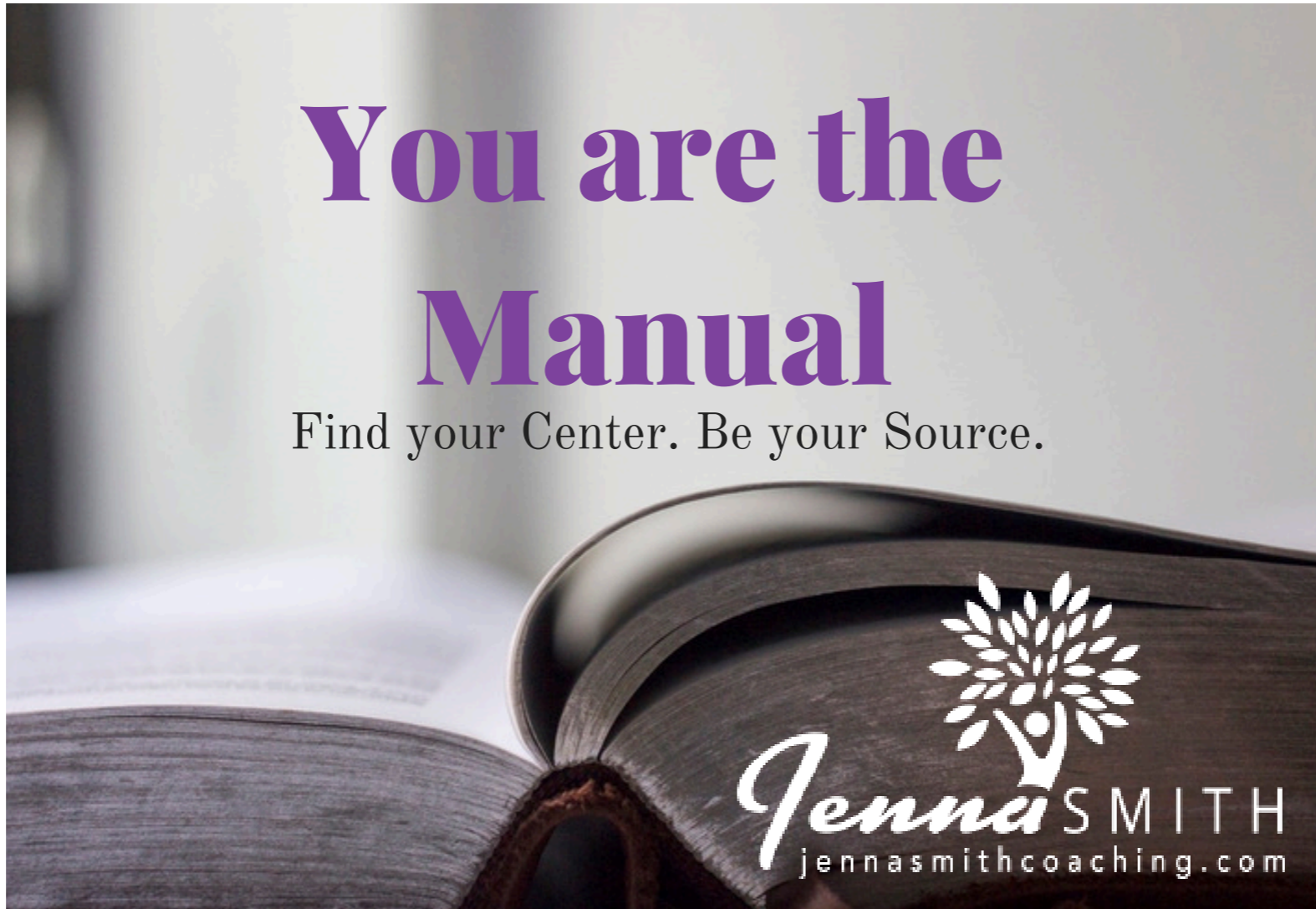


# You are the Manual

Find your Center. Be your Source.

