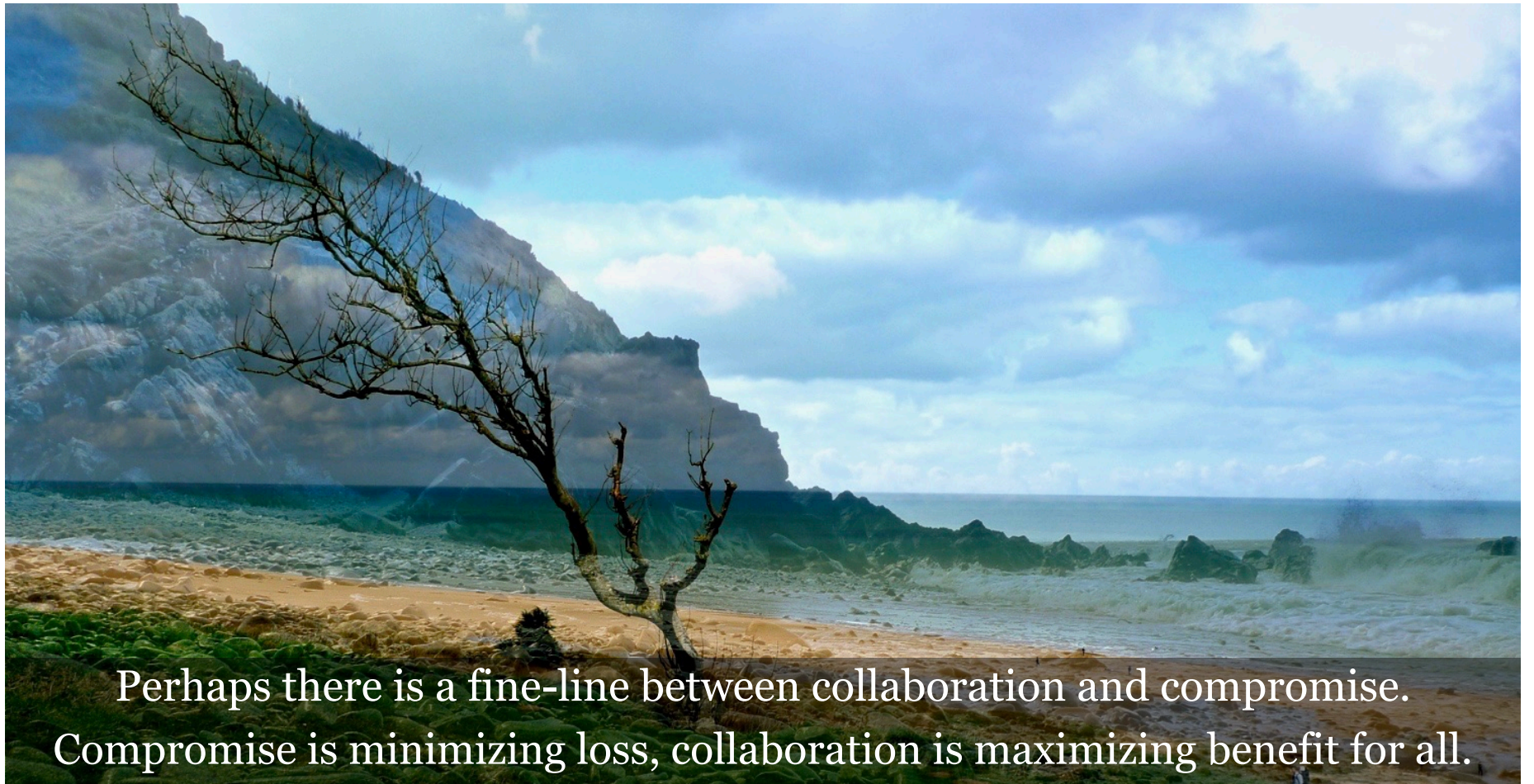


Truth In Dreams



Resources & References

Click
Here
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With deep and eternal gratitude, this creative project would not be possible without the many masters, musicians, teachers, yogis, meditators, artists and soul family contributions that inspire a seed of hope for each person and all humanity to harmonize with higher purpose, the heart's true calling.

Thank you for sharing a golden example in this transformational time to shape a new narrative through collaborative conversation.

I am so humbled to honor a higher possibility and to share this creative project, one playful perspective of Oneness shared from the heart.

Heart is home. In gratitude to welcoming the mystery of possibility, may we openly embrace our greatest good and graceful growth, always in all ways.

Great love surrounds us now in partnership, friendship, purpose and passion.

Humanity is hope; togetherness is Truth.

And so it is!

