

## Soul

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Question: You will give instructions and advice as to what she should do to learn, or to know, how to attain spirit realization at this time, and also the steps that should be taken at this time to do this.

The Source: Yes, we have the records and the witnesses. And we would find that this one has incarnated in this particular time to maintain a balance or, that is, to achieve the balance between the mental, spiritual, and physical forces, that there would be in this lifetime a necessity to bring these into balance. For there has in the past been the development particularly of one or the other. This one comes in with the great deal of talent to share that which is the realization of the Christ force within, or that which is the beauty, that which would be seen in nature. For this one will see much of life that is not revealed to others, that is, in the colors, in the expressions, in the form of nature.

There is awareness that there is life that is not detected in the average mind, that is, that plants, that life on this planet, all life, not just that which we consider higher intelligence, all these forms have life, have intelligence, have soul, have expression that may be picked up by this one and revealed as a part of God at work, an expression of God in the universe And this will be the particular talent of this one—to help the peoples of this race to relate to the Mother God or, that is, that God force that is related through the planet, through nature, through the birth, through the cycles of life on this planet

Now we would see this one as speaking to large groups of people and sharing that which comes within the heart, that which becomes art, the drawings, the pictures, the color, and would be sharing with these the expressions that these bring to her realization Now this would be the realization of the life work, or that which will cause this one to feel that, "I am making a contribution to the Christ Consciousness."

There would first then be within this one the attunement, the realization of that which would come as the talent, and will come in this manner. For this one has realized that through the meditation, through the study, there has begun the un-quarreling upward of that which is known as the kundalini force that comes up along the spine and travels through the particular body centers, that would raise the consciousness to those centers of the mind, where these forces go out into nature and into other life to share that which is the consciousness of the individual.

Now we would see these things reacting in this way: That these have caused experiences within the body and desires, sensations within the body that have not been understood for this one, and because of these there was the feeling of retarded development rather than accelerated development in the spiritual fields for this particular one. We would see that this one would do well to practice the Hatha Yoga, and to respect the body as an instrument, of expression of God in this world. See it not just as a vehicle for humanity, but as the respectable vehicle, the temple of the God forces in this world. Respect the body in this manner, beautify it in this manner, use it in this

manner, and have respect for every part thereof, and use these as expressions of the God force in the world. Use them for the purpose of carrying the God force to others and sharing it with others.

There is an ability within this one to see beauty of things in miniature or, that is, that in miniaturizing these things that we see as abstract concepts, this one can bring them to elfin figures that will help people to relate that which might be frightening on a larger scale; can be brought into concept through the drawings, through the delightful colors that she is able to express herself through in her art work. There will be the ability, as well, to express the idea in this work, and in seeing these on paper, then the ideas become more clear in her own mind. And there is the ability to speak about the Christ Consciousness, or that which becomes the awareness of God within self and the development

Now we would find that this one has come from past lives as one of the children blessed of the Apostles, and one who saw the death of that which is the mate in this lifetime, at the present time, or that one who was Jason and was stoned for preaching the Gospel of Christ. And there has come in this lifetime the compassion for this one, the seeking to set this one on the path. And there would be the feeling, "If I could only get this one satisfied in the service of God Consciousness, I will have performed my life work in this life."

This one then is drawn to this mate in the way of consoling, or assuring that that which was done in that life, and that which is undertaken in this life is right, and true and correct and will be the periods of growth. There will be the longing for this one to go deeper and ever deeper with the masters, with the teachers on this plane, to learn more of consciousness, to learn more the manifestations of God. This one then has the ability to understand these spiritual laws, and should give the much time to the study at the feet of those who would be the advanced masters on these planes.

Now seek those who would teach and attune self to what is being taught and recognize those that are spiritual laws, as the Law of Love, the Law of One. Where these divert and become dogmas or principles or that which would be constructed as ritual or that that would divert from the central principle.

Use the intuition, use the inner self to realize, what is God like? What would His laws be like?

There has never been a set of rules or principles laid down by Him who is God that we must follow for God Consciousness. All that was laid down are the Law of One, the laws of the universe, the spiritual laws that deal in concrete reality. That is, all things are done for a purpose.

If I would become a vegetarian, for what purpose would I be a vegetarian? For this particular one there is a need to be a vegetarian, but this is a spiritual need. For this one would feel, "I am sacrificing this for my belief." As well as the fact that there was given, "Thou shalt not kill." And in a very real sense this one sees animals as entities and would prefer not to partake of that which is life that was given through the taking of another life. ...

