



BOOK OF  
*Meditations*



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## *Gathering*

Wherever you go, there you are ... in the most  
wondrous way.

Explore your personal encounter through these  
stepping stones meant to stir and help *you* pave *your*  
own journey.

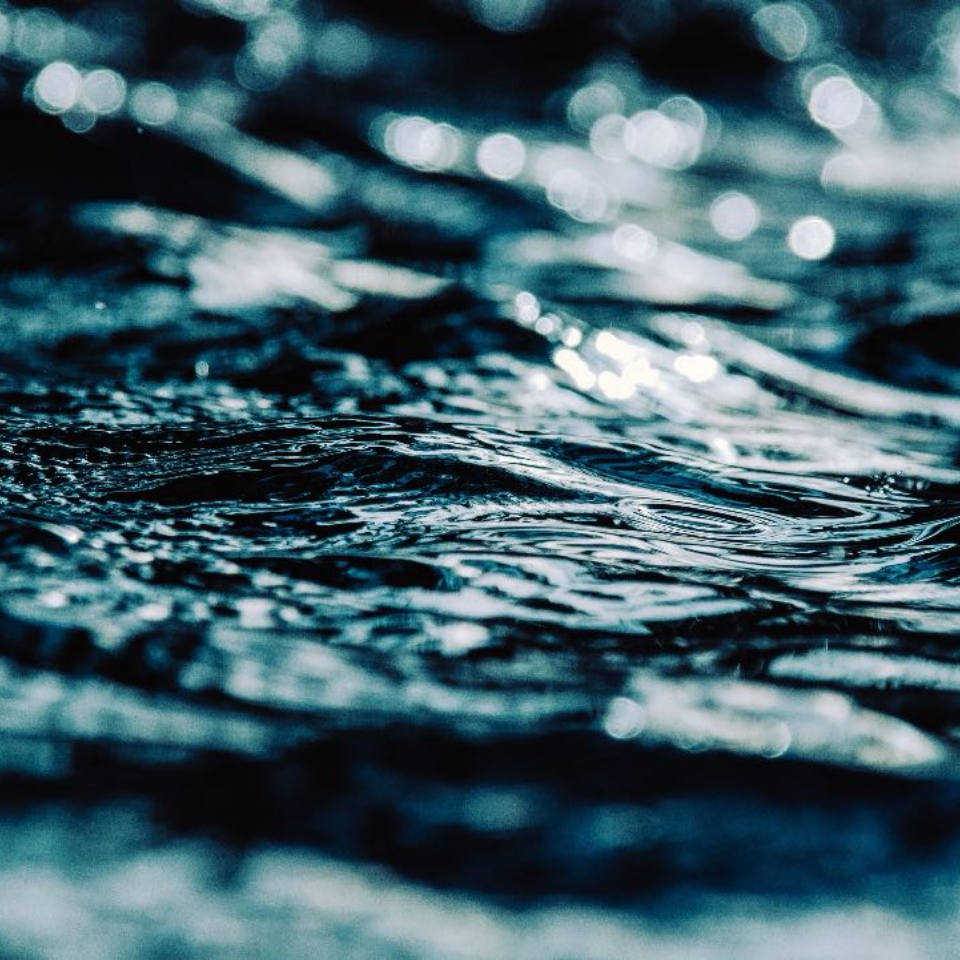
Full Circle

## *Steppingstones*

From each stepping stone that came before,  
Your own stepping stones will lead the way.

Through these moments of engagement, you will  
discover your own points of contact and deepening  
intimacy with *Life*.

Love remains, always!





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***“He leads Me to Still Waters”***

Read again and again and again

In whisper, in sound, with eyes closed

With soft look and still body

Peer and see

# *Breathing*

Rest

Be still

Breathe ... slowly IN, deeply IN

Expand diaphragm, then lungs

Hold ... 1 2 3 4 5 6 7 ...

Slowly OUT ... 1 2 3 4 5 6 7 ...

Still ... Breathe ... Rest

Again

Aware of breath, Life, Light...





