

Enlightenment vs Resurrection 25.1

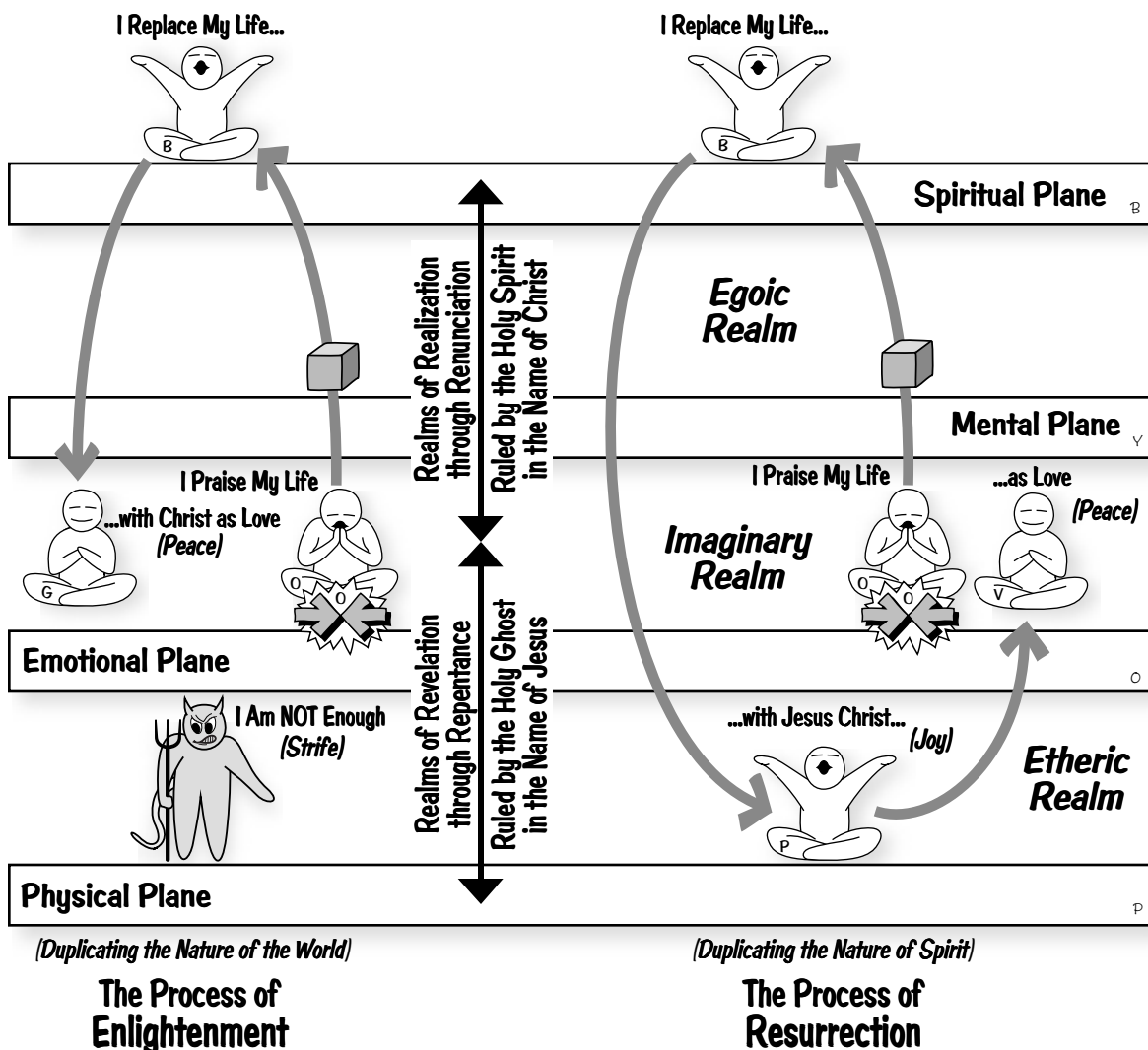
One of the most misunderstood aspects of all spiritual teachings is the distinction between enlightenment and resurrection.

Enlightenment takes place when the soul becomes filled with the power of Love. This results in a heightened sense of self-awareness (light) accompanied by a deep sense of a 'peace that passes all understanding.'

Resurrection occurs when our flesh is consumed by the power of Love. This results in physical healing accompanied by a deep sense of true Joy, which is the quiet delight of gratitude. In this regard, resurrection could be called the 'enlightenment of the whole body.'

What often happens in the midst of strife, is that we turn to spiritual means for comfort. The first response to our efforts comes in the form of enlightenment, which produces the peace and comfort we are seeking. This will often cause us to relax our spiritual efforts, and to accept something less than a full healing. Instead, we must press on and even intensify our efforts, since our flesh is far more resistant to change than our souls.

The cleansing of the soul is like the washing of a window. Whereas, the *correction of the flesh* is like the weeding of a garden. Washing windows takes an effort, but pulling weeds is extremely 'down and dirty' and requires us to sweat.



Enlightenment vs Resurrection 25.2

Enlightenment	Resurrection
Takes place in the Soul and reveals Peace and Freedom	Takes place in the Flesh and reveals Beauty and Joy
Turn to Spirit (Christ)	Turn towards Jesus
Transcendence of Error	Incarnate to Dissolve Error
Renunciation	Repentance
Meditation	Prayer
Bring Love into the Soul	Bring Love into the Flesh
Ease and Grace enters the Body of our Affairs	Ease and Grace enters the Flesh Body
Work of the Buddha/St. John	Work of Jesus
Passage through the "Dark Night of the Soul"	Passage through the "Black Night of the Flesh"
Christ is the Substance of the Body of my Affairs	Christ is the Substance of my Flesh Body
Principles of Financial Freedom	Creating a Heavenly Body
Arena of the Holy Spirit	Arena of the Holy Ghost
Mind is Clarified and Illumined	Flesh is Purified and Resurrected
Christ enters the Mind via the Holy Spirit	Christ enters the Body via the Holy Ghost
Holy Spirit operates through the Law	Holy Ghost operates through Love
Lucifer is the Holy Spirit Corrupted by Fear	Satan is the Holy Ghost Corrupted by Fear
Lucifer – Law of the Mind	Satan – Law of the Flesh
Requires Obedience	Requires Willingness
Jesus gave this before he left <i>"My peace I leave with you."</i>	Revelation of the Second Coming <i>"You will see me again."</i>
Transcends the World to touch Heaven (Nirvana)	Brings Heaven to Earth through our 'I-ness' (Ego)
Changes our Attitudes about the World	Changes Conditions in the World for Good
Buddha found the 'Middle Way' and discovered Heaven first.	Jesus used the 'Power of Love' to bring Heaven down to Earth.

"If therefore ye have not been faithful in the unrighteous mammon (money), who will commit to your trust the true riches (Love)? ...Luke 16:11

"For there are three that bear record in heaven, the Father, the Word, and the Holy Ghost: and these three are one." ...1 John 5:7

*"This is my commandment, That ye love one another, as I have loved you."
...John 15:12*

Christ:

- Impulse to living in Freedom
- Christ enters the mind through the Holy Spirit
- Holy Spirit illumines the mind
- Realization of Love at the mental level
- **Course:** "Principles of Financial Freedom"
- Must demonstrate willingness to express Love into the "body of one's affairs" by withdrawing accusations against the world
- Error: "There's not enough."
- Healing takes place at the mental/soul levels by releasing the "fear in the belly" that separates us from the evil we imagine in the world
- **Practices:** Productive Prayer, Fear to Faith, What Happened Trees, Releasing Prayers, etc.
- **Motivation:** To be good and to experience good in one's affairs

Mary:

- Devotion to Mary continues the deeper process of purifying the soul and prepares the way for Jesus to be "born" in the flesh
- Mary teaches us to forgive ourselves.

Jesus:

- Impulse to being Love
- Jesus enters the flesh through the Holy Ghost
- Holy Ghost resurrects the flesh
- Revelation (embodiment) of Love in the flesh
- **Course:** "Revealing a Heavenly Body"
- Must demonstrate willingness to embody Love in our flesh by withdrawing all accusations against the self
- Error: "I'm not enough"
- Healing takes place in the flesh by the name of Jesus Christ which dispels the "evil of today" and the "errors of the flesh" from lifetimes
- **Practices:** Productive Prayer, Meditation, Faces of Forces Easy Prayer, Super Physical Praising Prayer, Communion, Devotional practices and Scientific Spiritual Self Healing practices
- **Inspiration:** To be made "whole" and thereby bring greater Love into the world as Jesus Christ "Come Again"

The transition from Old to New Testament consciousness is sometimes referred to as "making the move from Law to Grace." The purpose of the Law is to make us self-conscious, and capable of Love. The nature of Grace is the 'unmerited favor' we receive *through our willingness to live as Love in all of our relations. It is written that "Love fulfills the Law."* Love does not deny the Law, it simply supersedes It, and makes It unnecessary. Every aspect of the Law teaches us to be 'harmless' to others and ourselves. Whenever we act in Love the admonition to 'do no harm' is fulfilled. The great example and living presence of this Principle was, is, and shall always be Jesus Christ.

"For the Law was given by Moses, but Grace and Truth came by Jesus Christ." ...John 1:7

Kingdom 1 ~ Living in the _____ 1



Doing

Where we are seeking our rewards in Heaven through righteousness on Earth (body).

Living under the Law is the activity of enduring the physical effects of our doubts and fears in the hope of finding some future heaven. This is the activity of dualistic pre-personal materialism. Its focus is on destroying "evil." This form of consciousness is the failing paradigm of our modern culture. It is the activity of the Moses Force.