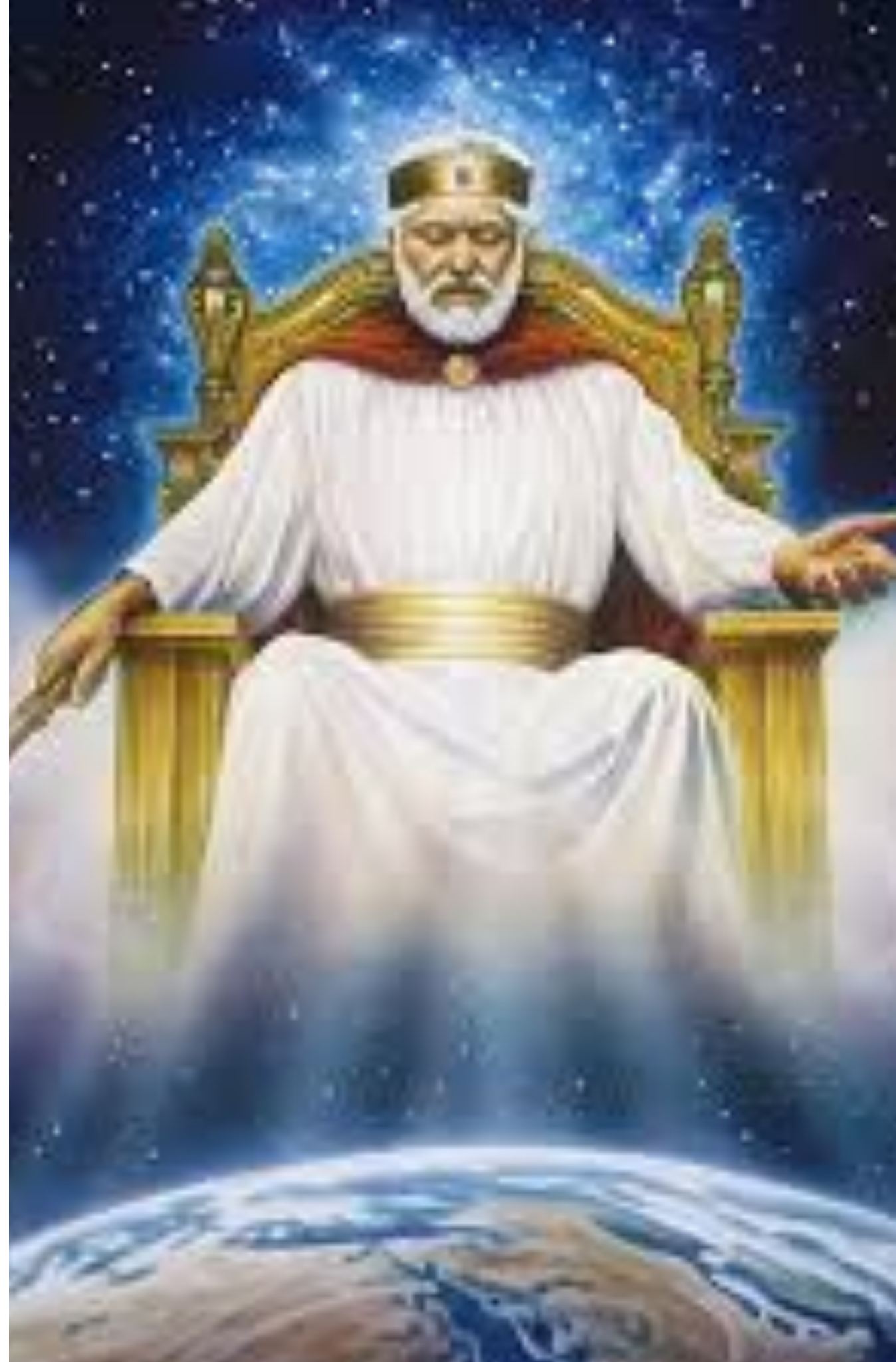


# SPIRIT

from Latin spiritus 'breath, spirit,' from spirare 'breathe.'

