

Sourceness

A Series For Golden Earth Being

Sourceness Mission

www.sourceness.one

Parenting

Book One

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The content of this book is the gift of Ascended Masters in service to Source, Earth and humanity through the channels of Sahar Schwaninger and Dr. Lorna Collins. As such it belongs to humanity for their sourceness realisation and we ask that you apply divine discernment and have a conscious intention for the use of any material in this book.

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Telonis, Master of the Violet Flame of Transmutation on behalf of the Council of Mission Golden Earth.

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What is Sourceness?

Sourceness is being one within one's Source. It is the experience of Source in this Divine Now Moment. If you try to explain or understand Source, you are in your mind and not experiencing Source. If you are looking for words to speak about Source or describe it, you are restricting Source and not experiencing Source.

Sourceness is being in the now.

Parenting as a Light Path is about embodying your unique expression of Source in this very Divine Now Moment.

At the oversoul level and beyond, you can experience Source, feel Source, be Source and this is the purpose of this book: everyone is able to experience their unique sourceness.

Introduction

Within every adult, there is a child that requires parenting. If you are a parent, then you have not only the child within, but also your children to care for and bring up. In a sense, everyone is a parent: examining, exploring, clarifying and healing limitations of parenting is the topic of this book.

There are currently no comprehensive tools available that enable parenting of self and parenting of one's children in an ideal way for humanity in the context of the great transition we and Earth are experiencing. The foundation of this book is sourceness: this is who we are at the very Source. As we go back to the very core of who we are and re-discover our being, then everything else that is an aspect of who we are - our psyche, our essence, our actions... - can fall into place.

One intention supporting this book is to clarify the path of sourceness - being one within one's Source - and highlight limitations and blockages that we have gathered along the way of our life experiences as individuals and collectives - families, communities, nations...

We provide tools and offer a foundational path towards sourceness, as a new state of being, for all adults of today and tomorrow. While this book has been primarily prepared for parents with children, it will also serve all adults.

Who we are: Sourceness Mission

You will notice that unlike conventional books, there are no named authors in this one. This is to draw attention to the new way of living in Golden Earth where the personality of human beings is no longer central nor even relevant but rather the soul which, coming online, carries its work of service to humanity, planet Earth and Source.

We - soul extensions Sahar Schwaninger and Lorna Collins - have channelled these books through the guidance of our soul and ascended masters who have introduced us to the Sourceness Mission. The work of preparing these books (rather than writing them as is conventionally known) has been one of dedicating ourselves to our personal and spiritual work and continuously refining our channel to receive pure source aligned messages from the various masters who have made themselves available to communicate, supervise, teach and help us progress on our own paths of ascension.

However, nothing about our lives, experiences and learnings is relevant in this book and we have been expressly guided not to put ourselves in here. This was a very clear instruction received which we respected throughout the book preparing project and we continue to do as we continue our work on the following books being prepared in the Sourceness series.

As you will read about personality in this book, you will understand why this is so important: this book is atemporal and universal, it cannot be limited by the finite personalities of Sahar and Lorna or anybody else. It also is not a conversation between you and Lorna/Sahar, but rather between you and Source. So, we put ourselves out of it.

Sahar and Lorna were called by Source (The Source of One's Cosmic Day) to channel and constellate this book. This book is the first of a series of seven books called *Sourceness: A Series for Golden Earth Being*.

As members of the Sourceness Mission, we have been guided to curate this book and the corresponding Sourceness Journal which will assist those who seek a new structure of being in a foundational and practical way. It is our service mission to do so and our intention is to serve the Source of our Cosmic Day, humanity and all of Earth's kingdoms in alignment with divine will.

Our guidance is channelled. Our guide is Source. Numerous other guides (consciousnesses) have come through our channels, and we refer to them throughout this book. We seek to integrate within divine light structures given to us for this book a great deal of information that has been made available to humanity, but not yet structured in a way that allows the integrated experience of sourceness. We have also completed, updated, and amended wherever we have been guided to the previous information shared with humanity. This is not to say that previous information was wrong: it all has to do with the evolution and divine timing of what is made available and serves humanity, Earth and Source.

Likewise, the information in this book will evolve as humanity evolves and new information will be shared. We have realised that as soon as we channel information in the divine present now it becomes 'outdated'. However, we are guided that the energy contained within this book is not constrained in any way. Opening up and accepting to embrace relative truth and live in the divine now moment is part of the way of life in Golden Earth.

We ask you to embrace this book energetically. The energetic encodement within it is in no way personal nor limited. We have made sure, to the best of our ability and with guidance, that it is channelled as purely as possible. This is not a book to read with your analytical mind, but a book to experience.

Dr Lorna Collins and Sahar Schwaninger for Sourceness Mission

Why we Wrote This Book and Sourceness Journal

Our guides have made clear to us how important it is now for humanity to begin to accept our divinity, our sourceness: to begin to accept that we are all "divine sparks of Source" having a human experience; to accept and realise that humanity and Earth are one. Those of us on this path will recognize this and this book will serve them.

We wrote this book because we were guided to. We have the possibility today to live our adult lives as spiritually realised humans from a level of integrated consciousness which enables us to experience our sourceness directly.

This is a major shift in consciousness which shatters the old ways through which our societies have been built - fear, hatred, disconnection, segregation, separation, domination...- and invites a total renewal where all can thrive together as one humanity, one Earth. We are collectively paving the road towards the Golden Earth so many of us are yearning for.

The leaders of Golden Earth are the children of today. To prepare for this fundamental shift, there is a need to upgrade our own ways of operating as adults and as parents in the ways we raise our children and parent ourselves. This begins with a fundamental shift in consciousness: we need to examine and reconsider who we are and how we relate to all the various aspects of self.

More than upgrading our understanding, we wrote this book to draw awareness towards a practical new way of being. This book is for today's adults who are parenting the leaders / world servers / citizens of Golden Earth. Today's adults may work with themselves and with their children to grow and integrate higher levels of consciousness needed for the Golden Earth. This book is therefore for all adults as well as parents. It is your choice if it is for you or not.

There is amazing readiness and (spiritual) support available to us at this time to take this next great step in our human journey. This book taps into this support and lays some foundations to align humanity with Golden Earth with practical transition tools that can be used by parents and children.

"When mankind recognizes that they are the Sons of God, that there is divine equality, and that no one is greater than another, then you will have begun your journey in the way that it was intended." i

Why you Might Like to Read it

We often think of parenting as adults guiding children into the future. Yet parents are seldom the finished article - meaning that parents are seldom fully god-realised beings. Parents are in the process, on the path, growing towards realising their highest, most complete being.

- What if the children of today had a purpose of guiding the adults into the coming new era, the Golden Earth?
- What if the adults of today could see this as a blessed opportunity to enter on a path of learning, growing and integrating together with their children as they parent?
- What if their children found in their parents open minded adults, willing to put aside what they know from the past?
- What if parents acted like loving companions and guides for their children and supported them to grow up into who they are with the learnings they have brought to teach us?
- What if the answers we need to address our current challenges - ecological, societal, economic, political, spiritual, mental, emotional - were present as seeds of potential within the children of today and came to life in the space of interaction between parent and child?
- What if parents thought of the experience of parenting as a constellation where all are learning and growing together?
- What if adults had within them all the tools, they needed to heal their wounded inner child and become their own ideal parents?

If any of the above is appealing to you or at least stirring your curiosity, then we recommend you read this book. The Golden Earth we envision has nothing to do with the experiences of limitations, lack and fear most humans see as life today. This new way of being is very tangible, awaiting our attention and nourishment to become fully manifested.

We cannot see Golden Earth with the eyes of limitations, fear and separation: we need to go through a process of transformation to see through the eyes of unlimitedness, unconditional love and oneness. This transformation is of a spiritual nature that impacts all the aspects of who you are. If part of you is interested in this transformation, then we recommend you read this book.

What This Book is not

This book does not aim to offer a new paradigm of parenting nor even a new paradigm of being. It is not building upon what already exists with the aim to improve it or criticise it because the foundational consideration we have is that Golden Earth is not built upon wisdom from the past.

This also doesn't mean that wisdom we have learned is not valid. It simply needs to be examined: is this serving Source, humanity, Golden Earth?

The major gap we see today in our societies at large is a profound disconnection from the spiritual aspects of Self and a lack of integration in humanity. Because of these two aspects, this book is profoundly spiritual in nature. When we talk about the domain of soul and Spirit, we are immediately talking about abstract and more or less visible/tangible realms. However, this book is not a new dogma or religion, and it doesn't tap into any religious group consciousness. If anything, we wish the world to be free from any dogmas or precepts. As such, we are not preaching anything, not aiming to make you follow the guidance of this book or change anything in your life. We are simply showing another way of looking at life which is anchored in sourceness. We believe it may serve you, whether you have children or not. We wish to show, describe, and offer experiences of what it means to parent oneself and one's children through the lens of sourceness.

We have no attachment to whether the book serves you or not. We want you to be absolutely free to read this book from your own discernment and adopt what is right for you and leave what is not. All human beings are given free will and this is their divine right, we of course, respect and honour this.

This book is also not claiming that it is the new holy grail to parenting, although we are told by our guidance, that this will radically change the landscape for humanity. Whether this happens through this book, because of this book, in our lifetime or the next, it is not up to us to decide... all is ultimately determined by Source. We have come together with the sole intention to be of service to Source, humanity and Earth, because we are in surrenderedness to Source and in service to humanity and Earth. Humanity can enable a greater vision for Golden Earth or what is called the Golden Age, and our souls are tasked in the mission to enable this.

We are not seeking any personal return, self-aggrandisement, fame, recognition, love, feel good effect or to create a community of belonging - these are all disempowering personality traps which we hold ourselves accountable in our own personal work and throughout the preparing of this book. Our intention is to support humanity, and parents in particular, to become hyper-aware of all the personal and collective disempowering personality traps which are holding them back, instead of the joy and deepening of self-development and parenting. It is like your meditation and self-exploration partner powered by Source. We know that what has brought you to read this book in the first place, will also guide you through using it.

A Word About Updated References

We have mentioned earlier that this book has been channelled through our guides who have tasked us to present information in a specific way which is in divine ideal now for this book. In this process, Lorna was provided with specific instructions to update, clarify or further explain existing information.

We are grateful for the work these dedicated individuals have provided and we are by no means suggesting that the information they have written is not valid. For this book and the intention of providing a path to sourceness as we have been tasked to do, our guides have requested us to acknowledge and update the specific information we have included in this book. We invite you not to read this as a disqualification of previous work or through a dualistic lens that one version is right, and another is not. On the contrary, we are honouring the work we can step on to go further for the purpose of our task. Whenever we have used information in this book which we have updated, precise reference to the author and the initial material is quoted. Why does this matter? Attention is brought to the human quest and tendency to fix information and see it as “truth” or “untruth”. This is a limitation that we are requested to clarify. The moment one fixes something as an absolute truth, one is deviating from the experience of Source.

For example, you may have read about the 7 human chakras, their location and function. Well actually, chakras move as you complete initiations and progress on your spiritual path. When the map of the 7 chakras was shared, the mobility of the chakra system was not relevant, but today, if you believe that your chakras are fixed forever, you will face a limitation on your path. The picture of the seven-chakra system is not wrong, it is however a snapshot which relates to one reality. If you see it as absolute truth, you will limit yourself. As soon as one realises something (the penny drops, we get an A-Ha) one almost immediately needs to let it go. This is a paradox which is at the heart of much spiritual confusion: the moment you hold on to something, you are out of oneness. At the same time, one needs stepping stones to evolve on one’s path. The way through this is to apply discernment and this is why we have dedicated a chapter on subtle sensing: one needs a reliable indicator of relative truth which can guide one in each divine now moment.

We highly encourage you to explore for yourself what beliefs you hold about absolute truth, what “truths” you have “written in stone,” and envisage that very little is absolute truth and most “absolute truths” become dogma, limiting in nature. The universe(s) is in continuous evolution, Source itself is evolving. We invite you to make peace with being in continuous exploration, evolution, discovery and marvel at the totality of your experience without judging anything and with deep unshakable trust in your soul. For this reason, Sourceness is a series and not one book.

