

Parenting:Book One
The Journal

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Book cover design and Illustrations are provided to Sourceness Mission by Sylwia Czarneka from WI Design.

Published By:

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.

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.

This Sourceness Journal, where each section supports a separate part of the Parenting book, comes from these traditions. For every chapter you read in the Parenting book, there is a dedicated section in a Sourceness Journal.

The Sourceness Journal is designed to be completed sequentially, and it is progressive, meaning that the work that is contained within them considers your progress and evolution as you work with the tools, and practices in the journals.

Each part in the Journal contains the following sections, which provide a range of intentions, affirmations, practices, exercises, meditations, kinaesthetic practice, and sub-conscious mind and conscious mind reprogramming:

- Mantras and Affirmations.
- Self-Inquiry.
- Subtle Sensing.
- Meditations and Silence.
- Exercises, Transmissions and Movements.
- Presentness: Observations and Reflections.
- Building Awareness.
- Spiritual Intention-setting.

In this journal 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 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.

Why you might like to work with this Sourceness Journal

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 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 sparring partners of 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 work through this Journal.

Golden Earth has nothing to do with the experiences of limitations, lack and fear most humans see as life today and 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, oneness and Sourceness. 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 commend and honour your great work!

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. We are inherently intertwined, interwoven. As a result of this upgrade, which you can see as Earth's awakening, some of humanity's ways of being are no longer supported and need adjustment.

These are some aspects which we are told 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 (and have been for a long time) and 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 does not come 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, the next 30 years or so, is called the Era of Unlimitedness.

“You went out in search of gold, far and wide.

But all along, you were gold in the inside”

Rûmi

Who Are You?

We invite you to read the text below with your complete attention and focus - receive it as an energetic message rather than an intellectual piece.

“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, one experiences the result of neutralising activity.

When you have neutralisation, 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 one truly desires perfection and ceases to acknowledge any power outside of God can one hope to improve one’s condition.” i

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 from Undifferentiated Source / THE ONE through Mahatma. 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 decide 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.

We stress that this Sourceness Journal 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 ideal well-being and the benefit of all.

Let us unpack this and explain why we recommend this:

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

Everything in this book is written in alignment with divine ideal and divine will, for your ideal well-being and the wellbeing 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 you 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 vs. 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. It is also a great service to our planet Earth and Source.

Channelled Message from Mahatma – Avatar of Synthesis

Dear parents,thankyouforbringingthechildrentolife.Yourroleasparents is essential in the empowerment ofthese children who are meant to bring about the new world.

Dear children,thankyouforcomingtolife.Yourenergy,vibration,andfreedom to operatearemuchneededinthistimeofextraordinaryshiftfortheEarth which isprofoundlyimpactinghumanity.Thechangesthatyouareexperiencing on Earthareunique.Theyholdthepossibilityforunprecedentedgrowthand integration in consciousnessin waysthat can liberate you in a lifetime.These changeswill radicallyimpact how you live on thisplanet,how you leadyour lives,how you interact with one another, what your prioritiesare andevery aspect ofbeing human.

Dearparents,at thismoment in yourhuman evolution,changesare taking place so rapidlythat a whole new wayofupbringing\nurturing isneeded. For the oldwayscannotexistintheGoldenEarthandtheseoldwaysarealready rootedin the wayyou bring yourchildren up, fromthe very moment of conception to the variousstagesofchildhood.

The oldwaysareimprintedinyouasparents,andtheydeterminehowyou conceive the rolesof parents andchildandhow you operate.All the limitations of your subconsciousmindneedtobereleasedforyoutoparentthechildrenof Golden Earth.YourSoul hasalreadyagreedto it andthis book ishere to help you consciouslyact upon your commitment.

