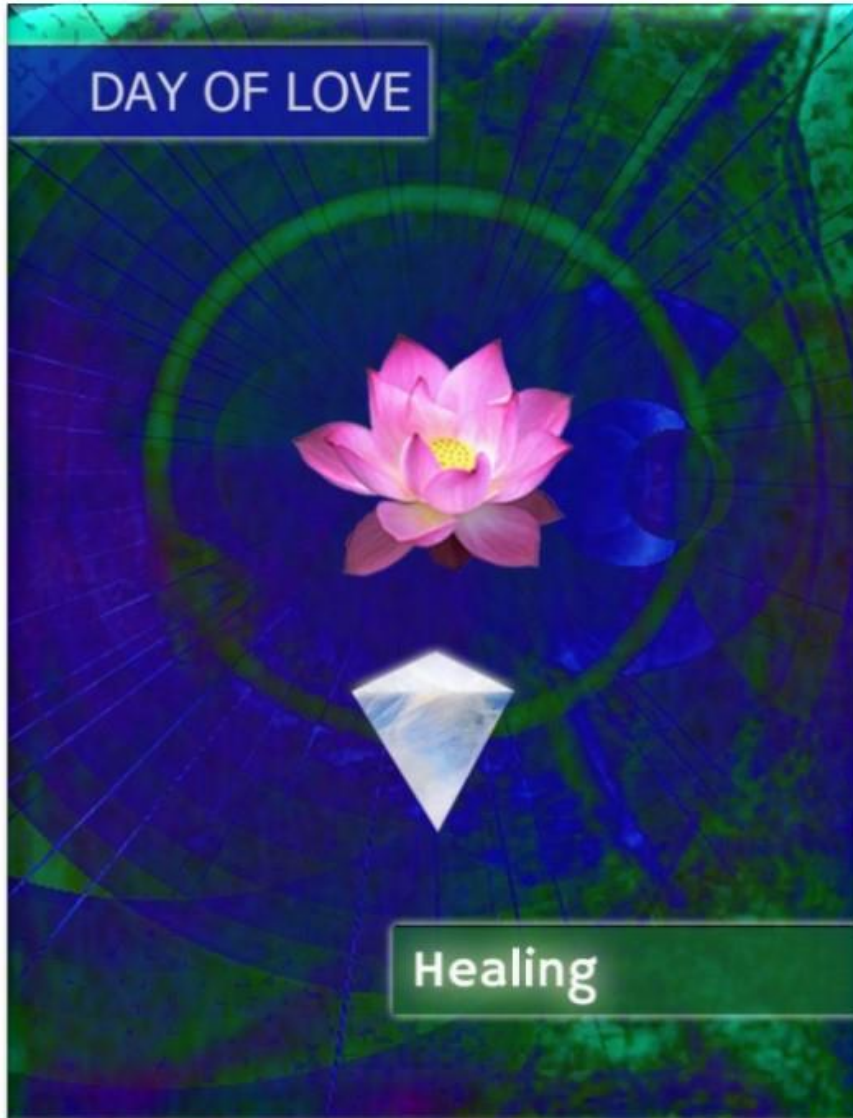


When Cut We All Bleed Red



BB, Chocolate Buddha
December 12, 2017

With deepest gratitude

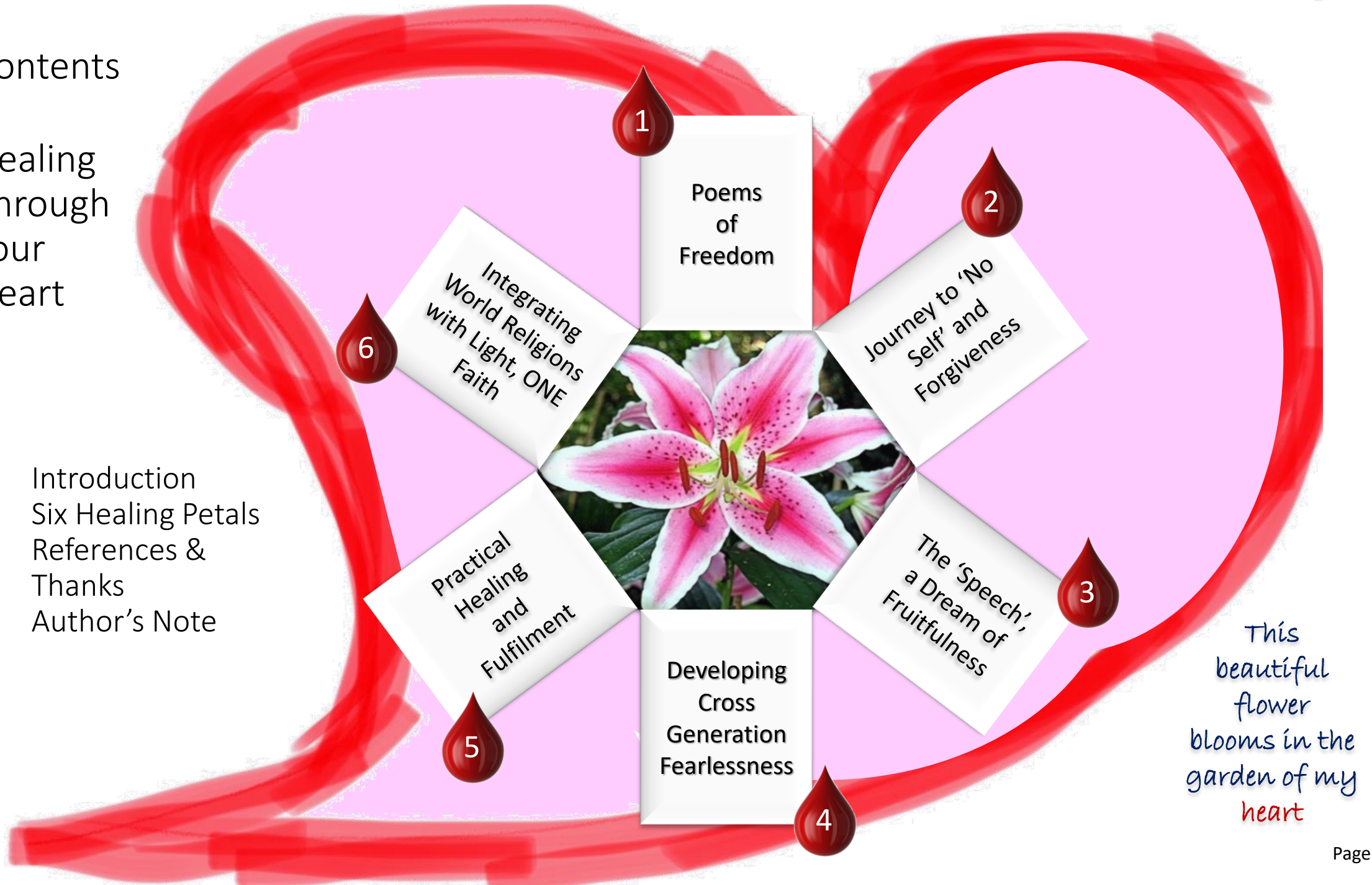
Angel, Fierce Tygress Mother and Lover, French Nun, Red Indian
Squaw, Dragon Fly, Medicine Buddha, Fellow Space Traveller,
Twin ENFJ, Shambhala Warrior, Ethel, God
and
Darling Extraordinary Woman

For, bringing me through the darkness

Contents

Healing Through Your Heart

- A. Introduction
- B. Six Healing Petals
- C. References & Thanks
- D. Author's Note



A. Introduction



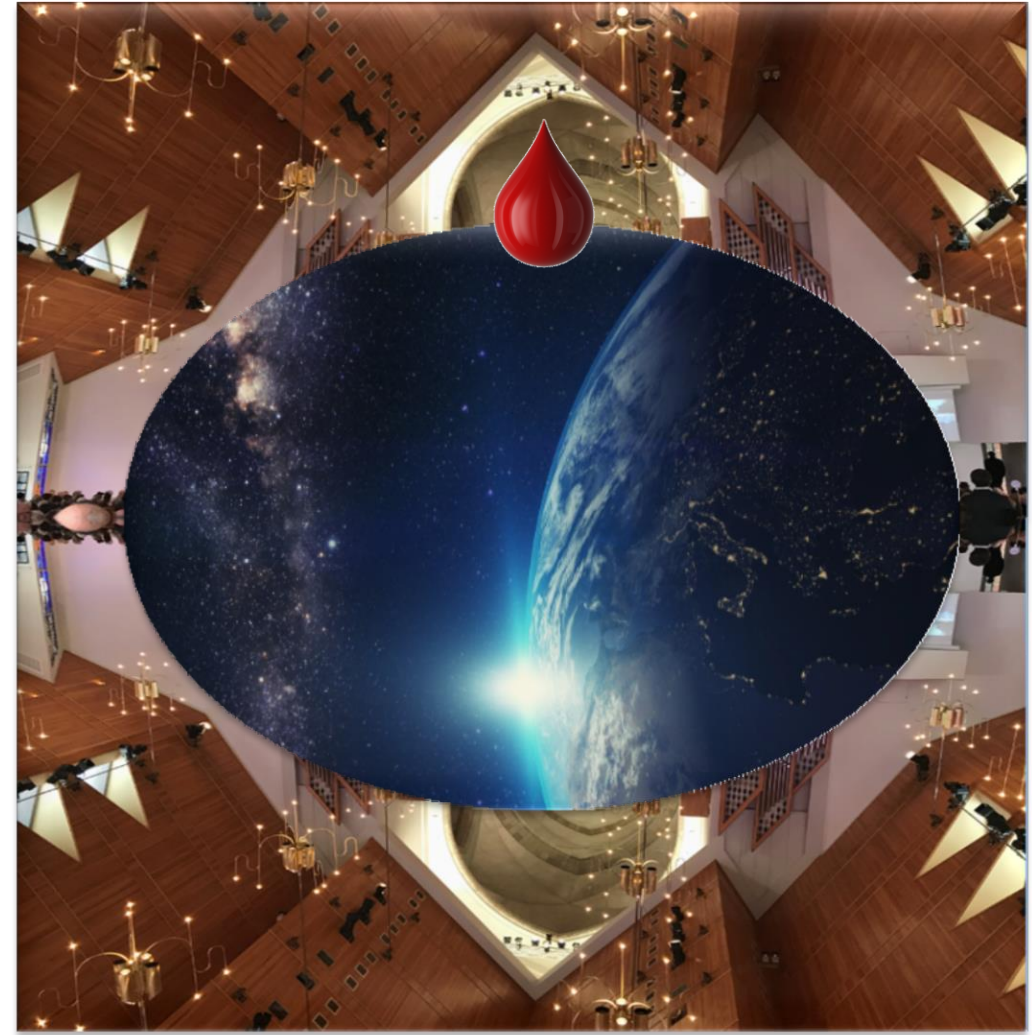
United in our Human Experience

Standing at the door of the Bishop Selwyn Chapel, just inside the 174-year-old Holy Trinity Cathedral in Parnell, Auckland, New Zealand, one day a friend asked me 'Are you Anglican?' My response was instant and felt like it really wasn't even me saying it, 'Oh no, I'm Human'.

In that place of worship, with its special energy, the Divine shone through me and spoke. Upon reflection it seems odd that the Divine didn't say something like, 'You are a singularisation of the singularity called God'. It could have said, 'You are a spiritual being having a human experience'. It didn't, it said, 'I'm Human'.

I remembered what Monica, a Maori friend of ours, had told us over lunch after a healing session with her, 'When cut we all bleed **Red**'. It still strikes me as profound.

Despite all the apparent difference on the planet; age & generation, sex, religion, race, personality and economic situation, we are all united in a human experience. To be human is to know how it feels to be cut; physically, emotionally and spiritually. No lifetime, it seems, is left untouched. When cut we All Bleed **Red**!



Red Blood, *suspended* in all human veins, unites us in our *experience* here on earth, that house created by a higher power

The Ultimate Safe Place of Radical Acceptance

At the heart of this book is an intention to heal from those 'cuts'. In order to heal we need to move towards a place that is safe, a place where we feel love. In order to feel love, one must become love. One can be 'in love' but that is an outcome, first, we must become Love.