## *Cross Gaze*

Moving from death and into Life

With a soft gaze, peer panoramically into this cross

Allow encounter and experience from within to move  
through the image before your eyes

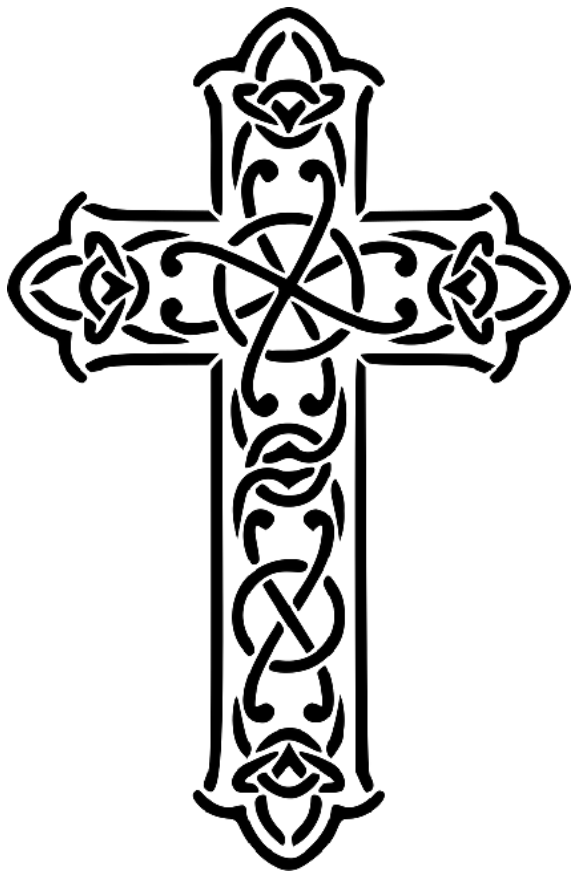
As you peer in, what is within will move forward  
A flooding of knowing will wash over you beginning as

A drop of rain

A down pour

A tsunami









## *Color Gaze*

Rainbow - Divine DNA activated - Mentorship from  
Heavenly teachers exuding these colors

Engage - Nervous system impacted - Seer awakened

Awareness of being Co-Creator rising

With a soft gaze, peer panoramically into each color,  
what is within will come forward







































# *I AM*

Eyes opened or closed

Softly focus upon

*I AM*

Be drawn into the substance of *this*

in whisper

sound

thought, image...

See *I AM*

See *YOU*

See *US*

## *Darkness*

Held in *Love*, peer within the darkness,  
allowing what is heavenly  
to come forward.

A dark room, eyes open.  
Focus your affections upon I AM.  
The cones of your eyes will open to true Light,  
and Love will guide you.

Don't think, just softly gaze.







## *Crowd*

Such beautiful moments of turning into stillness, a  
crowd may provide

Be amidst life, hustle, happenings

Sit, stand, lay..

And turn IN

*When breathe you rest you will naturally turn IN*

This may begin in small increments

## *Eye Gaze*

Within a sweet and subtle stillness, peer silently into  
Another's eyes

Remain in receiving, and so be  
See

Purity  
Peace  
Love

Is awakened and discovered here





## *Eyes Closed*

Breathe slow ... relax

### *Eyes Closed*

Force nothing but allow each color,  
glimmer of light, face and movement to simply come

Observe

Receive

Love holds and keeps you  
A mist will come, as it did IN the beginning  
You are safe

# Mirror

Softly peer into Your own eyes

See the soul behind the face  
Through the mirror  
See your Maker







## *Nature*

The unique impulse of Creator found in nature  
Is beyond describing

Feel wind  
Experience earth  
Draw near to fire  
Submerge within water

The subtlety of this affection will awaken any soul

## ***Soft Look***

In all you peer into, allow a softening to replace fixed  
concentration

Softly look toward a blank wall or a corner of your  
room

As you softly look, allow your periphery vision to  
activate, remaining as long as able

Begin to recognize the movement and lights of angels  
and people and energy

You'll become aware of Yeshua's presence right with  
you ... in you





## *Tree Gaze*

Softly gaze in to this tree

Feel generations rise

Experience being rooted in Life

Draw near to what draws near to you

Submerge in peace, every burden lifting

Breathe

See









## ***Unconditional Love***

Softly focus on a moment you experienced unblinking  
eyes tenderly gaze into your soul

Genuinely

Utilize this moment as your anchor

Utilize this moment as your door

Utilize this moment as your trigger

Discern the distinction between *Love* and need

*If feeling lost, ask Love to draw in close*

Rest

# *Wonder*

Slow and pause

Look again

Feel and experience the sense of

*I've never known this before*

Simple, innocent, pure

Revealing Oneness

A blank canvas

Fresh strokes with every glance

Arousing us into our next stroke

Wonder





## ***Remember Meditation***

When a sense of sadness or loss comes over you as a memory rises, here is how we can move through memory and awaken life in it.