The oldwaysarealsoimprintedinthechildrenfromtheirownkarma,otherlife experiencesandthe limitation programming that theyhave carriedinto this incarnation.Also, the children face the challenge ofoperatingat muchhigher /finervibration than the world iscurrentlyoperating at - especiallythe social structuresandhabitsare not adapted to theirneeds, creatingmuch discomfort in theirnervoussystemandintheirabilitytointegratethedailyexposureto stressors. These children also operate on a much more elaborate template than previousgenerationsand much ofthe wisdomwe needto accessanddevelopis alreadyfact forthem.However,theyneedour support to integrate their spiritual growth into theirbodies, to bring what theyalreadyknow in their consciousawareness.

Before we can present some ofthe toolswe wish to share withyou,we needto have a common understanding ofthe groundswe are operating on.This requiresa revisit ofwho you think you are asa human being,asa parent andas a child.Italsorequiresthatwecanuseacommonlanguage,includingwhen referring to conceptsthat are not easilyput into words.

February 28th, 2023

About this Journal

In this journal there are concrete tools, practices, explorations, meditations and exercises to help you address selected (most relevant) situations of parenting. In each section we present options for you to work with, practice, experiment with and experience visualising, sensing, hearing, knowing. Every being is unique and has different ways of learning and developing, hence the reason for the wide choice of options.

We trust you will find methods which work best for you and for your children. Over time, and once you gain experience, you may wish to experience other practices. Please experiment and find other practices, experiences and explorations which are ideal for you - there are no limitations, only divine discernment. This Sourceness Journal is supported by a website, sourceness.one, where we provide suggested recordings for mantra and songs, where we link to our Soundcloud channel where recordings of most exercises are available, and where we will provide updated information as it comes in through our channels.

How to use this Journal with Parenting **Book**

We invite you to first read Parenting – Book One of Sourcecess: A series for Golden Earth Being. You may wish to read the whole book first and then go to the beginning and work through it, chapter by chapter. Everyone is different. Some may wish to dive into a chapter that “resonates” for them...that is totally ok. Know that no matter what order you read Parenting or in what order you engage with the exercises, you will receive exactly what is ideal for you in the moment. Energetic coding embedded in all books.

Time to Awaken

Reading the following text, ask yourself: What do you know to be true? What fears are holding you back? What are your greatest hopes for the Golden Earth?

Dear Beloved Ones,

The year of awakening from slumber is upon us, and many new things will happen that will create this awakening. Open your eyes, beloved ones, and see what we need to awaken to. It is to the preciousness of each day of life and our responsibility to be fully here within it. It is to the preciousness of each individual life, and our responsibility to preserve and uphold it.

You have heard the spiritual advice: "live as if each day were your last," and this is the advice for the new year. Live as if the values that you hold most dear must no longer be hidden or concealed. Live as if you no longer are willing to believe that you do not make a difference to the fate of the world. Live as if your life matters and as if all your words and actions matter.

Live as if the Earth is on fire, and we need to address the emergency of the time we are in.

Live as if the house is on fire, for it is.

Waking from slumber is both a choice and a necessity, beloved ones. It is what we urgently need to do in relation to changing the face of the Earth and our relationship to the rest of life.

Wake to the need to root out from your heart those places where anger and fear reside, especially fear. Those are the places that create separation, and the time is already upon us when the attitudes we hold that increase separation and decrease caring for the wellbeing of all must not be tolerated.

Wake to the need to carry peace in your heart and an end to judgement. For the judgement you hold can lead to violent emotion, and violent emotion is often self-perpetuating, creating an absence of peace and love. Monitor this closely, beloved ones, for it is love that the world needs, and not violent emotion.

To create a world in which peace can manifest, we must think of the world we wish to leave to our children and have enough hope so we can help to create that world. If you think this is not possible, it will not be possible. Instead of a generous gift to the future, we will bequeath the future a path of obstacles and a liability.

We can do more, beloved ones, but we must do it together. We must institute a new ethic in our relations with each other that can then become the new ethic by which nations can also live. We are not there yet. We are not in the place of unconditional caring, but we are moving in that direction. We are beginning to see that unity is the only way forward. All other pathways lead backward.

There is a need now to awaken from the justifications we give ourselves for remaining distant from each other, the justifications which allow the global

community to do the same thing, permitting massive inequality, and maintaining a world in which many have more than they need, and some have little with which to survive.