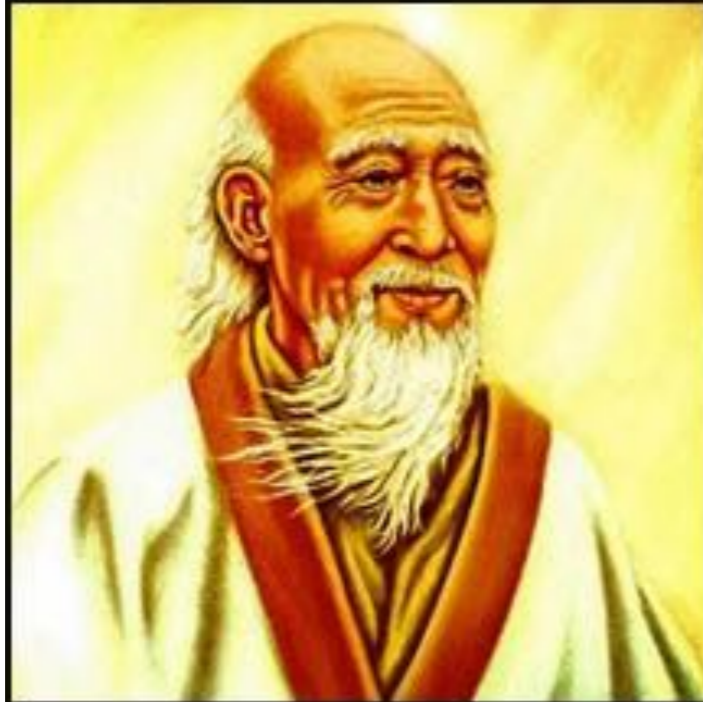
What is God?  
What is Spirit?  
What is  
Religion?

Group Discussion.



# Religion/Spirituality- Origin

- Middle English (originally in the sense 'life under monastic vows'): from Old French, or from Latin religio(n-) 'obligation, bond, reverence,' perhaps based on Latin religare 'to bind.'
- Oneness- All One, together, unified, connected.
- Yoga- UNION
- Spirituality- A connection with Purpose, Higher Meaning, Other Beings, Mediumship, Peace, our Spirit or Being. (sometimes people go too far and leave their Human self)



The Tao that can be told is not the eternal Tao. The name that can be named is not the eternal Name.

~ Laozi

AZ QUOTES

# We are in GOD's likeness

Not the other way around. Surrender to the not knowing, for we cannot know from the place of "knowing" (boxes).

# Most People need to Rehabilitate their Relationship to GOD.

- All of the misunderstandings, from all our years add up. They do not get forgotten by our inner child! and all of our belief systems. We often are quite bitter from feeling not heard by God (as we understood God, and project our Parental wounds onto God)
- In order to experience God or Spirit, we need to clear our gunk about what we thought God/Spirit was supposed to be, or where we were disappointed or abandoned. (My Story-Karen/Suzanne, Oneness)
- **Consider writing an F-U Letter to God to clear the Air** (This is like a 2 yr old temper tantrum and is not disrespecting God)

But the LORD said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him.

**For the LORD sees not as man sees:**

man looks on the outward appearance,

but the LORD looks on the heart."

1 SAMUEL 16:7



We need to look at our Blocks.



# We think we are in Control

But really, God thinks we are cute when we think we are,  
and helps us anyways.

# ENTHUSIAM- In theos OF GOD

early 17th century:  
from French  
enthousiasme, or via  
late Latin from Greek  
enthousiasmos, from  
enthous 'possessed  
by a god,  
inspired' (based on  
theos 'god').



Spirit is not so damn

SERIOUS!



**NEED AN ARK?**



**I NOAH GUY**

# Spirit Speaks Your Language, Talks your Talk

- Back to Subconscious- We will hear in our mother tongue (language), And see through our cultural perspectives.
- If your Grandma makes you feel Safe, and feel Loved- Spirit will show up as that.
- If Nature makes you feel connection, If a Temple or Church feels like God, it will be.
- Jesus can be short, brown and speak Aramaic, OR tall, white, and speak English.
- Honouring yourself, honours God.



# Symbol & Synchronicity

Synchronicity- *the simultaneous occurrence of events that appear significantly related but have no discernible causal connection.*

**CARL JUNG**- popularized the term Collective Unconscious. (Thought Sphere, our connection as humans through our collective mind.)

