

NECESSARY
UNDERSTANDINGS
FOR PRACTICE

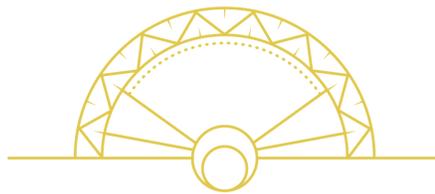
UNDERSTANDINGS

The Law of Free Will

The law of free will states that every being is sovereign - the supreme ruler of themselves - and is 100% at choice. This means that you are the supreme ruler over yourself and are completely at choice in your being and life. No one can force you to do anything. You cannot blame your choices, or your life, on anyone. You are powerful and are co-creating everything in your life. Fully own your power and the responsibility inherent in being able to make all of your own choices.

Radical Self-Responsibility

When you take full responsibility for everything in your life, you step into the full power of sovereign creatorship in this Universe, which is one of the most important pieces of waking up fully and becoming the conscious creator that you are. Being a human being brings with it a legacy of externalizing blame and scapegoating. These patterns are ready to be fully released and transcended. Blaming others for circumstances and conditions in your life is like a slow leak in a tire: pretty soon the tire will be flat and you won't be able to go anywhere. Owning everything in your life as a co-creation and fully taking responsibility for your parts to play is like filling the tire back up again, putting a patch on the hole, and getting back on the road. Pretty soon you'll get to the place where you're owning every experience of your life, and there won't be anymore leaks or holes to fix, only resilience, determination, and a rugged adaptability you can take anywhere, doing well within any situation and with any person.



LOVE AND LIGHT ARE PRIMARY

Love and Light are the core of what we are always making our way back to, and our aim is to stay in these places, flowing these qualities, at all times. We can declare ourselves of the Light, and for the Light, at any time, and this is a powerful affirmation of choice and intention.

LOVE IS

acceptance, compassion, everything is ok, all things are lovable, kindness, inclusion,
welcoming everything home, understanding, seeing the beauty within everything,
Source energy

LIGHT IS

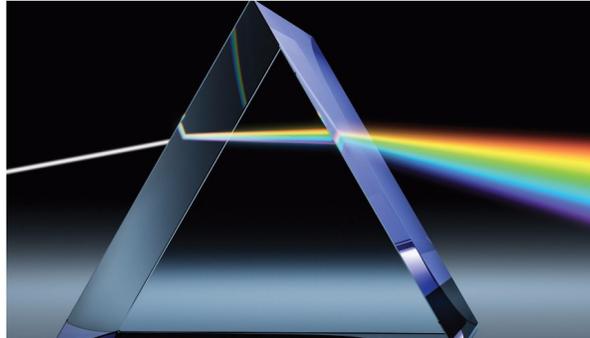
Love, goodness, consciousness, awareness, openness, curiosity, learning, clarity,
understanding, inclusion, connection, seeing how all things fit as part of the whole,
Source energy

UNDERSTANDINGS

Relativity and Absolutes

This created Universe experiences as relatives and contrast. In Truth, it is still all Source Light being refracted into prisms. At all times, both relatives and absolutes can be experienced based on what you focus your attention on. We learn through what feels like contrast, and contrast is perceived relativity.

Pure Source
Light,
The Absolute



Refracted light,
color, contrast,
this Universe,
Relativity

Examples of relativity

hot/cold, light/dark, happy/sad, fast/slow, up/down, spicy/bland, rich/poor, lucky/unlucky,
good/bad, giving/selfish

- depends on the perspective -

The absolutes of Source are

light, love, peace, goodness, kindness, joy, intelligence, power, freedom, compassion, ease,
wisdom, order, beauty, creativity, abundance, grace, harmony, clarity

- it IS this, always -

How do we learn what love is, truly, and in increasingly expanded ways, without understanding and experiencing the things that don't experience like love? It's like trying to understand or describe the sensation of warm without ever having experienced the sensations of hot or cold. How do we know peace when we've never experienced conflict or unrest? We know love, and peace, and all the qualities of Source more and more, deeper and deeper, the greater practice we have with all the possible options. Contrast provides us the ability to practice, and the more we practice, the greater we know Source qualities within us intimately and thoroughly.

We are on a journey back towards Source within which we are cultivating understanding, greater awareness, and ways of practicing life that are in increasing alignment with the absolutes of this Universe.