The time is here, beloved ones, and although we may have doubts about the possibility of unity with others who act and think differently from us, we need to awaken to the capacity of our own hearts to love all and not to focus on beliefs, but on beings.

This is the transition of this new time, one in which we recognize the being of each other and the oneness from which each has come. We are the world. We are the children of the Earth and of the Divine. We are the future and the legacy of the past. We are responsible for the future and cannot do this while we are yet asleep.

2024 is the year of awakening from slumber. May the cobwebs of sleepiness be brushed from our eyes so that we may each see what we need to heal and where we need to walk to take our place more fully in life.ii

Introduction to Parenting

Key points from the book chapter:

- Becoming a parent is a major change in life which brings up many questions.
- The opportunity is to address the least examined questions which are spiritual in nature.
- Parent as gardener - parenting as gardening - there are many ways to garden.
- Gardens are living organisms with unlimited potential.
- Humans have free will.
- Setting your intention to align your free will to divine will for your ideal well-being in the benefit of all.
- Parenting through the eyes of Source is a spiritual endeavour.
- Nature of the commitment required to parent “Soul to Soul.”
- The gift of parenting is both parent and child spiritual growth and evolution.
- Adults and children operate on different energetic template set-ups.

“Now, that is not to say that everything will be easy just because the Soul is involved, you still have a lot of responsibility for the appropriate action. You can ask your Soul about something, and your Soul can say, “Well, you know I think that perhaps this opportunity could help us to see such and so, and I think that perhaps our best way of responding to it is to do this and that. However, you have free will.

You don’t have to listen to anything that the Soul says. You can say, “Well thank you very much, Soul. You are not down here, and you don’t understand at all, and I think you should just leave this to me. I am not going to take your advice. Free will operates at every level. Truly it does.”ⁱⁱⁱ

Mantras and Affirmations

Mantras

Mantras are words, or phrases chanted repeatedly to invoke spiritual qualities. The Sanskrit root word 'manas' translates as mind, and 'tra' means instrument or tool. Mantra is commonly translated to mean "an instrument or tool for the mind" or "that which when reflected upon, brings liberation."

Traditionally, a mantra is a word or sound repeated to help with concentration during meditation, originally seen in Hindu and Buddhist traditions. Mantra means 'mind vehicle.' Mantra is a vehicle in the form of a word or syllable that uses vibration and sound to help us move beyond the thinking mind. Different mantras have different meanings and effects. Meditating on a mantra silently, or chanting it out loud, may bring you into a more peaceful state of mind.

Working with a mantra can help you to create positive shifts in your mindset and therefore create positive changes in your life. Mantras can be repeated any time, with mantra meditation being a popular practice for mantra enthusiasts. For some who believe that they 'can't meditate' or have especially 'busy' minds, chanting a mantra out loud can give the mind something positive to focus on, and this can help the mind slow down.

Mantras are musical and some mantras are 'sung' in a variety of different ways. There are as many styles of mantra as there are mantras! Listening to a mantra is powerful. Chanting along with a mantra is powerful. Experiment with these suggestions, find what resonates for you.

In each section mantras are suggested which are powerful. Experience these and find others which resonate for you.

The Soul Mantra

The Soul Mantra is an essential tool to connect you to your soul consciousness. Say the Soul Mantra to yourself aloud or silently three times before any soul connected work. Remain silent momentarily having invoked this mantra. This silence is as important as the mantra.

I am the Soul.
I am the light divine.
I am love divine.
I am will divine.
I am wisdom divine.
I am power divine.
I am divine design.

Mantra - Commitment to Self-Awareness

Builds these spiritual qualities: Connecting to divine mother, developing trust. Developing connection to the wisdom of the divine. Develops surrenderedness to the divine.

The Gayatri Mantra is one of the most powerful mantras chanted on Earth. Having chanted it ourselves, we highly recommend listening to it if not chanting this mantra as it is truly transformative. Like all mantras it is an energy packet.