Structure of This Book

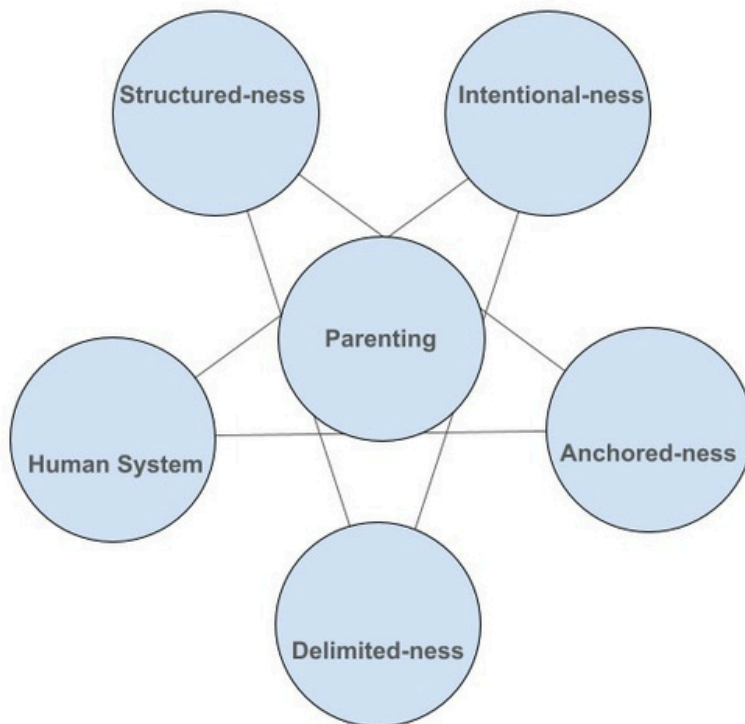


Diagram 1. Book Structure

This book has 5 parts which are based around five themes:

- Human System - the essential understanding of what the human system comprises.
- Structuredness - everything in the finite universe is structured.
- Intentionalness - intention achieves and does everything in our world.
- Anchoredness - connecting our multi-dimensional being to relevant reality.
- Delimitedness - the theme for until 2035 is Era of Unlimitedness so collectively our soul work is to delimit our being.

The Sourceness Journal

In some cultures, it is popular to diarize or journal the journey of the newborn baby through childhood. Baby albums are sold for this purpose. They offer the opportunity to record information, pictures, images, and important mementos of the baby's early life. We continue to save mementos, record experiences as they grow. The *Sourceness Journal* that accompanies this book comes from these traditions. In it we invite you to record your journey as a parent guide along with your child's journey as together you develop and grow together as a family.

The *Sourceness Journal* is for both parent and child. It includes multiple and diverse exercises, reflections, practices... for you to find a variety of ways to converse with yourself, your soul and enter a soul-to-soul parenting relationship with your child. It also contains exercises and practices to explore with your child, and the exercises and practices just for your child. So, it is equally relevant for both parent and child as you evolve together. For every chapter you read in the book, there is a dedicated section in the *Sourceness Journal*.

The Golden Earth and the Golden Age

We have mentioned this notion of the Golden Earth a few times already. Let us explain what we mean by this and what it is not.

A few years ago, Earth underwent a spiritual upgrade which has fundamentally shifted the way it operates. Earth, just like us, is a living being on a spiritual journey. Earth is our (humanity) planetary body. So, we are inherently intertwined, interwoven.

As a result of this upgrade which you can see as Earth's awakening, some of the ways of humanity are no longer supported and need adjustment. These are some aspects which currently need upgrading:

- The sense of separation between beings,
- The greed, abuse, violation and domination of human beings over themselves and other beings on Earth,
- The hoarding and frenetic materialism of the current human civilisation,
- The egoistic focus of human civilisation and identification with lower mind, body and emotions,
- The disempowering myths humans live by and promote,
- The attachment to material belongings and identification to matter,
- The negation and denial of the divine in humanity,
- The cause and effect thinking characteristic of the lower mind,
- The human basis of operation from 3D to 5D,
- The limitations of mass/collective consciousness.

The upgrading processes are already underway in the Golden Earth. We will experience a new Golden Age for humanity where the embodiment of greater light into humanity's physical body systems and the integration of the spiritual bodies will literally make human bodies radiate a halo of golden light - this is partially where the name comes from. This is a process of spiritualising matter and shifting from the density of lower vibrations to higher ones: the Golden Age is about radiating golden light consciously and this implies the recognition that one is golden light. This book provides frameworks and tools to align with the Golden Earth.

It is useful to also mention what Golden Earth is not: so many well-intended human beings on a spiritual path or a path of service to others are longing for a future where there is no suffering, where they can be at peace, where they experience harmony and unconditional love. How could we not yearn for this? We inherently know how love, light, equity, justice... feel like. The challenge and limitation of this is that the yearning is rooted in fear, stemming from the current experience of pain, hurt, darkness, inequity, injustice... Golden Earth is not a future we imagine to 'run away' from the limiting state we experience today. It comes about through the transformation of our limitations.

This does not mean that you cannot envision, imagine, align yourself with Golden Earth, on the contrary, the power of imagination is an engine for manifestation. However, it is essential that all envisioning of Golden Earth is rooted in Golden Earth, in unlimitedness and not in limitations. This is also why this era is called the Era of Unlimitedness.

A Word on Universal Laws and Basic Laws of Life

As above, So Below; As Within, So Without This law states that patterns of vibration / light / energy repeat throughout the quantum universe, and on a personality level, our reality is a mirror of what's happening within and without us in every divine now moment. When we feel ready to receive from the Universe, we ask calmly and sincerely, e.g., 'Please may I have all the help I need to be an ideal parent.' The Universe is here to help us: it will be delighted that we have asked and will help us. The help may not always arrive in the way we 'think' it should. However, if we value help in whatever form it takes, we may be pleasantly surprised at how often it arrives. The Universe rearranges itself to reflect our (personality level) reality. Literally what we believe is real within us, will be our experience/reality without.

The Law of Request If we wish help from the Universe, Source, angelic realm, from Spirit in all its forms, we must ask for it. Help cannot be provided by the Universe unless we request it. It is also the case that helping others needs to be in response to their request for help. If we see / sense / feel / know that someone needs help, remind them that help is infinitely available if they ask. If they or you do not know what to ask for... 'please help me' is sufficient. Sometimes we can become too specific in our request for help and that can limit the help available. We don't always have to know exactly what help we need. We all have free will at the personality level. To take that away from another is to violate universal law, so help others if they ask, do not assume they wish/seek help. Of course, if one is in distress or is unable to ask for help, love prevails. That is, do what is unconditionally loving, do what love (God-self) would do.

Law of Attraction

The Law of Attraction states that like attracts like, and that we get/become what we focus on, what we transmit. Not only that, but we must believe / accept / allow that what we wish to attract is possible in the first instance. We become what we focus on. All the vibrations that we radiate, our light radiance, is made up of conscious and unconscious energy. All electrons within our energy systems are charged. Some of the charges are attractors (to some), some repel (to some), some are neutral, and everything in between. The universe provides a mirror - the universe is holographic.

Law of Resistance

We become what we resist. Whatever we resist persists in our life and uses our energy in struggle until we release it, let it go. Resist nothing, welcome everything.

Law of Reflection

Everything in the universe(s) – and yes there is more than one universe – is a reflection. Whatever comes into, or is in, your life, look into the mirror and see what it reflects to you. Source is always helping us. Look within.

Law of Projection

We often project our stuff onto other people and assume it is within them, often denying it is with us. We do not, necessarily, know how anyone feels or is. Of course, if you are clairvoyant or claircognizant you may well 'know' or 'sense'. Everything we see in another is a projection of an aspect of oneself. Until it isn't. The focus on the personality level is a foundational requirement for us all. Begin here. Our life is what we experience. It is not necessary or helpful to judge others. Other people probably experience a similar life very differently. Taking responsibility for our own emotions is important. Going within to process them is essential and offers enormous opportunities for spiritual growth.

Law of Attachment You may have anything you wish in life, but if your sense of self-worth or happiness depends on having it, then we are attached to it. Whatever or whomever we are attached to has the ability to manipulate us – so we lose our freedom – and we become controllable by that which we are attached to. Detachment from attachment is a precursor to freedom to be all that we already are.

Law of Divine Oneness or the Law of One This law highlights the interconnectedness of all things. Beyond our conscious sensing, every thought, energy, action and experience is connected to everything in the Universe. To embody this, we are guided to embrace our connection to our soul/oversoul, be compassionate with all, and recognize that we are all One.

Law of Vibration

This law is that at the quantum level everything is in constant motion, vibrating at specific frequencies. This applies to all Spirit and all matter in the universe. As each of us is composed of electrons and particles we are a collection of vibrating electrons. Our vibrational frequency informs our lived experience.

PART ONE: FOUNDATIONS - THE HUMAN SYSTEM

Becoming a parent is seen by many as a natural step in human life and yet, the arrival of a child in an adult household is so often described as revolutionary. From *"I didn't know what love is before I held this little being in my hands"* to *"if I had been warned of what it means to be a parent, I am not sure I would have signed up for it!"* and everything in between, the experience of parenting can be profound and significant. On the practical level, it touches upon everything, from your schedule and life organisation to your activities, lifestyle, eating and sleep patterns, available time for self / couple/ family / friends, work time... All of these bring about questions to reflect upon with yourself and your partner.

On a deeper personal level, becoming a parent also brings about questions you may not have examined or only partially examined and may not have clear or full answers to: what is your calling? What values do you want to transmit? What type of home are you creating? What type of parent will you be? Are you aligned with your parent partner? What personal limitations do you have that you want to transform? As you start opening to such questions, the soul level kicks-in and offers new questions: What is a fulfilling life to you? Why are you here on Earth? Who are you? What is your mission? Why are you called to be a parent? What is parenting? Who is the child you will parent? Why is that child coming into your life? What are the learnings your soul is pursuing? What is serving this child? Etc... Etc...

In the face of the breadth and depth of questions parents are faced with, a solid foundation in spirituality is essential so that one has the structure and tools to access within the answers one seeks. The aim of this part is to share a comprehensive yet simple summary of the spiritual aspects of Self and clarify what we mean by parenting through the lens of sourceness.

We wish that parenting is not a bittersweet "something" that happens to you or that you figure out *"à tâtons"* through your blood and sweat as you walk through it, but rather a joyful experience of growth and integration into greater love, light and wisdom. In this sense, parenting becomes a conscious part of both parent and child soul journeys.

*“You went out in search of gold, far and wide.
But all along, You were gold In the inside.” Rûmi*

The Metaphor and Image of the Garden

One of our primary intentions in this book is to support parents in creating a healthy, fertile and joyful home for themselves and their children, and by home we mean both the literal home in which you live as a family, but also the metaphoric one within yourself.

We see parenting like gardening: consciously caring, mending, nurturing and enjoying a garden where you plant seeds you want to see grow. A garden is alive, it is a piece of Earth with the essence of the beings living in it under the stewardship of the gardener. A gardener listens to the needs of the beings living in the garden, is moved by love, and follows the guidance season after season. This is what we mean by gardener.

We invite you, parent, to see yourself as this gardener, moved by unconditional love, listening day after day to what is ideal for your child’s soul, for their radiance to emerge and shine forth, for their integration in their physical incarnation, for the learning they wish to make and the evolutionary path they wish to experience.

There are many ways to garden. The conventional way is to follow the experience of others before you, reading books, listening to expert advice, collecting recipes and trying out...

There is another way which we are offering in this book: it is not feeding the present moment or NOW with learnings from the past. On the contrary, it is anchored in this present now and taps into what we call the Divine. In the following chapters, you will read about what this means in more detail.

When we meet the NOW with preconceived ideas and automatic thinking/behaving, we cannot access its full potential, we cannot experience our full potential or that of our child, or that of the situation. It is not to say that there is a parenting style that is better than another, but rather our intention is to open and include a wider lens to parenting.