- INSISTENT, CONSISTENT, PERSISTENT
- Pay Attention
- **LIFE IS YOUR TEACHER**



“the earth has music  
for those who listen.”

-Shakespeare



**Music gives a soul to the universe,  
wings to the mind,  
flight to the imagination  
and life to everything.**

~ Plato

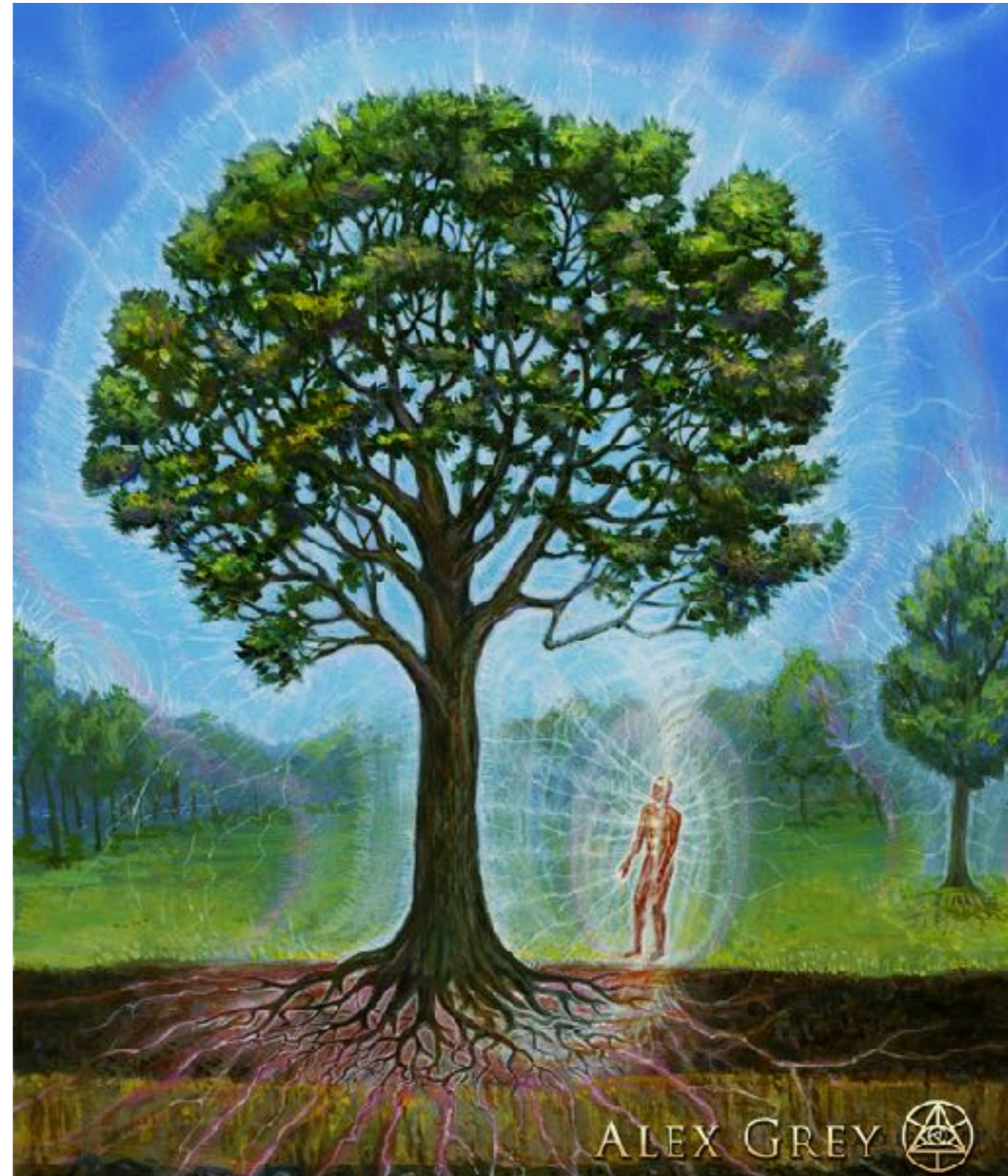


Art Music Poetry Dance  
Meditation Nature Being  
Animals Creativity  
Cuddling/Hugging