"The Spirit is truly ready, but the flesh is weak." ...Mark 14:38

Kingdom 2 ~ Living in the _____ 1



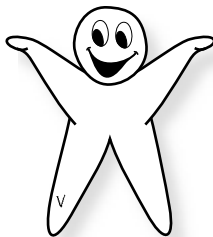
Thinking

Where we are seeking our rewards on Earth through righteousness in Heaven (mind).

Living as the Law under Love is the activity of overcoming our doubts and fears in pursuit of our hopes and dreams. This is the activity of dualistic personal psychism. This is the *prevailing* paradigm of our modern culture. Its focus is on being "good." In the east, this is the activity of the Buddha, who transcends the world. In the west, it is symbolized by the activity of Mary, who attends to the world.

"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." ...Romans 12:2

Kingdom 3 ~ Living in the _____ 1



Being

Where we are receiving our rewards in Heaven and on Earth by being Righteousness Itself (Love).

To live in Grace is to live as Love, expressing through the Law. In other words, to live in an 'awareness of oneness' and 'infinite possibilities.' This is the activity of unitive trans-personal spirituality. This is the emerging paradigm of our modern culture. Its focus is on being "whole." It is the activity of Christ Consciousness.

"For sin shall not have dominion over you: for you are not under the Law, but under Grace." ...Romans 6:14

The call of the Gospels is a call to enter the Christ experience. It's a call to move from living under the Law to living from the consciousness of Love and to move from the experience of God as a Power, to one of living in Its Presence.

~ Gospel of Matthew ~

This Gospel was finished about ten years after the writing of Mark. It was also after the destruction of the Temple as well as most of Jerusalem in 70 CE. It takes what is in Mark and adds the saying and teachings of Jesus. The author, an educated person and a former tax collector in Capernaum was sometimes called Levi. He is writing to a Jewish audience--to the Jews of the homeland in and around Jerusalem. Tradition has it that this Gospel was written in Aramaic while Matthew was in Alexandria, Egypt, where there was a large community of Jews. Matthew means "gift of the Lord." His main purpose was to show his Jewish readers that Jesus was the Messiah. He did this by describing how Jesus' life and ministry fulfilled the Old Testament Scriptures. His writings are considered to be the most historically accurate. 🕊️

~ Gospel of Mark ~

Finished some thirty years after Jesus' death, this Gospel was composed in Italy and written in Greek around 75-80 CE. It's considered the first Gospel that was written and because it was in Greek, it enabled the story of Jesus to spread throughout the empire. It is the simple and basic in its style. Its author was first a follower of Paul and was with him and Barnabas on their first missionary journey (Acts 12:25). However, he later joined Peter and supported him in his ministry as an interpreter. (Peter's Greek was inadequate.) It is viewed that this Gospel is really the voice and recollections of Peter that Mark then records. Its focus is on the miracles and works of Jesus and was directed to the followers in Rome and other non-Jewish readers. Peter's teachings represented the position that a "human" Jesus had fulfilled the Messianic hope of Israel. This is in contrast to Paul's position which was far more concerned with the "mystical" Messiah than with the human Jesus. Peter's last ministry activities were in Italy and this is where he was put to death. It is likely that the Last Supper and the place where the disciples met after the crucifixion was in the home of Mark's mother, Mary, in the city of Capernaum. 🕊️

~ Gospel of Luke ~

Luke was probably a gentile by birth and was well educated in the Greek tradition. He was a physician, companion and follower of Paul. Written in Greece in the late 90's, this Gospel tries to impress the Hellenized Jews, as well as the gentiles, with the great sweep of history that centers around the life of Jesus. Paul's teachings stand behind Luke's narratives. He writes both this Gospel and the Book of Acts in a stylish Greek form. Luke reveals that what the Law had been the to Jews, the Holy Spirit is to the new Christians. In Acts, he reinterprets the celebration of Pentecost, fifty days after Passover, in which the Jews marked the giving of the Law to Moses on Mt. Sinai. In the "new" version, Pentecost represents the coming of the Holy Spirit into the Life of the Church. These two Books of the New Testament, Luke and Acts, provide one of the best and most detailed record of the history of the early Christian Church. 🕊️

~ The Gospel of John ~

Probably the most treasured work in the whole New Testament, this Gospel was written by a mystic and poet who wanted to bring his readers to a "re-birth" in consciousness. He wanted them to experience "new life" through the teachings of Jesus. He builds his message with long conversations between Jesus and others to bring forth the most mystical interpretation of the life and teachings of Jesus. Probably the last Gospel written, its message is a force that can be active in our lives because it teaches us how the Living Presence of Christ will transform our lives from within. John was one of the original and youngest of the twelve disciples and was the only disciple who didn't die a violent death. Written in Asia Minor, this Gospel is concerned with the underlying meaning of the teachings of Jesus. Along with Mother Mary, he ministered for many years from his church in Ephesus located in present day Turkey. However, for a short period, he was exiled by the emperor to the Greek Island of Patmos where he scribed the last book of the Bible, The Revelation. 🕊️

Following is a brief overview of the New Testament of the Holy Bible, and a short biological sketch of one its principle authors, St. Paul.

The New Testament scriptures are laid out in the following way. The Gospels, from the Greek word meaning "Good News," are Matthew, Mark, Luke and John which give us the first account of the life and teachings of Jesus. The Book of Acts, written by Luke, details the "acts or actions" of the Apostles, and the origins of the early church. It is here that we are given insight into how the Apostles lived and demonstrated the Christ teachings after the death and resurrection of Jesus. Next, are the series of the Epistles (Corinthians, Galatians, Ephesians, Philippians, etc.). These are the letters of Paul to the communities in Asia Minor (present day Turkey and Greece) and record the beginning of the Christian teachings. The communities that Paul wrote to formed the foundation for the spread of Christianity throughout the Roman Empire. Then, we have the books written by the other disciples (James and Peter as well as the letters of John). Finally, we end with the Revelation; the inspired message of Jesus to St. John.

The Hellenistic (Greek educated) Jews were to be crucial to the development and spread of early Christianity. These Jews were the Jews of the Diaspora or the dispersion which was the scattering and exile of Jews to countries outside of Palestine. This took place during the Babylonian captivity from 597 to 538 B.C.E. These Jews then stayed in their new countries and formed small, exiled communities. It was later in these communi-

ties that the message of the Jewish Christ or the Messiah found eager listeners.

Paul was a Hellenistic Jew, who previously was known as Saul, and who had grown up in Tarsus in present day Turkey. He was a bilingual Jew, speaking both Greek and Aramaic. He was one of the people who strongly persecuted the Hellenistic Jewish followers of Jesus until he experienced his own conversion on the road to Damascus. It's interesting to realize that Paul was not converted to Christianity by the Gospels--they hadn't even been written yet! Instead, his conversion came about as he realized and experienced the Presence of the Living Christ.



The book of Acts presents, in great detail, the conversion of Paul and his later works as an Apostle. His experience on the road to Damascus was a turning point in the movement of Christianity beyond the embrace of Judaism. After he was changed through hearing the voice of the Lord, he was then baptized and immediately began a new life as the man Paul. First, he went into exile in Arabia in order to integrate and deepen his awareness of Christ. He did this private work for three years. After which time he began his public ministry. He was to spend the remainder of his life dedicated to missionary work among the Gentiles (the non-Jews and pagans of the time), while the disciple Peter would lead the proclamation of the faith to the Jewish communities in Palestine. James then became the leader of the followers in Jerusalem.

Paul was devoted to establishing “house” churches in the cities of the Mediterranean world and guiding their development, both with personal visits and with his letters. After an intense career proclaiming the new faith during his three journeys from Palestine to Rome, Paul spent his final years as a Roman prisoner and was beheaded in Rome about 62 C.E.

Paul’s most creative contribution to the individual was the union in him of the universal and the particular. He released the universal message of Jesus from Jewish limits, laying the foundation for Gentile Christianity. At the same time, he planted the Christ message in the strategic center of the Northwest Mediterranean world in the firm conviction that these churches were “colonies of heaven.” Paul’s work in establishing these communities influenced and helped to shape the history of the Western world.

Paul’s theology has been called Christ-centered and his words during his address at Athens have been used in prayer countless of times.... *“In him we live and move and have our being.”* (Acts 17:28) The classic statement of Paul’s mysticism is found in his letter to the Galatians where he writes, *“I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me.”* (Galatians 2:19-20)

It is generally agreed that Paul’s most significant contribution to the Christian Church is his teaching about the “Body of Christ.” Today, the “Body of Christ” is understood as all of those who forsake everything pertaining to the personal, limited, human personality self, and seek to live and express the Christ standard in order to bring forth the unlimited fruits of Spirit. Joining with others in this consciousness is joining together in the “Body of Christ.” This has been the great mystery of the Christian experience. Paul’s idea is that the revelation of Christ is open to all of us. He proclaimed this great mystery when he said, *“Christ in you, the hope of glory.”* (Colossians 1:27)

Present day writer and teacher, Dr. Rocco Errico, describes the mystery as follows:

“The purpose of ‘Christ in us,’ then, is not only for self-realization, but for the manifestation of the kingdom of heaven wherever we may be. Through the realization of a ‘Christ consciousness’ we become fulfilled individuals, mature and complete.”

In essence, what we see in Paul is that he was more interested in the Christ that lived in him rather than the historical Jesus. He was the only Apostle who didn’t personally know Jesus. However, his life became and is still becoming the model for our own journey on the road to Demascus and the awakening of Christ Consciousness in all humanity. 🙏

Following is the scriptural account of how St. Paul first encountered Jesus Christ and had the purpose of his Ministry revealed to him.