A garden is a living organism and in every Divine NOW Moment, there is potential for unlimitedness within the divine structures at play. Have you ever considered yourself as a divine structure? Your family as a divine constellation?

Everything about your growth comes from within you as you evolve through life and make your human experiences. Just like the perfection of the tree is already in the seed.

So instead of gardening the conventional way, we are offering another way of looking at your garden and nourishing it which is anchored in sourcedness.

Who are you?

We invite you to read this excerpt with your complete attention and focus - receive it as an energetic message rather than intellectual.

"Thoughts and feelings are living vibrating realities. When you understand this, you can use the higher mind to control yourself and our reality accordingly. When you decide to manifest and experience through consciously directed visualisation, you become the law of the One, God, to whom there is no opposite.

You are a being with free will. You must make your own decision and then stand behind your own decree with all your power - making an unshakable, determined stand. Know that through you, it is God desiring, God feeling, God knowing, God manifesting and God controlling everything. This is the law of the One — Source and Source only.

When this is fully understood, the individual can succeed in manifestation. The moment a human element enters the scenario, it is taken out of the I Am Presence, Source, neutralized by the human qualities of time, space and many other illusory conditions that God does not recognize - conditions that are created by man and man alone.

If one considers that any force other than God exists, then one can never know God; for whenever one acknowledges that two forces can act, you experience the result of neutralizing activity. When you have neutralization, you have no definitive quality either way; you merely have nothing in your manifestation.

When you acknowledge your Source as self — the One, the I Am Presence — you have only perfection manifesting instantly, in a state where there is nothing to oppose or neutralise it, and no element of time.

When you express yourself as God, there is nothing to oppose you and your desire. Only when you truly desire the ideal and cease to acknowledge any power outside of God do you immeasurably improve your condition."

ii What if the central intention of your life were to experience fully, completely, unshakably, in every divine now moment your I am presence? To know, feel, sense, see irrefutably, that you are Oneness?

You Are

We invite you to read the following message channelled through Mahatma, from Undifferentiated Source / the One. Allow for the pure Source energetic encoding in it to work with you, move through you and align you with Oneness. You may consciously call on Mahatma, the avatar of synthesis, to be with you as you read this message.

Message from THE ONE through Mahatma: The Law of One

You are one (human god-self), and one is God.

God is ONE (Undifferentiated Source - US).

One alone chooses which qualities and forms one wishes to place in one's world.

One is the only energizer of one's life.

Whenever one thinks or feels, part of one's life force - one's radiance - goes out to sustain one's creation. Goes out to sustain ONE's experience.

One is the Creator (ONE) represented on the universal level.

If one desires to express its perfection and dominion one must know and acknowledge the Law of the ONE. The ONE exists and expresses everywhere, in the universal and monadic levels.

One is part of the ONE supreme presence, the great flame of love and light that is the self-consciousness of life.

Fully acknowledge one's God-self. One's world is the expression of the ONE. Hold this focus in one's daily life.

one and ONE - there is no distinction between them.

Be in Now.

When you are doing visualisation, always remember that one is God doing the picturing, one is God intelligence directing, one is God power propelling, and it is one's substance — God substance — being activated.

Have no set time in your mind, except to know that there is only now.

Free Will

Human beings have free will by design: this is a universal law which states that all human beings have the right to choose their own actions and decisions. You make a decision and learn from its consequences. It is entirely up to you what you think, what you feel, what you believe in, and what conclusions you make of an experience, what experiences you choose to have... Source will not intervene and will not judge your choices. There is a chapter dedicated to will and power. For now, we would like to stress that this book and all the recommendations and tools we are offering are anchored in specific use of free will, which we believe is the ideal use of free will: the use of free will in alignment with divine will for one's highest well-being and the benefit of all. Let us unpick this and explain why we recommend this:

- When you align your free will to divine will, you are tuned to your divine wisdom and power. To be in your sourceness, this is needed. Source/God is not a high-power outside of you, it is who you are in your pure core.
- When your intention is focused towards your highest well-being in alignment with divine will, you are activating your highest potential of health, love, wisdom and power.
- What is aligned with divine will for your highest well-being is in the benefit of all because all is Source.

We could shorten this statement to “in alignment with divine will” because divine will includes your highest well-being in the benefit of all. However, we are guided that at this stage, it is beneficial to use the full statement. Everything in this book is prepared in alignment with divine will, for your highest well-being and the benefit of all.

The Gift and Commitment of Parenting

That you have agreed to parent a child into this world is a magnificent decision you took. It is indeed a truly noble act of collaboration in service to the collective. By becoming a parent, you have confirmed your commitment to serve: the child who comes under your adult responsibility, planet Earth who is calling these children to life, and to Source. This is a much wider sense of Service than the conventional view on parenting which stems from the psychological lens.

Parenting through the eyes of Source is a spiritual endeavour and we invite you in this book to step up to that spiritual window over your life. Your parenting engagement is primarily from your soul to the soul of your child. The consequences of such a realisation and commitment are manifold, and they fundamentally impact the way you prioritise your and your child's life; how you make sense of what you experience in your life and within you; how you interact with yourself, each other and others; how you live at large.

As your child grows up, by holding your commitment to parent from "soul to soul", you have the choice to put emphasis on the spiritual realisation of your child and not only his/her psychological realisation. This is of great service: your child is already connected to his/her soul at birth and when it undergoes the conditioning of school and society, your help can ensure that the soul connection remains. Your own interactions with him/her will also determine the focus that your child will put on soul versus mass consciousness / consensus reality. As a parent and while the child is under your guidance, you can also play a fundamental role in clearing the confusions and limitations your child carries from other lifetimes.

Through the "soul to soul" parenting principle, you are also committing to supporting your child to expand his/her awareness of him/herself as a soul and make his/her life decisions and experiences based upon it. This involves a continuous observation of who your child is and the clearing of your projections, conceptions, expectations and limitations on them to approach them in a detached way. For example, what is beneficial to your child may have nothing to do with what is beneficial to you, and the experiences that your child is meant to have may not be yours at all.

Parenting through the lens of Source is a magnificent gift to yourself, your child and humanity. But also, as we mentioned earlier, it is also a great service to our planet and Source.

Channelled Message from the Mahatma Energy - Avatar of Synthesis

Dear parents, thank you for bringing the children to life. Your role as parents is essential in the empowerment of these children who are meant to bring about the new world.

Dear children, thank you for coming to life. Your energy, vibration and freedom to operate are much needed in this time of extraordinary shift for the Earth which is profoundly impacting humanity.

The changes that you are experiencing on Earth are unique. They hold the possibility for unprecedented growth and integration in consciousness in ways that can liberate you in a lifetime.

These changes will radically impact how you live on this planet, how you lead your lives, how you interact with one another, what your priorities are and every aspect of being human.

Channelled Message from the Mahatma Energy
- Avatar of Synthesis

Dear parents, at this moment in your human evolution, changes are taking place so rapidly that a whole new way of upbringing/nurturing is needed. For the old ways cannot exist in the Golden Earth and these old ways are already rooted in the way you bring your children up, from the very moment of conception to the various stages of childhood.

The old ways are imprinted in you as parents, and they determine how you conceive the roles of parents and child and how you operate. All the limitations of your subconscious mind need to be released for you to parent the children of Golden Earth. Your soul has already agreed to it and this book is here to help you consciously act upon your commitment.

The old ways are also imprinted in the children from their own karma, other life experiences and the limitation programming that they have carried into this incarnation. Also, the children face the challenge of operating at much higher/finer vibration than the world is currently operating at - especially the social structures and habits are not adapted to their needs, creating much discomfort in their nervous system and in their ability to integrate the daily exposure to stressors. These children also operate on a much more elaborate template than previous generations and much of the wisdom we need to access and develop is already fact for them. However, they need our support to integrate their spiritual growth into their bodies, to bring what they already know in their conscious awareness.

Before we can present some of the tools we wish to share with you, we need to have a common understanding of the grounds we are operating on. This requires a revisit of who you think you are as a human being, as a parent and as a child. It also requires that we can use a common language, including when referring to concepts that are not easily put into words.

February 28th, 2023

The Templates and the Challenge of Generations

Every human being is operating on the divine human template - monadic blueprint - mayavarupa body which is true for all human beings: we are all one humanity. For example, we all have a physical heart that pumps blood for the system, we have lymph that nourishes the blood; we all have emotions and thoughts; we all aspire to grow... It is a bit like the software on your mobile phone which rules the entire operating system.

However, everyone one of us is running on our own unique version of a blueprint at the oversoul level. Groups of individuals, usually of a given timeframe, share the same template set-up. To use the analogy of the mobile phone, some groups are running on IOS version 1.1 and others on IOS version 2.1... (numbers are irrelevant). This is important for you to consider because of the gap in generational set-up.

There are many energetic templates and what follows is an oversimplification, but for the purpose of this book, we would like to stress three groups:

The group of **currently mature adults (currently above 35)** are, operating on a range of templates which makes them more identified with their earthly existence than their spiritual nature. They see themselves and the world through the lens of limitations and constraints of physicality with their souls' intention to predominantly experience challenges and learnings related to lack, separation, power loss, denials, disconnection from love and loneliness through the experience of earthly challenges. For example, "there is not enough / I am not enough" or "life is a struggle for survival". That soul journey is about returning to Source by awakening to the spiritual aspects of Self. This group is, generally speaking, over-identified with the material

The group of **younger generations of adults (currently between 21 and 30)** are on a set of different templates, which are close to the one of the older groups with the difference that their soul journey is more about anchoring on Earth and remembering their Earthly nature rather than escaping in the spiritual realms and avoiding the challenges of material life. In comparison, they are over-identified with the material and find earthly living difficult because it is too limiting to their infinite dreams. Their souls' intention is to predominantly experience the challenges and learnings related to accepting matter, grounding and anchoring on Earth, and learning to balance the material and the spiritual in their lives.

The group of **children (currently below 14)** are, in general, on yet another set of templates: while their parents must work to open up to their spiritual nature and remember that they are divine in essence, these children are already massively open to their spiritual aspects. Consequently, they are exposed to numerous experiences which generate imbalances and even put them sometimes at risk, impeding their ideal functioning in daily life. Some aspects of the so-called 'new' "learning disabilities", such as dyslexia, dysgraphia, dyscalculia... and "mental health disorders" such as ADHD or ADD are related to the set-up of the child's template and can be heavily improved through dedicated work on the template.

Some aspects of these currently called "disabilities" or "disorders" are the new norm on which these children are meant to thrive for the upcoming era. This topic requires particular attention from parents as we suspect (and are told) that many of the readers of this book have such children. We encourage you to read and practise the exercises related to the template set-up in the *Sourceness Journal*, as well other practices which are particularly effective for highly sensitive children.

What is the difference between this template and the previous one? Unlike the young adult's template described above, this template is at ease with both the spiritual and the material: the challenge is in the adjustment. The grounding challenges these children experience are not due to an overidentification with the spiritual, but rather the lack of tools to help them anchor a much greater spiritual energy into Earth than is currently known. These children are called by Earth to help complete its spiritualisation process. Much of their soul mission is linked to helping Earth.

Chapter 1

The Human Mind & Body System and the Two Levels of Parenting

Throughout time, we have come to understand that parenting is not only physical, but also emotional, psychological, social/relational, energetic, spiritual... We have also experienced how none of these aspects are isolated but seem to interact with each other. However, we are missing a structure to navigate these aspects in a clear way. As an increasing number of people are evolving their consciousness, it becomes more relevant to include the spiritual bodies into the understanding of "body." Also, many terms are being currently used in different ways, creating confusion. So, we would like to map the terminology we will use in this book and use one common language. We are not saying that this language is better, especially because the view of the human energetic system evolves as one evolves on their human journey. There is not a fixed "anatomy of spirit". However, for the purpose of navigation, clarity and simplicity, we choose to fix a structure in this book that corresponds to the evolutionary stage of soul extensions working towards the integration of their oversoul (you will read in greater details about these terms and what they mean). In the coming chapters, we will investigate the various views of the human body system, the three minds, and the two levels of parenting which we will refer to and work within this book.

