



PHIB Part Phorensic Self Integrity Audit
Limitlessmile

mODULE tWo

The Flying Fox or Fruit bat is the mascot of our Limitlessmile adventure. They fly the night skies in search of their traditional food, the blossoms, nectar and fruit of many species of gums and forest trees. They act in the capacity of forest gardeners. The flower is the highest spiritual expression of the vegetable kingdom and symbolic of the artistic work done by the sun and the fleeting nature of pleasure. Nectar is the nourishing gift from nature, and is symbolic of unconditional love, the unconditional acceptance of the evolution of all others. Our likeness to the Flying Fox, is that we will fly the night skies of unknowing in search of food from the trees of the knowledge of all the cultures who share life upon our Mother the earth. Our food is inspiration, an infection by light we will call the Enlightenvirus. Light is that invisible, mysterious, unknowable force of the universe, that acts through us actively as the force of desire, and passively as feelings. We will feed upon any inspiring thoughts and ideas, we may find to empower our life journey, and fill our hearts with glad. Our digestion of inspiration may lead to the planting of seeds of goodness and harmony for others. To enlighten is to become less heavy, to become free of the gravity that weighs down our adventure, and makes it feel less fun.

Now, if you have been thorough with your ponderings and writings after having gone through module one, you will now be more familiar with your wildest dreams and fantasies. I expect that if you were to meet up with some magical being, and they said to you "if you can name me your three wishes in one minute, you may have them granted", you would be immediately able to answer, clearly and confidently, knowing in your mind what it is you require from the universe to fulfil your dreams.

Let us recap quickly what we have done so far, you have a journal and in it is a story of your wildest dreams and fantasies. We have defined what it is that you would like to have as your profession, or the area in which you would like to be an expert. Identified the adventures you would like to participate in to find and experience your passion for life. Have a clear vision of your ideal partner and how you would like to relate to the people of your world. Listed the possessions you require to fulfil your dreams. And the toughest ask, to set out the values you see as the necessary components for inviting rhythm and harmony into your kingdom. To dream and imagine is certainly a great human enjoyment. Many of us have a diet of daydreams that fill the corners of our days, from dreaming of winning the lotto, to dreams of sexual or romantic fulfilment; it is a natural process we are certainly familiar with. It is this part of our being that we are employing to be the means of winning the prize of the Limitlessmile.

aCTUALITy

This next exercise is a little less wildly imaginative than exercise one, in module two we are going to explore and state our actuality. What is it that actually exists in our life? What are the real components of the structure we call our self. What are our commerces and how well do we use the power of ethic and honour.

It is now in module two where Limitlessmile may become an adventure of forensic integrity audit. This aspect of the work you may imagine as psychic yoga. We will meet parts of our self where we will need to invoke utter honesty and a willingness to 'comb our shadows' as the toltec teachings suggest. To comb the shadows is to look at all and any of our negative traits; to look at all our negative ways of being, our negative attitudes and opinions and explore their source and ramifications.

The psychic yoga is to observe we have two perceptions we are pondering now. So we explore our wildest dreams and possibilities is one dreamy pondering guided by our nuts and bolts survey of our lore of law. And to ponder where we actually are at in our life adventure is a taking stock and pondering the juxtaposition of dreams and actuality..

Using the fourfold structure of the elements let us begin again in our Magic journal,

AIR	FIRE	WATER	EARTH
Philosophy Ideals Alienation Ethics Illusion Discipline	Will Aspiration Inertia Self discipline Anger Confidence	Passion Attitude Depression Behaviour Guilt Love	Transformation Value Loneliness Attitude Fear Humour

In this new chapter we seek an objective view of who we actually are, in contrast to the wildest dreams and fantasies. We will require to secure a more disciplined mindscape for this task. The state of meditation is explained by many as the holding still the monkey movements of our mind; to hold steady a subject and allow thinking to explore and reveal it to us; to be an objective observer, unmoved, and focused clearly upon the subject to be known; to dwell upon; to be with. Meditation isn't just something you do at a certain time in a certain place, it is a muscle and an attitude that once developed we may wear into our whole life adventure. What are the essentials for learning meditation, that reflective, attentive power of inner peace and balance?

As we develop new muscles of focus and concentration we will require to make use of the gym, just as we would when leaping into an adventure of shaping and strengthening our bodies. The gym we are looking for to develop these muscles is the sacred space, some where that is quiet, private and maybe personalized, where you return each time you seek

meditation. In this space you will require for your human body comfort, in the form of temperature, quiet, and seating. Now you can choose a comfortable chair, or sit in a posture on the floor, whichever allows you to sit for as long a time as is your choice? Your spine will need to be straight and comfortable.

If you are unfamiliar with disciplined meditation, then let us explore this task from the point of view of yoga. The more tonic your condition, the easier it is for you to relax. Or put another way, healthy, fit bodies achieve deeper relaxation, and it is the ability to relax deeply and de-tension, to let go and detach that has us peer ever deeper into our own mystery. A good primer for creating the appropriate mindscape for meditation is physical exertion. You do not want to be exhausted, you require to feel awakened and inspired, the body's juices and energy flowing. A good walk or a session of yoga is great preparation for your meditation. Or your daily physical work tasks attacked with passion and attention to every detail. As a labourer, I have always worn an attitude of being paid to have a work out. Mothers have the opportunity to master the eastern art of karma yoga, where your tasks and duties and responsibilities become a venue for focus, meditation and contemplation, and then armed with well-formed attitudes, what was once drudge may become an amazingly enjoyable space.

Now to sit in peace and quiet may be a luxury difficult to find in some lives, particularly in the lives of mothers, so read on and digest and understand the mechanics of reflection as, once you have got the idea of capturing the awareness, it may be done any where, any time, sitting at the bus stop, or during the chaos of many kids feeding...Sitting, aware of the inner processes, relaxing the breath, steadying the mind, balancing the feelings, observing each movement, and not listening to but hearing every sound of the day, not analysing them, merely awaiting in anticipation of the next movement or sound.

By sitting and becoming familiar with the simple mechanics of your full rhythmic breath, you will set a habit of becoming more aware of your breathing and its efficiency throughout your day and the many and varying adventures you find your self within. There are many situations where we hold our breath without being aware that we are actually doing so, and maintaining habits of holding tension in our body, our feelings and our thoughts. The habit of suddenly being aware of our breathing pulls us into the moment, attentive of our actuality at that point of space and time.