Whereupon as I went to Damascus with authority and commission from the chief priests.

At midday, O king, I saw in the way a light from heaven, above the brightness of the sun, shining round about me and them which journeyed with me. And when we were all fallen to the earth, I heard a voice speaking unto me, and saying in the Hebrew tongue, "Saul, Saul, why are you persecuting me? It is hard for you to kick against the pricks."

And I said, "Who are you Lord?" And he said, "I am Jesus whom you are persecuting. But rise, and stand upon your feet: for I have appeared unto you for this purpose, to make you a minister and a witness both of these things which you have seen, and of those things in which I will appear unto you;

"Delivering you from the people, and from the Gentiles, unto whom now I send you, to open their eyes, and to turn them from darkness to light, and from the power of Satan unto God, that they may receive forgiveness of sins, and inheritance among them which are sanctified by faith that is in me." ☩

Acts 26:12-18 New King James Version

Following is an "interpretive rendering" of the same scriptural passage, as it might apply to a personal ministry in these modern times.

I was headed for a successful human destiny based on the highest standards of achievement in my culture.

However, one day around noon I was overcome by a flash of light that seemed even brighter than the sun. Next, I heard a voice speaking to me in familiar words, "Why are you dismissing me? Don't you know that it's impossible to ignore my presence in your life?"

And I said, "Lord, who are you?" And he said, "I'm Jesus, the one you've been so opposed to. Get on your feet, and let me tell you the reason I'm here. I have come to make you a Minister, and I want you to tell others what you have seen here. Also, I would like you to tell them all of the things that I am going to show you.

"In order to do this, I am setting you free from the unconscious forces inherent in both the blood and body of your ancestors, as well as the collective consciousness of humanity. However, I'm doing this so you can serve all of humanity. I want you to do this in order to make them aware of the spiritual nature of the world and to lift them out of their unconsciousness into a state of self-conscious being. Also, I want you to deliver humanity from the illusion of the material world in order to perceive the glory of Spiritual Truth. If you do this, they will also be released from their unconscious and self-defeating behaviors in order to receive the divine inheritance which is due to them for simply having faith in me." ☩

...Lloyd Strom 1999

The Woman at the Well

An Interpretation of Scripture by Rev. Marcia Sutton

~ The Scripture - John 4:1-26 ~

The Pharisees heard that Jesus was gaining and baptizing more disciples than John, although in fact it was not Jesus who baptized, but his disciples. When the Lord learned of this, he left Judea and went back once more to Galilee.

Now he had to go through Samaria. So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about the sixth hour.

When a Samaritan woman came to draw water, Jesus said to her, **"Will you give me a drink?"** (His disciples had gone into the town to buy food.)

The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans.)

Jesus answered her, **"If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."**

"Sir," the woman said, "you have nothing to draw with and the well is deep. Where can you get this living water? Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his flocks and herds?"

Jesus answered, **"Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will be-**

come in him a spring of water welling up to eternal life."

The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water."

He told her, **"Go, call your husband and come back."**

"I have no husband," she replied.

Jesus said to her, **"You are right when you say you have no husband. The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true."**

"Sir," the woman said, "I can see that you are a prophet. Our fathers worshipped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem."

Jesus declared, **"Believe me, woman, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks. God is spirit and his worshipers must worship in spirit and in truth."**

The woman said, "I know that Messiah" (called Christ) "is coming. When he comes, he will explain everything to us."

Then Jesus declared,

"I who speak to you am he."



~ Postscript to the Story ~

The disciples returned and became upset that Jesus was talking with the women at the well. She goes away and returns to her village to tell everyone of her experience with this man who 'knew' everything about her. Many of them join her to return to the well to meet Jesus.

Because of her words about him, many from her village believed him to be the Christ. After hearing Jesus speak, it is recorded that many more became believers. After two days with the Samaritans, Jesus continues on his journey to Galilee. (John 4:27-43)

~ General Background and Context ~

The Story:

The "Woman at the Well" story appears only in the Gospel of John. This Gospel is considered to be the most spiritual or mystical of the four Gospels (Matthew, Mark, Luke and John). It is with the Samaritan woman that Jesus delivers one of his most important teachings.

The Timing:

Jesus has left Jerusalem to return to the Galilee. While in Jerusalem at the outer courtyard of the Temple, he had overturned the tables of the money changers. Also, while he was in the Holy City, he gave his exalted message on "being born again" to the Pharisee named Nicodemus. In order to make the trip back to the Galilee, without having to travel the longer distance on the East side of the Jordan River, he had to journey through the middle province of Samaria.

Pharisees:

These were the scribes and scholars who studied and interpreted the Law and to them the Law had become an end in itself. As the main conservative religious group, they were attached to titles, honors and the outer forms of worship and had little understanding of Truth. They were opposed to Jesus and his teachings.

Judea:

It was known as the Southern Kingdom. After King Solomon's rule (930 BC), Israel

was split into the South (two tribes) which was called Judea and the Northern area (10 tribes) which became known as Israel. During the time of Jesus, this whole region was known as Palestine and it contained three provinces: Judea in the South, Samaria in the middle and Galilee in the North. Jesus was raised in Nazareth in the North and much of his ministry takes place in this area near the Sea of Galilee including the cities of Cana and Capernaum. It was in Cana that he performed his first miracle of turning the water into wine at the marriage feast.

(John 2:1-11) And it was in Capernaum where he found the first of his disciples, Peter, Andrew, James and John. (Matthew 4:18-22) Jerusalem, Bethany and Bethlehem were all part of the Southern area of Judea.

Galilee:

Again, the Northern province of Palestine. It was rich in agricultural lands and gave Jesus the foundation for the many pastoral symbols used within his teaching stories. It also included the Sea of Galilee where Jesus calmed the storm (Mark 4:35-41) and walked on water. (Matthew 14:25-33)

Samaria:

The middle province of Palestine. The Jews didn't accept the Samaritans as "real" Jews. In 720 BC, the Assyrians had invaded this area and took it over. Some of the Jews escaped but most were taken

away to Media by the conquerors. (The ancient country of Media is located in present day Northwest Iran.) Those that stayed ended up marrying the invaders. This was an unforgivable crime in the eyes of Orthodox Judaism and became the source of the quarrel that continued to exist with the Samaritans even up to the time of Jesus. As a result of their surrender to the Assyrians, the remaining Samaritans lost their Jewish heritage and were banned from the ceremonies in the Temple at Jerusalem. Thus, they became a people living outside Judaism but continued with the Jewish rituals. They worshipped on Mt. Gerisim instead of at the Temple in Jerusalem. (Note: It is believed that the lost ten tribes of Israel are those that were taken to Media and assimilated into that culture. They never returned to the land of their fathers.)

Jacob:

He was the Son of Isaac, the second patriarch of ancient Israel after Abraham. He had a twin brother named Esau. Jacob became the third patriarch and his twelve sons formed the twelve tribes of Israel thus fulfilling God's promise to Abraham that he would become the father of a great nation. Jacob's name was changed to Israel after he "wrestled" all night with the Lord and demanded and received a blessing. (Genesis 32:24-46) The story of Jacob's Ladder recounts his dream of a stairway to heaven filled with angels. (Genesis 28:12) (Note: It was Abraham who took his son Isaac up to Mount Moriah where God tells him to sacrifice Isaac on the altar. At the last minute, an angel of the Lord appears and stops Abraham from killing Isaac. Thus, he had proved his obedience to God by his willingness to sacrifice his son. Mount Moriah is the present day

"Dome of the Rock" on the Temple Mount in Jerusalem.)

Joseph:

Jacob's eleventh son, known as a "dreamer," was resented by his older brothers who cast him into a dried up cistern to die. Among other things, they were jealous of a beautiful coat their father had given Joseph which became known as the 'coat of many colors.' He was rescued from the cistern by a passing caravan and taken to Egypt where he eventually became an advisor to the Pharaoh through his skill in dream interpretation. Through the advise of Joseph, grain was stored up for seven years and Egypt was saved from famine. (Genesis 41) The stage play, "Joseph and the Amazing Technicolor Dream Coat," is based on his life and the book, "The Red Tent," is the story of his beloved sister, Dinah.

Sixth Hour:

The hour of noon.

Jacob's Well:

This is the only time that this well is mentioned in scripture but in this story it connects this area back to the early period of Jewish history. The land that it was on was a piece of ground which had been bought by Jacob and on his deathbed, he passed it onto Joseph. The well is over a hundred feet deep. Joseph is buried nearby.

Samaritan Woman:

It was highly unusual for Jesus to speak to a Samaritan let alone an unaccompanied woman. Because Jesus was breaking through the traditional social and cultural barriers, we are alerted to the fact that something important is about to take place in this story. 🌹

~ Metaphysical Interpretations ~

Jacob's Well:

Jacob represents the mental faculty of consciousness and a well is often seen as intellectual inspiration.

Samaritan Woman:

She represents the soul nature.

Give Me a Drink:

Again, this is highly unusual because a Jew would be considered ceremonially unclean by drinking from a cup touched by a Samaritan. In fact, eating with a Samaritan was likened to eating the flesh of a swine. Jesus is reaching out across the barriers of culture and history. This can be viewed as the first step in his ministry of moving beyond the confines of Judaism. It is here that the truly Universal nature of his message is established.

Living Water:

Water is a symbol of spiritual cleansing and renewal. Jesus is offering her more than the well water, which can only satisfy her physical thirst. Instead, he offers her the water that can forever purify her soul and be that spring that reveals the gift of eternal life.