This activation with reveal:

- *There is no separation from Life - only Union*
- *The Life expanding moment never left you*
- *Reconstituting triggers for Life*

As memory swoops in and sadness of memory or feeling of loss comes over you, slow down your thoughts that flutter like small winged birds, and breathe slowly in. Then out. Deepen your breath as

## ***Remember Meditation***

you relax your neck, then shoulders, and then every limb. *You are bringing your body into a place of safety again*

- Give these thoughts(*images*) a place to rest.

-In your imagination form a tender bed for them.

*Emotion rises when thoughts are swift.* Emotions will quiet as your thoughts(*images*) rest.

***Once rest for thought and emotion has come it is time to engage a life awakening activation***

***First***, settle upon one mantra that is all-encompassing for Life in you(*ie. I am fully alive - I am always surrounded*). Anchor into this mantra which is a remembrance of what is true(*no matter how you feel*).

This will become one of many new live-breathing

## ***Remember Meditation***

triggers for you. This is a soft focus - rest - move from trying to make something happen, and into rest.

***Second***, go back into this memory with your anchor, your mantra, and speak into this memory, growing in confidence, growing in tender love, expanding in rest.

***This activation is a relational one  
Connected to the source of life, we begin in small  
relational movements.***

*This I AM knows our deepest moments, feelings and thoughts,  
and loves us beyond what we can fathom to be true. We are  
being restored here.*









## ***No Space***

As we mature, *distinctions* become very important  
Here is one that will develop your foundation and take  
you deeper into Life.

### ***Seperation vs Distinction***

Here is our living truth: *There is only union. No space. No separation. Only union.*

Here is our breathing truth: *There is distinction so that there may be diversity within unity.*

Here is our living truth: *Unity produces peace. Harmony produces conformity leading to agreement or disagreement.*

## ***No Space***

*Union* - No space.

This is a remembrance meditation for us to engage  
and be activated in.

*Union* - No space.

***First*** - Gently focus on our truth above.

***Second*** - Breathe slowly, deeply, in & out. In & out.

*If body feels nervous*-because this truth changes  
everything-*take your dominant hand and gently rub your  
upper chest in a circular motion while you breathe slowly and  
deeply in & out, in & out. Feel your muscles relax and continue  
your soft focus upon our truth above.*





## *Mantra*

A *Mantra* is a sacred utterance, a word or a phrase that anchors your essence into what you are believing is life for you.

This is usually repeated over and over in order to establish a new groove within your brain(connecting to your heart, soul, spirit). A new pattern of living. A belief.

*For me* a mantra rises up out of an affectionate encounter with I AM. This is then utilized for the time it is meant to be, in order to ground me and reveal me within I AM.



## *Mantra*

A *Mantra* is also cause for remembrance of a reality that has always been. So when I speak of things that are, they are not my own conjuring or wishful thinking, but remembrances of what has always been and has now become mine. My home. My breathing freedom and present reality.

Take your *Mantra* and be strengthened in its resolve. A trigger to redeem all triggers. A turning in of your soft focus.

If thoughts race, keep coming back. Keep turning IN. This becomes your preset, your breathing anchor.

## *Mantra*

Let's continue on a little deeper and wider with  
*Mantra.*

A *Mantra* does not have to be encased in word. It can be a melody, a resonance that rises up from the depth of your being - your intimate place with I AM. This will have the same impact, if not greater, than a word or phrase repeated over self.

## ***Mantra***

Here are a few of my *Mantra's* that rose from my encounters with I AM and began to wake me up, cause me to remember so I could see who I really am.

*To the pure all are pure*

*I am Home*

*Yod Hey Vav Hey*

*Here*

*Lion Ox Man Eagle*

*Remain*

\*songs of sound always rise as my living *Mantra*\*





## ***In One, In Many***

We are multi-dimensional beings of light. We are  
human divine beings readied to wake up!

*I am a living testimony of being in many places because I am  
in One*

When I began a relationship with I AM I was shown  
how everything, every time, every creature and all  
existence rests in I AM

Being human divine has shown me to be child of I AM  
And as our relationship deepens I find myself in many  
places while remaining in my One

## ***In One, In Many***

Here are two meditational engagements that have helped in activating my awareness of being in One place and so able to be in many.