This mantra has been chanted for thousands of years. It was written down during the Vedic period (1500-500 BCE) and is one of the oldest known and most powerful mantras. It is said to contain all the knowledge of the universe.

The mantra is an expression of gratitude and praise to the powers of transformation, inner growth, and self-realisation provided by the radiant light of the divine.

The Gayatri Mantra has 24 syllables, and is listed below with phonetic pronunciation in brackets:

Om bhuh, bhuvah, swaha (Aumm Bhoor Bhoo-va Su-va-ha)

Tat savitur varenyam (Tat Sa-vee-toor Var-ayn-yam)

Bhargo devasya dhimahi (Bar-go Day-vas-ya Dhee-ma-hee)

Dhiyo yo nah prachodayat (Dhee-yo Yo Nah Pra-cho-da-yaat)

Om Bhur Bhuvah Swah

Tat-savitur Vareṇyam

Bhargo Devasya Dhīmahī

Dhiyo Yonah Prachodayāt

The translation of this mantra in English is:

O Divine mother (Earth) may your pure divine light illuminate all realms (physical, mental and spiritual) of our being. Please expel any darkness from our hearts (being) and bestow upon us the true knowledge (wisdom of the divine). You will find recommended versions of this mantra on the sourceness.one website.

Some believe that working with mantra meditation is meant to stop your thoughts. But this is not so, the aim of the practice is to expand your awareness, so you become comfortable observing your thoughts without getting attached to them.

One can also chant the mantra aloud or write it down and post notes anywhere that you will see regularly, as a reminder. Try repeating the mantra while washing your hands, making a cup of coffee or driving in the car.

Mantra - So Hum

Builds these spiritual qualities: Developing the awareness of one's true being. Developing surrenderedness to the divine being that you are. So Hum, or Soham, means 'I am that' with 'that' being the universe. Working with this mantra helps one to identify with the Oneness of the universe. This mantra is used in two basic forms. The first is simply to use the 'So hum' words repeated many times in a cyclical structure throughout your meditation practice. The second style is to incorporate an 'Om' sound in between the 'So hum' cycles. Either approach can be a very powerful practice. So Hum translates to 'I am that.'

Repeating the phrase in your practice helps to centre you into the feeling of interconnectedness even further. This is why the two phrases are often used together and create a unifying effect. When using the So Hum mantra in meditation, play with the idea of connecting the two halves of the phrase to your breath. You could inhale the energy of SO and exhale the energy of HUM. You may find this allows you to engage with the words in a nice, even rhythm. After a few breaths, your mind relaxes, and your breath starts to flow evenly. As you are going about your day, take time to centre yourself in your breath. Step back. Remind yourself that regardless of what appears to be going on around you, on a very real level, you ARE the thing that is happening.

You are One with the universe. You ARE the person in front of you in traffic, the angry boss and the screaming baby. By repeating this mantra, one reminds oneself that one is connected to everyone, one is every One and they are ONE

with/in one. This meditation can be practised for any length of time. You will find recommended versions of this mantra on the sourceness.one website.

Be Still and Know That I Am God

For Parents and Children. Be still and know that I am God, is a traditional chant for a Taize service. Taize is a non-denominational, contemplative worship service of chanting, meditation, readings and silence from the Christian tradition. The service originated in the small village of Taize, France, by a Swiss monk named Roger Louis Schutz-Marsauche (1915-2005).

Be still and know that I am God.
Be still and know that I am with you.
Through darkest skies.
A flame survives.
Be still.
Be still.
REPEAT

Affirmations

According to Psychology Today (2023)^{iv} affirmations are statements that we say to ourselves to shift our mindset (change how our subconscious mind thinks) and make us feel better about ourselves. The human brain can change even into adulthood. The more we repeat positive thoughts, the easier we recall them later. Some tips for using affirmations include saying them out loud, using the present tense, and choosing personally meaningful statements. We encourage you to use your own affirmations every day as a way of reprogramming your lower/subconscious mind.

Commitment to Parenting - Affirmations

Please practise with the following affirmation and observe your internal response to it. You may have a feeling or sensing or knowing, a physical sign like shaking or tingling.