To explore the components of meditation you will need to take up your position in your sacred space, and with a straight spine, and in a comfortable sitting position, explore the mechanics of your breathing. Bring your attention to your diaphragm, the big muscle at the bottom of your ribs responsible for your breathing. Take in a big breath, and observe the expanding of your rib cage. Feel it mechanically fill and expand in three separate sections,

the lower ribs, the upper ribs and then up into the collarbones. In this initial exploration feel strongly the filling of those three areas, to become more familiar with your parts. Next feel your breath fill into your stomach and feel as the diaphragm pulls down it massages your inner spine. Be aware that there are two ways to breathe, chest breathing and stomach breathing. As you adventure into the rhythm of the meditation, focusing on your breath, allow the breath to be full though relaxed, no need to push strenuously into lungs or stomach expanded to their limits, simply observe and become familiar and comfortable with how your breathing works.

Mindful observation is the next tool you need, allow breathing to be through the nose, feeling the flow of breath against the upper nasal palette. Breathe slow and full, allowing both the in and out breath to be the same length, and being mindful also that the hesitations between in and out breath merge with each breath smoothly. Again, the rhythm is to have the in breath and the out breath the same length, and transitions between each gentle and smooth. These observations are best developed in a peaceful sacred space, though once felt may be applied anywhere, any time.

Let us indulge in an exercise in objectivity, while you sit and breathe. In your mind's eye, look down and imagine your being seated in a sacred space, comfortable alert and breathing rhythmically. This being is you, or should we say looking down upon the human vehicle you have come to identify as you. This body is quiet, at peace and breathing rhythmically, like your car parked and idling, awaiting your return while you are away briefly at the shop or post office. Sit quietly and watch/imagine the body be still and breathing gently. How long are you able to hold this vision, are you able to spend five minutes observing your breath? Each and every time your mind wanders from observing the breath acknowledge the interrupting thought and then says to yourself "I dissipate that thought form" and return your focus to your breath. Like any technique you choose to use for meditation, it is the strengthening of the focus muscle that allows deeper and deeper experience. The strengthening of your focus muscle is both simple and difficult, it is as simple as just doing it, though it is difficult to convince the self to embrace and employ discipline. Try not to try. There would be very few of us that could boast an easy access to self-discipline, it is a lost trait not something many have access to effortlessly. The rewards for pursuing and developing self-discipline are enormous, and it is as simple as just doing it. One could observe in humans generally that we never embark upon a serious regime of discipline or change, till life has it that we have to.

It has been suggested by the boggle out there of the learned others and the ancients that the underlying mind of 'god' of our universe, or you might say the imagination of our universe, or the intent of creation exists as an invisible, silent nothingness which when we

are able to relax into ceasing the monkey madness of our ponderings activated by the external infinity we may immerse our selves into the restorative, regenerative, transformative magic powers of the invisible still nothingness within.

So far in module one I have employed the morning walk as the means to contemplate and digest the dreams and visions we are applying our cleverness too. Now before or after going for the walk sit and do the sitting meditation where we observe the breath, as previously described. See it as a project of developing self-discipline and the strengthening of our focus muscles. This is the added task for module two. Then to observe and critique our sitting practice whilst on the walk or in moments through our day. How long were we able to sit? What thoughts arose? What was their theme? What message or insight did they hold? How did we feel? Were we able to dissipate the interrupting thought forms? Compare our mind to a television with multiple cable channels, what shows are on thru out your days, which ones do you focus into? Our mind runs all day long what is the content of the notions pondered?

We are endeavouring to set up a mindscape of objective criticism, where we will not be self-judgmental nor will we enter self-condemnation. We will accept and allow who and what we find we are. Let us enter confession without self-vindication, where we will present to ourselves an open, objective report, viewing the good, the bad and the ugly, equally alongside the beautiful and inspiring. Remember we are an endless play of opposites. It is time to go back to our journal and following these steps let us define an objective picture of what we are. Answer these prompts with your descriptive comments!

You are a human creature

You are male or female

Your Health

Your strength

Your mobility

What is your genetic aboriginality; define which race or races
of being you have descended from

Which culture have you descended from?

What culture are you a part of.

Your nation

Your environment

Your Ma and Pa

Your family

Your partner

Your pets

Your work

Your Studies

Your interests

Your things

Your indulgences

Your belief structures

What are the major notions that have coloured your life?, Have you grown up with notions of the threat of nuclear war, or the threat of some terrorist attack presented for your pondering?, What realities have your elders presented for your consumption? Did anyone present you notions of yourself being a sovereign human being, where you are the complete absolute and uncontrollable authority in your life adventure? Were you presented with the notion for your pondering that you are responsible for the entirety of your life adventure, your choices, your thoughts, your desires and feelings, your imaginings, before and now during this life ? Have you ever been presented the notion we could all challenge each other to explore utter goodness? All these popular notions colour the consciousness of all concerned!

All these simple points often taken for granted are the building blocks of our work to define actuality. In each prompt mentioned above we are an individual expression of those particular collective energies

alr	pHlRe	wATeR	eARTh
Thinking	Desire	Feeling	Sensation
Mind	Energy	Emotion	Structure
Knowledge	Adventure	Relationships	Possessions
Hearing	Sight	Taste	Smell
Respiratory	Generative	Circulatory	Digestive
Truthfulness	Ruthlessness	Humility	Impeccability
Non-judgment	Unconditional	Responsible	Businesslike
Ethics	Self-discipline	Behaviour	Attitude
Philosophies	Will	Passion	Transformation
Ideals	Aspiration	Attitude	Value
Alisnation	Inertia	Depression	Loneliness
Illusion	Anger	Guilt	Fear

AIR

As we did in module one let us follow the guide of the elements to write our story. With

the element of Air let us define our present intellectual capabilities. Reason, logic, imagination, thinking, and talents. Where is it that you have strong knowledge and understanding? Think about how you think, then think about how you think about how you think, Define your profession or work; your studies, your hobbies and pastimes, observe where you have your cleverness, observe also where your cleverness is weak.

Are you imaginative, innovative, inventive, and able to inspire others, a great thinker? If so you have your cleverness in the realm of air. The elements may define each and every bit of our earthly existence.

Do you have lots of energy, can motivate others, can easily be enthusiastic, then you have intelligence related to fire.

Are you abstract or dreamy, maybe illogical to some, find it easy to nurture and have sensitivity to feeling and emotion, if so you have intelligence related to the element water.

Maybe you are Practical and logical and find it easy to just do things, understand the mechanics of things, are solid and reliable, then your intelligence is related to the element earth.

