

# Land of the Soul

Edenic Living™

Alfred George Shaheen



# Land of the Soul

Edenic Living™

**Alfred George Shaheen**

Land of the Soul  
Edenic Living™

Copyright © 2023 by Alfred George Shaheen

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, contact the publisher.

979-8-9868380-3-8 (hardcover)

Derfla Publishing  
P.O. Box 519  
La Cañada Flintridge, CA 91012-0519  
[www.DerflaPublishing.com](http://www.DerflaPublishing.com)

Editing by Orange Street Editorial  
Design/Layout by Van-garde Imagery  
Cover Design by Van-garde Imagery

[www.EdenicLiving.com](http://www.EdenicLiving.com)

This book is not intended as a substitute for the advice of health professionals. Readers should regularly consult health professionals in matters relating to their health and particularly with respect to any symptoms that may require diagnosis or medical attention.

Your Soul is Heaven in You.  
You and Your Soul are One.  
Love Your Soul.

“Be ye therefore perfect, even as your Father  
which is in Heaven is perfect.”

Matthew 5:48 (KJV)



# Table of Contents

Introduction . . . . .	.vii
Spiritual Solitude. . . . .	1
The Soul Frequency . . . . .	5
Our Edenic Garden . . . . .	9
Body Spiritualization. . . . .	.13
Edenic Karma . . . . .	.17
Edenic Innocence . . . . .	.23
Edenic Oneness . . . . .	.27
Edenic Living . . . . .	.31
Spiritual Chanting . . . . .	.33
Frequently Asked Questions . . . . .	.41





# Introduction

When we awaken to the inner existence of our souls, we find a new dimension, a new world composed of Edenic vibrations. As we receive those vibrations into our hearts and minds, they bring with them their Edenic peace, their Edenic love, and their Edenic wholeness (*oneness*) to the conditions of our lives.

The divine vibrations of the soul teach us that the soul alone is I. The heart, mind, and body falsely claim to be I. But when we accept the soul as the singular I, the troubles and burdens of the world disappear and *Edenic Living*<sup>™</sup> begins.

If you have not yet awakened to the inner (*soul*) dimension of your being, you can do so by reading about and performing the *Soul Body Technique*<sup>™</sup> in my book *Particles from Heaven: Self-Realization*. You can also awaken to your soul via the *Edenic Prayer*<sup>™</sup> presented on my website at [www.EdenicLiving.com](http://www.EdenicLiving.com)

It does not matter the method you use to awaken to your soul. Knowing how to find the inner dimension, however, is necessary to enter it. Once you can see and sense your soul, you know the direction you should go. That direction will lead you to inner (*soul*) unity, spiritual wholeness (*oneness*), and to the *Land of the Soul*.



# Spiritual Solitude

Spiritual (*Inner*) oneness with the soul can be understood as spiritual aloneness, spiritual solitude, the singularity of the Edenic soul as I.

*“I alone am; my soul alone exists (is).”*

In spiritual oneness, the feeling of the heart and the awareness of the mind still function, but there is no separate I of the heart and mind. The heart and mind merge with and become the divine<sup>1</sup> faculties of the divine soul.

The activity of physical nature influences the separation of a person’s heart and mind from their soul to isolate a person in its darkness and sense of hopelessness.

Spiritual aloneness, on the other hand, is the unity of the heart and mind with the soul. The more spiritually alone you become in your divine soul, the greater you will know your soul’s Edenic body as “you.”

Your soul is the “presence of God,” also known as the “Christ,” or “God in you.”

---

1 Initially, it might be difficult for you to consider that you are divine. The word “divine” means *of God*. Our Heavenly (*Soul*) Universe is of God. You (*soul, heart, mind, and aura*) are a particle of Heaven, and therefore, you too, are of God. You will know this to be true in those moments when you experience inner oneness (*spiritual union*) with your soul.

*Soul Affirmation*<sup>™</sup>:

Turn toward your soul and watch it. While you are watching your soul, slowly and thoughtfully repeat to yourself:

*“I am my perfect soul body. I am perfect<sup>2</sup> life. I am eternal<sup>3</sup> life. I am my perfect soul body.”*

Between every three recitations, or so, pause for a few moments and relax into the thought that you can become aware from your soul body at the inner dimension of your being. Then think about the awareness of your soul body and you will naturally become aware therefrom. Resume another three rounds of the Soul Affirmation<sup>™</sup> and repeat.

As you relax into this process, you will begin to experience a fading of the sense of your physical body. Eventually all that will remain will be the heavenly vibrations of your soul body as you.

Ironically, the more spiritually alone you become, the greater will be the number of people that will come into your life. Everyone is looking for self-completion. Many people aren't quite sure what they are looking for, where it is or how to find it. They just know that something inside of them is missing.

What everyone is looking for, even if they don't know it yet, is their soul. When people see that you are of your soul, they will naturally gravitate to you, because you have the self-completeness, the fabled Edenic state of being that they hoped existed and had been longing for.

The nature of your life and the things in it are the vibratory effect of the nature of the energy that is you. We naturally

---

2 “Perfect” means *pure; without sin*.

3 “Eternal” means *everlasting; without beginning or end*.

vibrate with the nature of the energy that fills our hearts and minds. When we are of our physical bodies, physical energy/matter vibrates (*influences*) its dark nature in our hearts and minds. As we turn to and become of our souls, we become filled with its Edenic vibrations, instead.

*God is Soul (Absolute Life)*. The perfect manifestations of our Macro Soul's holy nature and activity (*currents and vibrations*) as your soul is the Edenic Garden, *God as*.

"*God is, God as*" is a reminder of what is true about who and what you are as the divine child (*individual soul*) and the Edenic effects of self-realization (*soul-realization*) at every level of your being and as every aspect of your life.

Your heart, your mind, and your body all claim to be you. But when you know your soul alone as I, the many parts that claim to be you disappear. Where there were many, now there is one.

I is one. You are I. I is your soul. Your soul is the substance (*absolute life energy*) of our Edenic Garden (*Heaven*). Desire to know your divine soul alone as I. Become more and more alone in your soul, and you will know that you are the Garden of Eden (*Heaven*) on earth.

The spiritual purpose of suffering physical nature is to repel us toward inner oneness (*spiritual union*) with our souls. If you were to move your hand too close to a flame, the heat of the fire would cause you to pull your hand away. Likewise, any suffering you are experiencing at the physical level is telling you to pull away from the sensations of your physical body and move toward the Edenic sensations of your soul body.

It is easy to get lost in the question, “*Why am I suffering?*” But when we understand that the spiritual purpose of suffering is to *remind* us to return to our souls, and we turn and enter therein, we find that we are in our Edenic souls, where suffering does not exist.

Your soul is a gate (*particle*) of Heaven (*our Soul Universe*). The perfect light (*life*) of your soul will perfectly lead you out of physical darkness to its Edenic body. When you arrive at the gate of your soul, there will only be you, your soul, the divine child alone in God.



[www.EdenicLiving.com](http://www.EdenicLiving.com)

**DP** Derfla  
Publishing

[DerflaPublishing.com](http://DerflaPublishing.com)

ISBN 979-8-9868380-3-8



9 798986 838038