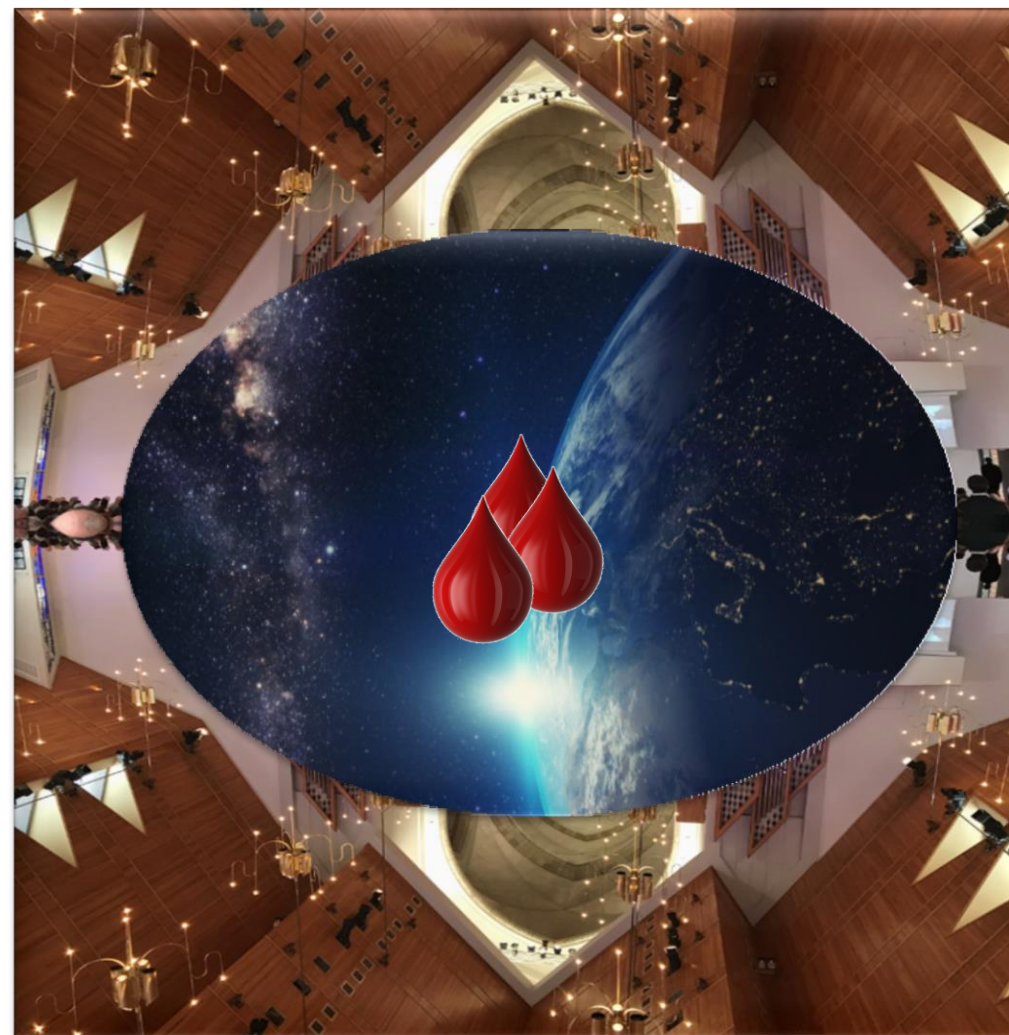
Perhaps the safest place of all, for every Human, where we connect to the greatest love, is in the stillness, with peace and harmony. Transcending and including all aspects of humanity is this place.

The ultimate safe place is where we delete the need to understand, we make no judgements and we feel peaceful at every moment. Accepting this is to become like the Balinese, saying, 'All that is arising is welcome'.

This is Radical Acceptance.

Healing through Radical Acceptance means we must engage three human capacities. This is straight forward. All Humans possess these capacities. We might say that we come with them built in already. They are simply waiting to be switched on.

They are Compassion, Divine Love and Flow.



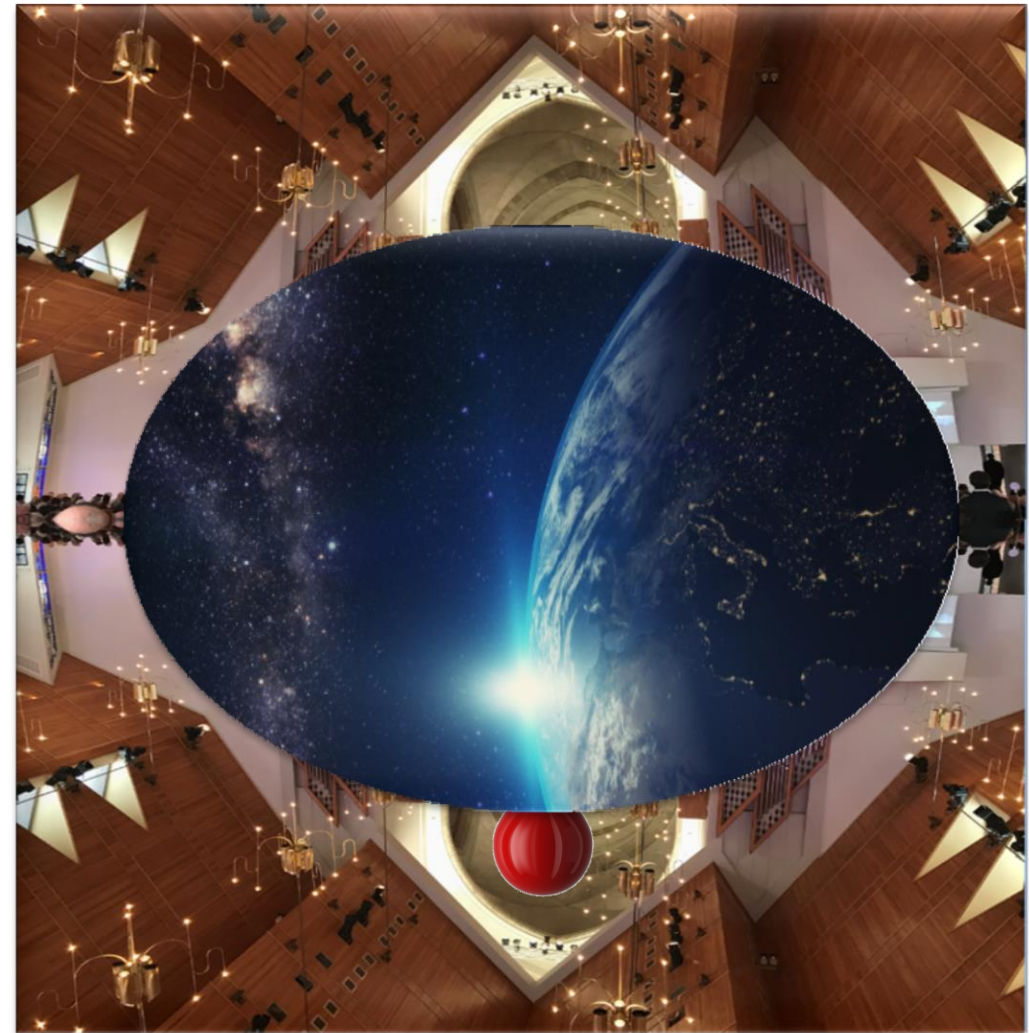
Red Blood, it *flows* through all human hearts, *accepting* life giving oxygen from the air, so that we may keep breathing Spirit in

Blow Your Heart Open and Truly Heal

- *Compassion* is to have the capacity to 'Look As' the other person, not to *be* the other person. It starts with compassion for oneself or 'Self Care' and extends out to others
- *Divine Love* is to have the capacity to join with the light of God in 'In To Me See' – with intimacy, not see her directly, for the light will surely blind. It starts with opening ourselves to the possibility of God's light inside us already
- *Flow* is to have the capacity to be present in the stillness of NOW, slow down, connect into universal energy, feel at one with everything, not to be trapped in our shadow repeating old patterns of behaviour. It starts with just sitting still and noticing the breath

These capacities are all centred in the heart, expressed here from the Abrahamic, Dharmic and Taoic perspectives.

- The Sacred Traveller looks for redemption at the centre of the cross, where two infinite lines intersect, at its heart
- The Bodhisattva flies to enlightenment on two wings, emptiness plus love and compassion, both live in the heart
- Heaven is our Father, Earth is our Mother, and all things in between are our Brothers and Sisters. The miracle happens, a child appears at the centre of the flower blooming in our heart



Red Blood, *hidden* until a human bleeds, carries its own *healing* properties, so in time magic happens, it stops flowing and all wounds disappear leaving only an echo in the silence

Introducing the Heart Healing Framework

The Heart Healing Framework uses principles of positive psychology and energy work to heal all three human bodies; physical, emotional/mental and spiritual.

The neurons in the human heart are at the centre of this. These link to the neural networks in our gut where we hold our sense of identity, and our head where the wonderful analytical processing engine, we call the brain, is located.

Heart Healing integrates the world's wisdom and mystical spirit based traditions, where simple truths have long been known; Humans are born to be good, to smile, be happy, joyous, compassionate, courageous, hopeful, loving, peaceful and harmonious.

In order to heal ourselves, others we are in relationship with and the world around us, it is important to;

1. Take *Personal Responsibility*, for ourselves and everything we do. Move away from a victim Mindset. We are the master of our own journey
2. Learn to *Ask for Help*. Move away from doing it all on our own. Develop a community of cross-modality healing practitioners, alongside supporting friends and family
3. Connect with *Radical Acceptance*. Move towards Universal Healing Energy in the Cosmos. Add this dimension to our life and experience magic



All Humans are seeking. It's innate to our journey throughout a lifetime. Some seek food, some seek shelter, some seek material wealth, some seek happiness, love, sex, the list is endless. Turn this seeking into a FIND Mindset. We have already found everything we need in life. Change 'Seek and you will find' to 'I found, seeking ended'.

To be an Adult Human is to know that learning goes on throughout life and to learn anything we must PRACTICE. Linking specific practices that the heart responds to opens us up to life's possibilities instead of us dwelling on its issues. 'Practice makes Perfect'

When an issue arises, instead of letting those old patterns of anger and frustration take control, we can say to ourselves, 'Let's get Curious'. Ask a LIFE QUESTION, try to understand what's going on inside of ourselves. When we develop a capacity for self-reflection our self-awareness increases, positively impacting us and those around us.

A DAILY SAYING or affirmation is a powerful tool. Thoughts become words, words become actions and so we create our world.

[A New Language, A Language Of The Heart](#)

The Heart is BLISS

Find	Practice	Life Question	Daily Saying
1. Freedom Song	Gratitude Website	How do I give thanks in my life ? Talk	I have love and compassion for all beings, starting with me
2. Forgiveness Song	Letting Go Website	Which old patterns are imprisoning me ? Talk	I am waking up, growing up, and cleaning up so that I can show up as my true self
3. Fruitfulness Song	Abundance Website	What are my dreams ? Talk	I am moving steadily in the direction of my dreams
4. Fearlessness Song	Courage Website	Where are my boundaries ? Talk	I am one with the Force and the Force is with me
5. Fulfilment Song	Ethical Effort Website	Who am I and What is my purpose ? Talk	I will be the most Compassionate, Courageous and Creative me I can be and do today
6. Faith Song	Meditation Website	Is it possible to truly listen ? Talk	I am getting better and better every day I am getting better in every way

If you are new to healing we suggest you follow the sequence of 1-6 in order. Or, if you have some experience, start at any place that makes sense to you. The sequence is loosely based on 'Theory U', Downloading old patterns, Presencing into the whole and Performing in the Oneness. Remember, If it doesn't make sense to you right now, put it down and move on.

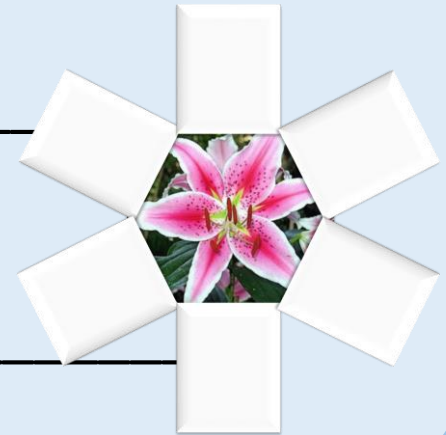
Heart Healing Exercise

Make 6 posters and put them on your wall, in a spot where you will see them each day. Decorate them with your own pictures if you feel like it. You could arrange them as the petals of a flower and put your own personal Heart Healing statement in the middle.

FINDING F _____, By PRACTICING _____.

Answering
LIFE QUESTION _____.

SAYING to
myself _____



B. Six Healing Petals





1. Poems of Freedom

Finding Freedom by Practising Gratitude

Shifting from Dopamine to Oxytocin in Your Brain

Find Freedom through practising Gratitude

‘If the only prayer you ever say in your entire life is thank you, it will be enough’. Meister Eckhart

- Gratitude is the single most important practice in daily life
- Modern science shows practising Gratitude causes a shift in the chemical reactions taking place in our brain
- Happiness derived from Dopamine is short term, for example when we buy something new we notice the joy fades relatively quickly
- Happiness derived from Oxytocin is longer term, for example, when we say ‘Thank You’ to a person who has done us a kindness we notice the feelings endure
- Adopting the simple habit of being grateful, all the time, allows us to break free from the highs and lows associated with life’s up and downs

Life Question, How do I give Thanks in my life?

Here are some areas of life we can be curious about. Inquire deeply into this on your own and with other people around you about all the good things you have and share.

- Relationships; Father, Mother, Brothers, Sisters, Grandparents, Uncles, Aunts, Cousins, Nephews, Nieces, Grandchildren, Work Colleagues, Your Boss, Friends, Acquaintances, Teachers, Spirit Guides, Healers, Physicians, All Beings, and God (whatever you conceive that to be)
- Food and Drink; preparing the meal, at the beginning of each meal, at the end of the meal
- This Time and Place; the roof over your head, the internet, facilities for washing and going to the toilet,
- The Rhythm of Life; first thing in the morning upon waking, during the day, before getting into bed and just as you are going to sleep

Exercises

Daily Saying

I have love and compassion for all beings, starting with me.

You may like to use the *Poems* in this section to

Find Freedom by

- Sitting still and listening to [Day of Love Poems](#)
- Reading out loud to yourself or in a group
- Thinking about whilst walking
- Visualise with during a quiet meditative moment
- Dance, move to, or practise Yoga, Tai Chi or Qigong while listening

Exercise

I didn't really understand what it meant to be free until...