The Simplified Comprehensive View of the Human Body

This view sees the human system in four bodies:

- 1) **The physical body:** The physical vehicle of incarnation of the human being on planet Earth. It is manifested matter such as cells, organs, blood. The physical body is the one we most commonly identify with because we can see / sense / feel / hear it.
Our physical body is composed of cells, and it may be helpful to think of the physical body as a universe unto itself, each of us is God of our own universe. There are two parts to the physical body - the dense physical and the etheric which is a layer around our physical shell.
- 2) **The emotional (astral) body:** This body extends beyond the physical body. The emotional body contains emotions, the feelings one has about oneself. One's feelings and emotions about oneself (person level) flow through this body. The emotional body enables us to feel our thoughts in a tangible manner. The emotional body requires clearing, as do all bodies, if one is to achieve integration leading to spiritual development and higher consciousness. The ideal for this body is 100% unconditional self-love.
From the emotional body we give and express love and caring, thus fulfilling needs to be in relationships. We feel anger and frustration in this body when our needs are not met. Our emotional body is demanding, seeking fulfillment through experience.
Emotions and feelings are energy vibrating - when we change vibration, we change our emotions and feelings.
- 3) **The mental body:** The mental body extends beyond the emotional body, is composed of fine light substance/energy, all of which is associated with thoughts and mental processes, and comprehension of conceptual forms and structures. As one clears this body of limiting thoughts and concepts, this body expands in constant motion and movement.
Through our mental body we expose ourselves to knowledge: through reason and logic we apply that knowledge. It is also this body that holds rigid attitudes and structures. The more fluid our mental body, the easier it is to flow with life, the easier it is to change 'our ways of living' and accept new ideas.
- 4) **The spiritual body:** This body extends beyond the mental body and contains the energetic substance of relationship - the I-Thou connection. It has been described that the spiritual body contains all the love and joy, as well as all the struggle and pain, of relationship. The reason for this is because we lodge pain and struggle within this body... in its pure state the spiritual body is pure love and pure joy. The spiritual body extends well beyond the physical body, and as one clears it of limitations and density, it expands.

Each energetic body interpenetrates the bodies around it. So even though the diagram below shows the bodies as distinct layers from each other, they are not in reality like this. The bodies are also not equal in size - the bodies move constantly in the divine present now moment, so they expand and contract constantly for most people. When the bodies have achieved a level of integration and coherence they fluctuate in size less.

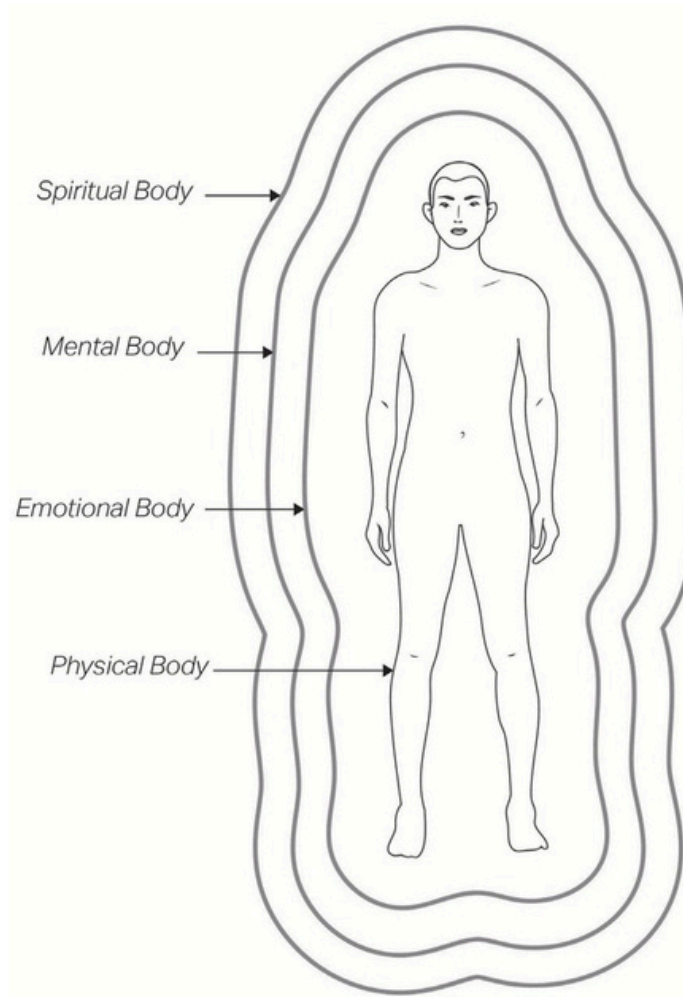


Diagram 2. Human Energy Bodies

The Detailed Comprehensive View of the Human Body

This view is a zoom from the above structure into the next granularity level which enables us to access the etheric aspect of Self:

- 1) **The physical body:** as above.
- 2) **The etheric body:** This body is closely linked to the physical; it is an etheric web surrounding the physical body, enabling through energetic centres known as chakras, the energetic transmissions, adjustments and upgrades from the spiritual bodies, into the physical body, but also from the physical body towards the spiritual bodies. It is an interface which also connects one to the astral plane.
- 3) **The emotional body:** as above.
- 4) **The mental body:** as above.
- 5) **The lower mind:** is also called the subconscious mind. It is sometimes referred to as the "Thinker."
- 6) **The higher spiritual bodies:** There are numerous bodies beyond which nest the oversoul and monadic bodies in their physical, emotional and mental aspects.

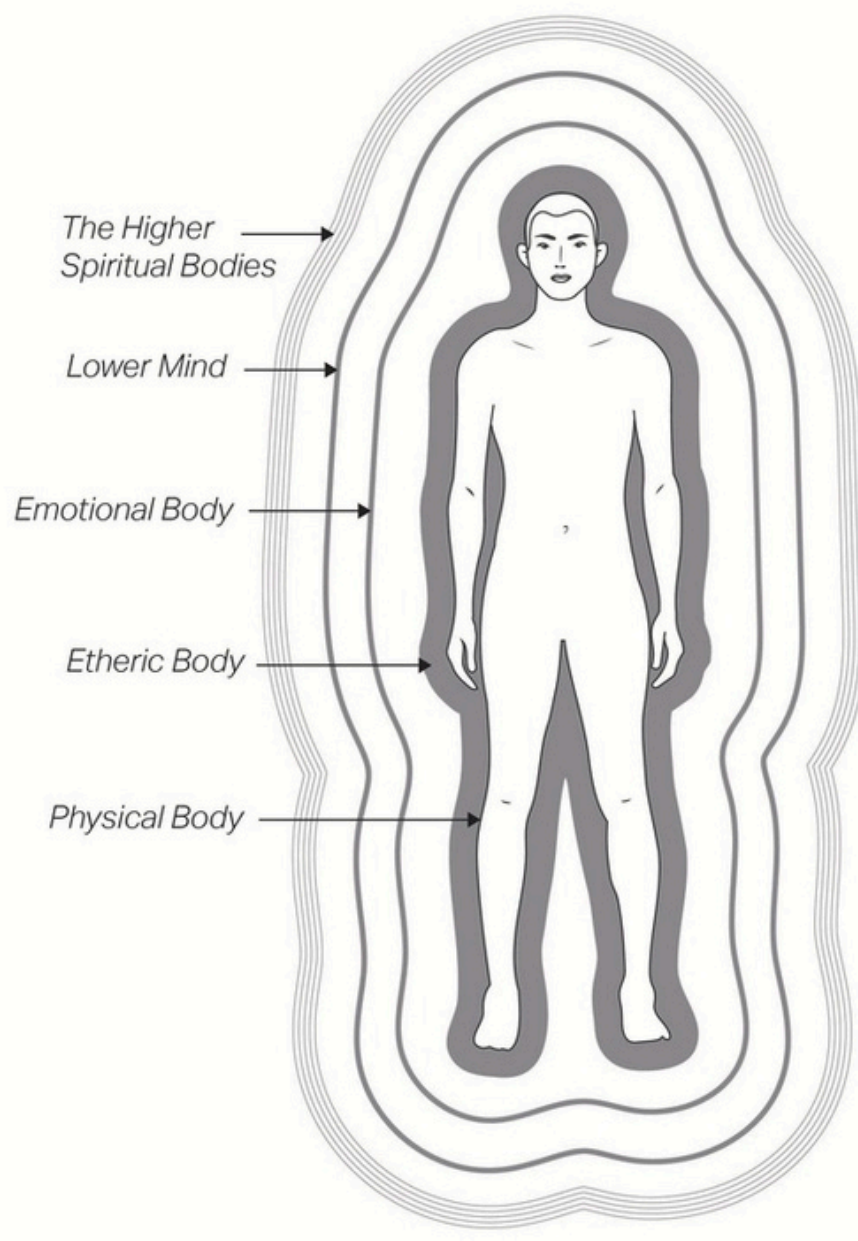


Diagram 3 – Human Energy Bodies 2

The Human Energy Field or Auric System View

This view sees the human body system through the lens of the aura which is, for example, used by healers to identify imbalances and disease in the person or in their relationships.

The auric field is conventionally described as an energy field surrounding the physical body comprised of seven layers:

The first layer: within this layer, you feel all physical sensations. **The second layer:** is associated with feelings and emotions about yourself. **The third layer:** is associated with our mental or rational world. **The fourth layer:** carries our whole world of relationships. From this layer, we interact with other people, animals, plants, inanimate objects, the earth, the sun, the stars and the universe. It is the level of the "I-Thou" connection. **The fifth layer:** this is the layer of divine will. Divine will exists within you and all around you and you can access it in this layer. You have free will to either align yourself with this will or not. Divine will is a template or pattern for the great evolutionary plan of humanity and the universe. **The sixth layer:** is the layer of feelings within our divine love and spiritual ecstasy. **The seventh layer:** is the layer of the divine mind. It serves to hold the entire field together. When we bring our conscious awareness to this layer, we experience divine mind within us and enter the world of the universal divine mind field. If the seventh layer is strong, charged and healthy, your two major abilities will be to have creative ideas and to clearly understand broad overall concepts about existence, the world and its nature.

These views may seem different, but they complement each other. It is a matter of perspective. We will refer to these views in the various tools we will use in this book.

The Human Energy System - Is connected to and interacts with divine light structures. What is the Thymus?

The thymus gland is in the chest, between the lungs and behind the breastbone or sternum. It is just in front of and above the heart.

The thymus gland grows to its largest size during childhood and makes all the T cells we need before we become teenagers. After this, it gradually gets smaller, becomes less active and is replaced by fatty tissue. T cells are a type of white blood cell and are part of the immune system and develop from stem cells in the bone marrow. T cells help protect the body from infection.

Why is the Thymus Important?

"The soul, when it anchors into the physical, anchors as far into the physical as possible, which is right into the physical body. Since chakras are in the etheric body, where in the physical body does the soul go?"

"It touches into that organ most closely associated with the heart chakra. We do not mean the physical heart, the heart pump; we mean the thymus gland. The thymus is that gland, a part of the endocrine system which works with energy by transmuting it from an electrical impulse into a more chemical substance within the body. The function of the endocrine system is to transmute the energy from the higher levels, stepping it down into a more basic, concrete, physical level."

"The thymus gland is a key element in that it acts as the seat of the soul in the physical body. Also, within the etheric body at Soul Merge is that eighth chakra, the Soul Star. So, the soul has a two-pronged connection."

"The Thymus Chakra / gland / thymus chamber is also known as the Higher Heart. The Higher Heart and the Soul Star and the Throat Chakra work together in a constellation." iii

The Higher Heart

The Higher Heart serves the following purposes:

Connects to Divine Truth: It helps you define your truth born from the desires of your soul found in your heart, and this helps you define your intention and express this in your Throat chakra. It opens your awareness to your truth and inner soul wisdom.