***First Meditation*** - Running on a trail. Though your body is moving (without having to think about it) softly focus on remaining still in one place. You will find you are truly in One place even while you move.

***Second Meditation*** - While driving your car, your body remains in one place. Softly pay attention to this. Then simultaneously focus on the car moving while you remain entirely still. Feel I AM's essence in this.







## *Another Place*

We live in *Another Place*. A place that is beyond the earth, beyond the universe, beyond time / space and beyond what most have known spiritual to be. This place holds everything we know as physical and is beyond what we understand as spirit.

This is our *Another Place*  
*Home*

When we experience glimpses of *Home*, this is our awareness of *being here* that we are experiencing. We've encountered a face to face with I AM.

## *Another Place*

Here is what has happened and why we are beginning to remember, to wake up and to experience this *New World*.

We have met the flesh of I AM, in one form or another, and have leaned in to him.

We have tasted something that is pure peace, pure calm and pure love.

*The flesh of I AM is only this.*

We may not know this one by name yet, but we are beginning to wake. We are seeing. And with this comes every infinite knowing, seeing and experiencing. All is *Love*. All is *Life*.

## *Another Place*

As these moments increase, we will experience a full immersive encounter. The substance of *Home* waking up inside of our body; our brain will warm, we will feel a liquid flow down from the crown of our head, and yet our physical eyes will not be able to see this(*unless you are a seer*). But by experiencing this, we see.

Waves of understanding will begin to wash over us. Eternity will begin to come together as pieces in a puzzle do. Each one full, manifesting a fuller fullness. We will wake up in a sweet ecstasy with I AM who is our parent in more ways than could be described.

## ***Another Place***

In order to continue in waking up in *Home*, in our *Another Place*, here is how we can do this. This is ***the*** *ultimate meditational engagement.*

- In stillness of body, softly focus on Love - on I AM - from within.
- Connect with any moment(memory) you have experienced your face to face with I AM.
- Rest entirely in this moment. Quieting thought, image and feeling. Rest.
- As you all discover one another in deepening ways, you will discover our *Another Place* and remain.





## *Triggers*

A negative connotation has villainized this word,

*Trigger*

Today, we are reconstituting what this word can be

A force for Life!

Let's look like at *how* we can engage *Triggers*

A trigger is not only found through direct engagement with memory, thought or mantra but in the intentional connecting with all aspects of life

*Meditations* are like sweet kisses



## ***Triggers***

Consider

*Smell*

*Sound*

*Breath*

*Touch*

*Play*

*Baking*

*Creating*

*Expressing*

If we intention our meditational trigger to be *for us*  
and not against us, this will be Life *in us*.





## *Tactile*

Wonder, play, adventure, exploration and simplicity is discovered in the tactile meditational engagements with *Life*

Utilizing the sense of touch, we can embrace these contact points to connect with breath and re-center ourselves in *Life*

- Draw line art, where pencils touches paper and remains
- Kinetic sand, where grains of sand are kinetically charged by movement, flow through our fingers in seamless serenity

## *Tactile*

- When feeling anxious or short of breath, take dominant hand and gently rub upper chest in circular motion, while breathing deeply and slowly
- With intention and purpose close eyes and draw hand to surfaces - forms or liquid - of differing textures. See by feeling - free of thought - allow image to come through neutral position of heart as a soft innocent wonder rises.
- On a plane, near a train, at a concert, in your living room, in the woods, near children ... experience the vibration of *Life* moving through your body. Offense and annoyance, gone. Wonder rises.





# ***Fire***

*Connecting with our elements*

*We begin with **fire***

We are in a state of quiet within

We have taken our time to rest, breathe and connect  
with *Life*

We are safe

With an already lite candle resting before us, we open  
our hand. Breathing slowly and deeply - remaining in  
rest - we move the open palm of our hand over the  
flame



## *Fire*

There is only connecting  
We see the flame begin to move as our hand hovers  
above her

We feel her warmth, but we are not burned  
This moment is the beginning of our awareness  
waking up

This awareness says,  
*I am one with the elements through I AM*

We remain as long as we desire, deepening in  
awareness and connection





## *Time*

Time is IN us rather than us being trapped IN time  
In order to wake in this breathing truth, expanding in  
the implications this living truth embodies, we must  
begin with this sweet foundational meditation

Eyes closed

- or open if not distracted by what your see -  
Gently set your focus upon being entirely present in  
your moment

With your breath leading, listen ... allow your senses to

## *Time*

acknowledge and feel what is around and in you  
Sound, scent, light, dark

You are present in this one moment  
There is only this moment  
There is only present

As you engage this sweet foundational meditation -  
the living truth of *Time* bending within and around you  
- it will come forth from the shadows; Coming  
through the veil of separation and you will know  
freedom in all ways.