FIRE

Your enthusiasm, motivation, determination, persistence, desire, effort.

How would you rate your get up and go, are you self-motivated, is it easy for you to leap in to things that you would prefer not to do. Like going to work or school, participating in situations that you dislike. To what degree are you self indulgent, or to what degree are you energetic. Do you rise early and embrace a program of healthful effort, leading toward your body's fitness and vitality. Remember open objective reporting; this is not a judgment upon our self, it is reflection and analysis.

Employ the gauge of opposites as our tool here, action verses inaction, call 11 what you would see as the average, going down to one where there is total inaction, couldn't be bothered, and up to 21 where we spring to enthusiastic passionate action. A simple gauge of your present fire element. We use 21 so to cross pollinate with the major arcana of the tarot for those who would like.

Answer these notions in your diary; What control do you have over your ability to become enthusiastic? What things in life allow you to feel you have plenty of energy? What

endeavours motivate your action? Are you able to feel the creation and generation of personal energy as a reflection of efforts well invested in things, which at one level you would probably rather not do, but at an other feel empowered as a result of having made the effort.

[illegible]

It could be said that our body is the passive reflection of our soul, and that the results of efforts invested into our life become apparent in our four-fold body. The most obvious gauge is our physical body (earth) and its tone and condition. Excess weight and lack of muscle tone are directly proportional to activity and physical challenge. Yoga would suggest your physical bodies shape and vitality is directly proportional to correct and balanced activity and physical challenge. Like creates like, the more effort invested into life the more life we have. Imagine effort as being light and to invest right effort creates life and light. Observe where your efforts are in your life. Direct physical challenge, creates strengthening and toning of the body.

AIR-positive efforts invested into our mental body are reflected as a bright clear and knowledgeable mind. Is there some area of interest that you invest energy into knowing everything about something?

WATER- efforts invested into relationships reflect in disposition and expression of feeling and emotion. Do you invest energy into heavy feelings of resentment or dislike etc? Or do you strive for patience understanding and knowing. Are you bright, cheerful and happy, or dull, cranky and depressing? Relating is reflecting

FIRE-energy creates energy; you may notice that effort invested into activity, such as sport or training actually gives you more energy and enthusiasm to use elsewhere in your journey. Or the longer a body stays immobile the more difficult it is for it to redevelop momentum.

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EARTH-

The structures in our life are shaped by our duties and responsibilities, those things that there is no question that we will do and continue to do, and the beings we have agreed to stay linked to and maybe care and provide for. Commitments to home, achievement, or career may actually form part of our wildest dreams and fantasies. All duties and responsibilities are contracts to fulfil mutual adventures for exchange of life energy of some sort, be it time, money, security, or feelings. Remember responsibility means to be answerable or liable for what you have been creating, to take ownership of the creation you have manifested with your choices, thoughts, desires, feelings, your actions and your inactions, the effects reflected back from your attitudes and opinions . You are responsible for how much power you do not have in your life by having given your sovereign power away to someone else.

All adventures have a beginning middle and an end, and duties and responsibilities are adventures within adventures, that require auditing and appraisal from time to time. Now is that opportunity, list all the duties and responsibilities in your life, from providing for your children to taking out the rubbish on bin night.

What type of contract is it? What is the integrity of the bond it creates ? How far into the contract are you? What is the life force exchange? Does it require bringing up to date and renegotiating, what are the motivations for continuing? What is going on in your life right now and why? Being clear in what energies are being spent, and how efficiently they are being exchanged, will allow some view as to how much life force is available for you to invest in your own personal quest for self-empowerment. Are your relationships operating with clarity and unity? ponder ridiculous notion no. 8 in module 4 and explore the relationship clarity map notion. Consider the idea that while self-empowering you may need to be selfish, to be unavailable or to be pre occupied during some of the process. Reflect the paradox "To be selfless you need to be selfish", the deal being that when you are in receipt of more peace, harmony and power there will be a greater abundance of those qualities to share with all.

hEAVy

Gravity
Weakness
Lacks

lIGHt

Levity
Strengths
Gifts

Values

Values are solid Earth components of our existence, what are the values in your life and why? What sort of things do you value, and why? List the physical things in your life you value, your car your new hat whatever you feel attachment too. What would make you angry or sad to have taken suddenly from you. Observe this list and figure what these things are a symbol of in your unique life adventure.

Values are also things like discipline, education, objectivity, honesty, List your ten best attributes, the things you think are a power to your life, assist you in participating in reality, things like patience, open mindedness, simple good looks or cheerful nature.

OUR BODY

Your body is the visible form of the passive side of your soul, and is the result of your thinking, your feelings and desires, the sum total of all you have ever been.

Let us use our simple chart to get a mental image of where we are at physically. In the following chart call eleven what you would perceive as average, the point in human life where we begin to be aware of gravity. Then down to one where we find the very sick or deadish, full to the top with gravity, ready to fill the grave. And then up to 21 which would represent the ultimate in health, strength and vitality. Most active young bodies run all these systems at or well above average, the power and beauty of youth allows us to zoom along without cause to think about needing to do any thing about maintaining or improving the condition of our vehicle. As we live into life and participate in gravity of many forms it shows up in all four of our bodies. Indulgence in consumption of toxins builds up in the system and weighs it down. Carrying excess weight is the human bodies most obvious display of wearing gravity. The burden of guilt or remorse and regret weigh down our emotional body into gloom and despair, worn in the expression of our body and its posture. A life where the intellect is enslaved to a diet devoid of inspiration and fun, fills up and becomes weighed down and plagued by morbid thinking shows up as a lack of contribution to, or participation in life. The energy body weighed down is obvious in its distinct lack of drive and enthusiasm, uninvolved, not present.

Your Physical Body is made up of the following systems

Rate yourself a score to grasp a quick view of where you think you're at. Do you have

strong healthy bones and teeth, are you equipped with strong toned musculature, does your heart pump happily under pressure of challenge, what do you know about blood pressure, how often do you push yourself to puffed, does your food travel through efficiently, how is your virility, do you recover quickly in wound or sickness, how often does the weight of sickness call, can you sweat well and eliminate efficiently, do you have nerves of steel? ? ? ? ?

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

Skeletal-----our bones

Muscular-----our muscles

Circulatory-----heart rate, circulation, cold feet?