“I am parenting myself and my child.”

- When you say this affirmation aloud, how do you feel/what do you sense/know/hear/see?

- When you say this quietly to yourself, how do you feel/what do you sense/know/hear/see? When you say this affirmation aloud or quietly do
- you experience any sensations/feelings in your physical body? Close your eyes and take a moment to imagine/visualise that your child(ren) is standing
- in front of you. Say this affirmation to them, either aloud or silently. What do you notice/sense/feel/know? Is there anything you would like to change about this affirmation? Write a new affirmation?
-

My Affirmations

“Every parent is different and so is every child, so you can read all the books and scribble down all the advice you want, but you’re not going to know what to do until you’ve got that baby in your arms. And even then, you still might not know — and that’s totally OK!” Kelly Rowland, American singer and songwriter.

“It’s not only children who grow. Parents do too. As much as we watch to see

that

our children do with their lives, they are watching us to see what we do with

I can’t tell my children to reach for the sun. All I can do is reach for it,

myself.”

Joyce Maynard, novelist and journalist.

How do you feel/what do you sense/know/hear about these words right now?

Take a moment and note down all that comes to your awareness, e.g. an affirmation, words, feelings, knowings.

Self-Inquiry

Self-inquiry is the constant attention to the inner awareness of "I" or "I AM". It is a tool used by and recommended by, amongst others, Ramana Maharshi, an Indian Hindu sage (1879 - 1950), as the most efficient and direct way to discover the unreality of the "I"-thought. "I"-thought is thought that is generated at the personality level. It is a tool for contacting your higher consciousness.

Maharishi taught that practised self-inquiry would lead to the disappearance of the "I"-thought and that one would begin to think as the soul/oversoul thinks, thinking from the higher mind. This changed state, thinking as the higher mind (God-mind), is termed as "effortless awareness of being".

Embracing self-inquiry, can help uncover illusions and patterns that are hindering our spiritual growth. This practice can help cultivate a deeper sense of self-awareness and personal understanding.

In our experience, the practices of abiding (or resting in) and inquiring, work together like the left and right foot in walking. We begin by practising how to rest in the calmness. We practise sitting in silence. Then, when our mind (the waters) is relatively still, we inquire.

Our inquiry may reveal a new level of insight into our essential nature. And from this deeper resting, we gain confidence and capacity to inquire even further.

The most intimate question we can ask, and the one that has the most spiritual power, is this: What or who am I?

Before we wonder "why I am here," we should find out who this "I" is who is asking the question.

Before I ask, "What is God?" maybe I should ask who I am, this "I" who is seeking God.

- Who am I, who is living this life?
- Who is right here, right now?
- Who is on the spiritual path?
- Who is it that is meditating?
- Who am I really?

These questions begin the journey of spiritual self-inquiry, finding out, for your own self, who and what you truly are.

Preparation for Self-Inquiry

This is for those new to self-inquiry practice. Like all the practices in this Sourceness Journal, when you first begin practising some preparation can help you to have a meaningful experience. If you are familiar with the practice of self-inquiry, there is no need to read further. If self-inquiry is a new practice for you, here are some tips to get started.

Begin to practise just resting in calmness. Sit or lie down. Put your phone timer on for 2 minutes. Take a deep breath in breathing in the ideal purest light. Hold this breath for the count of three, then breath out.

Say silently to yourself.

I am breathing in calmness, I am calmness, I am breathing out calmness.

I am breathing in calmness, I am calmness, I am breathing out calmness.

I am breathing in calmness, I am calmness, I am breathing out calmness.

Parenting is a Major LifeChange – Self-Inquiry

Set your timer. Put on calming watery music. Rest in calmness. Take deep conscious breaths. Eyes open. Heart peaceful. Sitting beside a beautiful calm peaceful safe lake. Allow the waters of your mind to still, as best they can.

- We say that becoming a parent is a major change in life, how do you feel your life has changed now you are a parent?
- How do you feel about these changes?
- Is there anything about these changes that you feel you would like to improve?
- What do you not wish to change about your parenting self?
- We consider that parenting is a commission from the divine. How do you feel about this? Do you feel that you have fully embraced this?