TRANSCEND THE  
ORDINARY

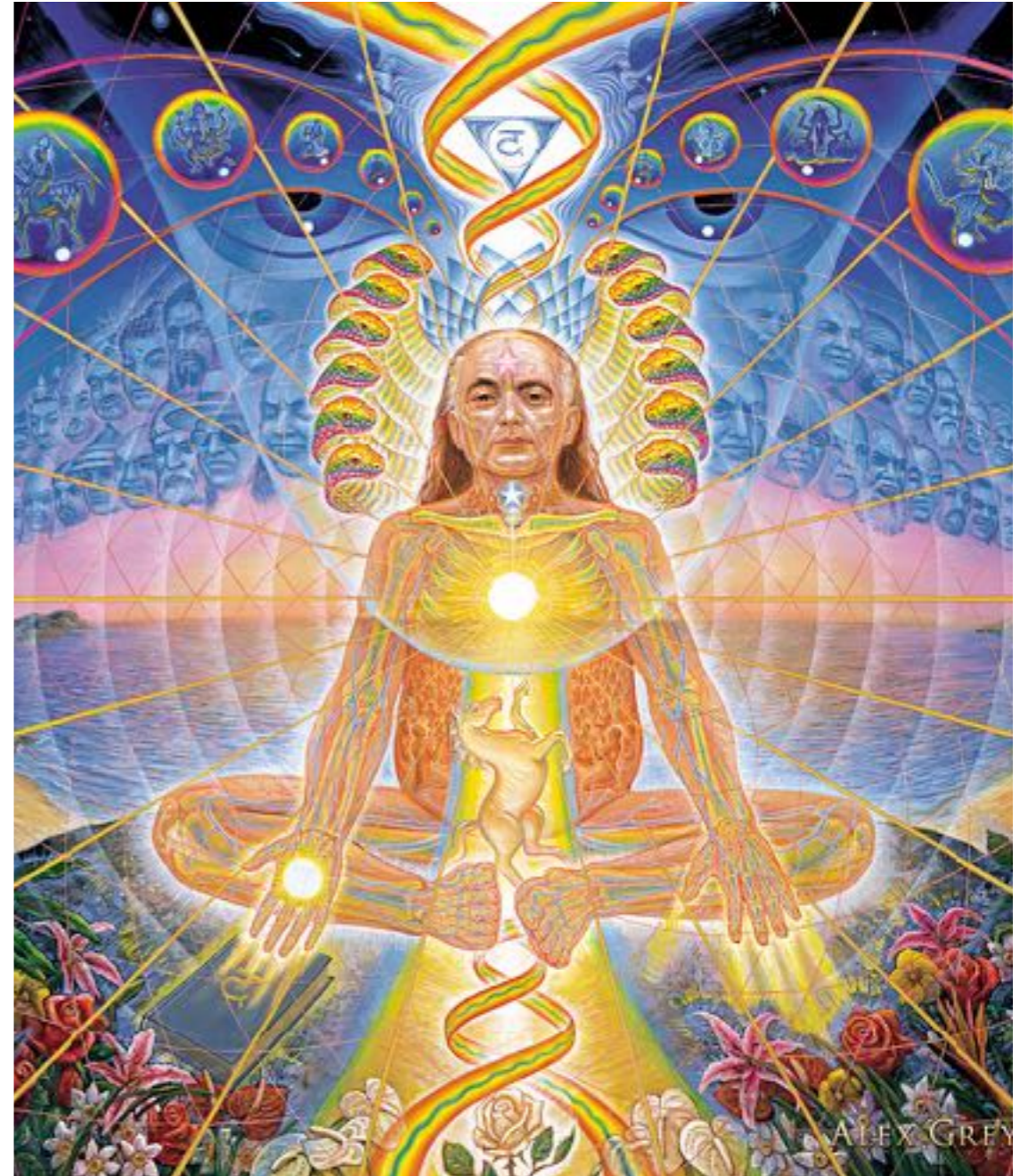
# Spirit is Everywhere

- Animism- Believe Spirit is ALIVE in all things.
- Energy is in everything.
- SHAMANISM - direct contact, make a “cell phone call.” (Journeying level 1 at The Northern Edge Algonquin- Martha)
- I personally like the tangibility of God being Everywhere, and Mother Earth creating and sustaining our life.