Example

I didn't really understand what it meant to be free until, making love one day, I realised I was no longer a man enslaved by the idea of sexual performance, eroticising my emotional traumas for a moment's relief in orgasm. Suddenly, like a curious child, it was ok to just play, sometimes for hours. Marvin Gaye had it right in his song, Sexual Healing.

Resources

[Marvin Gaye - Sexual Healing](#)

[Auckland University CALM Site - Mindful Mental Health](#)

[Tony Fernando - The Science of Happiness](#)

A Note on Space, Sitting & Breathing, Visualisation and Sound

Here are a few notes on techniques that I found useful when starting out with these practices. You might say they are the 101's of the healing art. 😊

Space

It helps if you establish a space or place where you go to be quiet each day.

I like to have a few items in my space that cue me into practising. They are

- A candle or candles (be careful and remember to put them out after use)
- A glass or glasses of water (will need topping up from time to time so the glass is full to the brim)
- A flower, or moss, or twig (something that grew outside in nature)
- A stick or cone of incense (be careful to have it in a container so hot ash does not damage what it drops on)

Sitting and breathing

- Upon sitting the first thing I do is give thanks for this life
- Next, I scan my body to see if there are any areas of pain
- Then, use a bell and ring it every 7 seconds whilst sitting comfortably, preferably cross-legged. At the beginning of the ring breathing in, deep down into the diaphragm, poke your tummy out as it fills with air, ting the bell again and breath out slowly, letting go of any negative thoughts and feelings. After a few minutes, you will reach a state of coherence, becoming calmer, and you may feel more in touch with your deeper self

Visualisation

- Look at the image for 10-15 seconds, close your eyes briefly and then open them again, see what you notice, then gradually close your eyes to a squint. Repeat a couple of times

Sound

- Play with these three sounds, Saying them out loud; Ahhhhh, Ooooo, Mmmm. Keep going until you feel the vibration coming from the throat, heart and gut respectively

Poems



Love Energy Poem

For all sentient beings...inspired by Adie, Peter & Em

Love is energy

Energy is love

Energy is not other than love

Love is not other than energy

Sometimes love means saying yes to you

Sometimes love means saying no

Many times I will stay

And other times I have to go

When I give a gift please say thank you

Often it has been hard to pass it on

Inside is the blade that cuts through

So you can see your truth



Pain and suffering exists we know

The patterns of our lives are changed by talking

Let your mind do the rest

And you will break free

Waking up is a choice

Impermanence all around us

And even though I am different now

That part of me that loves you always will



Your journey is your journey and mine is mine

Through Indra's web our love is connected

Each jewel shines with rainbow colours

Open up to love and you will shine too

Where is the Buddha ?

Bring a Buddha into view
Bring a Buddha out of you
Come and see what we will do
The Buddha, the view and you

You are the key
You are the wisdom
You are chosen
It's you

What magic will you do
For the world needs magic
Wait and see
Maybe the Buddha knows already



Code to Spirit

My child, how is it that you cannot be where you already are?

And you already are where you need to be

Like light, you are everywhere and nowhere

Like water, you are flowing and still

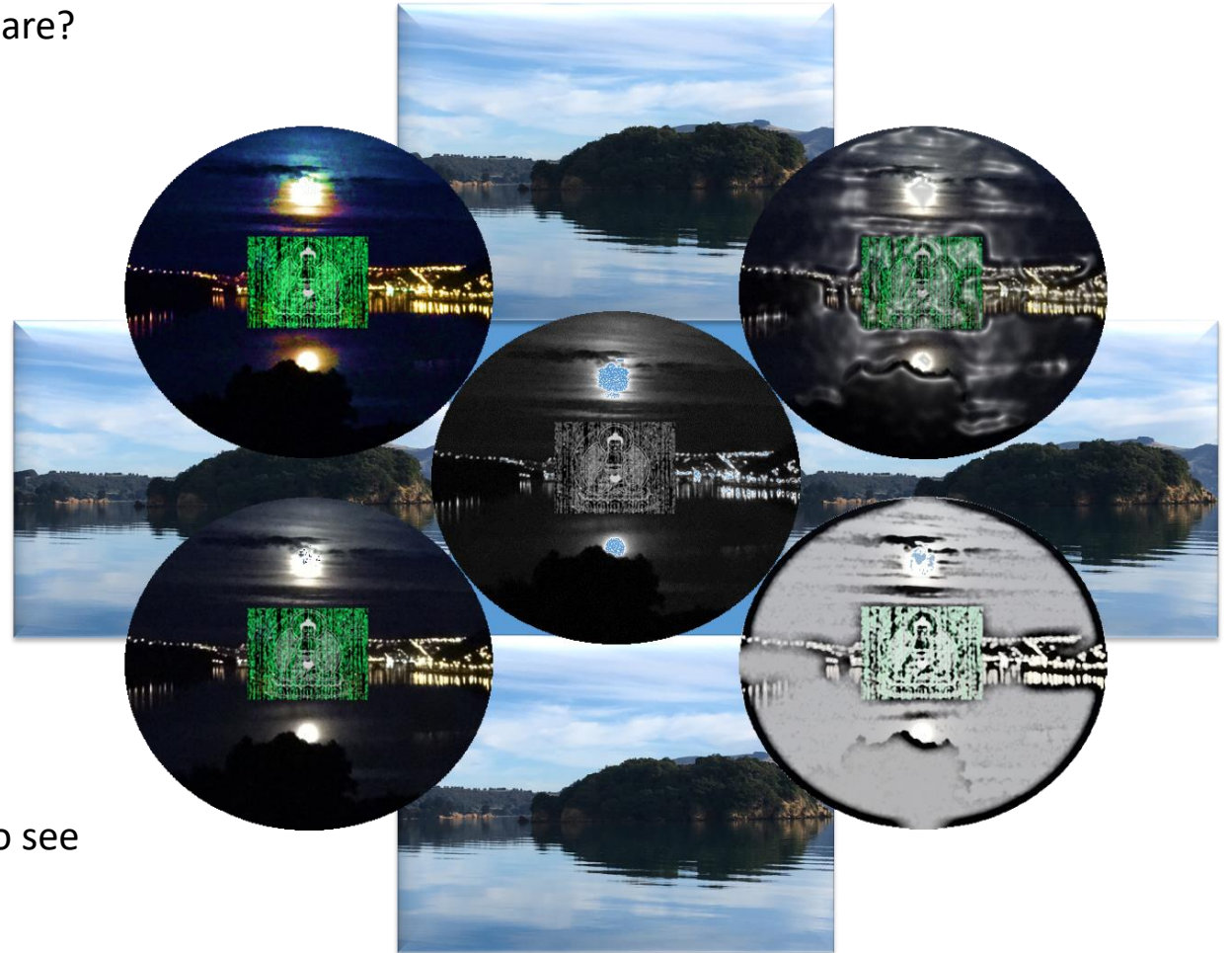
Like earth, you are solid and fragile

Like air, you breathe in and breathe out

Look into Spirit and see the code that defines you

It is the Word and the Friend created the Word in order to see

Love



Dolphins are our Friends

Dedicated to Ocean's waves

The path of a sacred activist is not an easy way to go
Hoisting up the pyramid of healing light, seeds to sow
In a life that never ends, it is a thing to know
You are chosen, you are worthy, so

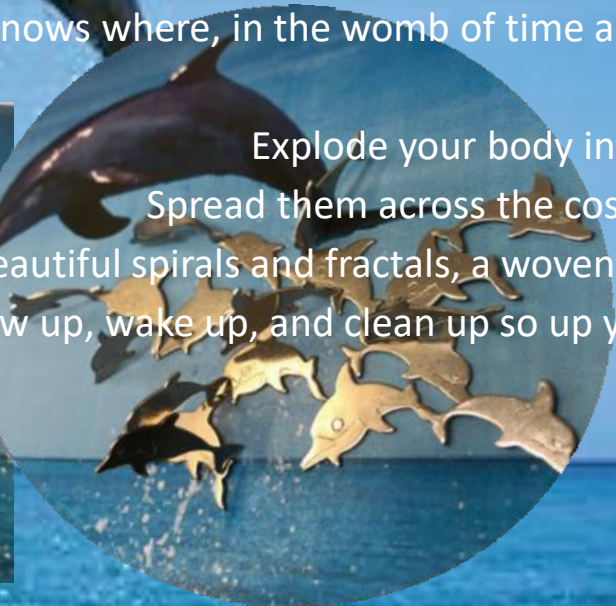
Polish the soul jewels you meet
At the centre of the sun, don't feel the heat
Spread love energy about this place
Rest a smile, on this masterful magician's face

Across the sky like a comet fly
Feeling the friend's hand nearby
My veins pulsing with divinity's throb
Gifting Spirit's muesli to a humbling mob

Your whole body feels each heart beat
Ticking like a metronome to mother Earth's music sheet
Connect with Dolphins in your thoughts
Charge up your oneness battery, just as you ought

That totipotent cell is resting in a secret place
A violet flame hovers, more powerful than the human race
Connecting with love to God's breath, in an open embrace
She knows where, in the womb of time and space

Explode your body into atoms
Spread them across the cosmic flow
Beautiful spirals and fractals, a woven rainbow
Grow up, wake up, and clean up so up you show



The Winking Eye of the Dragon

Inspired by Sue and her journey

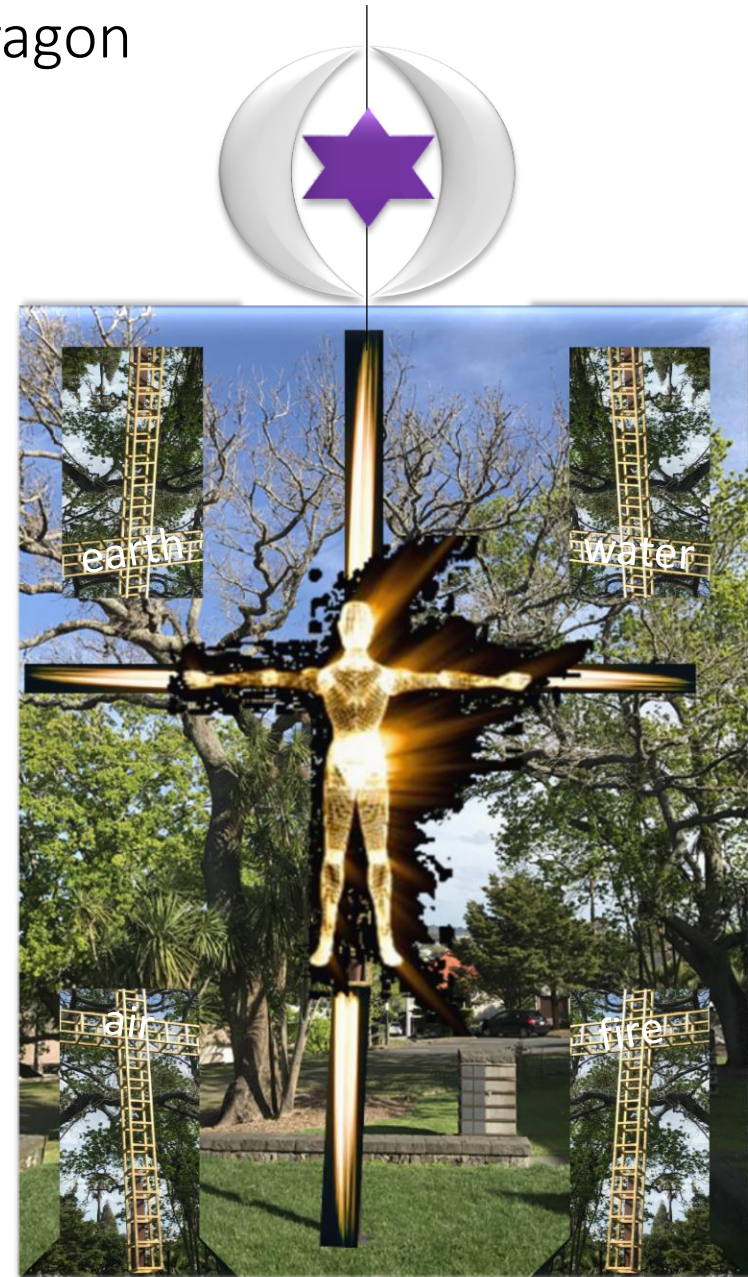
In the wink of an eye the light flashed by
At once passing through and filling up
This perforated vessel we call
The human body

A dragon rests in the corner of the room
The light penetrates deeper, still her eyes remain shut
We come to truly see, there is no self, no sense, no thing
Only oneness there

Then in a flash, aha, Saviour of the universe moment!
We know who we are and our purpose
Such a gift to know the Divine
The Spirit lives in us

Our life begins to be in the flow
We know what all highly evolved beings know
We are but one thing
Love and Light

When all the songs of our souls harmonise
We will know war no longer, fear no longer,
Ignorance and greed no longer, peace will prevail
Breathe, for the sunrise is but a short time away child



These Poems Speak to Ideas of...

Love Energy Poem #1

- In the heart of every human burns a fire, a passion, an energy called love
- Feeling the feelings of physical separation and togetherness with loved ones
- The importance of speaking our truth, having real conversations, what's real for me is real
- Waking up spiritually and freeing oneself from the suffering brought about by attachments
- Moving your world view to Cosmo-centric and feeling connected to the whole through your heart allows you to shine

Where Is The Buddha ?