## ***Body Love***

*Body Love* is a meditational contact point that can be  
engaged anywhere

In a field, in your living room, in a dance hall or small  
space. Anywhere you may gift your body permission to  
simply be

This is the space where our physical bodies come into  
a fresh place of care and safety; revealing in us fresh  
wonder and restored innocence

Here, we trust our own body; allowing movement to  
come, breath to rise, peace to permeate and healing  
to manifest



## *Body Love*

- Soft focus, effortless in nature
- Syncing up movement with breath or no breath
- Allowing body, all limbs, to move freely (innocence is encountered in this space of raw and genuine being)
- Allowing sounds to come, as well as silence ... honor each upon One's own journey. There is a natural flow in this, all diversity syncing up in union

## ***Body Love***

- Feeling like so many practices - our body will naturally move. We give permission for it to do so, loving our body through it all
- Emotion rises, healing rises, a remembering awakens
- A revealing of what *Body* is will deepen as One delves deeper into releasing and trusting, into loving and honoring
- ***Body Love in Community*** - No one leading Another; come and go as drawn to do so; sprawl out or stay close ... and move ... or be still







## ***Channeling Life Flow***

Let's begin here

*Love is Life is Light is Love*

Where ever you discover true *Love* you will discover  
real *Life* you will discover substance found in *Light*

This is the energy that not only moves through  
everything, but is the composition of everything

In order to channel this pure, raw *Life Flow* a person  
must know this *Life* personally, first

To be a living vessel of *Love* a person must see whom

## *Channeling Life Flow*

they have come from, first

To be a living conduit of *Light* a person must grow in the remembrance of what *Light* is and how it functions



When this happens a person will begin to know  
themselves in distinction

Unified through distinction

Not separated, but unified through distinction

As a person becomes aware of union in One and so can discern distinction, a person can begin to practice

## *Channeling Life Flow*

channeling life flow

This ability is a maturing relational process - different from a person who is born with a gift. The gift will only take a person so far



Through this deepening, maturing relationship with  
*Life - I AM*

You will naturally release *Life* without thought

Here is what may happen naturally that leaves you wondering *how* do I do this intentionally(?)



## ***Channeling Life Flow***

- Healing of physical ailments
- Raising bodies back to life
- Calming emotional & mental torment
- Creatively outworking problem focused people, situations and forecasts
- People drawn into your sphere of influence
- Family dysfunctional patterns disrupted and challenged
- Excelling in excellence in any context you find yourself in
- Spiritual awarenesses increases
- Waking in *Home* - living from *Another Place*

## *Channeling Life Flow*

After a period of time *I AM* will draw you into deeper waters of maturity and stewardship, in which you will experience opportunity after opportunity to not only live in natural flow, but now discover *How* this happens and *How* you can intentionally *channel life flow* into every situation, idea, person, creation and creature who is readied for greater life.



From here, all I can share is to continue in your greatest meditational contact point.

*Rest In I AM*

## ***Channeling Life Flow***

And here is a promise of hope  
This being an anticipation of what is to come

Out of your capacity that is *Life*, you ***will*** flow into  
everything and everyone

As your capacity grows, as you grow, you ***will***  
distinguish what is what and the type of energy that  
will be released


And by your *love* you ***will*** move in wisdom with  
deepening clarity, strategy and foresight

*You are Life, Love, Light*





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The background is a soft, textured watercolor wash in shades of light pink and peach. In the top-left corner, a thin green stem curves downwards, bearing a cluster of small, five-petaled blue flowers and a single, larger yellow flower with five petals. In the bottom-left corner, there is a large, circular, textured blue watercolor wash. In the bottom-right corner, a thin green stem rises, bearing a cluster of small blue flowers and a single yellow flower. The overall aesthetic is gentle and artistic.

ENJOYING DEEPENING CONVERSATION  
WITH I AM