# Archetype & Metaphor

- Meanings are not so literal.  
(Serpant, Jaguar, Hummingbird, Eagle)
- Symbolic- beyond the cognitive mind.
- Trying to attempt to describe the intangible or indescribable to the best of our ability.





# levels of perception

**Serpant:** Literal, Facts, No Emotion, Legal, What IS, Ontology

**Jaguar:** Mental/Emotional, thought, interpretation, emotion, reaction

**Hummingbird:** Ceremony, Metaphor, Meaning and Purpose.

**Eagle:** Pure Spirit, The un-nameable One, WHITE LIGHT, All that Is and Nothing- SPACE and EVERYTHING.

## ARCHETYPE and ESSENCE

noun

noun: archetype; plural noun: archetypes

a very typical example of a certain person or thing.

"the book is a perfect archetype of the genre"

an original that has been imitated.

*"the archetype of faith is Abraham"*

synonyms: quintessence, essence, representative, model, embodiment, prototype, stereotype; More

a recurrent symbol or motif in literature, art, or mythology.

"mythological archetypes of good and evil"

### PSYCHOANALYSIS

(in Jungian psychology) a primitive mental image inherited from the earliest human ancestors, and supposed to be present in the collective unconscious.

MOTHER, TEACHER, MAN, PRIEST, SAINT, CRIMINAL

### Origin

mid 16th century: via Latin from Greek arkhetupon 'something molded first as a model,' from arkhe- 'primitive' + tupos 'a model.'



# METAPHOR

noun

noun: metaphor; plural noun: metaphors

**a figure of speech in which a word or phrase is applied to an object or action to which it is not literally applicable.**

"“I had fallen through a trapdoor of depression,” said Mark, who was fond of theatrical metaphors"

synonyms: figure of speech, image, trope, analogy, comparison, symbol, word painting/picture

"the profusion of metaphors in her everyday speech has gotten pretty tiresome"

**a thing regarded as representative or symbolic of something else, especially something abstract.**

"the amounts of money being lost by the company were enough to make it a metaphor for an industry that was teetering"

## Origin

late 15th century: from French métaphore, via Latin from Greek metaphora, from metapherein 'to transfer.'

The ability to communicate without being LITERAL is like understanding OPERA without knowing the language.