Eternal Life:

Endless and everlasting. Life without beginning or end; timeless.

Husbands:

The five husbands that she had previously been "married to," were her five senses. This means that her soul was tied to the world through sense consciousness which resulted in her being attached to the things of the world. The sixth man that she now was with was not her husband but represents her attachment

to the psychic and mental realms of consciousness.

Prophet:

The Samaritan Woman (the soul nature) recognized Jesus as a prophet because he is filled with spiritual wisdom (Light).

Worship:

The activity of identifying and bestowing love on spirit. Jesus tells her that she doesn't need a special place, a geographic location, or a set ritual to enter into the awareness of God. In other words, he's saying that the time is coming when God will be realized as "everywhere present."

God the Father:

Jesus tells her that God is Spirit and must be worshipped in Spirit and in Truth. In John's Gospel, there are three affirmations about the divine nature--God is Spirit, Light and Love. The father principle of God represents first cause, the absolute and the I Am.

Messiah:

Messiah is the Hebrew word for the Greek Christos. The Jews had long been awaiting the Messiah or "anointed one" who was to rescue them from earthly difficulties and bondage. The prophet Isaiah claimed that in the age of the "promised one," the people would not hunger or thirst. (Isaiah 49:10) The revelation of the consciousness of Christ in humanity is the fulfillment of this promise. In other words, the "Second Coming" is not about the return of Jesus but instead points to the recognition, realization and revelation of Christ in each person's soul. Thus, the Christ comes 'again' as individual consciousness.

I Who Speak to You Am He:

This is the only place where Jesus acknowledges that he is the promised Messiah before he did so at his trial in Jerusalem. (Matthew 26:62-64) This self disclosure that he is the Christ, the anointed one is the most important message of this scripture story. Note: It was during his ministry, while teaching the disciples up at the head waters to the Jordan River at Banyas in the present day Golan Heights, that he ask them a

very significant question: "Who do men say that I am?" There were several different responses but finally Peter said, "The Christ of God." This response was the first place in the New Testament where Jesus was recognized as the Messiah. (Luke 9:20) Jesus did not agree with or confirm Peter's statement but simply warned them not to speak of this to anyone. But with the Samaritan woman, he is the one who identifies himself as the Christ. ☛

~ **Mystical Insights** ~

Levels of Consciousness:

Three levels of consciousness are symbolically represented in this story. The soul is represented by the woman, the mental by the well and the spiritual by Jesus. Up until this time in human history very few people had barely evolved to the mental level as presented in Kingdom Two of the Kingdoms of Consciousness Chart. In this story, Jesus opens a whole new door in consciousness by announcing that "living water" could bring forth the promise of eternal life in God as represented in Kingdom Four of the chart.

However, it's important to point out that he said people would have to **do** something to realize this promise. They would have to worship in Spirit and in Truth. In other words, something would have to be brought forth from within each person to participate as recipients of this promise. Jewish tradition, through God's Covenant with the Israelites, focused on what God was going to provide for and give to the Jews as the "chosen" people. Now, Jesus is saying that each person has to be individually

responsible in order to receive the gifts of God. It represents the move from worship in the outer at the Temple in Jerusalem to worship as an inner experience in the "holy temple" of one's own being.



The soul is tied to the senses but seeks the knowledge that can only come from the mind. On the spiritual journey, a person must penetrate through the mental realm to reach the highest ideals of Truth. The rational mind can only take us to the door way of Truth. It's the voice of intuition that encourages us to step forward into the void that the "holy jumping off place" takes us to--over and over again. Thus, Spirit is 'beyond belief for beliefs operate only through mental awareness. Working at the mental level changes things for this life but true spiritual realization lives in the soul for eternity. Again, remember that back of everything that our senses tell us and back of everything our minds believe is the Truth.

I believe that we can only know fully who we are in the awareness of the indwelling Christ, the activity of God in us. It is here

that we are “born again” to ourselves in the Light and Love of Christ. The “living waters” of Christ Consciousness purifies our souls from the attachments of the senses and releases our minds from error thoughts and mental blocks so that we can live free in Christ. Thus, we fulfill the declaration of St. Paul when he wrote, “Christ in you, the hope of Glory.”

(Colossians 1:27)

Jesus Revealing Himself as Christ:

What’s amazing about this story is that Jesus reveals that he is the long promised messiah to an unknown “foreign” woman. She was certainly a most unlikely candidate to receive Jesus’ self confession as the Messiah. Her name is never given. In fact, she appears to be a “broken” woman who was several times divorced. In addition, it’s strange that she had traveled alone at midday to use a well that was a good distance from her village.

The appearance of the Risen Christ to Mary Magdelene in the garden outside of the tomb is similar to what Jesus does with the Samaritan woman. He picks Mary for his first resurrection appearance rather than any of the disciples. Mary’s history is also that of a “broken” woman. As with the Samaritan woman, he approaches her

at a time when she is alone and not with the disciples or other women followers.

(Luke 20:10-18)

So I ask, “What is similar in these two women that Jesus reveals the most significant facts about himself and his ministry?”

If we accept that they were both ‘broken’ women, we can see that they were vulnerable but also open and receptive to Jesus’ message. Also, they were both women. Again, it was highly unusual for a woman to be seen alone with a man who was not her husband or part of her immediate family. How is it that Jesus selected these two women instead of his trusted disciples for the revelation of the real nature of his mission on earth?

Is it that Christ can only be revealed through the feminine soul nature of our being? Is it that the indwelling Christ can only be birthed in the womb of the soul...the home of each person’s feminine nature? Is that we duplicate Mother Mary’s Love when the feminine soul in us opens to birth the Light of Christ? Is it that the yielding feminine nature is the only aspect of ourselves that can fully receive something that is greater than the powers of our mental reasoning. I not only ‘believe’ this but I ‘feel’ it from the heart of my being. 🙏

~ Personal Application ~

The Universal I AM presence of God became individualized as Christ through Jesus. The Word that was present at the beginning (the I AM, the Absolute, the Creative Process of Life itself) was now made flesh and filled with Grace and Truth. (John 1:14) The Universal had

become individualized. The I AM had come to earth. And this is what Jesus announced to the Samaritan woman. The actual reality of this revelation forever changed time and lifted humanity to a whole new level of evolution. I was changed, my life was changed, when I

first became aware that the I AM of God was a Living Presence and, as such, existed in me.

Since then, I have come to know that Christ is the source of the “living waters” of God that flow within me. Again and again, I return to these waters for purification and renewal. These waters are where the changeless reality of God meets my own inner spirit.

I have discovered that I can never enter these blessed waters if I am filled with pride or if I am harboring judgments or accusations about others or myself. My “knees must be bent” in consciousness to approach this inner temple of my being where Christ flows as the waters of guidance, support, direction, protection, supply and peace. It is only through such humility that I can know the awe of being embraced by the “most high.”

Christ is God’s gracious gift to humanity. Eternal life is the promise that came to us when Christ entered humanity through the person of Jesus.

Today, I am the woman at the well....divorced, broken, uncertain and often feeling like a foreigner in my earthly body. Because I am her, the gift that was given to her from Jesus is continually being given to me from the Christ of my being. And my responsibility, or “calling” if you will, is to be that place, that opening, through which Christ in me brings and invites others to the well of living waters within their very own beings.

The journey to the deep well of living waters takes place through my daily dedicated spiritual practice. This is the place and the time where Jesus’ voice continually comforts me with those sweet words.....

“Behold I make all things new.”

(Revelation 21:5)



6	5 = 14 = 6 + 8	8
 Judaism	 Christianity	 Buddhism
The Outer Path	The One Path	The Inner Path
Seeking Outer Heaven "Promised Land" Moses Desired Heaven	Seeing Only Heaven "Kingdom of Heaven" Christ Delivered Heaven	Seeking Inner Heaven "Nirvana" Buddha Discovered Heaven
Earth Wisdom	Eternal Wisdom	Sky Wisdom
Endure Suffering Fights Evil Prosperity	End Suffering Ends Evil Peaceful Prosperity	Escape Suffering Flees Evil Peace
Way of the Magician	Way of the Messiah	Way of the Mystic
Individuality Letter of the Law Ten Commandments	Individualized Universality Fulfillment of the Law Beatitudes	Universality Spirit of the Law Eightfold Path
The Truth	The Life	The Way
Word of God Concentration Recognition Experienced as Hope	Will of God Contemplation Revelation Experienced as Love	Way of God Meditation Realization Experienced as Trust

"Jesus said to him, I am the Way, the Truth, and the Life:
no man comes to the Father, except by me." ...John 14:6

Following are instructions for using the "Fear to Faith" worksheet.

1. What's Happening

In **Box #1** write a brief description of a challenge in your life that you are currently facing. It is unnecessary to include a lot of details. Instead, focus on jotting down whatever words describe the situation in a way that captures the essence and feeling of it. Be aware that this experience is the result of your former way of thinking. A way that no longer serves you. Be sure to include the date at the bottom of the box.

2. What I Hope Will Happen

In **Box #2** write a brief description of what you hope the outcome of your challenge will be. Notice that hope is an idea that arises in response to a hidden doubt, or fear. Furthermore, notice that the substance of that idea is an intuition of Spirit, which is the experience of faith.

3. Finding My Word of Faith

In the Cloud on **Line #3** write down the "Word of God" on which you plan to build your faith. A sampling of some of the "Words of God" are listed above the Cloud. Your choice can be any word associated with the nature of the Divine that causes you to feel *inspired*. Another way to make your choice is to identify the quality of God that seems to be most lacking in the original condition described in **Box #1**.