Respiratory-----breath

Digestive-----food and its processing

Reproductive---our virility and fertility

Endocrinal-----poise of our moods and emotions

Lymphatic-----elimination of our waste

Nervous-----sensitivity, reflexes

LAWS OF THE LAND

Law: *The rules or body of rules, defining who alleges possession of what right/authority for using deadly force (violence) against another*

If our organs of justice and government were true extensions and reflections of our divinity, our greatest potential, our public servants would be well cared for volunteers legislating our collective will in good conscience for the common good of all. Shaping statutory regulations to maximise harmony and healing for any who may behave out of align with the good.

Natural laws, divine laws and common laws are controlling agents of our experience of existence. In our human life and society we have evolved and extended into our collective lives the regulating principles of statute law. These are the laws of our land that have become a living and documented statement of our common law. They are the boundaries and parameters we seek to have in place and policed so we may all move toward an experience of balance and harmony in our unfolding collective human mystery. In most cases the laws of our land support us and protect us, and work toward the common good of all. Although it has come to pass that some laws limit and repress us, this of course is

no fault of the law or statute, but the ego attitude responsible for their existence. The extent of how far removed from enlightened our society or civilization is will be reflected in the amount of laws and boundaries that we have had to set our selves, the amount of rules and regulations we require to control our every day life, to keep in check our collective conduct. Also how enlightened our society is, is reflected in how many repugnant laws we have allowed to be foisted upon us and used against us for the profit of the self-interested, thru our inaction and blind acceptance. Those beings who have evolved into positions of mega wealth power, have taken hold of the right to create law and war and used it for self interest; power separated from divinity is force, and may only find corrupted earthing.

The society that enforces laws that deliberately oppress or limit freedom liberty and justice, upon fellow beings or our mother the Earth, is the part of the world the light of simple good has yet to reach. The further from the light the more rules, laws and force are needed to keep the balance between chaos and a truly enlightened living sharing, of the abundance and Limitlessmile our mother earth has for us all to enjoy.

Except for the greedy few who choose to ignore divine law and pursue ego indulgence in wealth and force at the expense of us all, we all could be enjoying right now the glory of shared abundance of the living earth. Not forgetting of course that everything is a reflection of us one and all, so we may accept responsibility for all that is not good as well as what is good, this is our healing and humble duty. The meek await patiently with their faith in the omnipresent good, and the call of spirit to unity.

So reflect now on the part of the world you live in and the laws that govern your conduct and movement. How do you find peace among them and their policing? How many statutory regulations do you feel are no more than an excuse for revenue collection? How many civil liberties are we going to trade for the notions of terrorism? (there are 7 billion of us here on planet earth, those involved in war account for only a few million, less than point one of a percent of our global population, and yet it is the notions of war and terror that dominates our media every day ? Are you able to express being your self completely despite them?

Our inherited cultural and religious beliefs also come packed with laws, taboos, boundaries and limits to shape our wildest dreams in to actuality. Observe those boundaries in your life adventure you have inherited from religion or culture that serve good, and those that serve control or superstition. Any belief that endeavours to put an alter or agent between you and the good [god], is self serving?

WATER

Let us say that emotion and feeling are the genesis of attitude, then it is under the banner of water we will explore the realm of Vice and Virtue. Let us approach this part of our journal sensitively; it is a difficult task to be totally and ruthlessly honest with our self. Our emotions are there to be enjoyed and employed powerfully and passionately. You may use Hate, to hate missing all that is available to you, You may use Guilt, as feeling guilty for not being always an expression of limitlessness. You may be jealous for your higher self's inner peace. You maybe greedy for light to share inspiration with all, and be a glutton for expressing goodness. So now we are going to continue this journal work with an inspection of the supermarket shelves in the vice and virtue section of the store.

The seven traditional vices and seven virtues can also be viewed as either a taking on of gravity and becoming weighed down, or a pursuing of the opposite to heavy, which is light. Each vice has a reflective virtue that allows balance and understanding of these energies that we have to use. Let us suppose that they begin with an attitude, and we are able to define attitude as an exhibition of some internal feeling, an actionable design for success or failure displayed in the true gender of opposites as offensive or defensive. Indulgence in the negative energy of vice (or some say sin) affects the harmony of our being at all levels.

The middle path, the balance point between the extremes of the opposites is where we seek to establish ground in this exercise and the whole of the Limitlessmile adventure. The true meeting ground where masculine and feminine dance in limitless abandon of their opposites, their blending into wholeness beyond good and bad. A blending of gravity and levity, where the dancers require the levity to remain light and fast with their movement, and gravity so they may have and feel their feet upon the ground. Objectively observe the following raw materials and chart where you are at. Let us define vice as any thing that adds gravity or takes away energy or vitality from any of our four bodies, and transgresses the laws of nature or human nature. Or simply vice is to not think, as opposed to virtue, which is to think. Virtue is any thing that brings an all encompassing lightness to your life, happiness, abundance and empowerment.

THE TRADITIONAL SEVEN DEADLY SINS

PRIDE- vanity or self-importance, ego fixed stagnation, excessive belief in one's own abilities, conflict, oppression, inferiority, arrogance.

ENVY—the desire for others' traits, status, abilities and situation. Wanting the prize with out the effort.

GLUTTONY—inordinate desire to consume more than one requires, de-sensitised from feeling the joy of experience, and becoming insatiable

LUST—inordinate craving for the pleasures of the body

ANGER—manifested in the individual who chooses fury over love

GREED— desire for material wealth or gain or power, ignoring the realm of the spiritual

SLOTH—avoidance of physical or spiritual effort, apathy

CLOSE RELATIVES OF THE SEVEN DEADLY SINS

Shame-heavy feelings of self dislike, expressing as introversion, shyness and withdrawl

Guilt-victim mentality of remorse regret, self recrimination, masochism; can be used to manipulate and punish

Grief-sadness, loss, despondency, regret, depression

Fear-some fear is healthy and may protect us from harm, most fear that dominates our communities are contrived for control, i.e. the notion of terrorism we are fed in our media day in day out is out of proportion to reality.

Malice-ill will, spite, desire to harm

Malcontent- rebel against established conditions

Hatred-- bitter resentment, deep seated ill will, stale decomposed feeling

Jealousy- fear of loss of possession or affection, intolerant of disloyalty and infidelity

Salaciousness- morbidly appealing to lust

Vindictiveness-revenge unforgiving

Sullenness-brooding, ill humour passive gloom

Comfort- a relation of death.

Despondency—gloom, melancholy depression, dejection, loss or lack of hope confidence or courage

Voluptuousness—frequent indulgence in sensual gratification

Licentiousness—lacking moral or sexual restraint, no regard for rules or standards.