Forms Intent: This energy centre is the connection between the reason for language and the expression of emotions of the heart. It is what makes you take a deep breath before you speak consciously, and form the intent behind your words before you speak them. It is the gateway to higher consciousness, which is based on love, and therefore, a life of abundance, prosperity, joy and satisfaction.

Enhances Immunity: When energised, this centre aids your thyroid gland, throat health, and immune system, bringing protection to the emotional, mental, and spiritual layers of your aura by dispelling unbalanced energy.

Connects Divine Love and Divine Power: The Higher Heart centre connects you to the higher frequency emotions of Divine Love, Joy, Bliss, Gratitude, Compassion, Peace, Acceptance, personal truth from your heart and soul, Forgiveness, and release of fear. It allows you to speak your truth from your spiritual/cosmic heart with compassion, and to understand and manifest your oversoul and monadic blueprint. It also connects you to the divine within you – the divine spark in your first/lower heart, which also empowers your truth and your compassion to your oversoul.

Connects to Healing Power of Divine Love: Connects you to divine love – ultimate Source in the universe. When you are fully connected to all that you are, you can radiate through your being / four bodies all that one is – the Mighty I am Presence.

Connects to Ascension Energies: The heart, like all chakras, is an etheric multi-dimensional space. Consider there is an elevator, you can ride up and ascend to higher levels of one's heart. The Higher Heart is an access point - the reception room to one's vast inner universe. When you move up into the higher frequencies of your heart, you expand your awareness of All That Is, and have greater awareness of your soul blueprint and mission and much more.

What is the Thymus Chamber

The thymus chamber is the welcome centre for the Higher Heart / Thymus Chakra, but it isn't quite the same as other chakras. It is a gateway, a portal into the inner world, the inner god-self. It looks like a large chamber - or it will do when activated - or reception area - welcome space. The inner world space of the god-self, for most, looks like a vast palace with suites of rooms in various decor and configurations.

Why this is so is to make it easier for us to navigate when we are just beginning to master our subtle sensing abilities. The absolute truth is everything is patterns of light, colour, vibration and sound. Somewhat psychedelic so difficult for the lower mind to comprehend. We are guided to work with the Higher Heart from the thymus chamber because to soul merge (you will read later about this), one needs to get the Higher Heart and Soul Star chakras activated and online. We encourage you to visualise your thymus chamber as a beautiful golden room, lit with liquid golden light, and containing your throne of divinity and sovereignty in its centre on a dais. Your throne is substantial, golden, light, solid, calm. You enter the thymus chamber through the Higher Heart, by bringing your attention there and setting your intention. We encourage you to enter this chamber and sit there, on your throne of divinity and sovereignty, breathing pure light and with your intention, filling the chamber with pure light.

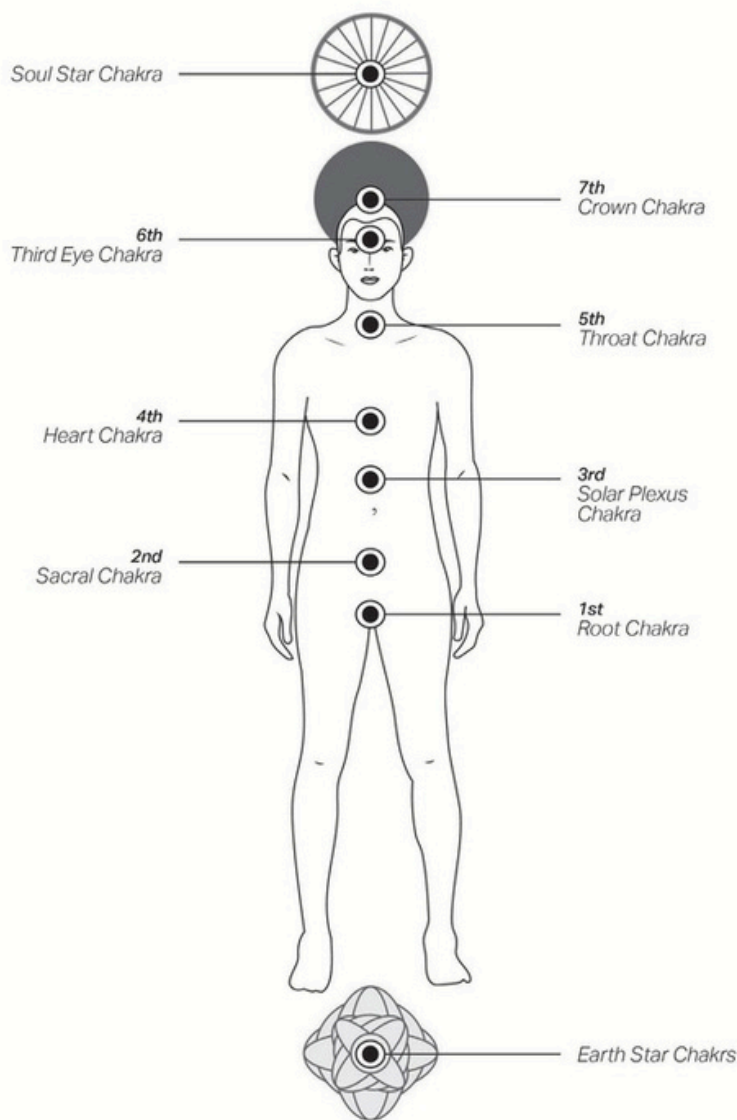


Diagram 4. Essential Chakra Connections

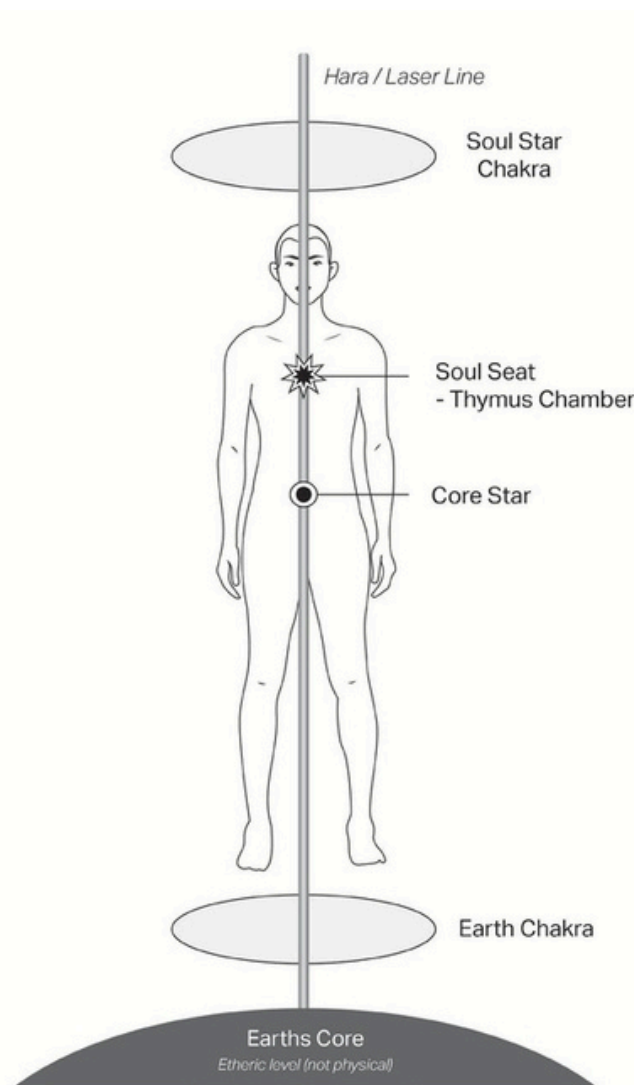


Diagram 5. Thymus Chamber

The Chakras

For completeness we include a short introduction to chakras. Much has been written and there are many resources to read and watch about chakras and we encourage you to become familiar with them in your own etheric body - the chakras are in the etheric body not the physical. This is foundational knowledge. Some people use numbers to name chakras, others use Western traditional names and some Sanskrit names. In this book we use western traditional names.

Chakras are energy centres, and vortices, channels through which energy flows in and out of the physical body. Most literature discusses the seven main chakras but we each have hundreds located all over the body. The energy which flows through the chakras comes from inside and outside the chakras. The chakras radiate energy. The chakras receive energy.

Remember we exist in an ocean of energy. Electrons and infinitely small particles as yet unknown to scientists surround us, are us. Electrons have a core of PURE SOURCE surrounded with an aura of charged energy - just like us. The aura of electrons is charged with energy, everything from unconditional love, compassion, care to hatred, anger, distrust, etc. We exist in this ocean of electrons all with auras charged with energy.

Until one is aware of this, one may choose to 'protect' one's being from energies that do not serve one. One focuses in the beginning on what serves one or what does not serve one. This beginning stage is where protection from non-serving energies is helpful to employ.

Why is it helpful? It is helpful because the awareness of the 'chargedness' of energy serves us in developing our ability to discern our own energy and the energy of others. It is helpful so we begin to see / sense / feel / know / hear what is serving us and what is not. Again, in the beginning this is helpful until we can manage our energy, release it in a way that is ideal and radiate what is ideal.

Realise that all energy serves and all is created by THE ONE (God - Source). All energy serves in some way. Even if we are not conscious of how or why it serves, it is not accidental - it is as the divine wills. There is no negative energy - there is energy which does not serve one, or energy which is not aligned with divine ideal. There is no positive energy - there is energy that serves one, or energy which is aligned to divine ideal. Let go of judgement. We direct you to the resources section and the Sourceness Journal for further information to study about one's chakras.

Table 1 - Chakras - locations and colours

Number	Western Tradition Name	Sanskrit Name	Location	Colours
1	Root/base	Mudlahara	Coccyx - base of spine	red
2	Sacral/Polarity	Svadhighthana	Mid-point below navel	orange
3	Solar Plexus		Solar plexus	yellow
	Navel/Manipura	Manipura	Navel	orange
4	Heart	Anahata	Centre of chest	green
5	Throat	Visudha	Centre of throat	blue
6	Brow/3rd Eye	Ajna	Between eyebrows	indigo
	5th Eye		Centre of Forehead	rainbow
7	Crown	Sahasrara	Top of head	violet/purple