4. What I Fear Will Happen

In **Box #4** write down your greatest fear about the outcome of your challenge. Try to briefly describe your fears in a way that captures as much of the feeling as possible. The description of your fear is the nature of your doubt.

5. Naming My Fear

On **Line #5** try to identify a single word that best captures the nature of the fears you described in the previous step. A few suggestions are provided on the worksheet just above the cloud. It's helpful to note this "word of error"

can be any word that evokes an emotional response similar to the feelings of fear described in **Step #4**.

6. Naming My Resistance

On **Line #6** write down your "word of resistance." This is what you always tend to do to *resist* your "word of error" in order to keep it from happening so that you can experience your "Word of Faith." For example, if you believe in *rejection* you might tend to *appease* others in order to attempt to have an experience of Love.

7. Name Your Witness

At the top of **Box #7** write the name of a person to whom you are willing to confess what you have revealed about your inner self in the previous steps. All that this person has to do is to "listen" to you and, when you are done, to recite the "Witness Prayer" found below the line in the box Your power is in your agreement with this person.

Give Thanks for Newness

Usually **Box #7** cannot be filled out at the same time that you complete the rest of the worksheet. To do so would be to limit the creative power of Spirit. The appropriate time to fill out this section is after the challenge has been overcome. This is a time to give thanks and identify the way in which the "Word of God" has been made flesh in your life. This is also a place to record any wisdom you received from this process. Be sure to include the date of the day you finally complete this sheet.

The Releasing Prayer

On the first line enter the "word of error" that you identified in Step #5 above. **Next**, on the second line enter the "word of resistance" that you identified in Step #6 above. **Finally**, on the third line enter the "Word of Faith" that you identified in Step #3 above. Use this prayer in conjunction with the postures shown in order to *embody* the realizations brought forth by completing this worksheet.

Fear to Faith Worksheet 34

Abundance • Balance • Beauty • Freedom • Joy • Love • Order • Peace • Power • Unity • Wholeness • Wisdom

The Word of God on which I build my Faith is:

_____ 3

W _____ B

Draw a symbol of the Word of God:

The "word of resistance" that I react with is:



6

Control • Hide • Anger • Attachment • Flee • Appear • Whine
Depression • Confusion • Lose • Withdraw • Rebel • Confront

Draw a symbol of the false belief:

The "word of error" that I have falsely believed in is:

5

Lack • Debt • Conflict • Limitation • Ignorance • Rejection • Death
Chaos • Judgment • Dependency • Duality • Disease • Poverty



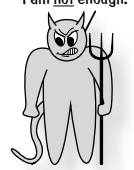
HOPE

"The Universal Hope"

What I hope will happen is:

_____ 2

Y



FEAR

"The Universal Doubt"

What I fear will happen is:

_____ 4

O

NEWNESS

The person I choose to be my witness is:

Witness Prayer: "I hear you, I see you, I agree with you. Amen!"

I am grateful God is gracious; I am grateful God is:

_____ 7

Date: _____

V

OLDNESS

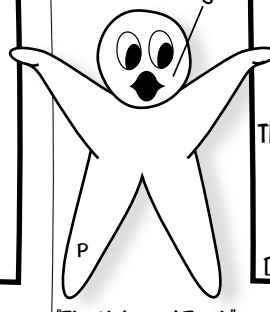
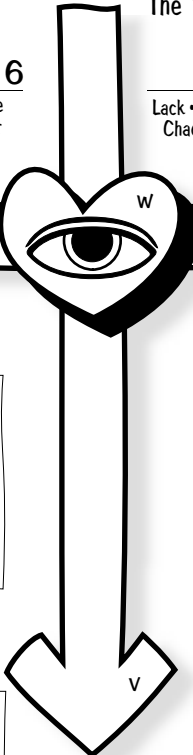
The current situation or condition is:

_____ 1

This is how I am feeling:

Date: _____

P



FLESH

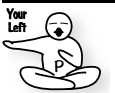
"I am enough!"

"The Universal Truth"

Color Code:

Pink-Physical Orange-Emotion (P+Y) Yellow-Mind Green-Intuition (Y+B) Blue-Spirit Violet-Unity (P+B) White-Wholeness -Subconscious -Mystery

The Releasing Prayer



I release my belief in _____

5



(Word of Error)



I release my need to _____

6



(Word of Resistance)



I am grateful God ...is the _____

3 I am!



(Word of Faith)

My Lord's Prayer

A personalized version of Matthew 6:9-13

Our Father which art in heaven,

Hallowed be Thy name.

*Thy kingdom come, Thy will be done,
in earth, as it is in heaven.*

Give me this day my daily bread.

And forgive me my debts,

as I forgive my debtors.

And lead me not into _____ ,
(Word of Resistance)

but deliver me from _____ .
(Word of Error)

*For Thine is the kingdom, and the power, and
the glory of _____ forever.*
(Word of Faith)

Amen. 🍎

Name

Date

Following are the steps to be used to complete the "What Happened Wisdom Tree" worksheet. The purpose of this worksheet is to explore the originating experience that created your beliefs about some idea or concept such as *money, wealth, poverty, disease, or death*. Throughout the instruction, the concept will be referred to as the "Word." In the following instructions "inner work" is identified by the ♥ icon and "outer work" by the ✍ icon. You may wish to do all the inner items first and then the outer items, or you may wish to alternate back and forth.

1. What Originally Happened



✍ In **Box #1** near the bottom of the sheet, enter the particular *Word* you are seeking to explore, after the statement: "This was my first experience with:"

♥ Next, close your eyes and go within. Ask your "Higher Wisdom Self" to guide you in this process and to bring into your awareness your first, most formative, or most meaningful experience with the particular *Word* you are exploring. Try to identify the age you were when you had this experience.

✍ Briefly record the details of your past experience in this same box. Also, record your age in the lower right-hand corner.

2. Explore Your Feelings



♥ Ask your "Higher Wisdom Self" to magnify the feelings of the experience so that it becomes real for you. These feelings may be either positive or negative.

✍ In **Box #2**, record the feelings you encountered when you remembered back into the originating experience associated with your *Word*. Color or circle the little guy under the tree that best depicts your feelings. Did you experience feelings of fear and contraction, or feelings of joy and freedom?

3. See What You Came To Believe



♥ Ask your "Higher Wisdom Self" to reveal to you what you came to *believe* as a result of the originating experience with your *Word*.

✍ In **Box #3**, record the belief that was created out of the "originating experience" that you had in connection with your *Word*.

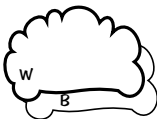
4. What's Happening Now



♥ Ask your "Higher Wisdom Self" to show you how the belief created as a result of the originating experience with your *Word* is being expressed in your life today, in the form of some condition or circumstance.

✍ In **Box #4**, record the way that the belief created from the originating experience is manifesting in your life today.

5. The Greater Truth To Be Known



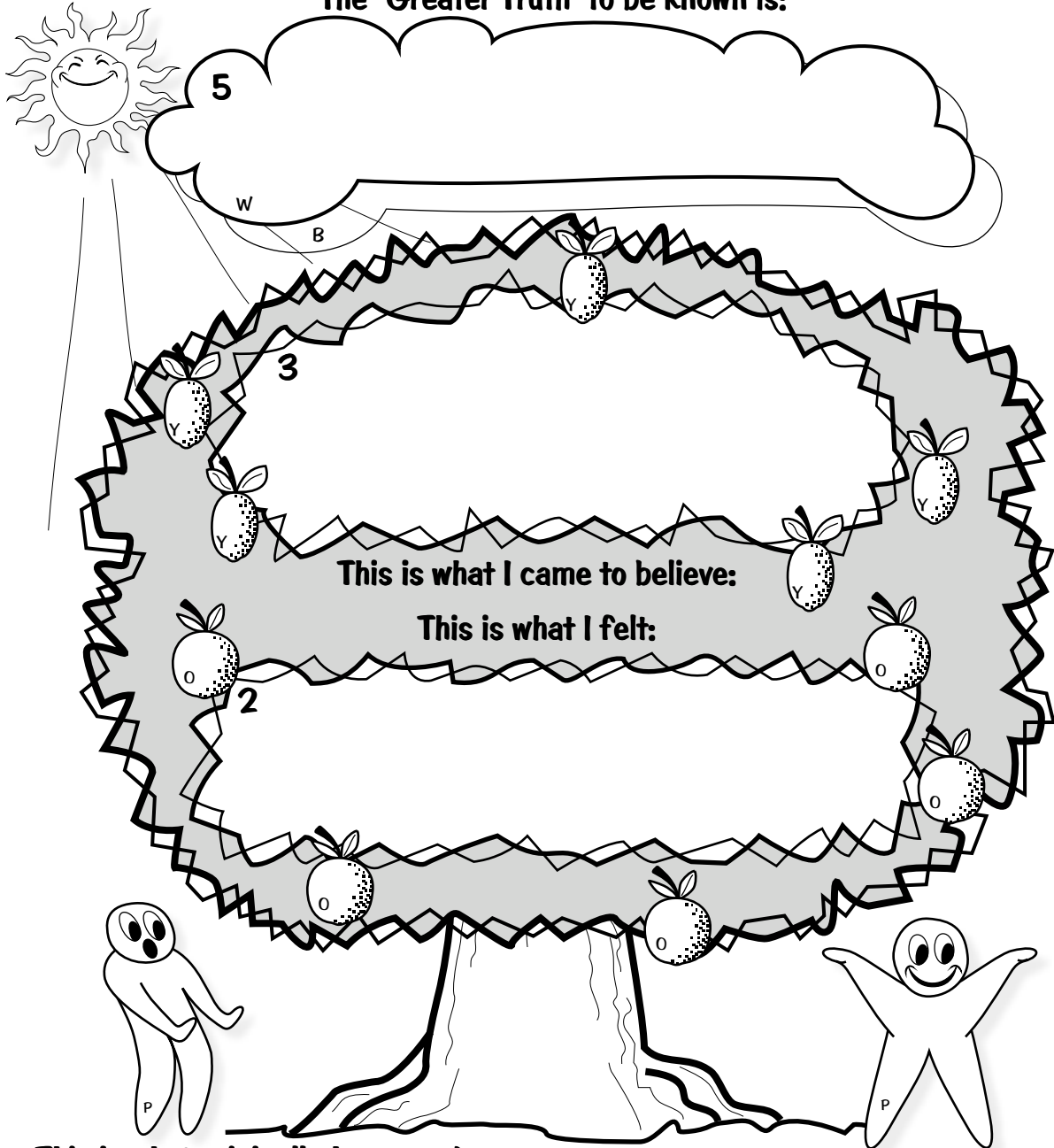
♥ Ask your "Higher Wisdom Self" to reveal to you some greater Truth to be known that will set you free from the limiting beliefs that were created out of the originating experience described above.