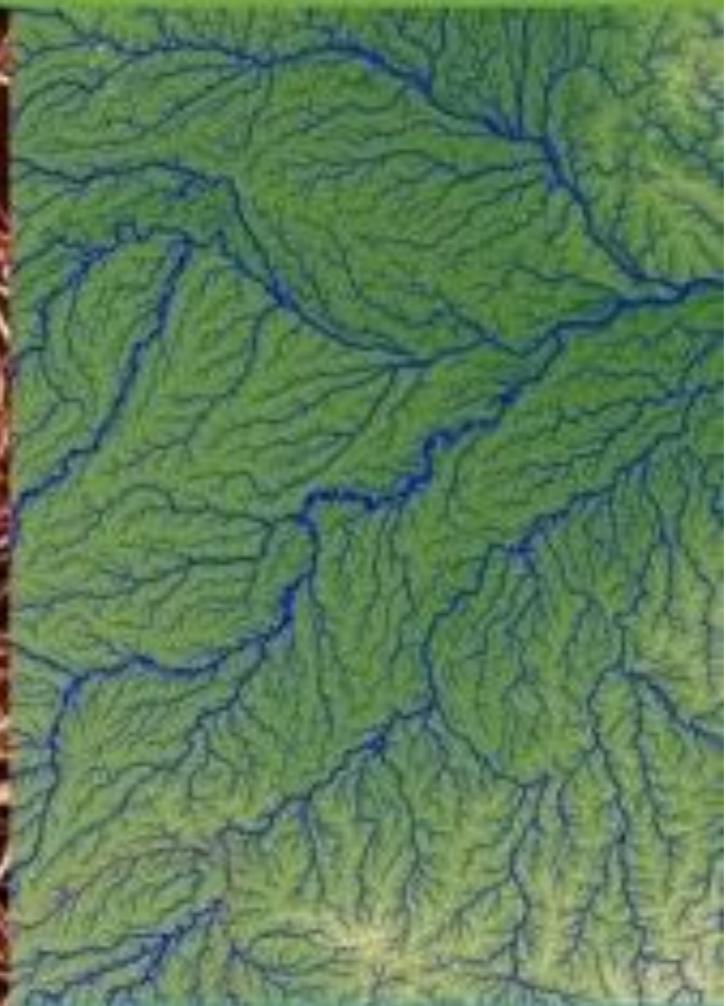
# WE ARE NATURE



Close-up of a small leaf



Blood vessels of a human heart



River network of the Amazon

## You are Part of Nature

Unconditional worthiness. RECEIVE=WORTHY  
Faith in needs being met: Trust in the ebbs in flow.

# What is a Higher Self?

- The part that can hear your Truth unencumbered by your mental/emotional debris/noise.
- Our Higher Self **IS us**, but is *not* our constructs and limitations.
- We can have **conversations with our higher** self via meditation and journaling to strengthen this connection.



What you want wants you.

*“What you seek is seeking you.”*

- RUMI



# Managing Interpretations Continues (Module #1)

In the perspective of SPIRIT, there is no  
“good and bad;” that is polarized.

From center, from love,  
there just IS. What IS.

Chinese Farmer Story: What is good?

<https://www.youtube.com/watch?v=OX00ARBqBp0>

# Stuff to do to Access Spirit:

## Level of CEREMONY

- Altar, Meditation, Dance, Poetry, Nature, Creative actions of any kind, Writing, Acts of Service (that are pure of intention), Laughter, Metaphor, Film...
  - Small Ceremony- full moon, new moon using just a candle and a fresh flower. This interaction, this **PARTICIPATION**, and engagement feeds your Spirit.
  - What delights you, delights God/Spirit- your Creator.
- Make an Altar. ( Latin altus 'high.')
- a Place that is Sacred in your home. Sanctuary- flowers, smells, cherished items.
- SLEEP- let yourself BE DONE, heal and process in Sleep.
- Do something without a schedule that gets you into a flow.
- Listen when you talk to others, see their Essence.
- Service and Acknowledging others.
- ASK- for Spirit to connect.



# Being.

Allowing yourself to simply BE.  
No judgment. No resistance to WHAT IS.



A ship in a harbour  
**is SAFE.**

But that is not  
what ships are

**BUILT FOR.**

# LIVE YOUR LIFE

In my opinion, one of the best forms of prayer is to BE  
you, and Live your Life. PARTICIPATE



# Resources

- Sanaya Roman series
- Paul Selig Books
- Matt Kahn, Teal Swan, Esther Hicks- YOUTUBE
- Dr. John Demartini
- Movie: I AM, and THRIVE, What Dreams May Come, Powder
- Rumi, Hafiz



**ACTIVATION** time **JENNA!**

Listen for the Group



### *Lost*

Stand still. The trees ahead and bushes beside you  
Are not lost. Wherever you are is called Here,  
And you must treat it as a powerful stranger,  
Must ask permission to know it and be known.  
The forest breathes. Listen. It answers,  
I have made this place around you.  
If you leave it, you may come back again, saying Here.  
No two trees are the same to Raven.  
No two branches are the same to Wren.  
If what a tree or a bush does is lost on you,  
You are surely lost. Stand still. The forest knows  
Where you are. You must let it find you.