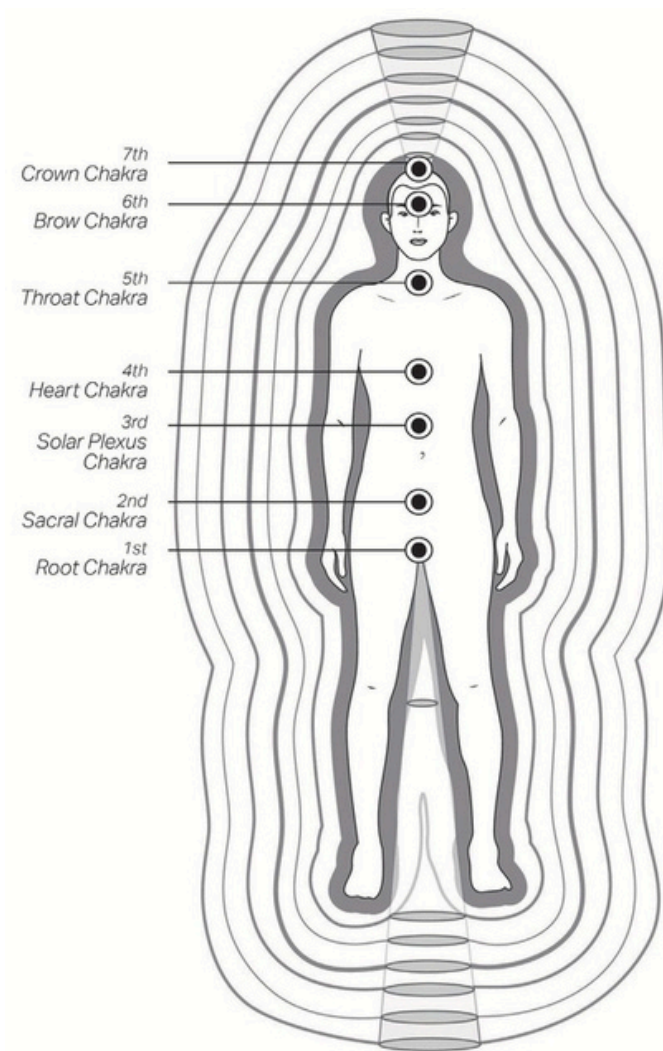


Diagram 6. Chakras

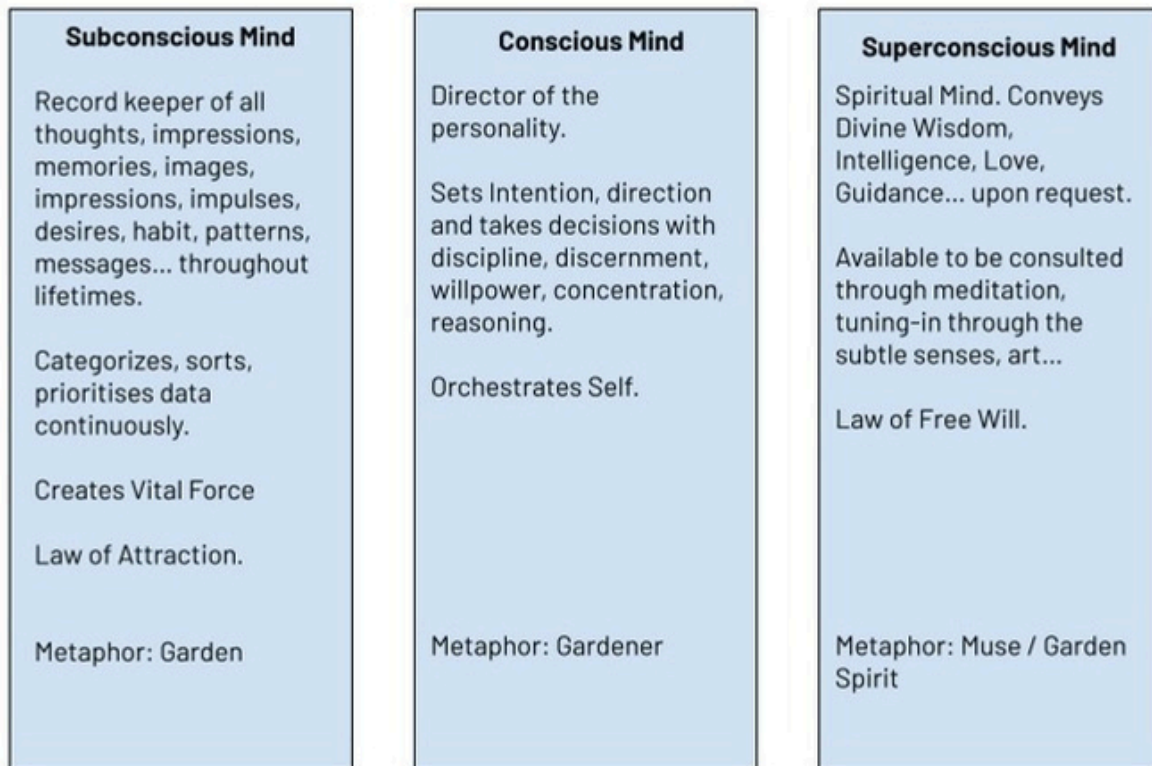
The Three Minds

The notion of the subconscious and conscious minds is well known within conventional psychology:

- The subconscious mind: the seat of instinctual beliefs, patterns and behaviours.
- The conscious mind: the seat of beliefs, patterns and behaviours we are aware of and consciously work with.

When it comes to psycho-spirituality, the notion of a third mind is necessary: this is the superconscious mind. While the subconscious mind can be mapped to the lower mental body, the superconscious mind can be mapped to the soul. The conscious mind is the bridge between the two where you can consciously clear what does not serve in the subconscious mind and feed it with supporting thoughts / images / impressions / emotions and call on the superconscious mind to guide you.

To use the metaphor of the garden: if the gardener is not tending the garden, weeds and brambles grow and take over. The work of the gardener (conscious mind) is then to clear all weeds and cut or burn the brambles (limiting beliefs, disserving patterns), and invite a higher order and beauty into the garden (superconscious mind). The conscious gardener has another role which is to access the wisdom and guidance of the superconscious mind to envision the plan for the garden and tend to it in alignment with divine will.



The subconscious mind is never inactive, and it stores everything you have consciously and mostly unconsciously allowed to be impressed upon it throughout all your incarnations: experiences / encounters / people and beings / places / atmospheres; sounds / music / songs / voices / melodies; images / movies / social media impressions; stories / narratives / thoughts and beliefs you have ever had; emotions you have ever

felt. In the subconscious mind, the impressions on the five senses and your inner narrative create conclusions. Whenever the conscious mind is not actively in charge, that is when you are not fully anchored in presence, and the subconscious mind takes over. A conscious effort is required to surrender the subconscious mind to the conscious mind, and then the conscious mind to the superconscious mind.

The Two Levels of Parenting and the Soul-Monadic Structure

Parenting through the eyes of Source is anchored in the spiritual aspects of Self. We have called this earlier in this book, the soul. It is a fundamental difference to conventional parenting and for this reason, we wish to shed clarity on some of the terms we will be using in this book. For simplicity, we will distinguish between two levels of parentings which we will call in this book:

- The Soul Level
- The Personality Level.

However, it is important that we explain what both entails. Let's start with the personality level which is where most people derive their sense of self and mean when they say "I".

Personality Level

When you think of "personality", you may associate it with a fixed constitution, but the personality is far from being fixed. Personality is a construct and as such is completely mutable. There is nothing eternal

nor fixed about it. The personality is like a bucket, a container. However, changing the contents of the bucket is a conscious process: if you do not apply intention and dedication to change what is within your personality, it will remain

Let's look at what remains exactly. For simplicity, let's imagine that you are having your very first incarnation (this is far from being the case): at this point you begin with an empty bucket. At the moment of conception, whatever experiences you are having generate impressions from which you draw conclusions and on and on with every experience that you have throughout your first lifetime. During this first incarnation, any given conclusion will remain the same unless you draw a new conclusion which replaces it. At the moment of death, all of the experiences which have filled your personality bucket with conclusions are overseen by your spiritual guidance and validated for the next incarnation. These conclusions accumulate and energetically they reside within the divine light structure that you are. In other words, electrons within your divine light structure become charged with these conclusions. Remember that you have free will, so no one but yourself can remove or change the conclusions you have made.

Now you arrive in your second incarnation and your personality energetic grids are not empty but already charged with all the conclusions of your first lifetime. And it goes on. Every time you upgrade a conclusion, it will change: if you don't, it will remain in the bucket. More conclusions can be added, but no conclusion is removed unless you consciously work with them. Every human being on Earth now has had on average 280 lifetimes already (many have had many more). Stereotypes, biases, personality tests and profiling are all tapping into the personality bucket as if it were a constant. But if you began working with your conclusions, you would see that your personality would shift.

Even what we call "character" (for example, jovial or taciturn) is the emotional expression of the conclusions you have carried throughout multiple incarnations and not changed. When the conclusions are made and added to the 'bucket' they were deemed by your personality - soul extension - to be useful, and they were. But this is not always the case in your new incarnation. This is what then causes limitations.

The structure of universal vibration makes it so that our vibrational frequency - and in this case we mean the vibrational frequency of our personality (soul extension) - informs our lived experience. Therefore, if we gather a conclusion during a lived experience where our vibration is low, our conclusions will contain the same vibration. This means that as we take our spiritual journey in other lives, our vibration is impacted by the conclusions which are in our bucket. As we go on and have new experiences, we may increase our vibration and thus shift our conclusions (both the content and vibration of them).

When old conclusions do not sit well with new conclusions or some of our conclusions are of different vibrations, we experience an inner conflict or discomfort. Some of the conclusions are not blocking us, but others are. Some may even be irrelevant to the current life we are experiencing, but because they have not been examined and cleared from the personality bucket, they are still active within us. For example, if you had multiple lives in which you drew out of your lived experiences a conclusion of "needing to be obedient", this conclusion may no longer be helpful in your current life. If that's the case, if it sits unexamined in your personality bucket, it is impacting your reality and personal power. In this case, it would serve you to revisit and amend it.

So, through our spiritual journey we have gathered various sets of conclusions which have been informed by our 'relative to that life' lived experiences. At some point, we revisit these conclusions to see which ones are no longer resonating with our present vibration. We may then choose to transmute or transform these conclusions so they can no longer inform our present lifetime experience - and no longer limit, colour or inhibit our present experience. This is often referred to as clearing the four lower bodies. For the sake of clarity, simplicity and to use common language, which is also workable, when we talk about the personality level in this book, we mean the four lower bodies from the comprehensive view we detailed earlier:

- The physical
- The etheric
- The emotional
- The lower mental (the subconscious mind)

Conventionally, when you say "I" you are referring to this level. In sourceness and parenting as a Light path described in this book, we are only interested in the personality level for two purposes:

- That it is healthy, balanced and ideally nourished with firm unconditional love.
- That it is in a state of surrenderedness to the soul level and it occupies its ideal place as the Garden instead of the Gardener.

When you say "I" from the soul level, you are recognizing your inherent sourceness and refer to the oversoul which we will describe in the next section.

Soul Level

The soul level refers to the spiritual bodies described earlier in the comprehensive view of the human body system. At the soul level, there is an individual and a collective aspect. We feel that in recent years, the word 'soul' which has been widely popularised is used with great confusion and mostly refers to the soul extension level rather than what it actually implies. Let's clarify this here.

The individual "soul" is called a soul extension, and this is composed of four lower bodies or the personality level we just described. However, what we traditionally call "a soul" is an oversoul which is composed of 12 soul extensions. This is the collective aspect and that is what soul is: a group of individual soul extensions. It is a bit like the garlic knob which is made of multiple cloves.

The inherent nature of "soul" is that of one-ness. The personality which sees itself as standalone cannot experience that. Even if your conscious mind has a rational understanding that everything in this world is interconnected, it cannot have the experience of one-ness. The oversoul has that experience and your basis of operation becomes the oversoul once you have soul merged, meaning the personality is to a wide extent surrendered to the oversoul. A complete soul merge is when the 12 soul extensions of one oversoul have completely integrated the oversoul and at this stage, there is not much personality left at all.

Integrating the oversoul is a fundamental spiritual stage of initiation for the individual soul extension. To reach this, the oversoul can be contacted for guidance and support on the challenges you face in your life and your integration process. This is what we mean when we say that you may contact your team in Spirit for assistance and guidance (please read the dedicated section on this). Please understand that it is your job to work towards this initiation and nobody else's. This begins with the realisation that you are the oversoul and not personality only. The spiritual landscape continues after the oversoul: there are an infinite number of levels you can 'progress' on.

The monad is the next level of collective grouping and is composed of 12 oversouls. In your monad, you as the soul extension are one of 144 soul extensions. Your divine blueprint is defined at the monadic level, and this is your eternal spark of sourceness.

For simplicity and clarity purposes, when we talk about the soul level in this book, we mean the oversoul. But you can see that, 'soul' refers to all the levels beyond oversoul and it depends where you are at in each divine now moment. The further you develop and integrate, the greater the range of soul levels you work with. But let's leave this for now and focus here on the oversoul as the soul level.

The major difference that we wish to distinguish between what we call the personality level, and the soul level is the conscious connection to the Divine. Beginning to see yourself as a soul extension on an evolutionary journey towards an oversoul and a monadic integration is a fundamental shift we invite you to consider.