Cruelty—deliberate infliction of pain or suffering

Infamy—being well known for doing bad

Insurgency—to take by force

Dishonour—loss of honour for unacceptable behaviour

Vengeance—punishing in return

Betrayal—to issue or utter against another

Slavery—unfair advantage

Despair—losing of hope

Wrath—utter anger

Ugliness—negative unpleasantness

Tyranny—unfair, cruel authority

Hypocrisy—pretence of morality

Abomination—extremely offensive, cause of disgust and hatred

Prejudice—unreasonable dislike or preference

Perdition—punishment that goes on even after death

Foolishness—without good sense or good judgment

Caprice—sudden unexpected mind changes

Cowardice—fear and lack of courage

Vulgarity—being rude and with out taste

Cruelty—behaviour that causes pain and suffering to others

Antagonism—feeling of oppositional hatred

Oppression—unfair cruel treatment, denial of rights liberties and freedom

Evil—only being able to feel good by being cruel or wicked to others

Persecution—treating unfairly, especially for race belief

Cunning—deceit and trickery in getting what you want

Hatred—utter dislike

Iniquity—unfair wrong

Belligerence—aggressively unfriendly

Turpitude—utterly immoral behaviour

Stalk and identify if any of these energies are present in your life adventure, bravely aspire to rise above these negative values, release from their gravity, deliberately enlighten!

THE SEVEN TRADITIONAL HEAVENLY VIRTUES

HUMILITY—modest sense of ones own significance, not under the illusion of self importance

KINDNESS—good or benevolent nature or disposition

ABSTINENCE-- moderation of any indulgence or appetite

CHASTITY—pure of thought and action, self containment

PATIENCE—tolerance, even tempered, emotionally poised, persevere, endure

LIBERALITY—generosity, free , abundant accepting nature

DILIGENCE—proper and steady focus and attention and care

Now go to your journal and write out the simple following list. Vices on the one side virtues on the other, marking across the page from 1 to 21, have 11 as the midpoint, the fulcrum of the gauge, then simply rate your familiarity with either the vice or virtue..

ATTITUDES

DEFENSIVE.....or.....OFFENSIVE

HEAVY

LIGHT

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
VICE																						VIRTUE
Pride																X						Humility
Envy																		X				Kindness
Gluttony																		X				Abstinence
Lust														X								Chastity
Anger								X														Patience
Greed																		X				Liberality
Sloth																X						Diligence

As an opposite, the delegation of a vice or a virtue to gender, follows the rule that masculine cosmic energy is energy of pursuing action, where as the feminine energy is an absorbing attraction. Don't make the mistake of thinking that masculine and feminine means men and women, we as humans are both masculine and feminine in our nature, expressing a predominance of one or the other in our gender. At a genetic or molecular level we as male and female are much more indistinguishable, we share a big percentage of sameness. Look at the list of opposites and decide for your self, which takes the effort, the vice or the virtue, an automatic action of force or a purposeful use of power. Human nature has natural gravity to apathy, indolence, indifference and laziness; virtues generally need to be aspired to, definite mindful effort applied to their achieving.

Some vices are pleasurable, and have much to teach us when used in an enlightened way. Some things are not immediately apparent as a vice until their effects are revealed after years of use or interaction. A virtue may appear harsh, a restriction or disciplined limitation that may require seeming sacrifice of present pleasure, that in time proves itself in the result of balance and harmony, light and equanimity in life and community.

There is a difficulty for we humans to define clearly what is or is not a vice; to determine where vice begins and virtue ends. This gauging is the responsibility for each living soul to determine for their each and every self. What is vice for one being maybe a virtue for another, and what may be a vice at a certain moment in a life may be a virtue at an other time or circumstance. The determining of virtue and vice is a question of degree and balance of energies. Vice or virtue is our relationship with a substance, a circumstance, a need for certain feelings, another being or a situation we enjoy. Vice may be physical, mental, emotional, religious, social, commercial, industrial, or economical.

Exercise your basic human right to inquire, investigate, reason, experiment, judge and figure out for yourself the energies of virtue and vice. Our only gauge we have in our each unique individual being is our ability to judge our own happiness or lack of. As we journey into knowledge, wisdom and understanding of our self and our relationship with our humanity we require the right to experiment and discover in our own experience all that will enlighten us; all that will lead to knowing our greater purpose and duty in life.

The current attitude of treating certain human vices as a crime has our systems using against us our natural human craving to experience altered states of consciousness. While revenue is extracted from the penalty of the use of cannabis and other herbs from nature is not invested in to the education of wise and enlightened use of these gifts from creation then our systems are acting dishonestly and not for the common good. they merely demonstrate their true hidden agendas of dominance and extortion. The service we may expect from our public servants in our governments is not defining and penalizing what are our vices but identifying and educating what are our rights and duties.

Self love or Self loathe

We as beings may have damages to our beingness which affect all manner of disharmony for ourselves and others. In the karma of our unfolding some of we as children had to live through the affects of the psychological damages of our parents in some cases, or the simple nasty deliberate hurt and harm by damaged others.

Domestic physical violence, mental violence, sexual assault, rape, control and domination, hatefulness, bullies, damaged authority figures all may exact damage to your feelings of self respect, self love, or create the hellish spiral of self loathing and self hatred.

In the experience of living through difficult lifescapes we have installed for us upon

our hard drives damage to our sense of self, our self esteem, learned self justified acts of harm upon others, corrupted relationship with the expression and commercing of our sexuality.

These realms of damage to our social body are evident in our societies and the beings whose behaviour has them end up in prison or mental institutions.

We may observe sociopaths and psychopaths holding positions of power and influence in our world and affecting hurt ,harm and evil upon those around them.

As we observe the worst of the damages and the most extreme of the actions of the damaged ones we may come to understand the shadow side of humanity and with these insights survey the degree of shadow we wear in our own beingness.

Is there a degree of psychopathic or sociopathic attitude in our relating to the world.
Is there a lack of empathy, a self loathing that has us shy away from our own conscience and powers of self responsibility.

Is there some degree of damage to our own self respect that has been delivered to us by our karmic unfolding or earned through our attitudes and opinions.

The wisdom of the toltec teaching share the self empowering practice of
'combing the shadows '
of our beingness to ponder the attitudes we wear, the opinions we hold as true.

It is these very components of our beingness, our attitudes and opinions, where we do our combing. The combing is done as a practice of what the toltecs called stalking. Where we simply observe our reactions to people and situations and ponder what is behind the expressions of our daily behaviours. Survey the attitudes and opinions which exist behind your behaviours.

