

Experiencing Source and Introducing Liberating Touch

The important thing is to be able at any moment to sacrifice what you are for what you could become. Charles Dubois

Personal Peace / Forgiveness

The Self-Acceptance Project, The Self-Forgiveness Project, The Self-Love Project

Every word, incident and person that still has an emotional charge needs to be retraced, faced, replaced and embraced.

Clearing Guilt (I did something bad/wrong)

Clearing Shame (I am bad/wrong)

Belief systems and Bullshit

God the loaded word

Opening to Love (love as an inclusive, intelligent energy)

Within every drop is the ocean; within every cell is the intelligence of the whole body. Vasant Lad

The spiritual journey

What is the purpose of...

The world is my canvas and I draw this event into my life to teach myself a valuable lesson... I am the source of my own reality

Returning to Source

Discovering Grace

Who am I? Inquiry

Awareness / Consciousness

By approaching life with awareness we can make new and different decisions about what we want to create. A shift in perception is all we need.

Shadow work

One does not become enlightened by imagining figures of light but by making the darkness conscious. Jung

Facing the fear

The only thing that stops us from being our whole authentic selves is fear.

Gratitude

Taking an inventory of our lives and applauding our accomplishments. Letting our light shine.

Practicing the Art of Allowing

Time / Patience / Tolerance

The mind has no distinct form or shape. It assumes the shape or form of the thing it is associated with. Wandering from wish to wish, flitting from one desire to another – this is its nature. Thus, the mind is the cause of joy and grief, of elation and depression.

It is worthwhile for man to know the characteristics of the mind and the ways to master it for one's ultimate benefit. **The mind is prone to gather experiences and store them in memory. It does not know the art of giving up. Nothing is cast away by the mind.**

As a consequence, grief, anxiety and misery continue simmering in it. Give up what has to be cast away, know what has to be attained, then, Bliss becomes your nature.

So give up the idea of the world being real; know the reality of the Self and attain the Source- the Brahman (God).

Divine Love does not originate from the firmament.

It does not grow from the earth.

It has no birth and death.

It is all-pervading.

It emerges from the heart when the knots of ignorance are broken.

The sages of yore knew that the mind is an instrument which can bind man or release him from bondage. One has to understand its ways, as well as its potentialities. You must learn how to wield it, rather than yield to it. It is the mind that weaves the pattern called the 'I'. It constructs notions of pleasure and pain, of joy and grief, and a whole array of urges and impulses. **It resists all attempts to escape into the Eternal, the Universal, the Absolute. It protests when the individual is eager to become conscious of his true identity; but when it finds determined opposition to its tactics, it surrenders and disappears.**

It is natural that man desires to reach the presence of the Almighty, to see Him and be ever with Him, for deep within the human heart is the urge to reach the place from which one has come, to attain the joy one has lost, the glory which one has missed. Man is himself Divine and so it is a matter of the deep calling unto the deep, of the part yearning for the whole.

The following quote is from the Indian Buddhist teacher Aryadeva. He wrote this almost 1900 years ago:

"To question that things might not be as they seem can shake the very foundation of habitual clinging. This questioning spirit is the starting point for self-reflection. Could it be that this tightly-knit sense of self is not what it seems? Do we really need to hold everything together, and can we? Is there life beyond self-importance? These kinds of questions open the door to investigating the cause of our suffering.

"The actual practice of self-reflection requires us to step back, examine our experience, and not succumb to the momentum of habitual mind. This allows us to look without judgment at whatever arises, and this goes directly against the grain of our self-importance.

"Self-reflection is the common thread that runs through all traditions and lineages of Buddhist practice. It also takes us beyond the boundaries of formal practice. We can bring the questioning spirit of self-reflection to any situation, at any time. Self-reflection is an attitude, an approach, and a practice. In nutshell, it is a way to make practice come alive for us personally."