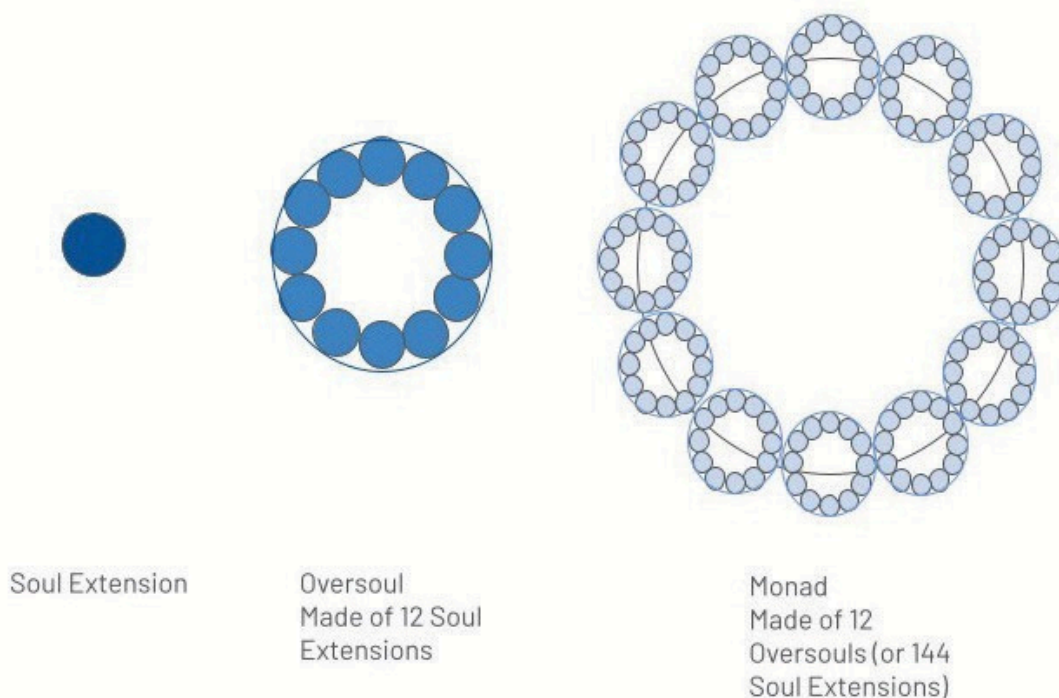


Diagram 7. The Soul - Monadic Structure

For your understanding of the spiritual landscape, we have included below the further stages of evolution/integration until the Cosmic Monad in a simplified way (see Diagram 8. The Cosmic Monadic Structure).

The purpose of spiritual evolution, for each spiritual body is to grow and integrate into the next level. So, if you are operating as the soul extension, the next stage is the oversoul; if you are operating at the oversoul level, the next stage is the monad.

At each level, there is one soul extension who has contracted for the others the responsibility of integration of the entire structure. At the oversoul level, there is one soul extension who has the responsibility of integrating all the other 11. At the monadic level, there is one soul extension who has the responsibility to integrate all the other 143 soul extensions of the monad, and so on.

The further you go, the more collective the work of integration. Also, the process of growth and integration is not linear: it is likely that you work in parallel on multiple levels.

We are not expecting that you make sense of all this information here, especially if you are reading about it for the first time. Full understanding is not the purpose of this book. However, it will come in handy at a later stage. For now, please know that there is tremendous order in the universe and there is indeed a Divine Plan for all of us on the Path of Light. The spiritual growth and integration one achieves in a given incarnation is determined in one's divine blueprint - this is completely individual. In this sense there is no standard path, and all paths are ideal.

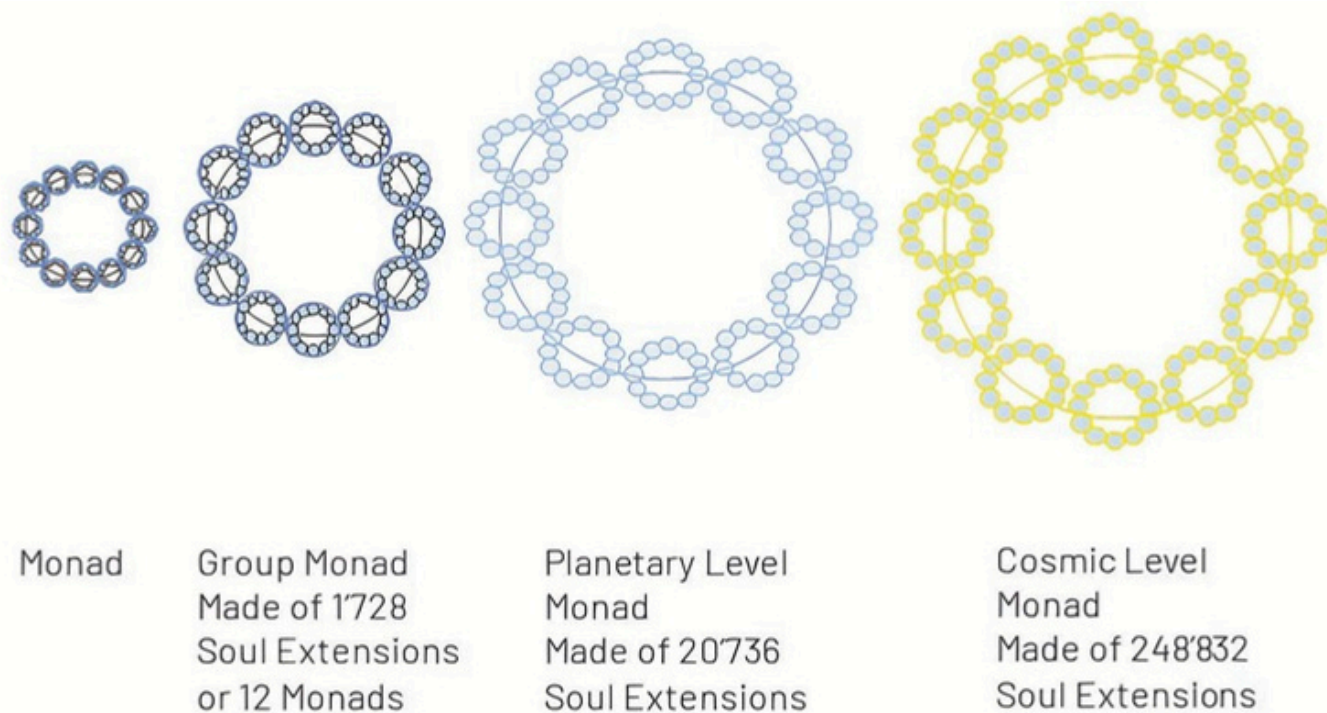


Diagram 8. The Cosmic Monadic Structure

The more integration we have of each monadic body, the more light, wisdom, unconditional love, divine power, harmony and joy we are and radiate all around. One of the principles of this book is to invite parents to shift their basis of operation from personality only to soul level and see their children as oversouls on an evolutionary journey. When we talk about "soul to soul" parenting, what we mean here is oversoul to oversoul. This is important because many children are currently incarnated with a partial soul merge.

Our Spark of Source Energy

"The Source is a fine, pure energy that we have been given a spark of, and the spark that we have been given is at the monadic level. The monadic level extends into a format of a stream of energy which contains points of realisation, one of which has been called the Oversoul and one of which has been called your physical expression (physical body and personality self)." iv

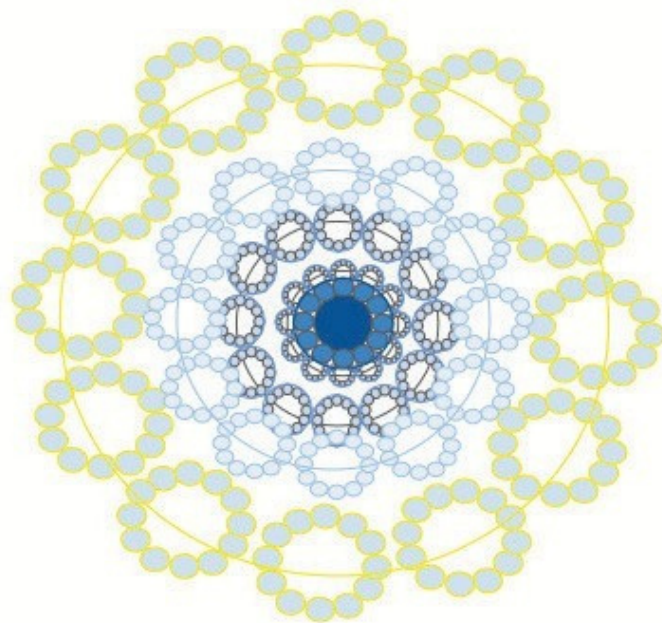


Diagram 9. Integrated Soul Extension into Cosmic Monad

More About Monadic Structures

There are infinite numbers of monads, each following the structure described. God created infinite numbers of monads, and each monad then created twelve souls/oversouls so that it could experience a denser form of matter than previously experienced. Each soul/oversoul then created 12 personalities or soul extensions. Not all soul extensions within an oversoul are in a physical incarnation, not all are on Earth. Djwhal Khul, Master of Wisdom, Wisdom Council of Earth has said there are 60,000 million monads working through our earthly planetary system. Multiplying 60,000 million by 144 we have the number of soul extensions/personalities involved in the process of reincarnation on this planet = 60,000,000,000 times 144 = 8,640,000,000,000. The current world population is 8,117,344,536 and increasing as of 21/06/2024 meaning that there are soul extensions working on the earthly plane who are not physically incarnated!

A Word About the Incarnation Process and the Soul Merge

Physical conception of a child begins when the female egg is fertilised by a spermatozoid. In this moment, the soul begins its journey into incarnation and a link is made between the physical embryo and the monad. That link will remain throughout the lifetime of the child until death. However, the spiritual aspect of self does not anchor in the body until a process called the soul merge which is when the personality is fully integrated into the oversoul. The soul merge is not an automatic process. For some people, this requires their conscious effort and spiritual commitment. For some, and this is oftentimes the case of children currently being incarnated on Earth, they already come to life with its partial integration. The soul merge is a fundamental step of spiritual evolution: at this stage, the oversoul is the primary reference for the conscious mind.

A complete soul merge means that sovereignty of the individual is with the spiritual aspect of self and not the physical (physical body / personality) and when the integration is complete, the individual is no longer the object of his/her psychological fluctuations. This means that when the soul merge is complete, at the personality level, the individual's mind is calm, the emotions stable and peaceful and this, regardless of outer conditions.

What is the Soul Merge?

The soul merge is an outcome of the process of spiritual growth or ascension/descension. Soul merge is when your mastery of your physical body, emotional/astral body and mental body (all at the personality level) allows your soul/oversoul to merge with your physical body.

The soul merge is when your oversoul becomes the 'guide of your physical ship,' so it may begin to guide your personality on the mission to realise the oversoul blueprint. Your oversoul has a higher consciousness than your personality/soul extension. Your oversoul can provide clear guidance because it 'knows' (has access to, understands, interprets, etc.) the blueprint. The Soul Blueprint is the plan you made before you incarnated. Before the soul merge happens, you will have developed a beginning level of mastery over your densest body - the physical body, its appetites, requirements, sexual urges, sleep habits and so on, in service of your oversoul.

You will also have developed mastery over the second densest body which is the emotional/astral body and its emotional surges and desires to a certain degree in service of the oversoul. Conscious intent and continual choice-making to develop your mastery are what is required here. Material desires are beginning to be transformed into spiritual desire for liberation and freedom. You have learned to avoid being a victim of your desires and emotions, and instead to be a master and cause.

The vast majority of what is written and conveyed today on human development, leadership and parenting is established from the personality level and addresses the personality level. Consequently, our current human systems - social, political, economic, educational - are stemming from the personality view. This is a major gap and limits our human potential, dismissing aspects currently necessary to help us change and welcome the next stage of our and Earth's evolution.

This is why the soul level is foundational in this book: in order to access the tools which, support our evolution, we need to shift our basis of operation from focus on personality only to include our soul level and also begin practices that help us anchor in unconditional love, higher wisdom and divine power, which are in our soul level.

A key question to ask yourself is: "Is it in my current incarnation divine blueprint to soul merge?" Allow the answer to come to you from your oversoul - do not allow the personality to give the answer. You can ask this question many times and allow the time needed to receive a clear answer. To know from within you what the answer is.