UNDERSTANDINGS

Horizontal Axis - Balance



On Earth, there are many different qualities we are meant to work with towards balance. These qualities are neither good nor bad, right nor wrong, they are all necessary for happiness and wholeness. Our goal with these is harmony, through mastery with all of what feel like opposites.

pragmatism	↔	spirituality
strong	↔	soft
rigid	↔	flexible
external	↔	internal
self-full	↔	selfless
giving	↔	receiving

*Mastery with these is balance.
Each is essential to experienced wholeness.*

Yin and yang, or masculine and feminine, can be a way in which we identify and then work with qualities that are often perceived as conflicting opposites. It is also very normal to think we have to pick one. This is not true, as both and all are necessary for wholeness, and all can be worked with synergistically.

In general, how are the male/female relationships in your life? How did your parents get along? Was one more masculine and the other more feminine? How have you witnessed male energy and female energy working together? Well? Not well? Has there been a lot of conflict and drama or loving and supportive synergy? What we are experiencing in our outer world points us to how these energies are working together (or not) within our own systems.

YANG

active, alive brightness, outward, air,
sunshine, fire, focused, linear, rational,
hardness, male, dryness, day-time, restless,
fast, producing, hot, assertive, dominant,
independent

YIN

passive, fertile darkness, inward, earth,
water, diffuse, flowing, intuitive, softness,
female, moisture, night-time, slowness,
consuming, cold, sensitive, docile,
interdependent



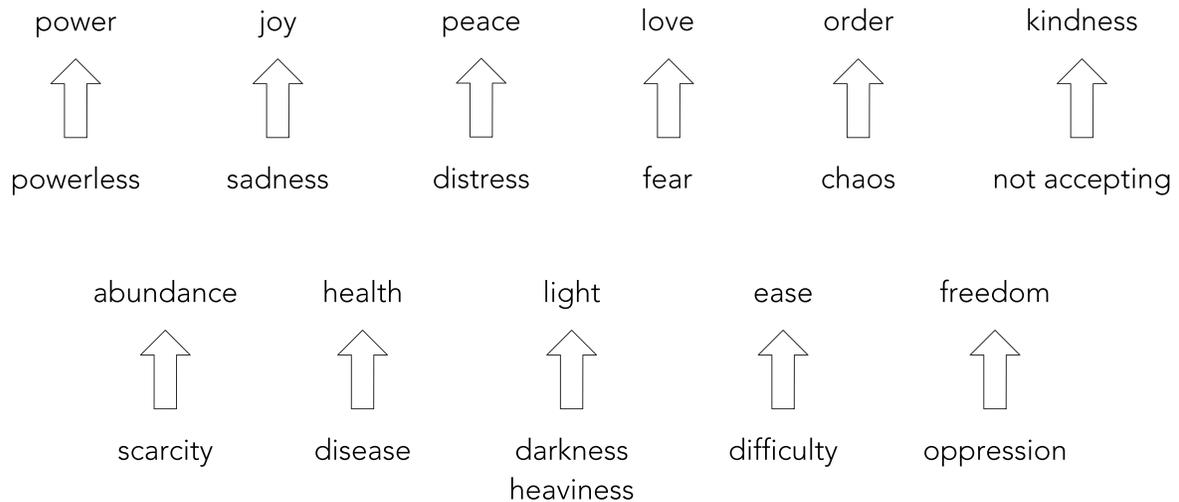
WE ARE MEANT TO WORK WITH ALL OF THESE, FINDING OUR OWN MASTERY
WITHIN THE HARMONIOUS BALANCE OF WHAT FEEL LIKE OPPOSITES

UNDERSTANDINGS

Vertical Axis - Ascension



As a spiritual being, there are many qualities we are lifting into. This work requires awareness, choice, letting go of what feels heavy, dark, unhealthy, and not serving, and giving more energy to what feels lighter, healthy, and truly serving.



This is the work of release and healing.

We are not meant to balance these energies, we are meant to become more and more of who we truly are: Source

We are consistently moving towards the absolutes of Source, not balancing against them. As we lighten and lift, we experience our path of ascension.

This is not to say that anything feeling dark or heavy is bad. Nothing is bad; all of it is helping us remember our way home. All of it is helpful in growth. Everything is Source energy, all of it, especially the stuff that doesn't feel like it. This is part of our remembering, and part of making all of our choices conscious and truly chosen. Most of us won't consciously choose the things that don't feel good or aren't in alignment on our path of becoming. As we grow in consciousness, we also grow in our ability to make higher and lighter choices. This is the way of things, and we can relax and trust into this natural progression.

UNDERSTANDINGS

The Human Experience

Planet Earth is a much heavier, denser vibratory field than what we're used to in the spirit world and other places. It is slow and thick, like moving through molasses. Everything takes more time than we're used to, so we are forced to practice a lot of things that we don't typically experience as fun, such as:

patience, steadiness, devotion, discipline, focus, timeliness, mindfulness, action, diligence, attention to detail, follow up, follow through, trust, faith, perseverance



It can feel easy to get lost here, to dwell in the darkness, to believe fragments of the whole truth and get spun around, to lose hope, to get heavy.