- Every human has a Buddha inside of them, just waiting to emerge and shine with Buddha-qualities, the six perfections, walking the eightfold path to enlightenment
- The Mandelbrot Buddha is a fractal image generated from a set of mathematical equations. At the base chakra, is a violet flame, more powerful than any human creation, at the crown chakra the peace symbol and the centre of the great cycles of the Yugas. The Buddha is surrounded by four essential elements being grounded in this world whilst inhabiting many other realms
- When we become a Buddha we can do magic for the good of all

Code to Spirit

- Life is an illusion. We cannot see that every atom in our body and in all things changes in every instant of time, yet it is, hence what looks real is not
- Integrating Kabbalistic, Buddhist and Tao principles of Divine Light, Emptiness, Love and Compassion and Flow through the five elements is the best way to lead our lives, to be the highest expression of self
- Modern interpretation of 'the Word' as it creates the Universe moment by moment. By visualising the Matrix, with its falling lines of software code, we realise that we are sense organs for God, at one with God always, part of the code

Dolphins Are Our Friends

- What it feels like to be me!

The Winking Eye of the Dragon

- The Dragon sits in the corner for one thousand years or more watching life pass by, only occasionally opening an eye to see what's going on
- She understands the great paradox that is life and keeps the peace by simply just being.



2. Journey to No Self and Forgiveness

Finding Forgiveness by Practising Letting Go

Leave Attachment Behind and Hold 'IT' Lightly

Find Forgiveness by practising Letting Go

'Gone, Gone, Gone Completely Beyond,
Reawakening, So Be It'. Lam Rim

To hold 'it' lightly is to notice the feelings and not merge with them, rather to be both present and in 'witness conscious'.

Further thoughts on forgiveness:

- Forgiveness is an opportunity for a shift in perception from thinking that this was done to us, to seeing that we did it to ourselves
- The peace of God/ the love of God. We deprive ourselves of these when we think someone did something to us
- Forgiveness becomes an illusion, a happy bridge between our perception and the absolute truth
- When we are in a space to forgive there is no need to. It was just a *perception* of separation
- The absolute truth is we are all One always

Life Question, Which old patterns are imprisoning me?

Notice which patterns repeat in your life. They relate to some trauma 'locked in a box' in your mind and often will have associated habits.

For example, picking one's nails is a habit associated with anxiety often caused by physical and/or emotional trauma. The memories are likely to be suppressed and so the behaviour is unconscious, i.e. we are not aware of the cause. Finding the memory, opening the box and re processing it to release the energy of the trauma is the first step in healing. The second step can then proceed, breaking the habit

Here are some patterns in life to get curious about. Inquire deeply into this on your own and with other people around you about what triggers these behaviours.

- Physical and Emotional expression of Anger
- Rescuing, Persecuting or being a Victim, [The Karpman Relationship Triangle](#)
- Addictions, related to drugs, alcohol, sex, gambling
- Manipulation, lying, endless seeking of power and control

Exercises

Daily Saying

I am waking up, growing up, and cleaning up so I can show up as my true self

You may like to use the *Stories and Akashic Charts* in this section to

Find Forgiveness by

- Sitting still and contemplating
- Reading out loud to yourself or in a group
- Thinking about whilst walking
- Visualise with during a quiet meditative moment
- Dance, move to, or practise Yoga, Tai Chi or Qigong while listening

Exercise

I didn't really understand what it meant to forgive until...

Example

I didn't really understand what it meant to forgive until, after all the therapy, after all the tears, after all the anger and hate, I sat opposite the person who abused me as a child and felt at peace. I had let everything go, there was no fear, compassion had replaced it.

Resources

[Peter Gabriel - The Rythm Of The Heat](#)

[Integral Zen - Home Of Mondo Zen](#)

[Human Experiment & Holocaust Survivor On Forgiveness](#)

A Note on Waking Up, Growing Up, Cleaning Up and Showing Up

- **Waking up** is to 'wake up' in a spiritual sense, to realise who and what you are at the deepest level, to have some experience of the Connectedness of All, the Oneness, feeling Part of and Connected to the Whole
- **Growing up** is 'growing' to the highest level of moral and ethical development we are capable of, for us, at the moment; moving from being egocentric to ethnocentric to worldcentric to cosmocentric. We interpret our life experiences through the lens of whichever adult developmental level we are at. So, if we are at an egocentric level, we will interpret all of life egocentrically i.e. seeing the world only from our own perspective. Sometimes we can 'wake up' spiritually without having 'grown up'. This can create great chaos and many problems, as with some 'spiritual teachers' who behave poorly. For spiritual awakening to have the most effective and positive impact on ourselves and those around us, it is important that we are at the wiser stages of 'growth'. We need to 'grow up' as well as 'wake up'.
- **Cleaning up** requires that we do the deep interior work of cleaning up our 'wounds'; unconscious shadows, post traumatic stress, negative stories and assumptions about ourselves and the nature of reality. We need to address our shadows, come to understand, accept and love ourselves and resolve the damage. If we don't, we may 'wake up' and 'grow up', but still have unconscious and shadow aspects strongly influencing us, causing us suffering and projecting onto others in unhealthy and hurtful ways
- **Showing up** - we can then integrate the 'waking up', 'growing up', and 'cleaning up', finding our unique and beautiful callings and gifts and give back to the World — for all sentient beings, for the generations that came before us, for the generations that are here now, and for the generations to come

Stories and Charts



Story - Three Pictures And The Angel Of Doubt

I wanted to hang three pictures on the wall of our new offices. Two of them represented personal achievements and a third blank picture frame awaiting the next photo, what would I achieve next?

The first picture, a physical journey, was of me on a bike near the top of Mt Ventoux in France, a personal achievement of some great joy, experienced at the end of a two week trip of a lifetime, with my brother in law, where we had seen the Tour de France, cycled about 1000km in a week and climbed a few of the great climbs in the Pyrenees mountains.

I had trained hard for two years after an experience in the hospital that felt very close to dying.

The second picture, an emotional and spiritual journey, was my eldest son and me at Everest Base Camp, 17000 ft. altitude in the Himalayas, where it's hard to breathe due to low oxygen levels, at the end of a three-week trek, soaked in Monsoon rain all the way, having faced a number of life and death situations. My son carried anger related to his mother and my divorce and, in my mind, it was critical that he release it.

The third picture, a journey to no self, completely humbling, was to be blank, maybe to be filled with a picture of His Holiness the Dalai Lama and me. I'd said the words out loud to myself a few times so the multiverse could hear me and answer my prayer.

However, somewhere in my gut, I was struggling with these pictures. They felt too egoic, too flashy, too 'I Am'. Never the less I went ahead and put them up.

The next day, calling briefly into the office on the way to the airport, one of the pictures had fallen onto the floor and the frame smashed. I was confused because the hook remained on the wall unmoved. Not having much time we left it to be cleaned up later.

Whilst away on the trip we visited an art gallery exhibiting an artist who integrated old movie posters with postcards, usually changing or covering the face of the movie star in some way.

It dawned on me that this was the lesson. The pictures were too 'all about me' in their normal form. They were to be teachings for us all and so presented on the next page are the pictures integrated with cards with significant messages from dear friends. They draw on Zen and Kabbalistic wisdom, and personal experiences.

What Do Zen Dog, Chaos and The Angel Of Doubt have in Common ?



Letting go of our attachments to ideas of control and goals is freeing because then we are able to just 'be' and feel the joy in each moment



The Angel of Doubt is ever present ready to cause Chaos. Letting go of fear, keeping our enemies just close enough, on our terms, avoids surprises



Transcending dualistic thinking of good and evil, darkness and light, realising we are all One. There is no self and thus the Angel of Doubt is banished

Story – Journey In Three, Four And Five Dimensions About Energy

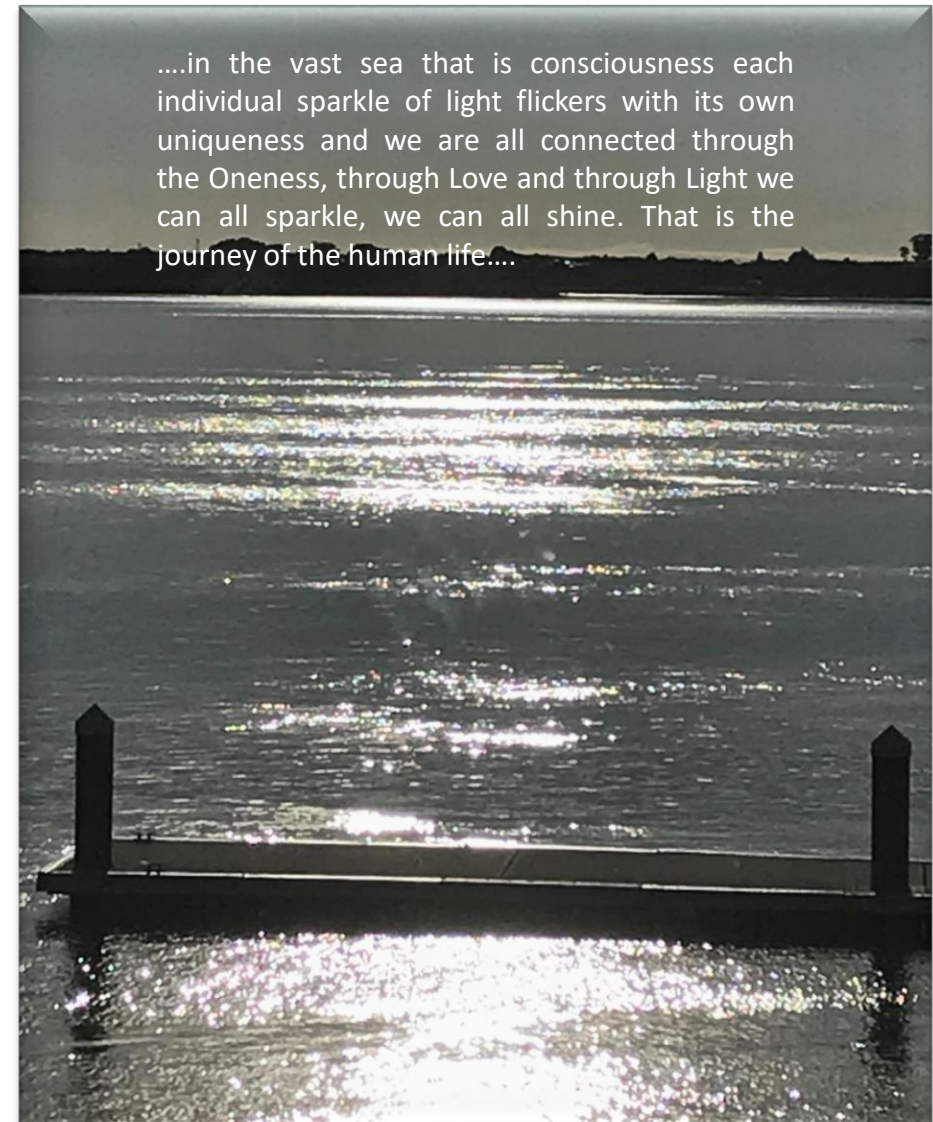
As a person with a Science degree majoring in Chemistry, I had witnessed first-hand many times in the lab the transformation of chemical elements through a reaction into a new form of element or molecule, thus maintaining a fundamental law of physics, energy can never be destroyed, only transformed.

When I first began studying Buddha Dharma the idea of Emptiness was in many teachings. It was taught alongside the ideas of Love and Compassion. I found the latter easy to comprehend, but Emptiness, what was that? The foremost logicians in Buddhism, the school of Prasangika had many teachings on the subject, none seemed to hit the spot with me.

A workshop with Doshin Michael Nelson, a Zen Master, teaching Mondo Zen ‘the way of dialogue’ begun to open my eyes to emptiness. We experienced ego deconstruction and reconstruction; a move from the Self with a capital ‘S’ to a self with a small ‘s’. It was an early glimpse of emptiness.

The final Koan for the day was, ‘Show a face that is you’ and I felt this smile rise up from my gut, throughout my body and spread across my face. It remained there for a few minutes and I felt like a Buddha.

This began a series of energetic changes in my consciousness, a set of experiences that marked fundamental shifts through different energy states to higher levels. New capacities developed as if turned on, light flooded into me and the ability to see so much more unfolded. The next three pages explain in words what words cannot explain, Nothing is Impossible, Everything is Possible.



....in the vast sea that is consciousness each individual sparkle of light flickers with its own uniqueness and we are all connected through the Oneness, through Love and through Light we can all sparkle, we can all shine. That is the journey of the human life....