✍ On **Line #5** within the Cloud at the top of the page, record the greater Truth to be Known by you at this time.

♥ Thank your "Higher Wisdom Self" for the guidance and direction that was given, and for the *Wisdom* that was revealed.

Alternative Method: If you do not have a particular *Word* to work with, there is another way to use this worksheet. Start by identifying some difficulty or challenge you are currently facing and write a brief description of it in **Box #4**. Next, ask your "Higher Wisdom Self" to bring into your awareness the "originating experience" that is related to the difficulty. Then follow through with Steps 1, 2, 3 and 5.

The 'Greater Truth' to be known is:



This is what originally happened:

1

This was my first experience with: My Age:

This is what's happening today as a result of my belief:

4

Date:



Purpose:

The purpose of the '70 x 7 Forgiveness Process' is to dispel the 'errors of our flesh.'

Principle:

The first step in the spiritual purification process is to dispel the 'illusions of the mind.' This is accomplished with relative ease simply by 'changing our conscious mind' to bring our thinking into alignment with the Principles of Truth.

The next step is to change the subconscious, or carnal mind that is associated with our flesh. This is a far more difficult process since this aspect of our being is highly resistant to change of any kind. Therefore, it requires great persistence to bring about a meaningful change in the carnal mind. One reason is that our subconscious nature is very clever when it comes to protecting itself from change. Consequently, it will allow you to perform all sorts of spiritual practices right up to the point where change is immanent. Then it sends forth all sorts of very logical reasons to stop. Furthermore, these reasons will also be accompanied by feelings that support the suggestion to stop. Some typical responses are:

*"That should be enough for now." ~ "I'll do some more later." ~ "I better not overdo it."
 "Maybe I'm doing this wrong." ~ "This will never work." ~ "I'm too tired right now."
 "I've got too many other things to do right now."*

The '70 x 7 Forgiveness Process' is intended to help us break through our resistance to change that we normally encounter in our spiritual practices. If you engage the practice described below, you will quickly become aware of places that your carnal mind is resisting change. The practice is based on the following scriptural suggestion:

Then Peter came to Jesus and said, "Lord, how often should I forgive my brother when he sins against me? Seventy times?" Jesus then said, "Not just seven times, but seventy times seven."

...Matthew 18:21,22

Practice:

First, identify some area of your life where you would like to have a meaningful change or healing take place.

Then, select a spiritual practice that you intend to use to bring about this change. Preferably, it should involve some form of bodily movement.

Finally, perform 70 repetitions of this practice each day for 7 days. All of the 70 repetitions required for each day should be performed in a single practice session. This practice does not have to be done on seven consecutive days. Simply do it for seven days as nearly consecutive as possible. (The mind's favorite trick is to get you to quit if you miss a consecutive day.)

A Useful Tool



'Tally Counter'

One of the traditional tools for keeping count of repetitions during spiritual practice is the use of a string of beads, such as a 'Rosary' in the west or a 'Mala' in the east. This method becomes somewhat impracticable for any practice that involves the movement of the body, such as 'Posture Prayers.' An excellent modern alternative is a small hand held device called a 'Tally Counter,' as pictured to the left. They are available at almost all Stationary and Office Supply stores. Other alternative ways to count are to use your fingers, or better yet determining approximately how it would take you to do 70 repetitions of your practice and then just use a clock, watch or timer.



A Prayer for the Healing of My Relationship with:

Name

Date

There is only One Life! This Life is Good! This Life is God! This Life is my Life now!

In knowing that I am “one” with the Life that is God . . . I, therefore, know that I am “one” with each and every expression of this divine and sacred Life, which includes beloved _____.

Because I know that the One Life of God cannot be against Itself . . . I, therefore know that I cannot be against _____, nor can _____ be against me.

Together, in the perfect Wholeness of the One Life that is God, _____ and I can only be for a fuller and greater expression of our own true nature, which is Love. . . . And out of the self-giving nature of this Love, *there can only be a Harmonious Integration, and a glorious Revelation of the Wholeness, Perfection and Beauty of God through my physical flesh body, now.*

I give thanks for the presence of _____ in my life. For by this presence I have been shown a part of myself that I have yet to Love, a part of myself which I now invite into the Wholeness of my Being, which is Christ.

And it is in this Awareness of Oneness that I give thanks to the Glory of God for the healing power and presence of Love in my life.

I am Grateful God is Gracious.

Amen 🍀

Instructions: Insert the name of the person you are seeking a healing with in each of the blanks above. Read the prayer aloud at least once a day until some positive change in the relationship has taken place.

“If I were to be asked directly as to the quickest way for a person to get their healing power going, I would probably say, Praise everything and everyone in your mind, and if you wish to have your mental convictions demonstrate promptly, then speak these praises aloud.”

... Emma Curtis Hopkins



Prayer Posture

I Praise _____ .



Praise Posture

I Raise _____ .



Belly Posture

I Am _____ ...



Love Posture

...is Love.

But the righteousness which is of faith speaks in this way, Say not in your heart, Who shall ascend into heaven? (that is, to bring Christ down from above;) Or, Who shall descend into the deep? (that is, to bring up Christ again from the dead.) ...Romans 10:5,6

Now that he ascended, what is it but that he also descended first into the lower parts of the earth? He that descended is the same also that ascended up far above all heavens, that he might fill all things. ...Ephesians 4:9,10

Instructions

Elements

- 1. Cross** - The crucifix located at the beginning/end of the Rosary.
- 2. Stations** - The six large beads located throughout the Rosary.
- 3. Trinity** - Three small beads located between two 'Stations' just above the 'Cross'.
- 4. Decade** - A series of 10 small beads located between the 'Stations' on the main circle of the Rosary.

Modern Version Prayers

- 1. The Sign of the Cross**
First, place the fingertips of your right hand on your forehead and say: ***"In the name of the Father..."***
Next, Place them on your heart and say: ***"And the Son..."***
Then, place them to the left of your heart and say: ***"And the Holy..."***
Finally, place them to the right of your heart and say: ***"...Spirit."***

Modern Version

(An adaptation of the traditional Rosary.)

- 1. Begin and end by kissing the Cross** and performing the 'Sign of the Cross', as given below.
- 2. At each 'Station'** recite the traditional 'Lord's Prayer', as given below.
- 3. On each of the beads of the 'Trinity'** recite the 'Glory Be' prayer given below.
- 4. At each bead of each 'Decades'** recite the 'Hail Mary' prayer given below.

Personal Version

- 1. Begin and end by kissing the Cross** and then reciting your 'Easy Prayer', or a spontaneous personal prayer of intention.
- 2. At each 'Station'** recite your version of 'My Lord's Prayer.'
- 3. At the 'Trinity' sing three verses of the GodSong** using the Word of Faith from your 'Fear to Faith Worksheet.'
- 4. At each bead of each 'Decade'** perform a recitation of your 'Endless Prayer.'

3. Glory Be

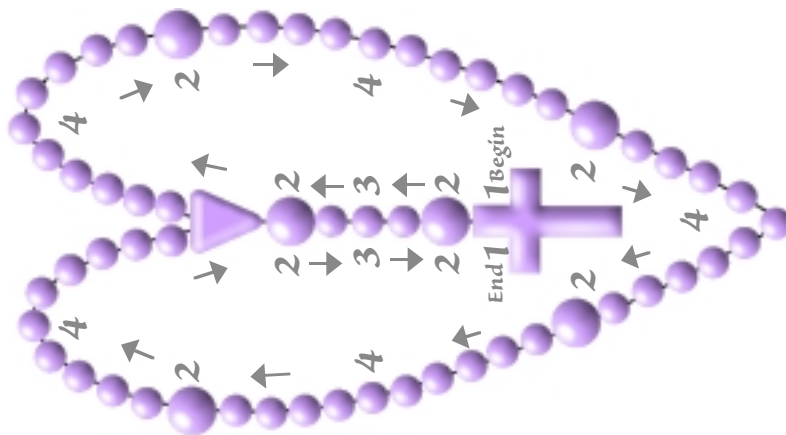
"Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is here now and ever shall be, world without end. Amen."

4. Hail Mary

"Hail Mary, full of Grace; the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for me now and at the hour of my resurrection. Amen."

2. Lord's Prayer

Our Father which art in heaven, hallowed be thy name. Thy kingdom come, thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil; For thine is the kingdom, and the power, and the glory, forever. Amen." ...Matthew 6:9-13



The Holy Rosary



A Prayer for the Integration of the Satanic and Luciferic Forces in My Flesh

My Name _____

Date _____

There is only One Life! This Life is Good! This Life is God! This Life is my Life now!