Yet this is not what we are here to do

We are here to heal. We're here to rise up and out of the darkness, to learn, grow, and develop to the best of our abilities. Planet Earth is challenging, and yet with every challenge comes great opportunity for transcendence. We are here to stick with it, to persevere, and to keep coming back over and over again to what is really at hand within every moment of life: our spiritual practice and evolution.

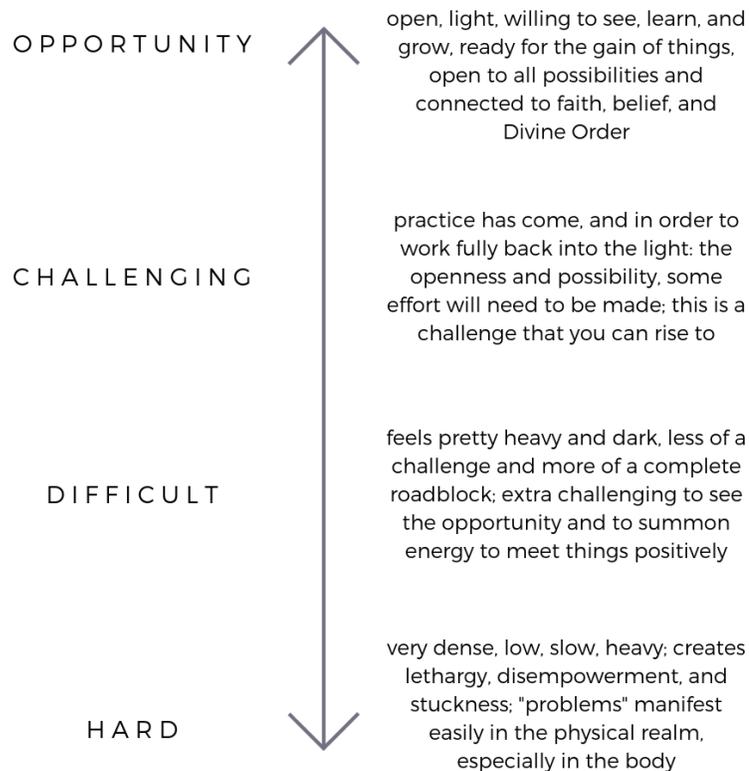
HEALING IS REMEMBERED WHOLENESS

This path of healing can feel very difficult - if not impossible - at times, meandering around, very often leading us to what feels like backwards. There is much from our history that needs attention. Trust this process. It usually feels worse before it feels better, yet this path of healing always leads us even more to ourselves and Source, and what ultimately feels peaceful and whole. It leads us to the parts of us left scattered in the past: judged, confused, afraid, unloved, until now. Now you have the ability to bring peace and reassurance to these pieces. You're more and more able to help them make sense of things, and to come back home to greater understanding. Keep opening and learning. Keep trusting what comes, it is here for an important purpose. All of it makes perfect sense on your journey of reclamation.

As we develop increasing consciousness and choice, the stuff that has been left unhealed will come up for processing. Often you will feel better only to feel worse again, and typically question your progress or feel confused by this resurgence of the old heavy. Welcome it all, it is here because it finally feels safe to come forward. It is here because you have the wherewithal now to work with it in a way that will help it heal. All of you is coming home.

UNDERSTANDINGS

The Vibration of Things



THE HARDEST STUFF IN LIFE IS ULTIMATELY THE GREATEST OPPORTUNITY FOR HEALING

How we approach everything in life is somewhere on this scale. The words we use are massively important. Moving from low, slow, and heavy vibrations "up the ladder" towards higher, lighter, and faster vibrations is always important and helpful. Useful tools in this effort are: breath, going outside and connecting to nature, exercise, journaling, naming and releasing, positive affirmations, doing anything on your self-care list, doing an activity that you love doing, connecting to and flowing with Source, doing something creative, and working with the energy of Love. Moving anything from "hard" to honestly experiencing it as opportunity is a massive win in your practice. Apply your effort.

Words and Naming Things

Every word out of your mouth is a prayer, it is a creational force. Use this power wisely.

Make sure every word you speak is what you truly mean, and that it is pointing you and others to where you truly wish to go. Make every word out of your mouth support and affirm what you want to exist. Naming things is part of the creational power of this Universe, and as such, as you name things you help create or destroy. With your words, you have the very real power to build things greater and stronger, to tear them apart, or to initiate a next chapter and start something new.