3rd Dimension Energy – Material World – X, Y, Z

Wherever I go, there I am

Human Doing

Large Ego

Physical Journey

Material Plane

Rapids

Old Energy Unravelling

Judgement and Tension

Birth Certificate



4rd Dimension Energy – Spiritual World – X, Y, Z, Time

Wherever I go, I Amness is

Human Being

small ego

Soul Journey

Spiritual Plane

Lazy River

Energy Transforming

Bypassing and Feeling

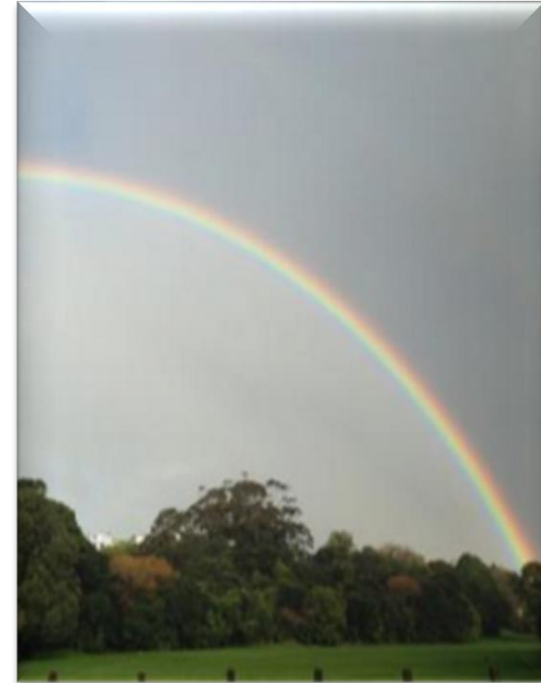
Koan

Without thinking of good or evil, show me your
original face before your mother and father were born



5th Dimension Energy – Cosmos – X, Y, Z, Time, Thought

Here's a Rainbow, that's me
Good U Wo/man
Divinity Expressed Through Me
micro ego
Divine Journey
Vast Ocean of Oneness, Unity,
Connectedness, Yoga
New Energy Formed
Loose and Natural
Akashic Record



Story - AC's Journey To No Self

Chatting with a dear friend day who is clairvoyant and was teaching me some skills, she said 'Have you visited the great hall and seen your Akashic Record'. I'd never heard of an Akashic Record, what on earth was this?

Some months later a young friend came to lunch and mentioned she'd had her Akashic Record read. She explained more about it. It seemed the Universe was sending a message, it's time to see your Akashic Record.

Having your Akashic record read can best be described as putting one's life into context. I developed a one-page chart, shown in this book, for simplicity of presentation and contemplation. Upon reading your record for the first and subsequent times nothing seems surprising.

You've known all these things about yourself all your life, somewhere deep inside of you. This is the place that could be called the Soul or deep clear heart mind or even God and is the truth of who you really are.

Akashic charts uncover your star system of origin, religious influences, angelic training, the life lessons you are working on in this lifetime and the level of completion, intuitive and archetype gifts, off earth lessons and may speak to your current alignment with your highest and best self.

Alignment is important because when we are out of alignment illnesses are more likely to occur. The Koan, or question, of 'What can I learn from this illness?' is best answered by looking deep inside yourself for the truth of who you really are. This goes beyond what we commonly think of as Ego where everything is about me, to that place of Radical Acceptance, Love and Light.

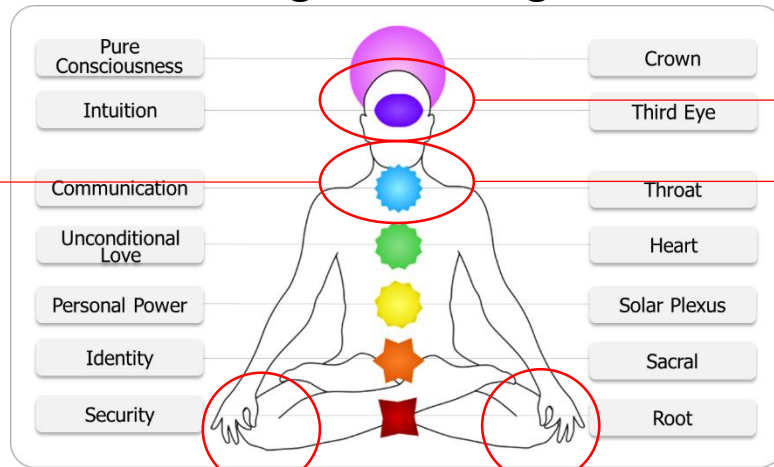
The Buddha's first words upon awakening were 'ahh, the light'. God said 'let there be light and there was light'. The Tao offers practices of healing light to awaken Chi energy.

Two Akashic charts, AC, are offered as examples. The information in them was derived by a skilled practitioner using only the birth date and time, nothing more, and, in my experience, provide helpful insights.

Here's an interesting story about AC & light by Isacc Asimov.

[The Last Question by Isaac Asimov © 1956](#)

Angelic Training



Archangel Michael – Divine Illuminating Light



- Truth, Intuition
- Perceptiveness
- Integrity
- Spirit Warrior, Protector

Archangel Gabriel – Authentic Self Expression



- Impart Knowledge & Wisdom
- Learning and Teaching
- Natural born communicators
- Speaking, writing, need to be heard

Life Lessons

Life Lesson, Primary and Secondary	Completion
1. Charity : Primary Relationship	2 LT, 75%
2. Decisiveness : Area of Relationships	80%
2. Persistence : Area of Career/Profession	50%
2. Healing : Area of Financial	90%
2. Kindness : Area of Family	65%
2. Success : Area of Career/Profession	30%

Secondary Godspark

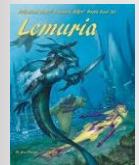


Archetype Gifts

1. Teacher – Inspirer - Learner
2. Counsellor & Advisor
3. Coach/Champion

Intuitive Gifts

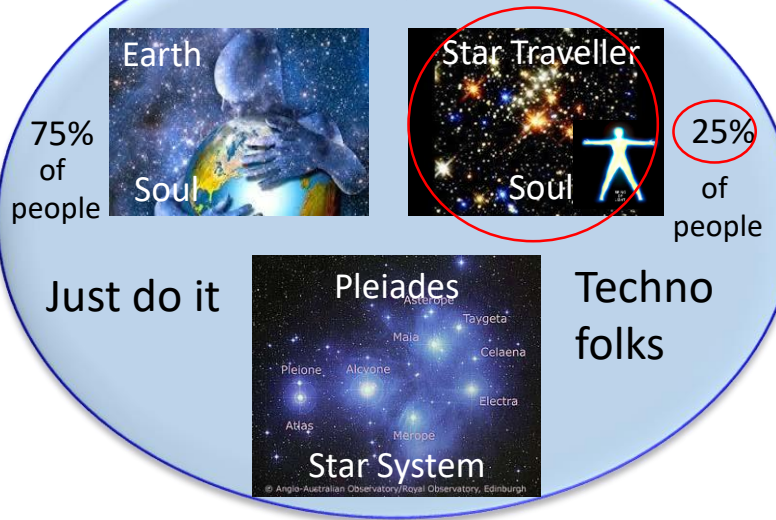
Clairvoyance, Clairaudience, Clairsentience, Claircognisance, **Dreaming**



Past Lives



Soul Origination



Spiritual

Buddhism



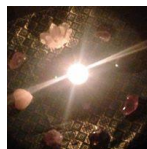
Compassion

Christianity



God's Divine Love

Taoism



Flow of the Universe

Traditions

Off Earth Lessons

Incubator Soul
assisting others incarnate on earth

AC
Akashic Chart 29 August 2016
Born 2 August 1962



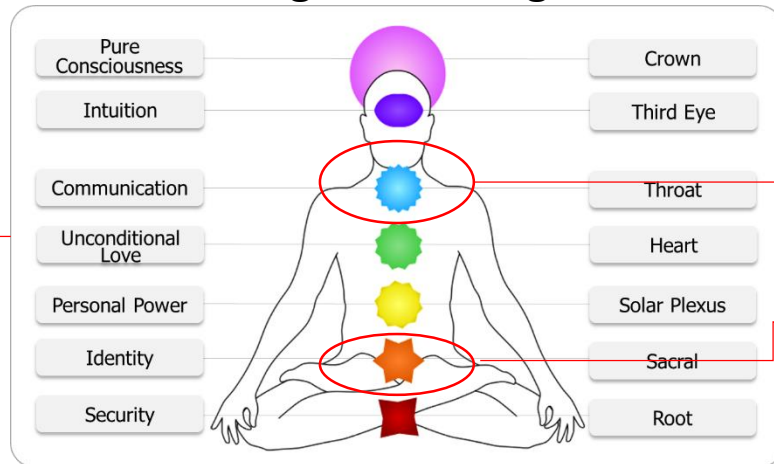
Third Order Soul
assisting others with death, unafraid of death



Keeper of Neutrality Soul
assisting others find love, peace, and harmony



Angelic Training

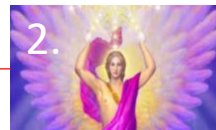


Archangel Gabriel – Authentic Self Expression



- Impart Knowledge & Wisdom
- Learning and Teaching
- Natural born communicators
- Speaking, writing, need to be heard

Archangel Zadkiel – Remind us to live fully



- Enjoy abundance, spiritual & physical
- On a spiritual path, also concerned with success and finances
- Highly resourceful and practical
- Connected with birth process

Life Lessons

Life Lesson, Primary and Secondary	Completion
1. Unconditionality : Family, Friends & Relationships	2/3 LT, 85%
2. Authenticity : Area of Career/Profession	90%
2. Generosity : Area of Friendship	80%
2. Balance : Area of Health	65%
2. Spirituality : Area of Spiritual Development	25%

Godspark



Archetype Gifts

1. Teacher – Story Teller
2. Communicator (on a grand scale)
3. Learner – open, hungry for knowledge & wisdom
4. Pointing out others' gifts

Intuitive Gifts

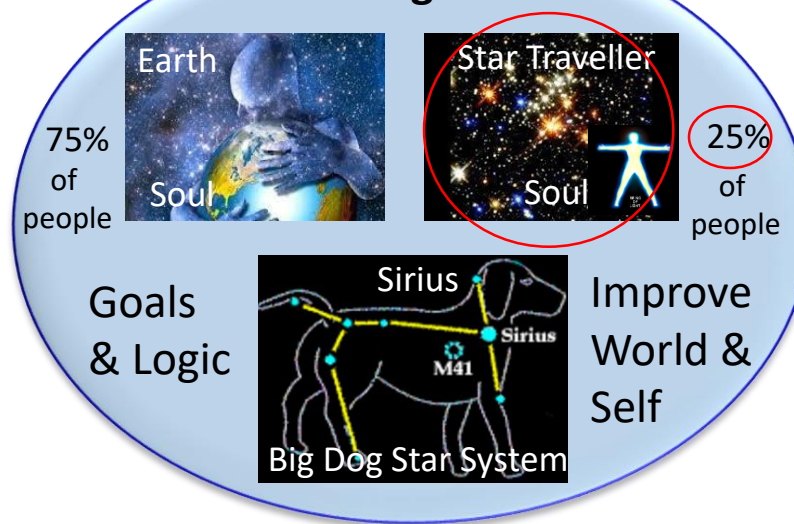
Clairvoyance, Clairaudience, Clairsentience, Claircognisance, Dreaming

Intellectual Empath Gift

Joins energetically with one who learns



Soul Origination



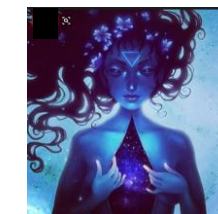
Off Earth Soul Lessons

Life Review Counsellor
assisting others with life review at time of death, help souls receive the life lessons

Council Member
Collect information for Sirian Leadership Board: wrt soul development

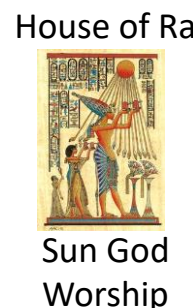
Restoration Master
Balance restoration of earth to original blueprint with Divine Order and in Divine Timing

AC
Akashic Chart 4 September 2016
Born 12 December 1962



Past Lives

Spiritual



Traditions



3. The 'Speech', a Dream of Fruitfulness

Finding Fruitfulness by Practising Abundance

Do Abundance, Don't Do Budgets

Find Fruitfulness by practising Abundance

‘Plant seeds of happiness, hope, success, and love; it will all come back to you in abundance. This is the law of nature’ Steve Maraboli.

Generate abundance in your life by asking for what you want. All self-help books share this motto. Perhaps you’ve noticed if you ask for things that will help you and other people in a positive way these manifest into reality, whilst the things that might be considered ‘selfish’ have a habit of turning into lessons for us that follow ‘You may not get what you want but you will get what you need’ 😊

Abundance practised by the three vectors of Love and Compassion, Divine Light and Flow is compatible with the highest expression of self and more likely to manifest, benefiting both you and the people you touch in your life.

Life Question

What are my dreams?

Interpreting our dreams is fun to do around the breakfast table in the morning or on your own. We all dream. Often, however, we don’t remember our dreams.

We can cultivate remembering our dreams by emerging slowly from deep sleep in the morning and, as we awaken, writing dreams in a journal kept beside the bed.

Dreams often reflect what we are processing at the time. One approach to dream analysis is to see ourselves as all the elements in the dream. Notice what each element experiences and note down how it feels, along with the overall feeling of the dream.

About two-thirds of all our dreams tend to be fear based so it is healthy to reprocess them when we are fully conscious. Once you get good at this you can ‘re-enter’ the dream and change the story of the dream to have a more positive outcome.

Be curious about all elements of your dreams. Inquire deeply into them on your own and with the other people around you.

- From the person, animal, or monster chasing you, to
- The house, people, babies, cars you are in, carpets etc.

Exercises

Daily Saying

I am moving steadily in the direction of my dreams.

You may like to use the *Speeches* in this section to
Find Fruitfulness by

- Sitting still and listening to [Day of Love Speeches](#)
- Reading out loud to yourself or in a group
- Thinking about whilst walking
- Visualise with during a quiet meditative moment
- Dance, move to, or practise Yoga, Tai Chi or Qigong while listening

Exercise

I didn't really understand what it meant to be fruitful until...