In knowing that I am “one” with the Life that is God . . . I, therefore, know that I am “one” with each and every expression of this divine and sacred Life, which includes my own beloved human personality and body-mind named _____.

Because I know that the One Life of God cannot be against Itself . . . I, therefore know that I cannot be against _____, nor can _____ be against me.

Together, in the perfect Wholeness of the One Life that is God, _____ and I can only be for a fuller and greater expression of our own true nature, which is Love. . . . And out of the self-giving nature of this Love, there can only be a Harmonious Integration, and a glorious Revelation of the Wholeness, Perfection and Beauty of God through my physical flesh body, now.

I give thanks for the presence of _____ in my life. For by this presence I have been shown the nature of the Satanic and Luciferic forces that are active in my flesh. These are forces that have fulfilled their purpose in me, and no longer serve me.

Therefore, I praise and raise these forces now, in the Name of Love, in order to reveal the Presence of ‘Jesus Christ Come Again’ as my Perfect Body. And through my flesh I now express Wholeness, Joy and Beauty.

Amen! 🙏

Instructions: Insert your own name in each of the blanks above. Read the prayer aloud at least once a day until some positive change in your physical wellbeing has taken place.

Purpose

The purpose of this prayer practice is to release the activity of Love into relationships that have been corrupted by fear, in order to reveal greater wholeness into our lives.

Principle

The two major obstructions to a greater expression of life are resentments against others, and regrets about ourselves. Both of these obstructions occur on the emotional plane of our being, and are dissolved by the giving of love *before* it seems to be deserved. This is the activity of forgiveness. When we forgive, we create an open channel for the creative spirit of Life to flow into our physical body, as well as into the body of our affairs, thereby producing a more abundant experience of Life.

"And when you stand praying, if you have anything against anyone, forgive them, so that your Father, which is in heaven, may also forgive you for your indiscretions." ...Mark 11:25

The lyrics of this prayer are based on the **Great Commandment of Life:**

"And you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength: this is the first commandment. And the second is similar, namely this, You shalt love your neighbor as yourself. There is no other commandment greater than these. ...Mark 12:30,31

Practice

The 'Forgiveness Prayer' is performed according to the following suggested postures and wording. The lyrics can also be chanted with a simple folk melody.



I forgive my neighbor ¹



..no matter what they've done. ²



I love them



...as I love myself.



God's the Love



...I am.

1. In this blank use the name of any individual, organization, object, condition or creature that is creating strife in your life. Try to phrase the name in such a way as to preserve the cadence of the lyrics. For example: instead of just saying "I forgive Martha..." say "I forgive sweet Martha..."
2. In this blank, use the term "he's/she's/they've/it's" as appropriate. Also note that although the lyrics do not say it, this posture suggests that you are actually stating, "...no matter what they've done to ME!"

Additional Suggestions:

1. When a major forgiveness is called for, it is suggested that you perform seventy repetitions of this prayer each day for seven days. (70x7)
"Then Peter came to him, and said, Lord, how often shall I forgive my brother when he sins against me? Seven times? Jesus said to him, I say not to you, seven times: but, seventy times seven." ...Matthew 18:21,22
2. This prayer can also be effectively performed *without* the postures. One way to do this is to recite one repetition of the prayer on each 'decade bead' of a Rosary. You could also use an eastern mala, or any other type of prayer beads.

The 'Glorified GodSong' is a series of variations upon the original GodSong* lyric, 'God's the Love that I am,' which specifically accentuates the trinity of our being comprised of 'spirit, soul and body.'

The Purpose

The purpose of the 'Glorified GodSong' is to draw the universal power of Love into specific areas of our overall being.

The Principle

It is written that, *"Faith comes by hearing, and hearing by the word of God."* ...Romans 10:17
Consequently, whenever we speak words associated with the divine aloud, we tend to develop and deepen our faith. It is further written, *"By our faith we are made whole."* ..Luke 17:19
Therefore, chanting the sacred words contained in the lyrics of the 'Glorified GodSong' will deepen our faith and ultimately heal us at every level of our being.

Recognizing that the names of Christ, Mary and Jesus each represent different aspects of our overall being, they can therefore be used in the GodSong format to elevate the vibration of our body, soul and spirit.

**God's the Love that I am. Christ is the Spirit I am.
Mary is the Soul that I am. Jesus is the Body I am.**

It is important to recognize that Love is experienced differently at each level of our being. It is experienced as light by our spirit, as peace by our soul and as joy by our flesh. Plugging this understanding into the verses above, you can begin to identify with Love at every level of your being by chanting:

**God's the Love that I am. Christ is the Light that I am.
Mary is the Peace that I am. Jesus is the Joy that I am.**

By combining the two verses above, you can begin to fully personalize the nature of Christ, Mary and Jesus with the following lyrics.

**God's the Love that I am. My Spirit is the Light that I am.
My Soul is the Peace that I am. My Body is the Joy that I am.**

The Practice

It is recommended that you take each single line from the three verses above, and chant it as a complete verse of the GodSong. In other words, a line such as 'Christ is the Spirit I am' would be sung four times to the melody of the original GodSong. Then, move on to the next line, and sing that as a complete verse.

As you chant your way through all twelve lines, pay close attention to the effect that each verse has upon you. Simply notice where comfort is received and resistance is encountered. Then go back and give additional attention to those areas that are significant to you. Keep in mind that focusing in on places of resistance will produce the most healing.

* *Information about the original GodSong can be found on the www.SacredDays.org website, along with samples, mp3 downloads and ordering instructions for the tape.*

Glorified GodSong Rosary Healing

Following is a way that you can use the Glorified GodSong in conjunction with the Rosary in order to produce specific healings.

1. Kiss the Cross and state, or pray, your specific intention for healing.
2. On each of the larger 'Station Beads' chant the 'Holy Mother Hymn,' as follows:

**I am the Mary soul that hears no evil,
sees no evil, speaks no evil ever.
I am the Mary soul through which
I bless _____* with perfect love.**

* *In the blank you may use the name of any individual, organization, condition, creature or bodily function for which are intending a healing. Feel free to modify the last line in any way that will provide a smooth lyrical flow and cadence.*

3. On each of the three 'Trinity Beads' sing a complete verse of the original GodSong chant with the lyrics:

God's the Love that I am

4. On each of the smaller 'Decade Beads' sing a complete verse of the Glorified GodSong' using one of the following suggested lyric forms.

For outer conditions:

My Neighbor* is the Christ that I am.

* *Substitute the name of any individual, organization or outer condition that is creating strife in your life. The term Christ and the other name that you are working with can be interchanged to provide the best lyrical flow and cadence for the chant. i.e. You could just as easily sing the lyrics, "Christ is the neighbor that I am."*

For bodily healing:

Jesus is the Body* that I am.

* *Substitute the name of any part of your body that is in need of healing. It is also important to use the term 'flesh' as well as 'body' for overall general healing. Experiment to see which term produces the greatest felt response.*

5. Upon completion kiss the back of the Cross, indicating that the ordeal is behind you, and then say "It is finished!" Follow this with a statement or prayer of thanksgiving and a statement of completion, such as 'Amen.'

Additional Suggestion

Whenever intensive healing work is required, it is highly recommended that you perform this GodSong Rosary practice five times throughout the course of a single day. This will cause you to speak the name of Jesus and/or Christ at least 1,000 times throughout the day.

Following are instructions for performing the Fear to Faith Communion.

1. Complete a "Fear to Faith" Worksheet

The first step of this process is complete a "Fear to Faith" worksheet for some issue that you would like to have healed in your life.

2. Create a "Communion Prayer"

Create a Prayer using the "Communion Prayer" worksheet as a guide. Fill in the blanks with the "Word of Faith," the "Word of Error" and the "Word of Resistance" that you developed in your "Fear to Faith" worksheet. You may then use this prayer exactly as it is presented on the worksheet, or you may wish to rewrite it in your own words using the worksheet as a guide.

3. Prepare Communion Space

First, identify the place where you will perform this practice. Try to make this space as special and sacred as possible. It should include a burning candle and a picture or symbol of Jesus Christ that is meaningful to you. Both should be visible to you throughout each entire session of practice.

Next, prepare the communion materials by placing some red wine or grape juice in a small glass or chalice. Also, prepare a small piece of bread or cracker and place it on a napkin or small plate next to the wine or juice.

4. Perform "Communion Service"

First, perform the "Surrender Prayer" chanting hymn to establish a mood of surrender and communion.

Next, read your "Communion Prayer" aloud, following the posture prompts provided on the worksheet.

Complete, by reciting the "Lord's Prayer." As an option, you may wish to recite the prayer three times. First, perform it in your *normal* voice. Then recite it again in a *louder* tone of voice. Finally, repeat the prayer in a *soft* whisper.

Finally, it is recommended that this process be repeated once a day for 30 days. Therefore, check off the appropriate number on the "Repetition Log" at the bottom of the worksheet. Or, make such a notation on any prayer sheet that you may have developed.