Look for the answer inside your question. Rûmi

Your Central Channel: The Antahkarana Bridge

We make a clear distinction throughout the book, and for the purpose of simplicity, between the personality and the soul levels of parenting. When the personality level is surrendered and integrated into the soul level, our humanity is complete, and we can function as we have been meant to function as a whole divine being having an earthly physical experience with the bodies/minds that enable the realisation and enjoyment of this experience. This process, as we have explained, requires the conscious decision and effort of everyone: until this process is complete, you are still (to a wider or lesser degree) led by the personality and experience yourself as a separate individual disconnected from Source. It may also be worthwhile mentioning that we do not, at time of publication, know anyone incarnated on Earth who has no personality level in them - this calls for continuous humility and self-examination but also offers relief that there is complete imperfection in our perfect path.

The process of spiritualisation involves the conscious animation of the spiritual link between the personality and the oversoul which is called the Antahkarana bridge or central channel. For most adults at this time, this bridge still needs to be consciously animated, which is not the case for many of the children currently incarnated who seem to have come with an existing pre-animated Antahkarana bridge - at least it is more advanced in its development than many adults have.

There is an effective process to build the central channel and ideally adjust its size. You can find this process in the Sourceness Journal. You will also find multiple additional exercises once you have built your central channel to further build and reinforce your connection to oversoul and Source. This is the very first step in your spiritual journey and it marks your conscious decision to lead an oversoul led life.

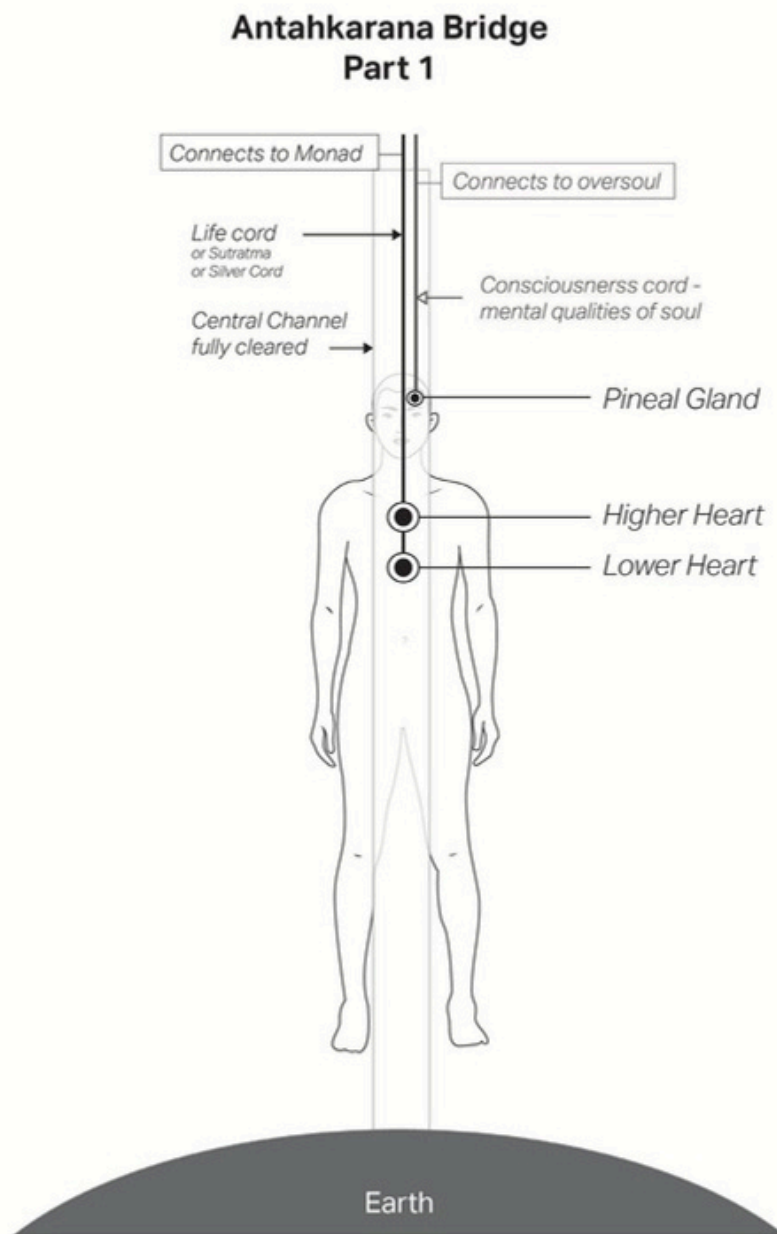


Diagram 10. The Antahkarana Bridge 1

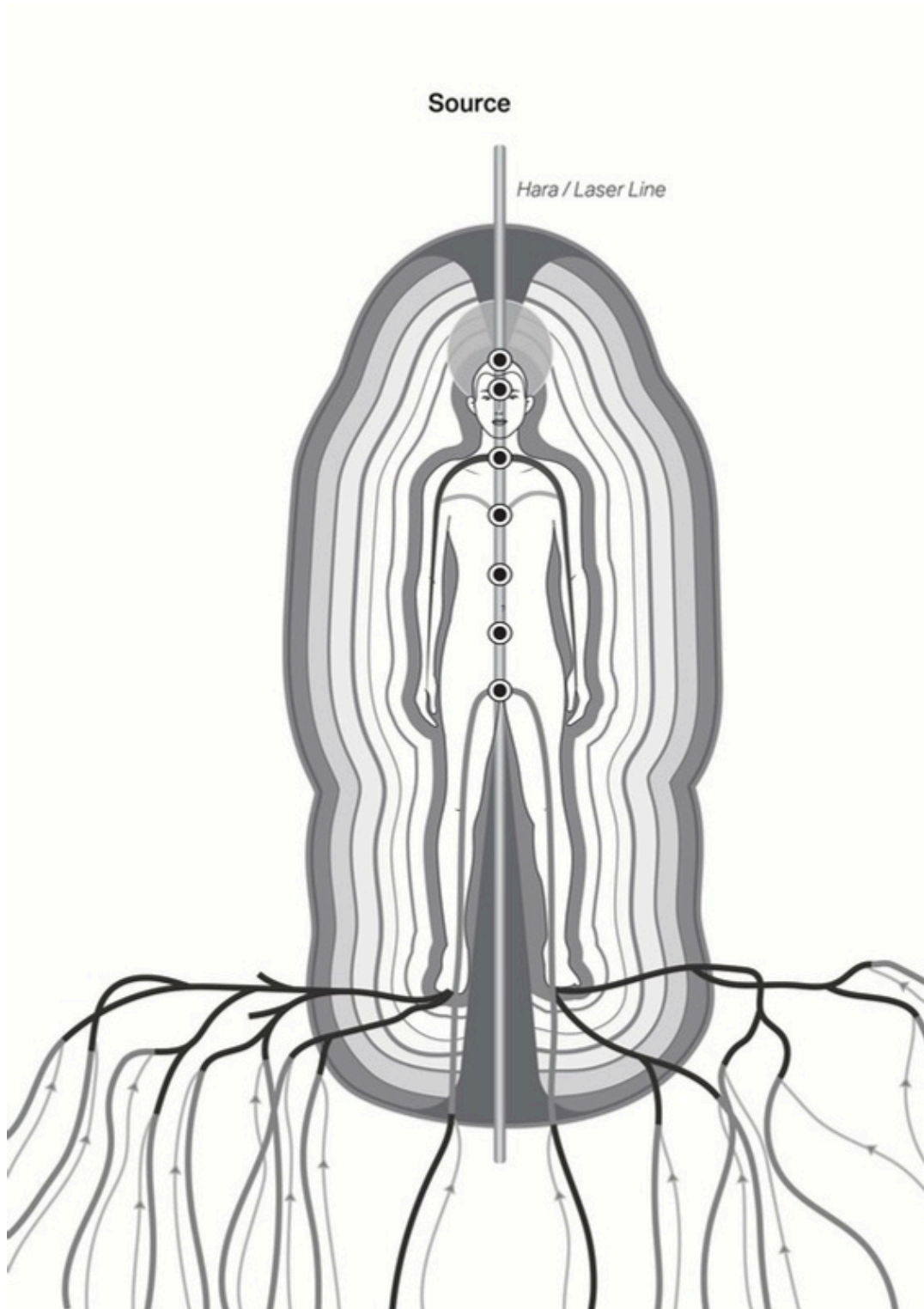


Diagram 11. The Antahkarana Bridge - Part 2

Overview of the Sourceness Series

At the time of publishing, we have clarity about the following books and guides which are in the process of channeling / publishing in the Sourceness Series.

Sourceness: A Series for Golden Earth Being

Parenting - BookOne:

This is the first book we have been tasked to write and it is intended for all adults, including parents on their path of parenting - this involves their own inner child but also their physical children. It is a complete manual to the process of soul merge and addresses the oversoul.

Parenting - SourcenessJournal:

This journal accompanies Parenting and offers exercises, meditations, practices, reflections, enquiries and suggestions to support the guidance offered in Parenting - Book One.

Nurturing - BookTwo:

This is the second book we have been tasked to write in the Sourceness series and it is focused on the monadic merge. It is intended for all people who are undergoing or completing soul merge. It addresses the monad. We dive into the three aspects of nurturing: sustaining, caring for and protecting and this includes humanity and Earth.

Constellating - BookThree:

This book addresses the group monad level and is intended for all those who are working towards their planetary monadic merge and galactic monadic merge.

Expanding - BookFour:

This book addresses the planetary and galactic monadic levels and is intended for all those who are working towards cosmic monadic merge.

Generating- Book Five:

This book addresses the multi-universal monadic merge and is intended for all those who are called to integrate this level.

There are seven further books to be channeled in the Sourceness series.

Parenting - Oversoul Guides

These 12 channeled guides are addressing specific topics related to Parenting - Book One in greater detail and are intended for those who are new to the spiritual path and working towards or completing oversoul merge. The guides can be read in any order. We recommend that you follow your guidance as to which one to read first.

[TheGoldenEarth - Guide1](#)

Preparing our transition towards Golden Earth by calling it forth within our consciousness and aligning to it at oversoul and personality levels.

[DivinePower - Guide2](#)

Establishing what is divine power, how to 'stand in it', how it is different from personal power, and how and why it is part of the oversoul experience. Tools and practices to align to one's divine ideal power.

[The Vibrant Personality - Guide 3](#)

Our manual to live a vibrant life at the personality level and prepare the personality for the oversoul merge and oversoul being.

[ProtectingSelfandSpace - Guide4](#)

Protecting oneself against non-serving energies, psychic attacks and entities. Clearing, cleaning and upgrading one's space so that it protects and supports.

[Sensitivity - Guide5](#)

An introduction to subtle sensing through the lens of high sensitivity, empathy and compassion.

[IntegratedChannel - Guide6](#)

A guide to becoming an integrated channel, hone one's subtle sensing skills and progressing on the path of Sourceness. Integrated channeling supports our mission work and the work of all.

[Death - Guide7](#)

An overview of the death processes, the purpose of death and how to navigate death throughout our incarnations as an oversoul. This guide also includes support to live through the experience of death in this lifetime as is divine ideal in alignment with divine will.

[BodiesofLight - Guide8](#)

An oversoul focused guide to the development, realization and nurturing of Bodies of Light - divine light structures - that are relevant to all oversoul constellations, Earth and Source.

[RaysandRadiance - Guide9](#)

An introduction to the divine technology of the 12 Rays of Source, how to work with them on one's sourceness journey and how to activate, enhance, constellate and generate radiance.

[CoherentLiving - Guide10](#)

A guide to living in coherence at personality and oversoul level.

[ClearingandHealingselfandSelf - Guide11](#)

An introduction for oversoul level clearing and healing.

[TheDivineMind - Guide12](#)

An introduction to the mind of Source, how to anchor one's mind in the divine mind and manifest sourceness. Tools and practices for integrating the subconscious and conscious mind with the divine mind.