Example

I didn't really understand what it meant to be fruitful until dream after dream, conversation after conversation, began manifesting into reality. Two very big sales deals generating enough income to fund a 12-month sabbatical from work, Income Protection to support me through my 18-month Glandular Fever illness, a place to go to work, and, that which I am most grateful for, the love, peace and harmony in our blended family.

Resources

[Nickelback – Rockstar](#)

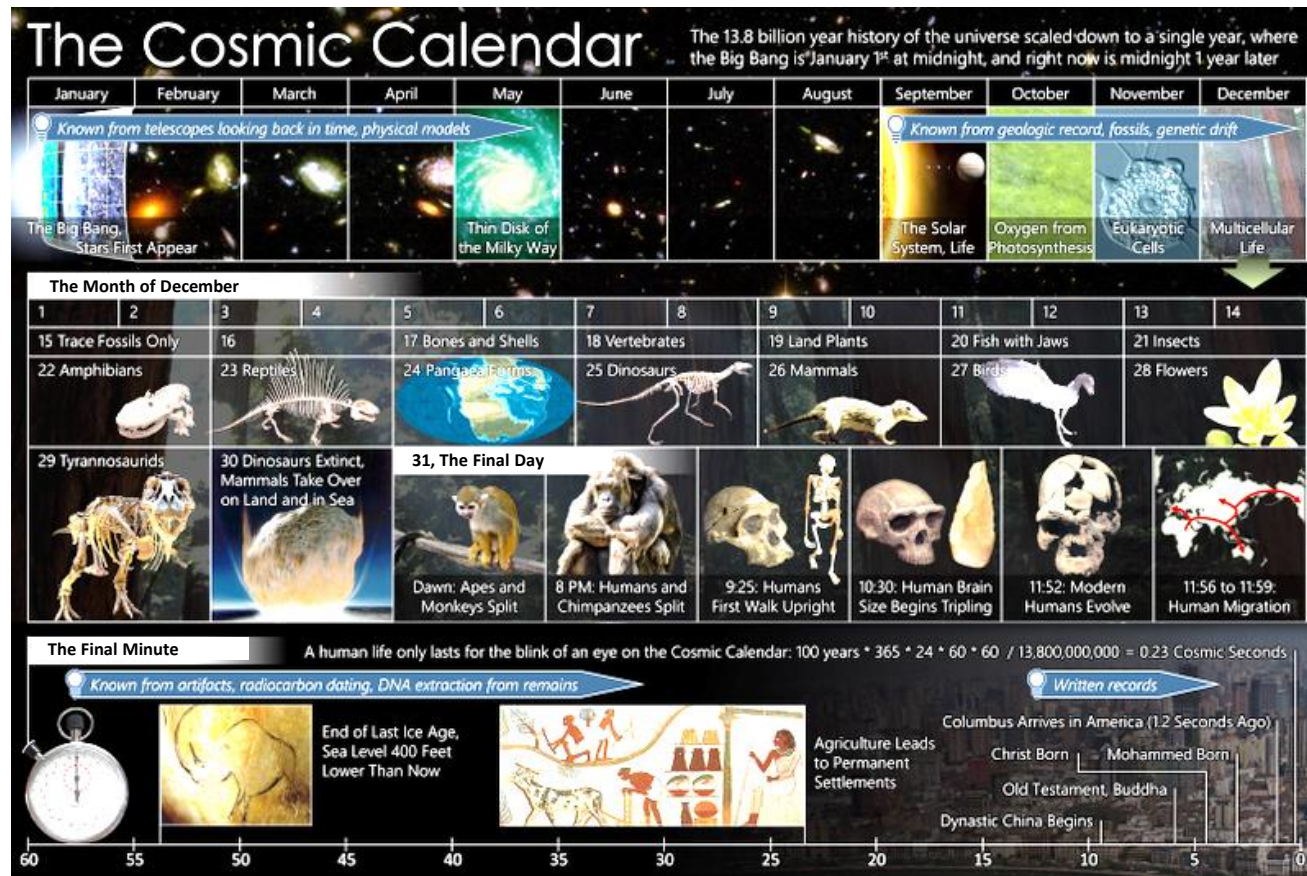
[Spiritual Technologies 2.0](#)

[Let Your Genie Out Of The Bottle](#)

Speeches



Child of the Universe, You've only been Here 1 minute, be Gentle with Yourself



Desiderata

Go placidly amid the noise & haste, & remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons.

Speak your truth quietly & clearly; and listen to others, even the dull & ignorant; they too have their story.

Avoid loud & aggressive persons; they are vexations to the spirit. If you compare yourself with others, you may become vain & bitter; for always there will be greater & lesser persons than yourself. Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery.

But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism. Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity & disenchantment, it is perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue & loneliness. Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe, no less than the trees & stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive Him to be, & whatever your labors & aspirations. In the noisy confusion of life, keep peace within your soul. With all its sham, drudgery & broken dreams, it is still a beautiful world. Be careful.

Strive to be happy.

The Speech

An Open Letter to Microsoft, Amazon, Apple and Google

In response to the question, Who are you?

Who I am is not important,

the message I have received on your behalf, and what you do next is.

Consciousness on this planet is seeking a model for cooperation.

This is the next level, 5th generation energy we must evolve to NOW.

The 3rd dimension energy of federated states within a nation, this time has passed.

The 4th dimension energy of federated states across nations, this time has passed.

The next opportunity is a federated set of businesses that transcend national boundaries, wrapped around the globe, modelling love, peace and harmony to all.

This is your destiny.

We need to see progress,

For example,

A Samsung phone running IOS alongside an Apple iPhone running Google Android sold globally through Amazon for a price of \$100 featuring the free MindNavig8or App funded by Microsoft.

We appreciate this is not a small task.

When the way ahead is unclear look to the female energy alongside you.

Female energy understands the importance of an 'always on' open-hearted world.

Seek to combine Authenticity, Mindfulness, Compassion and Courage through alchemy and you will change the world in im/measurable ways.

Let stillness speak, divine light shine and kindness guide you.

Thank you



4. Developing Cross Generational Fearlessness

Finding Fearlessness by Practicing Courage

We Need Leaders Who Can Host Their Own Experience Within Uncertainty

Find Fearlessness by practising Courage

‘Courage originally meant to speak one’s mind whilst telling all the truth of one’s heart’. Unknown

Outwitted

He drew a circle that shut me out-

Heretic, rebel, a thing to flout.

But love and I had the wit to win:

We drew a circle and took him In!

by Edwin Markham

- When you are angry you make the best speech that you ever regret
- FEAR – False Evidence Appearing Real

Life Question, What are my boundaries?

Here are some boundaries to be curious about. Inquire deeply into this on your own and with other people around you about Who and What is allowed in and What is not.

- Money, Who pays for what in your world?
- Gifts and Thank you cards, Who does these?
- In your most intimate relationship, Who initiates, a kiss, love making, a hug, doing the shopping, cooking the breakfast or the dinner?
- How often do you say NO to your spouse or partner?
- How often do you say YES to your partner?
- What do you call your spouse or partner?; Darling, The wife, My Man, Him or Her, Mother, Father?
- What is the most respectful and loving word do you think?

Exercises

Daily Saying

I am one with the Force and the Force is with me.

You may like to use the *Table* in this section to

Find Fearlessness by

- Sitting still and contemplating
- Reading out loud to yourself or in a group
- Thinking about whilst walking
- Visualise with during a quiet meditative moment
- Dance, move to, or practise Yoga, Tai Chi or Qigong while listening

Exercise

I didn't really understand what it meant to be fearless until...

Example

I didn't really understand what it meant to be fearless until the day I sat down with my wife and partner of over a quarter century and our children to tell them I was leaving their mother. 30 minutes later I was in the car driving up the driveway and away from what became the former family home of 14 years. Whilst it was a shock for the children, I had been sharing my plans to change with my former wife for over a year before this moment, and for me, it was simply a matter of survival, a chance to come back to myself and be authentically me.

Resources

[Jewel - A Life Uncommon](#)

[Otto Scharmer - Presence Institute](#)

[How To Be An Adult In Love, David Richo](#)

A Note on Processing Anger Safely

The point of all these processes is to defuse overloaded or potentially harmful reactivity in a way that hurts no one, including ourselves.

The Conscious Rant

In summary, the steps for a conscious rant are:

- Name your prevailing emotion(s)
- In an already established context (for suitable containment), i.e. outdoors in a remote location, cut loose expressing what you're feeling. Exaggerate your speech, your tone, your body movements enough so as to lose any self-consciousness

Do this all out until you naturally start to tire (usually less than three minutes), then lie down or sit comfortably for as long as you like.

[Robert Augustus Masters - How to Have a Conscious Rant](#)

Hitting the Bed

In summary, the steps for hitting the bed are

- Kneel at the end of the bed on a cushion
- Place your chest on the bed and put your arms out in front of you with hands as fists





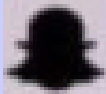


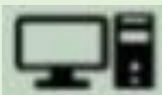





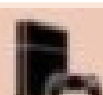

- Visualise the centre of your anger on the bed
- Straighten your body upwards with hands and fists in the air, moving your whole upper body, bring your chest, arms and hands down hard upon the bed. As you do so, express how you are feeling in words and sound
- Do this all out until you naturally start to tire (usually less than three minutes), then lie down or sit comfortably for as long as you like.

Associating A Spirit of Inquiry with the Sacred Emotion of Anger

- Anger is a sacred emotion and should not be suppressed. The energy needs to be released in a safe way so as not to harm yourself or others
- In any situation, when you feel the anger rising from within you, take a deep breath
- Move the energy into curiosity, have A Spirit of Inquiry. Ask a question, e.g. why is it that you say that?, think that?, act that way?
- Feel the anger dissipate
- Listen carefully to the response and place yourself in the other person's position, move into compassion for them and yourself

Table



Generation	Greatest/Silent	Baby Boomers	Gen X	Millennials	Gen Z
Years Born	1923-1945	1946-1964	1965-1980	1981-1997	1998-2016
Age in 2017	72-94Y	53-71Y	37-52Y	20-36Y	0-19Y
Communication Style	 Letter	 Telephone	 Email/SMS	 Instant Message	 Emojis
Defining Technology	 Car	 TV	 PC	 Smartphone	 AR/VR
Hobby	 Reading	 Watching TV	 Surfing the Internet	 Video Games	 Music Streaming
Deepest Fear	The world in 2017	No longer centre of attention	What about my generation	Paying off student debt	Low batteries
Key Life Question	How did the world go so wrong ?	Where's the Viagra ?	What's the point ?	What's a career ?	What's a landline ?
Key Life Answer	It didn't, Study Avaaz Our Victories Avaaz Victories	You don't need it, Tantra is the path Best Ted Talks	Happiness, Search Inside Yourself Science of Happiness	There is only Now, Learn to Presence Start with Why	Ask GMa & GPa, Go for a walk in nature Peace One Day
Suggested Practices	<ul style="list-style-type: none"> 3 contacts a day Smile if you wake up this morning 	<ul style="list-style-type: none"> Turn TV News off Watch BBC Blue Planet series 	<ul style="list-style-type: none"> Give thanks at the start of each meal Dance and Sing 	<ul style="list-style-type: none"> Daily Meditation Yoga, Tai Chi, Pilates 	<ul style="list-style-type: none"> Start a daily dream journal Talk face to face



5. Practical Healing and Fulfilment

Finding Fulfilment by Practising Ethical Effort

We are All the Structural and Social Architects of our Own Journey

Find Fulfilment by practising Ethical Effort

‘The purpose of life is to Do Good, Love God and Go Home’. Sylvia Browne

A life on Earth is a precious thing, it is indeed a gift to be born human. Think of the Earth as a giant conscious processing engine. No other place in the Cosmos moves your consciousness like a lifetime on Earth, the part of you that never dies, that energy, it is only transformed from state to state forward.

You could say the beehive of life is here on Earth and the elixir of life, human honey is the experience we have each time our consciousness shifts.

A major shift occurs for us when we ‘Wake Up’, essentially a shift from being a uni-dimensional being using around 10% of our brain power to becoming in every moment a vast multi-dimensional being, opening like a flower does to the sunlight in the morning, capable of holding many perspectives, capable of holding paradox and capable of love and compassion for all beings.

Life Question, Who am I and What is my purpose?

Here are some levels of adult development to be curious about. Inquire deeply into this on your own and with other people to understand yourself at the deepest possible level

Exhibit 1: Evolutionary Breakthroughs in Human Collaboration






Color	Description	Guiding Metaphor	Key Breakthroughs	Current Examples
RED				
	Constant exercise of power by chief to keep foot soldiers in line. Highly reactive, short-term focus. Thrives in chaotic environments.	Wolf pack	<ul style="list-style-type: none">• Division of labor• Command authority	<ul style="list-style-type: none">• Organized crime• Street gangs• Tribal militias
AMBER				
	Highly formal roles within a hierarchical pyramid. Top-down command and control. Future is repetition of the past.	Army	<ul style="list-style-type: none">• Formal roles (stable and scalable hierarchies)• Stable, replicable processes (long-term perspectives)	<ul style="list-style-type: none">• Catholic Church• Military• Most government organizations (public school systems, police departments)
ORANGE				
	Goal is to beat competition; achieve profit and growth. Management by objectives (command and control over what, freedom over how).	Machine	<ul style="list-style-type: none">• Innovation• Accountability• Meritocracy	<ul style="list-style-type: none">• Multinational companies• Investment banks• Charter schools
GREEN				
	Focus on culture and empowerment to boost employee motivation. Stakeholders replace shareholders as primary purpose.	Family	<ul style="list-style-type: none">• Empowerment• Egalitarian management• Stakeholder model	Businesses known for idealistic practices (Ben & Jerry's, Southwest Airlines, Starbucks, Zappos)
TEAL				
	Self-management replaces hierarchical pyramid. Organizations are seen as living entities, oriented toward realizing their potential.	Living organism	<ul style="list-style-type: none">• Self-management• Wholeness• Evolutionary purpose	A few pioneering organizations (see "Examples of Teal Management," page 8)

Table Courtesy of Frederic Laloux, www.reinventingorganizations.com

Exercises

Daily Saying

I will be the most compassionate, courageous and creative me I can be and do today.