Parents have Free Will Conscious Choice – Self-Inquiry

Set your timer. Put on calming watery music. Rest in calmness. Take deep conscious breaths. Eyes open. Heart peaceful. Sitting beside a beautiful calm peaceful safe lake. Allow the waters of your mind to still as best you can. All humans have free will conscious choice.

- What do you believe free will to be?
- How does it come into action now that you are a parent?

Parenting is a Commission from the Divine – Self-Inquiry

Set your timer. Put on your favourite relaxing music if you choose. Rest in calmness. Take at least three deep breaths. Eyes open. Heart peaceful. Sitting beside a beautiful calm peaceful safe lake. Allow the waters of your mind to still as best you can. We consider that parenting is a commission from the divine:

- Who is receiving this commission?
- Do you feel that you have fully embraced this?
- Is there anything stopping you from embracing this commission?

Subtle Sensing

Reading Parenting is both an intellectual and an energetic exercise. We invite you to allow yourself to welcome and “consume” the energetics in the book and then check in or “tune in” with your subtle sensitivity/abilities. Remember we all have all these sensing abilities, but they may not yet all be “fully operational”. The more you trust and focus your attention, the more subtle sensing will become part of your experience.

A Word About “Tuning In”

What we mean by “tuning in” is to simply allow your subtle sensing to take over from your subconscious/lower mind. Usually (until trained to do otherwise) our subconscious mind wants to jump in and solve, analyse and make sense of what is “going on” around us. Practising our subtle sensing is like asking our subconscious mind to “go for a coffee break” ...encouraging our subconscious mind, directing our subconscious mind to take a break. Say to yourself, set your intention, “I am ok mind, please take a break.”

If this approach does not yield the desired result for you or just proves too difficult and your subconscious mind just does not seem to want to take a break, there are other approaches. Say to your subconscious mind... “I don’t know.” Our subconscious mind is usually responding to our wish to “know about something” if we say, “we don’t know,” the subconscious mind is “kind of” neutralised, it has no real “job”, or “mission” to know more so it “relaxes.”

When you begin the practice of “tuning in” it helps to make your surroundings as conducive to this as possible...when well-practised one can tune in no matter what is going on around one, but in the beginning give yourself every opportunity for success; choose a quiet location; a comfortable seat at the ideal temperature for you; a relaxing couch, etc.

There is nothing to DO! The subconscious mind is all about doing...remember you asked your subconscious mind to go for a coffee so that “no doing” is going on when we are “tuning in”.

- Where do you stand with using your subtle senses? How conscious are you of how well you can use your subtle senses to draw relevant information?
- How do you feel about the gap between where you are today and the mastery of this ability?

Set your intention in mastering your subtle senses: Imagine you have already mastered subtle sensing, and you are accessing in an ideal way all the essential information and guidance of your team in Spirit. How does this feel?

Welcome. Allow. Accept. Absorb.

It can help to say this aloud or to oneself and then wait in silence for at least a minute. Often, we seek to rush in because “nothing is happening,” or because we feel uncomfortable with silence. Believe us when we say, something is always happening we just may not be able to, in the beginning, sense/see/hear/know it.

Alert. Aware. Action.

There is nothing passive about “tuning in”. Alert is eyes open. Aware is the opposite of “switched off.” Action is ready to be.

Preparation to Practise Subtle Sensing

Before attempting to practise subtle sensing:

- Sit quietly in a comfortable place or lie down. Eyes open or closed.
- Take three deep breaths, breathing in the purest light from within your body and from outside your body.

Say the Soul Mantra aloud or silently:

I am the Soul.

I am the light divine.

I am love divine.

I am will divine.

I am wisdom divine.

I am power divine.

I am divine design.

Breathe deeply for as long as it takes to feel a shift inside to peace, calm, tranquillity.