This very limitlessmile adventure of self reflection promotes your cultivating a space in your life so to ponder all the meta physical energies which form to create the character we are.

The conscious deliberate pondering of your own mystery is a power in itself.

our thoughts our feelings our actions and the living programmable structure of our character and nature of our beingness is the essence of the simple journey through the elements presented within this limitlessmile adventure.

We may ponder in the privacy of our meditations the degrees to which we wear

knowledge and understanding -or- ignorance and foolishness
empathy compassion and nurture -or- callous apathy or indifference
courage and will power -or- cowardice and laziness

Karma

Ancient wisdom identifies different types of karma we require to deal with in our life adventure. There is the karma of our birth, where we are born and to whom. Some beings are born in the slums or amongst the horrors of war. Some are born in a nice place in the world but under the care of beings who are hurtful hateful and horrid.

Depending on your perspective his type of karma is seen to be either that which we have earned from previous existences, or simply the lottery of entering a life adventure.

Karma also is the flavour of the lives that unfold all around us in our society.

Karma also is that which we create as we affect our spirit into the world around us. The integrity of your dealings with others goes toward creating harmony and goodness or disharmony and malevolence.

There is some karma we require to raise above and some karma directly creatable by our behaviour.

do the best you can with what you've got
where you happen to be

ARMLESS WONDER



In this section of Limitlessmile we are focusing on Actuality. That is to acknowledge what it is that is going on in our world right now and all the dynamics which affect, control and direct our abilities to enjoy our life adventure.

In module one we pondered the constructs of laws natural and divine, common and imposed. We observe also we exist in a world that is also ruled by MONEY.

In the introduction to Limitlessmile I mentioned, that money when looked at from the perspective of the natural law of the functioning of life and nature, belongs to that part of our collective organism we might call our social body.

This is the first area of our sharing life that we could say is Meta-physics. We as individuals share this physical 3-D external reality and so that we may be able to exchange what is going on in our personal private inner infinity with each other we have what we call our social body.

This body exists as a reality that we may observe and affect but does not exist physically where we may actually see it or touch it. So next time you are sitting doing some people watching in public you can see every one is doing what they are doing, going where they are going and are aware of each other and take into consideration those dynamics. There is a level of connectivity and considerations going on in awareness of each other.

In our social body we commerce our life force in energy exchange. We communicate all that which we wish to affect, coloured by what it is that we wear in our inner infinity. We seek to go out in to our shared external infinity and hopefully get that which we wear as our desires and dreams, honour our commitments and run the risk of being affected by our delusions.

So to assist the process of the exchange of our life force we have created the symbolic representation of life force in the form of Money. Money represents a medium for what we determine are the values we put upon our life force and the things of our world.

Money is a natural expression of the natural law of the dynamics of our living collective organism humanity.

We may see money as the blood of our social body and represents a current of living value that joins together/bonds our interactions as a collective in our shared external infinity.

Despite money being an expression of the natural law functioning of our collective organism it is not immune to sickness, corruption and adulteration.

We might ponder that it requires effort to get around and survive in the physical 3-D universe. All and every aspect of our efforts for existing may be measured with a value and with that measured value we begin to figure out together how we may commerce these values.

We know in our each and every self that the degree of effort to have and hold portions of our shared reality requires effort of some form. It is common that one would like to get as much of the life force and value represented by money as possible with as little effort as is possible.

Meaning to be a slave working physically with a pick and shovell all day every day for a dollar a day, as does happen in some parts of our world, would be an undesirable exchange of values. Mostly we would prefer to have a situation where our cleverness is highly valued and the efforts of our day would be commerced for a thousand dollars a day or more.

The management strategy that exists upon the blood of our social body has it that there exists situations in the living dynamic commerce of our collective organism that may deliver enourmous mind blowing amounts of our collective life force for the personal and private use by the one lucky enough to be in that particular situation.

We may at this point observe the conundrum that despite it being a physical universe and that it actually requires real physical effort to maintain and enjoy life, it is not the physical doing of the jobs of constructing, maintaining, cleaning, servicing that hold value. We see that it is the dealing with the blood of the social body of our collective being that creates the situations of harvest of enourmous value for little effort.

In our human form we enjoy the cosmic values of the elements. We are using in limitlessmile the values of Air, Fire, Water and Earth and simply put they, as we have mentioned already, represent the values of -

Mind and cleverness - Air;
Enthusiasm and action and effort- Fire;
Feelings and emotions - Water;
Sensual experience and structure of physical universe and structure of character -
Earth.

The value of Water is we as beings may feel into the reality we are in and assess its values, and then having assessed these values within in our inner infinity we then send energy out into motion. Energy in motion is emotion. The flavour and direction of our efforts and energies are coloured by how we feel and how we are made to feel gauged by

the energies arriving to us from others.

We have the potential of feeling into all the neighborhoods of our existence. Our primary neighborhood of existence is our home space and the significant others around us. We may feel the vibe of what is going on in our living space. As we extend out into our world we feel into our next neighborhood of our tribe, our group of friends, our community, our town or burb, our state and nation and the world in general.

We in feeling these vibes may feel what is being felt by those others around us. We may feel what is being felt by those others and we also feel how we are feeling about how those others are feeling.

It is here where we may observe the degree of empathy and compassion one holds and is able to extend out into the social body we all share. It is here where we may express and affect love and compassion or self-interest. It is here, in where we feel about how others feel, is where we may be the empath or the sociopath.

The empaths use of the blood of our social body is vastly different to the use by the sociopath.

Casual glance reveals the management strategy used upon the blood of our social body is set up by and designed to benefit the sociopath. The higher you look up into the management organization of the blood of our social body the greater the portions of our collective common wealth and life force is held by fewer and fewer beings.

It has been said that our monetary system is Ailing, which means it was corrupted from its beginnings. It is not designed to serve mankind, it is designed to serve wealth and power, it is designed to serve the few at the expense of the many.

Now keeping this in mind let us get back to our ponderings of where we are at ground level amongst this mammoth strategy and its all pervasive attitude that shines into every corner of our shaed existence.