You may like to use the *Wisdom Healing* in this section to

Find Fulfilment by

- Sitting still and contemplate
- Reading out loud to yourself or in a group
- Thinking about whilst walking
- Visualise with during a quiet meditative moment
- Dance, move to, or practise Yoga, Tai Chi or Qigong while listening

Exercise

I didn't really understand what it meant to be fulfilled until...

Example

I didn't really understand what it meant to be fulfilled until I began taking time out each day to connect with the Oneness, to be still, breathe, say a mantra, and let my heart just feel. I'd visit the silent room at work a couple of times a day, go for a walk in the park at lunchtime and meditate whilst walking. It's nice to experience the solitude.

It's also nice to be in a relationship with a partner who asks, often more than once a day, 'Thoughts and feelings darling?'

Resources

[Yvonne Elliman - Try Not To Get Worried, Jesus Christ Superstar](#)

[Home of Sadhguru - Isha Foundation](#)

[Caroline Myss At Findhorn](#)

A Note on Healing Oneself, a Healing Community, the Healing Cosmos

1. Heal Oneself	2. Develop A Healing Community	3. Let The Healing Cosmos In
Take Personal Responsibility Don't delegate important decisions to others. When the decision is made, own it then trust & believe in yourself as the healer you chose	Ask for Help Recognise you need support, we can't go it alone, conversations with others help us make decisions, feel loved and supported through the healing process	Download The Cosmos Into You Develop the 'No self', or self with a small s, Say out loud and as you go to sleep 'I love me, you love me, we love us'
Visualise the part of your body that is in pain, has cancer, disease, illness or discomfort and imagine you are putting your hands around it. Healing light is flooding from your hands into the cells that need healing	Include all modalities of physicians and healers in your community, Eastern and Western, modern and ancient Seek to align the three bodies of physical, emotional/mental and spiritual	Ask the Angels for Help, particularly Archangel Michael. While you are lying down in bed, imagine it is a crystal bed of white healing light, the light is surrounding and penetrating into your body healing you
<ul style="list-style-type: none"> ➤ Cancer is an emotional disease. Find your emotional traumas and work on reprocessing them, letting them go and replacing them with the energy of Divine Love ➤ Hold a crystal to amplify healing energy and collect negative energy ➤ Chant the daily sayings, mantra and consciously, actively stay in a positive mental state 	A brief list of healing modalities <ul style="list-style-type: none"> ➤ Traditional Chinese Medicine (TCM), including acupuncture ➤ Spiritual & Indigenous healers ➤ Clairvoyants, mediums, light workers and energy workers ➤ Body workers, Kinesiologists, Osteopaths, Herbalists, Homeopaths ➤ Doctors of all types, General Practitioners, Specialists, Surgeons, Vedic doctors 	The flaming sword ancient Sufi practice to let the energy of those that have harmed you go. Stand astride, in front of a window, imagine the person standing in front of you with a beam of energy connecting your umbilical buttons. Holding an imaginary flaming sword above your head swing it through an arc in front of you cutting the energy beam. Then imagine gently pushing the person away with outstretched hands and watching them fade into the distance
Search inside yourself for the koan of the illness. What can you learn from this?	Spouses, family members and special friends who are positive, supportive and engaged	Remember at all times Love is the central healing energy in the Cosmos

Wisdom Healing



Wisdom



Breath down
into your
diaphragm



Hug for 7
seconds,
Being still 😊



**Roar like a
Tyger**

2000 Year Old



Feel Peaceful
about it
All



Love
Everything

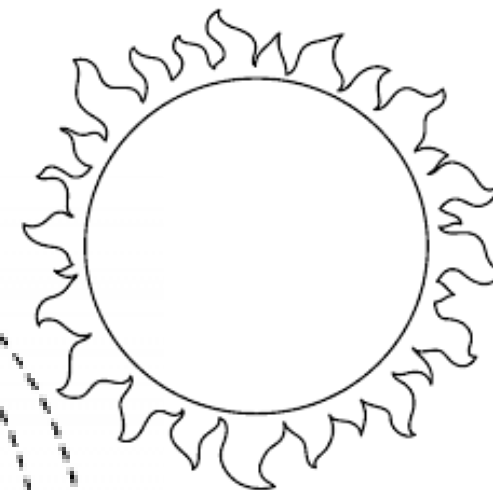
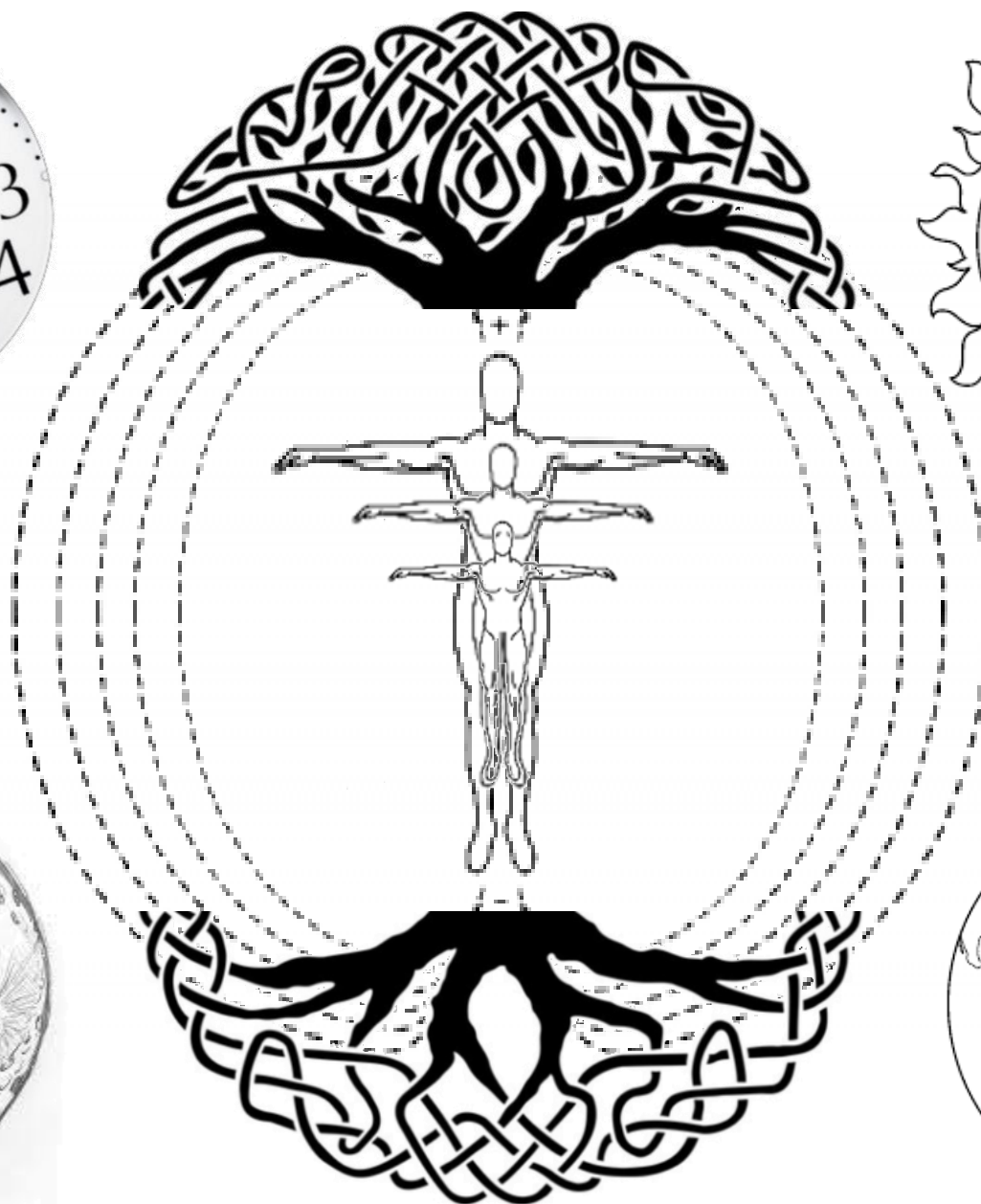


**Fear
Nothing**

Healing by Placing Oneself into the Womb of Time and Space



108



108





6. Integrating World Religions with Light, ONE Faith

Finding Faith by Practising Meditation

A New We, Trusting Each Other We Are Doing Our Parts, All Human

Find Faith by Practising Meditation

‘God has no Religion’ Mahatma Gandhi

To meditate is to connect with God, the Divine, Spirit, Oneness and the Whole. Here are ten meditations to work with over ten weeks, [Day of Love Ten Meditations](#)

- Bells - Breathing – Coherence
- Sitting – Opening/Lifting - Posture
- I am not
- Toilet
- Simple Guided – Healing Sands – Brandon Bays
- Visual Guided – Chakra clearing - Healing
- Visualisation
- Tibetan Mantra Chant
- Death Meditation - Embracing life
- Establish your own meditation practice space with elements of Earth, Water, Fire, Air, Ether

Life Question, Is it possible to truly listen?

Mondo Zen explanation: With this koan we realise, identify and claim this awareness that transcends whatever is arising from this awareness, this Clear Deep Mind. The answer is of course “**Yes**”.

We prevent the realisation of ever-present selfless Clear Deep Mind by not meditating, ignoring fundamental philosophical truths, using confusing language and persisting in an immature psychology. Once we change our understanding and have this realisation experience, we have begun to Awaken.

This may be your first point of realisation of Clear Deep Mind or a ripening of ‘seeds’ already growing. This unopinionated listening is Dhyana, Zen mind. Understand the difference between conceptual listening and deep listening. With this koan, we have begun to deconstruct our perspective, our philosophical view

Here’s an adaptation of the Mondo Zen koans to be curious about. Inquire deeply into this on your own and with other people around you about the answers to these questions.

[Mondo Zen Koans, Pre Reading](#)

Exercises

Daily Saying

I am getting better and better every day I am getting better in every way.

You may like to use the *Light Gifts* in this section to

Find Faith in being Human by

- Sitting still and listening to [Day of Love Koans](#)
- Reading out loud to yourself or in a group
- Thinking about whilst walking
- Visualise with during a quiet meditative moment
- Dance, move to, or practise Yoga, Tai Chi or Qigong while listening

Exercise

I didn't really understand what it meant to be have faith until...

Example

I didn't really understand what it meant to have faith until one morning, driving to work alongside the sea, I put the window down and feeling deeply angry at the world, with all my might I shouted F . . k you. The karmic response was instant. A large wave came over the sea wall and straight through the car window soaking me.

On that morning I was presenting to an important client. I stood in the toilet at work drying myself off with paper towels greatly humbled by this experience.

Resources

[John Lennon – Imagine](#)

[Thomas Huebl - Sharing The Presence](#)

[Monk Matthieu Ricard - Why Meditate?](#)

A Note on Looking Towards the Light that Connects All Humans & All Beings

Great Eastern Sun hierarchy comes from seeing life as a natural process and tuning in to the uncontrived order that exists in the world. Great Eastern Sun hierarchy is based on seeing that there is a natural source of radiance and brilliance in this world – which is the innate wakefulness of human beings. The sun of human dignity can be likened to the physical sun spanning the darkness. When you have a brilliant sun, which is the source of vision, the light from the sun shines through every window of the house and the brightness of its light inspires you to open all the curtains. The analogy for the Great Eastern Sun world is a flowering plant that grows upwards towards the light. The analogy for the setting-sun hierarchy is a lid that flattens you and keeps you in your place. In the vision of the Great Eastern Sun, even criminals can be cultivated, encouraged, to grow up. In the setting-sun vision, criminals are homeless, so they are shut off; they don't have a chance. They are part of the dirt we would rather not see. But in the vision of the Great Eastern Sun, no human being is a lost cause. We don't feel we have to put a lid on anything or anyone. We are always willing to give things a chance to flower.

Excerpt from Shambhala, The Sacred Path of The Warrior, Chogyam Trungpa

78% of the global population,
5.5 of 7.6 billion humans believe in a higher
power than themselves

World Religion	Estimated Number of Followers
10. Shintoism	4 million, 0.01%
9. Jainism	4.5 million, 0.06%
8. Confucianism	7 million, 0.1%
7. Bahaism	8 million, 0.15%
6. Judaism	20 million, 0.3%
5. Sikhism	30 million, 0.4%
4. Buddhism	400 million, 7%
3. Hinduism	1 Billion, 15%
2. Islam	1.6 Billion, 23%
1. Christianity	2.3 Billion, 32%

[Top Ten World Religions, 2017](#)

Lemuria, Shambhala, Shangri La, Nirvana...An Enlightened Society

In Tibet, as well as with many other countries, there are stories about a legendary kingdom that was a source of learning and culture for present-day societies. According to the legends, this was a place of peace and prosperity, governed by wise and compassionate rulers. The citizens were equally kind and learned, so that, in general, the kingdom was a model society. This place was called Shambhala.