—David Wagoner

*Heartbreak opens onto the sunrise  
For even breaking is opening  
And I am broken  
I'm open  
Broken to the new light without pushing in  
Open to the possibilities within, pushing out  
See the love shine in through my cracks?  
See the light shine out through me?  
I am broken  
I am open  
I am broken open  
See the love light shining through me  
Shining through my cracks  
Through the gaps  
My spirit takes journey  
My spirit takes flight  
Could not have risen otherwise  
And I am not running  
I'm choosing  
Running is not a choice from the breaking  
Breaking is freeing  
Broken is freedom  
I am not broken  
I'm free.*

*~ Spoken by Alike (Adepero Oduye)  
Written by Dee Rees*

JET PACK Meditation.  
Plug in YOU: Fill your Battery

We plug in our phones daily. But do we re-energize mind, body, heart and spirit daily?  
This will take less time than a full cell phone charge. Do this for a week and see what happens?  
Notice. Then choose if this is something you want to add to your daily routine. (I highly recommend it!)

Instructions and Guidelines:

1. Best if eyes are closed and you won't be interrupted. (you can even do this in the bathroom for a quick break to recharge).
2. Get centered in your body. (feel your breath moving you, feel your feet, feel your pelvis where its sitting, FEEL and notice, just breath and Be. You can't get this wrong.)
3. Bring your awareness down your body. Feel your bones insides, feel the blood moving around (even just to acknowledge it), work down the thighs, calves, and feet. FEEL them.
4. Picture ROOTS growing down from your feet into the earth (no matter the floor you are on). Allow them to grow deep enough to "lock in" and feel sturdy and grounded. Breathe, stay open to the process.
5. Allow the nourishment of life itself from the earth come into you. Receive. This is ALWAYS here, but we forget. Receive like you are drinking in all the energy you need. (see a dry plant, and picture how the water gets soaked up effortlessly and naturally to meet its needs. it never takes too much.)

CENTER

6. NOW let go of all you don't need. Redistribute the energy you are holding unnecessarily – let go. You can't control it all, let life help and assist. (you can picture tension and extra icki-ness out the roots and into the earth)
7. After you feel complete (signs are sighing, feeling its done, or just a knowing)
8. Bring your awareness back to the pelvis.
9. Fill your legs with the earth energy. (just intend, there's not much to do here)
10. Connect to your Spine. Inside your body, at the center.
11. Feel it go up bit by bit (vertebrae by vertebrae).
12. When you reach your head. Go 8" to 12" above your head and image the ball of light always there. Your connection to infinite energy, creativity, and love.
13. Let this light pour into the top of your head. And FILL your spine like it s a column-hence the jet pack. For some reason picturing a star wars light saber glowing with energy also works! GLOWING concentrated energy. Some people like to see a shower of light also.
14. FILL UP. Let this happen. Allow and receive.

BONUS:

Once you are tuned into life again (above and below and in center) you can ask questions and actually HEAR because there is space now.  
When you are overwhelmed, scattered and such you will tend to feel alone because it's harder to hear your own cell phone connection to infinite wisdom.

INNER 8 Ball:

Ask a question.  
Wait for the answer to float up. (It's from your mind if there is a chatter back and forth, noisy, unsure answer) Truth speaks clearly and with a sense of KNOWING.

YUP. It's that simple.

Enjoy, and take care of yourself. You matter.

I know the way you can get  
When you have not had a drink of Love:

Your face hardens,  
Your sweet muscles cramp.  
Children become concerned  
About a strange look that appears in your eyes  
Which even begins to worry your own mirror  
And nose.

Squirrels and birds sense your sadness  
And call an important conference in a tall tree.  
They decide which secret code to chant  
To help your mind and soul.

Even angels fear that brand of madness  
That arrays itself against the world  
And throws sharp stones and spears into  
The innocent  
And into one's self.

O I know the way you can get  
If you have not been drinking Love:

You might rip apart  
Every sentence your friends and teachers say,  
Looking for hidden clauses.

You might weigh every word on a scale  
Like a dead fish.

You might pull out a ruler to measure  
From every angle in your darkness  
The beautiful dimensions of a heart you once  
Trusted.

I know the way you can get  
If you have not had a drink from Love's  
Hands.

That is why all the Great Ones speak of  
The vital need  
To keep remembering God,  
So you will come to know and see Him  
As being so Playful  
And Wanting,  
Just Wanting to help.

That is why Hafiz says:  
Bring your cup near me.  
For all I care about  
Is quenching your thirst for freedom!

All a Sane man can ever care about  
Is giving Love!"

— Hafiz