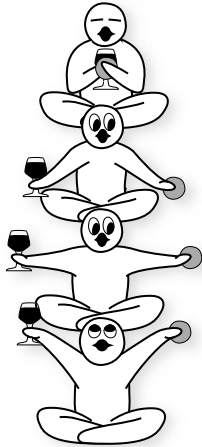
5. Additional Comments

- This Communion practice is a "Ceremony of Gratitude" which initiates your spiritual growth and unfoldment. Be sure to bring a mood of deeply felt intention and appreciation to each occasion of this practice.
- It is suggested that you keep a journal to record meaningful experiences or insights during the duration of your communion practice. Or, you may wish to use the back of your "Communion Prayer" worksheet for this purpose.
- As you gain deeper insight into your own nature during the duration of this practice, be prepared for your "Words of Faith, Error and Resistance" to change. Record any changes that spontaneously arise on your "Communion Prayer" Prayer worksheet.
- Although this communion practice is best performed in solitude, it is advisable that you perform your "Communion Prayer" before a witness at least once during the duration of the practice. You may also wish to give this person a copy of your "Communion Prayer" in order for them to support you in prayer.
- The power of this practice is greatly enhanced by performing the "Releasing Prayer" created at the bottom of your "Fear to Faith" worksheet. Do this at least once or twice a day during the full 30 day duration of your Communion practice.
- In order to establish the sacredness of this practice you may wish to make up your "Communion Prayers" on fancy paper available at any stationary store.
- Keep your "Communion Prayers" in a binder, scrapbook or file folder. They are a record of your spiritual growth and unfoldment.



In this most holy and sacred moment, I come alone to the high altar of consciousness, to enter into divine communion and supreme identity with the Lord of my life, Jesus Christ.

I begin by first accepting...



And then by blessing...

And then by graciously and completely releasing the 'blood and body' of my ancestors.

I now open my mind, my heart and my flesh to accept the 'Blood and Body of Christ' as the Truth of my being. For I know that the Blood of Christ is Love, the power to change all things for good... and the Body of Christ is Jesus, the template of my own perfection.



I offer this bread and wine to be anointed by the Holy Spirit, so I know that it is potent with the Power of the Resurrection, which is Love. ...I further offer this bread and wine to be anointed by the Holy Ghost, so I know that it is potent with the power to reveal the perfection of the Father into my life this day.



I take this bread into my body in remembrance of beloved Jesus Christ, whose beautiful body was broken in order to reveal the Presence of _____ I as the Truth of my being.



I drink this sacred wine in remembrance of beloved Jesus Christ, whose precious Blood was shed for the complete remission and release of my belief in _____ 2 ... a belief that has fulfilled its purpose in me, a belief that no longer serves me, a belief that I am willing to release forevermore.



I now accept the many blessings that flow to me from my communion with beloved Jesus Christ. I accept my freedom from the burden of needing to _____ . 3



I praise the Lord for this Anointing which prepares me to be a 'Temple for the Living God.' For by this divine communion, I have yoked myself to the Wholeness, Perfection and Beauty of God, which is the eternal Truth of my being in Christ.



I am Grateful God is Gracious. Amen. 🍷

Signed _____

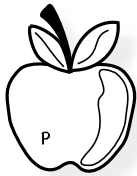
Date _____

Fill in the blanks with the following words: 1. Word of Faith 2. Word of Error 3. Word of Resistance

Repetition Log: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Following are the steps to complete the "Thanksgiving Tree" worksheet. Prior to filling out this worksheet, take a moment to go within and ask your Higher Wisdom Self to scroll you back through time and show you what you need to be grateful for.

1. Describe What Happened



In the box entitled "**This is What Happened,**" located at the bottom of the sheet, briefly describe some experience you have had in the world that has delighted you in some fashion. Or, it could be an experience that has disturbed you, and you wish to explore it in order to find something good within it. It doesn't matter whether it happened ten years ago or ten minutes ago. The only important thing to remember is that "*it's never too late to be grateful.*"

2. Explore Your Feelings



Once you have identified the circumstance you want to give thanks for, close your eyes and imagine yourself re-living this experience. Now, look down into your heart and notice how you are *feeling*. Record these feelings in the slightly rounded boxes at the level of the oranges on the tree, where it says: "**This is how I felt.**" No matter what your original emotional reaction might have been, at the deepest level of your being there will always be some *gratitude* if you can find the *wisdom* within the experience.

3. See What You Learned



Next, try to identify what you have learned from the experience you have had. One way to do this is to ask yourself the question: "*How am I different as a result of this experience?*" Enter this information in the fully rounded boxes at the level of the lemons, where it says: "**This is what I learned.**" What you have learned can vary from a skill, such as changing a tire, to a personal quality, such as *self-confidence*.

4. Give Thanks to God

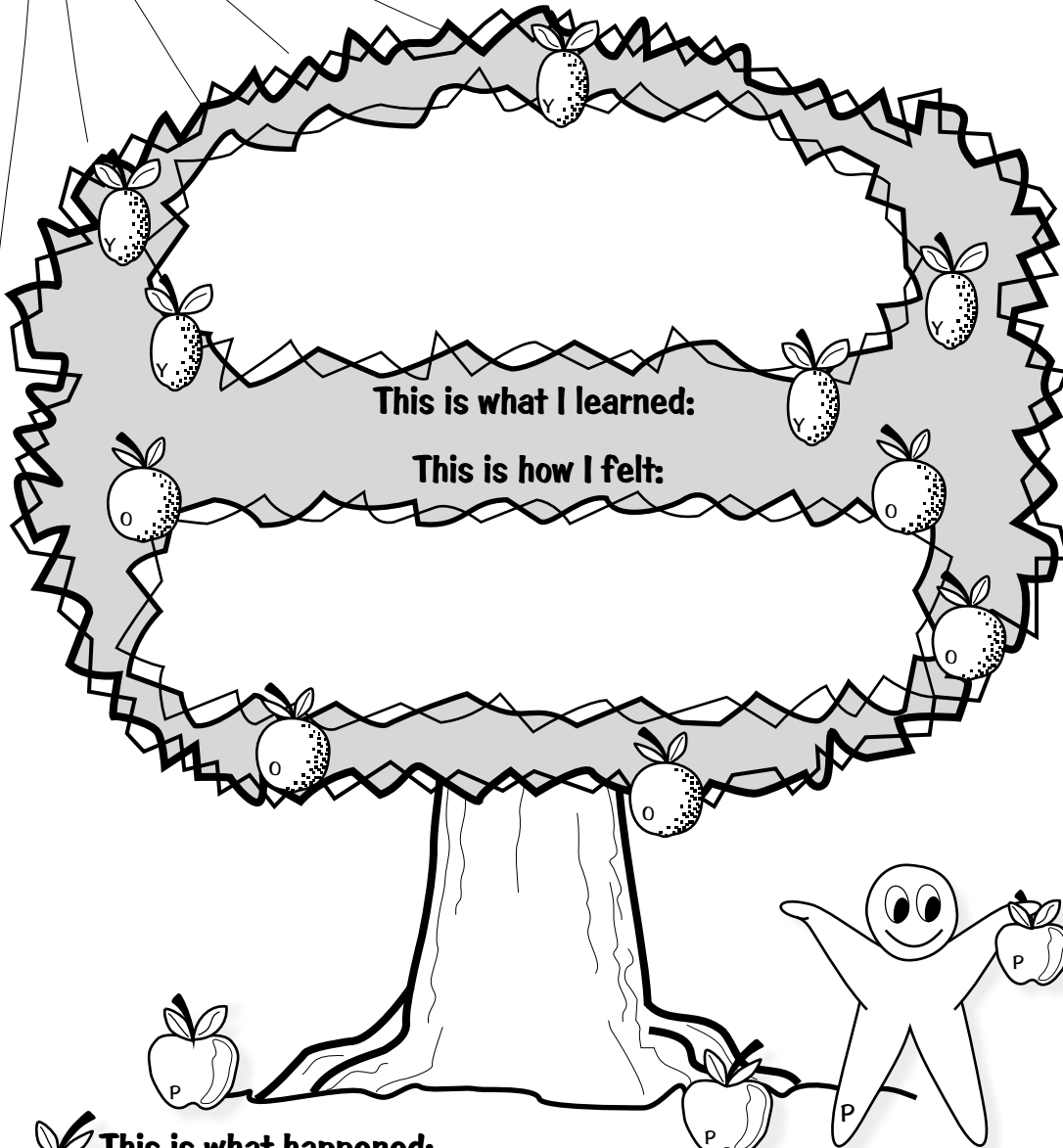
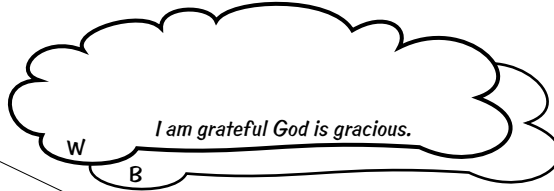
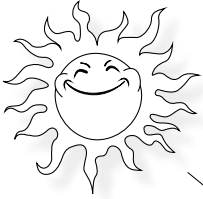


This is the most important part of the exercise, for this is how Spirit has expressed Itself in your life. Try to identify the Divine Ideal, or Principle, that is associated with the experience you have had in the world. To assist you, there is a partial listing of some of these Principles across the top of the page. You will also find that the appropriate principle may be closely related to the feelings you previously identified. Enter this Principle in the cloud at the top of the page.

- ♥ A powerful way to use the "Thanksgiving Tree" is to fill one out at the end of each day for 30 days. You might be surprised how it will change your attitude. If you decide to do this, you can use the "*master copy*" in the "Toolbox" (Page 5-3) to run all the sheets you will need.

Abundance • Balance • Beauty • Freedom • Joy • Love • Order • Peace • Power • Unity • Wholeness • Wisdom

The Quality of God I came to know was:



This is what I learned:

This is how I felt:

This is what happened:



Date: _____

V



The Sacred Code 50

What's the Truth? 5

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Three Kinds of Thoughts 7

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5. Excitement - Peace - Inertia 6. Greed - Abundance - Poverty

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