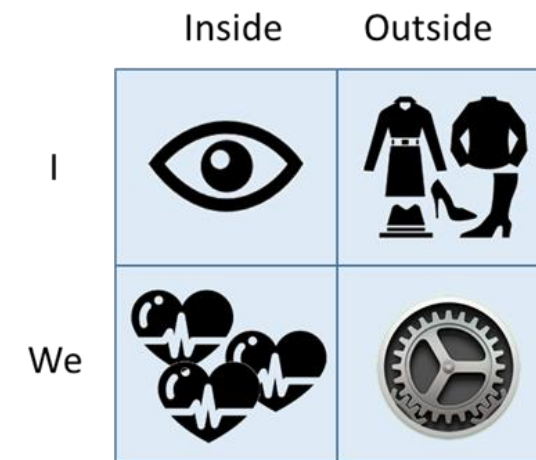
It is said that Buddhism played a key role in the development of this kingdom. The king received teachings, the Kalachakra Tantra, or Way of Peace, directly from the Buddha, took them back to his kingdom and all the people learned the way of the heart, the way of loving-kindness, and so all the subjects became highly evolved beings.

Taking this story as literal or metaphorical it serves to illustrate a path where we can all live together in harmony, peacefully practising love and kindness to each other.

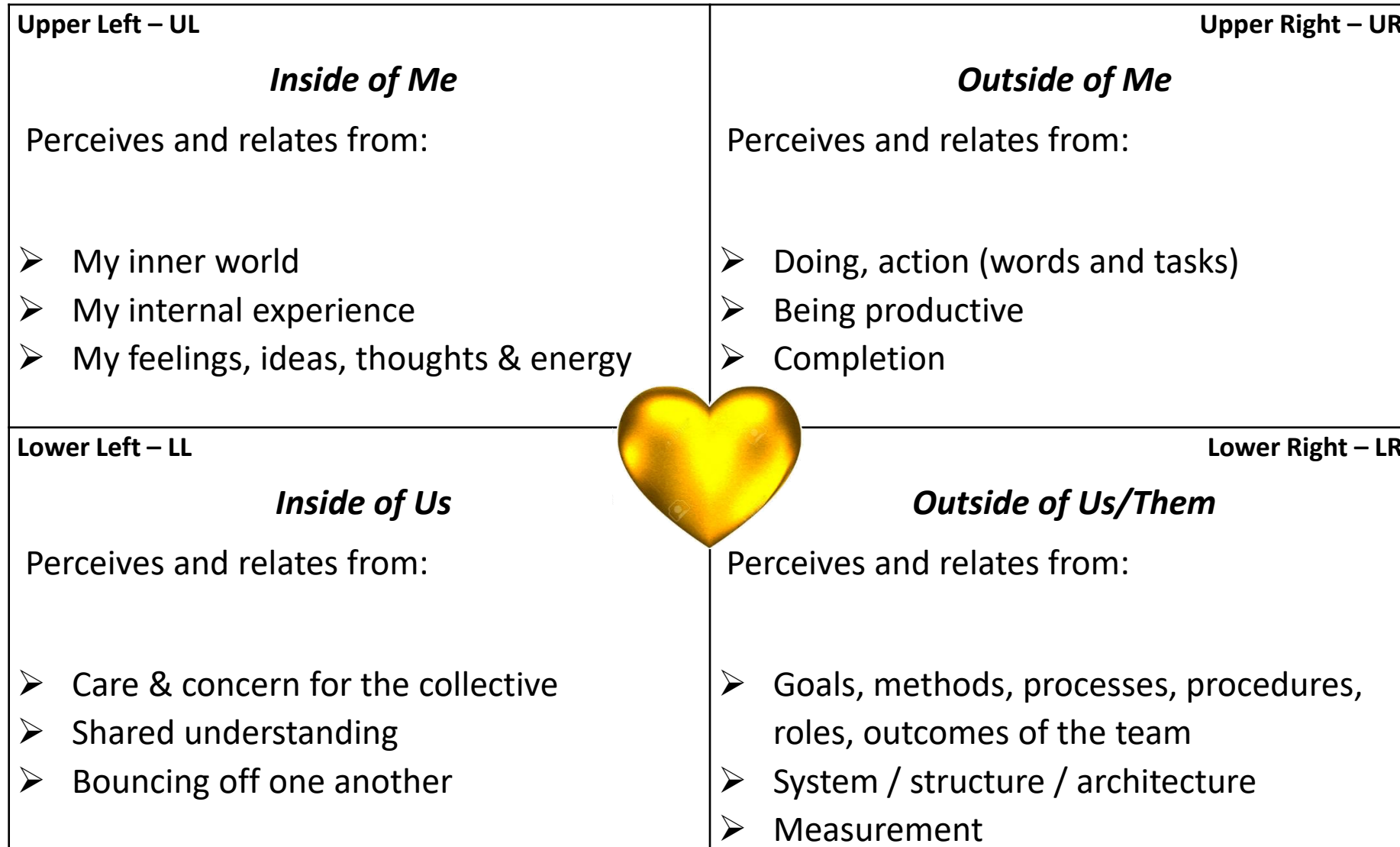
Legend says the Kingdom of Shambhala vanished to another more celestial realm once all its citizens became enlightened.

Philosopher Ken Wilber, after studying all the religions and wisdom traditions of the world and throughout history, noticed they all had one thing in common, the ability to hold an I or We perspective and an Inside or Outside perspective, and so developed this aspect of Integral theory.

It's purpose is to help us all INTEGRATE multiple different perspectives; to look at any given situation through a number of different lenses at the same time, thus generating tolerance, love, compassion, peace and harmony.



Individuals' Preferred Ways of Perceiving & Relating, 4 Quadrant Model Example



Light Gifts



The Essence of All Religions, the Great Wisdom Traditions is Human Light

Dharmic

dharma is the moral order of the universe and a code of living that embodies the fundamental principles of law, religion, and duty that governs all reality



Golden light of compassion

Love and Compassion

Buddhism
Hinduism
Jainism
Sikhism

Abrahamic

Abrahamic religions all accept the tradition of a God that revealed himself to the prophet Abraham



Angels wings

God's Divine Love

Christianity
Islam
Judaism
Bahaim

Taoic

Taoic religion focuses on the East Asian concept of Tao
"The Way"



Ring of Firelight

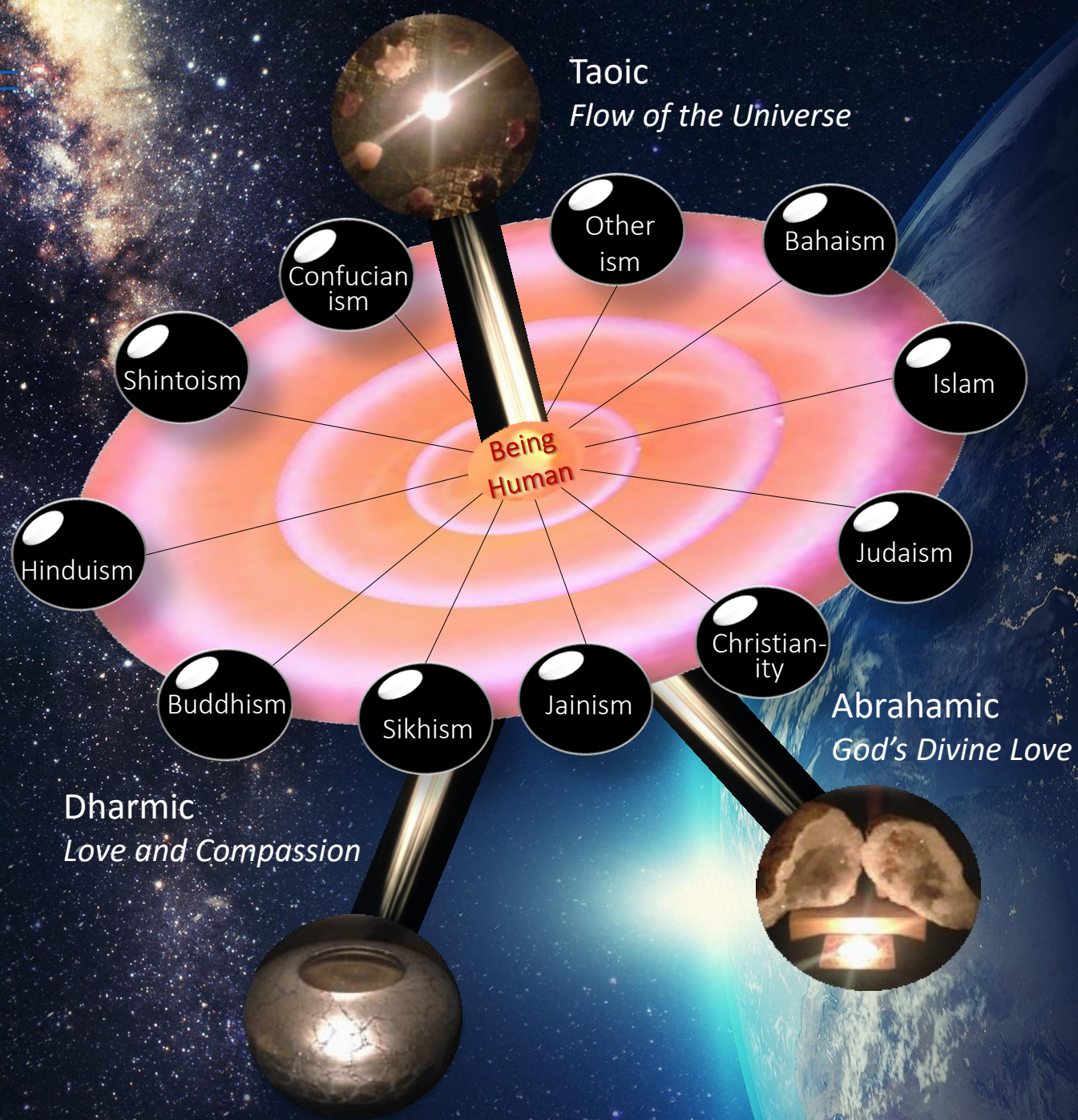
Flow of the Universe

Shintoism
Confucianism
Otherism

God Created Circles, Waves And Fractals



Courtesy of Minghao Xu, www.sourcealigned.com



The ONE Faith Space Station



C. Author's Note



The Stockdale Paradox

Confront the brutal facts of your current reality,
whatever they might be, and at the same time,

Retain faith that you will prevail in the end, regardless of the difficulties

What Would a Chocolate Buddha Know about Healing ?

Chocolate Buddha knows how it feels to

- Try to sleep in the thin air at 17,000 ft., barely able to breathe, and be visited by an Angel who says, 'You have done well with your healing powers so we are giving you more.'
- Wake up from an operation and hear the surgeon say, 'We thought about taking your entire bowel out as the gangrene had spread from the appendix but spent 3-4 hours cleaning up all the pus instead.'
- See a swirling portal of colours, all greens and blues, emerge before your very eyes and stay for 20 minutes
- Hear the specialist say the MRI shows cancer
- Get a phone call from the doctor saying its low grade and hardly any there
- Live with significant fatigue from Glandular Fever (aka Epstein Barr virus) that makes you sleep up to 18 hrs per day for most of a year and experience the associated temporary loss of cognitive function
- Pass a 3.5mm and a 2mm Kidney stone in 24 hrs, have a 10mm Gallstone inside you causing chest and gut pain for 3 years, have gout in big toes making it hard to walk
- Experience the grief of early deaths in the family, a dear father in law and brother in law

Chocolate Buddha knows how it feels to,

- Risk your own life and save a friend from drowning
- Experience the darkness of suicidal thoughts
- Leave your relationship of 28 years and wrestle with your wife over a divorce settlement
- Attend weekly psychotherapy for 2 years, process the trauma of childhood abuse
- Move energy from one's body to heal oneself and others, experience Archangel Michael's sword pass straight through you and heal your illness
- Sit above the Earth and watch beams of white light, souls entering and leaving our realm
- Float with the 7ft. tall blue beings of love on planet Prayadesic so they can heal you
- Have someone tell you, some weeks after you sent it to a place 10,000km away, that they received your healing energy as a blue light with a message that it was from you
- Have a spontaneous orgasm whilst lying completely still
- Experiment with the technology we call the human body to download the entire Cosmos into it, push it physically to keep going when there is no more energy, let another spirit enter so it can remember what it was like to have a body
- Be completely free, be yourself, and all of your selves
- Know some of God's deity children
- Get out of the way and let the Divine speak through you
- Know we can heal ourselves of anything if we want to

D. References & Thanks



Mountains of Thanks to All Beings in the Cosmos

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- Rebecca And Frederic Liu, Mt Eden Acupuncture Centre
- Den Illing, Homeopath
- Dr Andrew Lienert
- Dr Jamie Shepherd

Fascinating

How

Fascinating the idea of death

Can be.

Too bad, though

Because

It just isn't

True

[Tangerine Dream - Electric Mandarin Tour](#)

[Dr Eben Alexander - Proof that Heaven Exists](#)

[Transformative Sound Technologies](#)

The Gift,

Poems by Hafiz

The 13C Great Sufi Master

No Matter What Happens in Life

Always

Always

Keep Moving in the Direction

of the Love and the Light

www.day-of-love.com

www.facebook.com/dayoflove