The simple observation in our ground level world bombards us with banal advertising as so many compete to harvest and accumulate as much of the blood of our social body as they are cleverly able. We see testimony of the the fraud spelt out in the calling the price of something 5 cents or a dollar less than its next power to create the illusion of it being cheaper, to create the illusion that you are being given something for less. Calling the \$1000 item -only\$999; calling the \$20 item \$19.99 is the fraud of the entire monetary management strategy unable to hide itself. We see the fraud also where we are charged to use the blood of our social body, we are charged usury by the managers of the system, and everyone else who use the usury system have to add on to cover what they have been

charged to use the system. The fraud is that those who contribute no efforts, who do not produce any physical thing harvest the most of the money. We have been with it for so long, it exists at every corner of our commercial world, it is so totally pervasive we take it for granted. We even accept it as somehow virtuous and dedicate our dignity and integrity to operating within it.

To capture an understanding of this point let us ponder a simple analogy- we as a species might accept rape as being normal and allow its occurrence to happen around us every day in every way. But there is rules for rape and you just cant rape anybody, you are only allowed to rape certain beings in certain ways and our collective cleverness develops laws that police all the raping. You are born into it, you accept it, you participate, you do your best to be a shining exemplar of following all the rules and stand with pride when you are a good rapist and honour the management strategy of rape. Every one applauds you and looks up to your success and aspires to your example. But All are hypnotised to something that does not honour the intrinsic natural law values of the universe or our collective most magnificent potential as a species.

Our actuality is upon a planet sharing existence with seven billion others. The living dynamics of the commerce of our species creates the world we have to deal with, creates the challenges we meet as we live our life adventure and find our way through it all.

There is much that happens in the politics of the different national expressions of our species and the commerce between them. There is much that happens in what is called the geo-politics of nations and casual glance will reveal that it is all commanded and directed by money and the needs of greed. For example the whole iraq adventure has delivered over a trillion dollars to the military industrial complex. It has been paid for by the efforts/taxes of the peoples of the U.S. Then corporations comander the oil resources away from the iraq people and profit from the selling oil back to those who have funded the murder and theft of it. The needs of greed affect the lives of all across all our planet and our cultures. The attitudes and opinions that exist through out the entirety of our species in regard the management of the blood of our social body are protected, preserved, promoted and perpetuated to ensure control by the greedy few. We are all hypnotized by it all and support its continuance.

Ponder the bigger picture of our world and the ways it goes about things, there is so much waste and inefficiencies that occur due to the competition for profit.

So this is what our world is and with a sober survey of it all, allows us to consider the dreams we may create and how we may go about establishing them.

So in our getting real in this section called Actuality might we ponder our participation in our world and survey its collective alignment with natural law or not. Does this ponder give

us an alternate view of our world and where we fit into it. How do your wildest dreams and fantasies measure up with all we take for granted about our world.?

Our limitless smile adventure so far has us writing our magic journal, which is to capture our wildest imaginings and now we are capturing ponders of our Actuality where we are looking at our warriors mood. That which underpins our impetus, our enthusiasm, our ability to capture our wildest dreams while taking into consideration actually where we are at, and all that we have to work with.

So far in module two, our actuality, we have assessed how much of our cleverness we are using and where we like to use it; what are we enthusiastic about; how we feel about our life and our place in it; what physical parameters we have to work with in the vehicle of our living body and now we go deeper into the structures of the whole world we are in and what these ponderings mean to us.

In the dreams we are pondering for our life adventure, will they be contributing to protecting, preserving, promoting and perpetuating the usury capitalist debt slavery management strategy upon the blood of our social body. Will our dreams be indirectly supporting the ongoing murder of fellow members of our human family in other nations so to satisfy the greed of corporations. Will the things we consume be contributing to the adulteration of ourselves and our species?

We have an elephant in the living room as they say, and it is time for us as a species to point at it. Do not despair as to the seeming helplessness we may feel, do not despair as to why it is so. It is all an amazing mind boggling puzzle that our divine intelligence loves the challenge of. We have together created our world and we together may transform it all.



**Just because everybody else does something
does not mean it is right**

In these next two notions explore the thoughts and ideas aroused by the mechanics presented

RIDICULOUS NOTION no.13

THE APPEAL OF ALTERED STATES

IN the history of all human life, in all cultures, we as beings pursue with great passion the acquiring of altered states of consciousness. As a means to amplify and enhance our experience of reality and beyond, and in our modern world a means to escape from the heavy world we have collectively created. The consumption of mind or mood altering substance and stimulants is accepted completely in the modern western civilization. Alcohol consumption is commonplace and has it, almost, that the non-drinker is the outcast in modern life. The actual use of any stimulant or mind-altering drug is not in itself harmful, merely its application. Use is a challenge to the system; abuse damages or destroys the system. It may be used as sacrament in the pursuit of inspiration, an injection of light, or as intoxication, the taking on of gravity. There are of course alternatives, the natural highs reached by leading a powerful life, and the many disciplines and practices that may be employed to alter mind or mood, to enter trance states and capture other perceptions of reality. Though these "natural" states are no more a guarantee of immunity to illusion than any.

AIR	FIRE	WATER	EARTH
Greater honesty	Loosening of inhibitions	More emotionally in touch	Freedom from involvement in normal consciousness
Inspiration	Stimulation	Love for those around us	Physical sensations
Illusion	Paranoia	Depression	Addiction

Why do we as beings crave the effects of caffeine, tobacco, alcohol, amphetamines, or opiates? What is it in these effected mindscapes that are so attractive and alluring? What is it that is missing in our adventure to require the need? From premature death through abuse, or death from misadventure and violence, it is an enormously expensive indulgence that we in western society have accepted as normal. Why do you indulge in what ever it is that you indulge in? What are your self-justifications to indulge, or what is your reward for taking a sacrament?

List out you're substances and comment beside each, Why you have it in your life, What is your relationship with it, Is its presence in your life a result of family, culture or peers, What does it give you, What is the actual change to your mind/moodscape that is attractive to you, If you were to remove it from your adventure, what would you replace it with, Can you identify what part of your being requires the substance, which weak muscle in your being does the substance represent, Does THC in marihuana allow you to enjoy a greater ability to access the dreaming, to focus or think, or does alcohol allow you to be free from your inhibitions enough to express how you really feel, Does it all boil down to the taking on of the gravity of sloth, and allowing our muscles of focus, expression and self confidence etc, to atrophy, while the relationship with substance allows us an enjoyment of experiencing the illusion that these muscles actually exist strongly within us?

We humans have a dark and unconscious attraction for the mystery of death. We actively pursue or passively find our selves looking for death's door, where a clear view of death may lend sober insight in to life. The raising of our energy and experience of existence through the amplification tools of drugs and alcohol is in fact a small dying. As we

desensitise to life and all it offers we grow a garden of death, and feed it the food of death, gravity. As we consume toxin we grow death.