Now this one will find healing in the vibrations of the music of the East, and particularly that music of stringed instruments of the East; the sitar, and those disciplines that are the expressions of Indian poetry through music. This one will be able to relate to those types of rhythms and will be able to place the self in a meditational state and attune self to these vibrations, and will see the colors, the emanations of these vibrations as they come from the musical instruments. Attune self for meditation in this way and accept that which comes as teachings from within, the inner peace, the Inner Light, that development that would come from the very central part of self through this type of music. This as combined with the Hatha methods of yoga and meditation will help to attune this one for the realization of the God consciousness within....

.... If this one would see manifested the perfect principle of one or, that is, that which becomes the Law of One, she would see, then, that there is nothing in nature, nothing in another, nothing in God's creation that is not self. That is, see not self as a separate entity, but see all that is about you as an extension of yourself. Those who are suffering are part of you. Therefore you suffer through their suffering, and through the empathy there is the realization of the suffering. And then this one would seek to raise to high level that which is causing the suffering, thereby producing healing in the other, whether plant or animal, another human being.

There would be the empathy, the sharing within. See not self as separate individuals but bring others together with this one in love. Realize that there are reasons for all that manifest on this plane and attempt to see that which is behind that which would cause suffering. Seek, then, that each person would realize their greatest good from those situations he comes in contact with, and realize that self cannot be the highest emanation of God until self is attuned with others. If I would reach a higher plateau in spirit life, I would bring another along with me, for we all must reach a higher plane before there can be the perfect expression of the Law of One....

.... We would see the many talents that are brought over from past lifetimes, particularly that this one was a harpist in the Temple Beautiful, and used the music of the harp for the healing of the physical body. And this can be seen at this time in the mind, and as there is the relating to the music of the harp, this one can see the particular body areas that would be affected by the plucking of certain strings. See these tones within the mind, hear them within self, and see those problems as would be healed in others, particularly in the limbs, the twisted or withered limbs; were particularly responsive to certain levels of vibrations, rhythms of music, particularly the harp music. For there were these creatures at this time who were not quite human or, that is, that they were being transmuted from the animal bodies to that those bodies that would be perfected as vehicles for the human race, and there was treatment in the Temple Beautiful for these bodies by the use of music. Attempt to see this with the mind's eye and realize that in producing this music within the heart, or deep within the self in meditation and prayer, there can be at the same time as this is being produced within self, there can be projected healing power toward those as would need this type of vibration Attempt to attune self to this type of music and realize that music has color All these are different manifestations of light along a spectrum, and attempt to see color and rhythm and music integrated into one. Realize that life itself is but a vibration, a rhythm, and as these are attuned they become one. And all things that have rhythm or vibration have healing potential. Bring these, then, as a part of life and integrate life.

There are those who suffer on this plane for no other purpose than to be an opportunity to demonstrate the perfect laws of healing. They are ill on this plane that we might discover the means, the methods of healing, of correcting these problems, and in so doing learn the principles, the applications of the laws of the universe. And in discovering these vibrational qualities in believing in music, in art, in beauty, in color, in nature, in believing in these as the perfect laws of God, we discover His laws and come closer to God and lift the entire race a little closer to the Godhead.

These are those that would be particularly remembered in past lives, are the Indian incarnation, as has been spoken, and the ability to relate to the music of India. This one was female in this existence, and was passive. There was little ability to make spiritual growth in this life, for there was little activity that was allowed to the female in this incarnation. This one, however, learned the passive acceptance of that which is duty and perfected the female side of the nature. There was the manifestation as a child in Galilee that saw this Greek evangelist that was stoned for preaching the gospel of Christ. There have been the other incarnations that can be brought in within this one's memory, but these should come in the dream sequences as they would apply to that which comes in the daily life, the daily experience.

Attempt to use all this that has been given as art and music and the understanding of people. Prepare to teach that which is seen by self. Realize that there is much that is seen in nature that is not opened to others. And seek to share this, particular at meditational times. This one would be particularly well for the quality of the voice and for the realization of these things of nature and God to assist others in relaxing and attempting, attuning in meditation. Seek to do these in circles, in group meditation, that you would attempt to relate to others and bring others together as one. This one will become the spiritual leader, the spiritual teacher if there is the development continued as has been given.

Seek to work particularly at this time on the yoga, the Hatha Yoga; would cause this one to relate to the body, and will relate to the principles of yoga, that is, form and motion, and will see these shapes, these positions of the exercise as expressing of Divine principles. Seek to understand these as there is the practice of this meditational exercise daily. And turn inward during these times and seek those realizations as would come from within. Realize there is no guru greater than He who lives within self. This is the light. Seek to follow that which can come as spiritual teachings from thine own heart.

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