One notion offered as to why we humans are so drawn to alter our state of consciousness is that in our western civilized communities we are living far from our true human nature. The mindscapes we may enjoy while expressing fully our true nature are revealed and experienced briefly when we are under the influence of alcohol or certain herbs, plants and fungi. Despite how distorted or illusory and brief these highs, clarities and revelations; or the empathy grace and compassion we experience when in relation with these agents we are simply experiencing fragments of how we are meant to be all the time.

These agents of altered-ness are powerful tools, be disciplined in their use and respect their power, or they will not respect yours. Balance the revealed qualities, don't abuse the apparent power.

Use the following gauge to visualize where you are at with the adventure of discovery with mind or mood altering. Lets call 11 what you see as the average, going down to one as the total drunk or addict, then up to 21 where you would perceive as the most positive enlightened use of substance. Or you may deem the total non-use as the other end of the scale. Your gauge, you decide.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

VICE

Intoxication
Escape
Inaction
Heavy
Gravity

VIRTUE

Inspiration
Celebration
Action
Light
Levity

RIDICULOUS NOTION no.6

THE ILLUSION IN RELATIONSHIPS

Relationships are the classroom of blending, balancing and unifying
Duality

Feminine	Masculine
Woman	Man
Mother	Father
Attract	Repel
Magnetic	Radiating
Intimacy	Distance
Contain	Release
Soft	Hard
Sentiment	Lust
Love	Hate
Feeling	Desire
Encouragement	Antagonism

Our first relationships are with our Mother and our Father, they set the theme for how we will relate and enjoy our future life encounters. The relationship with parents also sets the relationship you will have with your notion of 'god'.

In metaphysics the Father is the masculine or paternal principle, and corresponds to consciousness, in mythology his energy is based upon the elements Air and Fire, heaven and light, thunderbolts and weapons. Dominion is the power peculiar to the Father.

Mother is the feminine or maternal principal, and corresponds to the unconscious, the nocturnal side of existence. Water and Earth are her elements and her symbols are the night, the cave, the great depths of the unknown and falling in love. Humility as submission to cosmic law, and deep understanding and constant consideration of the will of the whole is her power. She is the image of Love and Nature.

Bliss, wholeness, harmony and contentment are within us all, and are a natural part of our humanness. The glamour of Romantic love may have us believing that the ultimate state of balanced union is reached only by connection with another, that inner peace and harmony

is reached as a result of relationships. Let us debate that the energy of relationship is but a classroom for earning balanced union, and is symbolic of it, but is not necessarily it...

For this imagination exercise let us say that all the male faces of the world combined, is actually the face of god in all his limitless diversity, and likewise all the female faces together are the face of the goddess. All these many faces are reflections of our self and each a part of our own unique and individual puzzle... May I reserve the right to peer into any or all of the faces? Into which faces do I seek reflection? How deep do I look??? In the absence of intellectual moralities what might be our guide?

Human Chemistry allows us to know in a very real way.!

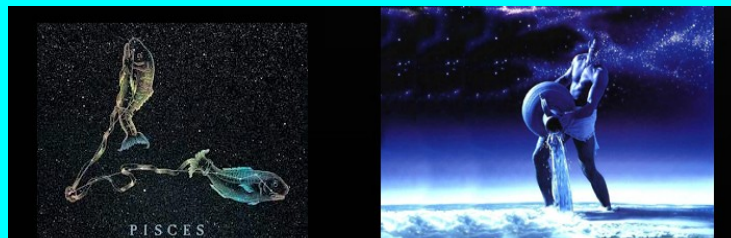
The process of the play between opposites is a dynamic symphony of growth and change and exchange. In life we create the situations that we require to evolve, grow, change and enlighten. Relationships are a classroom where we may see the manifesting of our unconscious parts as a living reflection in the form of another living being. Intimate sexual relationships allow an arena where we may express our openness ruthlessly, and dig out the most hidden of our unconscious parts and display them all, for our own inspection. The more familiar we become, the more reflection is revealed by the pushing of buttons that only these situations may reach. The source of the saying "familiarity breeds contempt" Depending upon the attitudes worn in this dynamic dance, ego self-importance may leave the dancers spending much energy for little return of insight and revelation, merely accumulating more gravity.

Living Relationships are a mutable and dynamic flow of love energy, dancing between the poles of intimacy and distance, love and hate. An inhalation and exhalation of the living breath of the endless play of opposites.

We are responsible for our own inspiration, peace, happiness and feelings of well-being. Once we own these within our self, relationship with others is a bonus. Truly independent beings sharing their unique and individual power in relationship are inter dependant, a dynamic team of challenge and empowerment spurring each other on into the unknown. Many relationships where one or both parties are dependant upon the other, have their happiness vulnerable to the slightest negative move of the other, or become a crutch to lean on while filling in time in the comfort zone, awaiting the arrival of death. It has been put forward that co-dependant relationships are a mental illness. As we enter the age of aquarius as described by western astrology we may expect to enter a whole new realm of relatedness. To be in a paradigm where we are predominantly self responsible for our living enlightened expression and in our relating enter inter-dependant relationships where we are able to powerfully share our independence joyfully.

Simple ponderings of the change of the age comes from pondering the symbols of Pisces and Aquarius. Pisces is two fish, and fish are beings whom are totally subjective to the element water. So we could say Pisces beings are totally subject to their emotional nature and are helplessly reactive to their feelings and emotions. Aquarius is a human form which stands objectively over the elements water and earth, one foot upon each. Under aquarius' arm is a vessel for the containing, holding and directing of the element water. So from a perspective of intellectuality (air sign) aquarius is able to be deliberate in where exactly the experience of feeling and emotion is to be experienced.

So it is pondered that in this transition of the ages we have beings who exist in a paradigm of pisces and beings who exist in an aquarian paradigm and an infinite blend of both across the spectrum of humanity. The simple bother is that one paradigm offends the other. Explore further this notion in other sections of Limitlessmile.



LimitlessSmile

These exercises are an attempt to bring to our awareness all the components that come together to make us what we are. To survey and catalogue, to view and ponder, to understand and embrace, to solve and transform, and to find clarity in our dance with truth and illusion. Each and every one of us are completely different and exactly the same.

In exercise Three our Quest is to capture a glimpse of Who we are, Who is the actor in the movie of life. Work toward defining our expression and the motivating force behind it. Which bit is Self and which bit is Ego.