Sensing This NOW Moment

Begin by taking your awareness to one corner on the image below. There are eight corners, eight places where three lines meet. With your eyes closed if you wish, follow around the cube going along each line until you have “travelled” along each line. Returning to the corner where you started.

- What did you notice? Now take a moment, and a pencil/pen, and as best as you can, scribble/doodle down what comes to you in this Now moment.

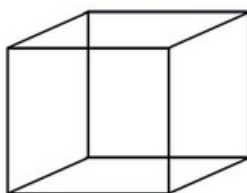


Figure 1. Cube

Playing with Subtle Energy

We are multidimensional beings living in one reality but with access to many dimensions of consciousness beyond the physical body and realm. Playing with subtle energy leads us to life beyond our ordinary senses. We learn how to embrace more of the vast spectrum of life force, more of who we already are.

These exercises enable one to experience and thereby deepen awareness of subtle energies. The exercises are about practising navigating within, inside ones being – but not necessarily understanding that this is what one is doing. Having a direct experience of energies, one may well experience becoming more sensitive to inner information. One may experience feelings, sensations, sounds and “seeings” which have not been experienced before.

The Inner-verse (Inner Universe) is not somewhere separate from us; one is able to be present and focus within rather than only “outside.” This ability to focus within enables us to explore new perceptual, emotional, intellectual capacities, and so embrace all the dimensions of human beingness.

Subtle energy play has the potential to help us develop sensitivity to how energy moves and unfolds all the time, through the smallest actions. Playing

may enable one to more easily navigate our inner-verse. This may be far more effective at bringing about change than attempting to change ourselves from the outside.

Subtle energy play is non-dualistic. The exercises presented are founded in the spirit of unity consciousness. Subtle energies presented in these exercises are not components of the individual human energy system per say. The exercises work with elements of consciousness energies which exist in our reality. For those who may be clairsentient, these energetic exercises may be particularly helpful and may assist you to build your clear sensing ability.

Energy of Now

Be confident. You are now in the ideal place. Presence is the moment of power.
Let go, experience the energy of NOW.

PREPARE: Set your intention by saying silently to yourself or aloud.

“I am in intendingness to breathe in and experience the pure energy of now.”

Sit comfortably. Eyes open or closed. Take a deep breath in through your mouth and out through your mouth. Breathe IN steadily, hold for a count of 3, then breathe OUT strongly. Breathe normally in between each deep breath.
Repeat three times in total.

ACT: Think of a place that brings you pure joy. Make the picture of this place in your imagination very, very clear and vivid. Open, open, open. Allow, allow, allow yourself to connect to the pure energy of now that is your picture.

Breathe pure energy of now from the picture. Breathe with your full awareness. Breathe in with your full awareness that all that is in this moment is ideal for you. All is balanced. All is ideally balanced. All is ideal in every way for you now. Breathe in the energy of NOW.

CLOSE: When you are complete, rub your hands together, wiggle your toes.

Say to yourself.

“I seal, seal, seal my Pillar of Light.”

We explain the Pillar of Light in Parenting and below in meditations.

Sit in silence for a minute...welcome what comes.

RECALL: When you wish to “be here now” think of this place that brings you pure joy.

Energy of Allowing

Be present to the energy of allowing, it is the gift of Now. Allowing is opening to all that you already are, which is a divine spark having a human experience.

PREPARE: Set your intention, by saying silently to yourself or aloud.

“I am in intendingness to experience the pure energy of allowing.”

Sit comfortably or stand or lie down. Open your mind, open your body, open, open, open to all that you are already. For this breathing exercise everything is said silently to oneself.

ACT: Breathe IN, say IN. Breathe OUT, say OUT. Breathe IN, say DEEP. Breathe OUT, say SLOW. Breathe IN, say CALM. Breathe OUT, say EASE. Breathe In, say SMILE. Breathe OUT, say RELEASE. Again: IN, OUT – DEEP, SLOW – CALM, EASE – SMILE, RELEASE. On the next series breathe out a very powerful releasing breath for as long as feels comfortable and let your whole body relax and listen. Again: IN, OUT – DEEP, SLOW – CALM, EASE – SMILE, RELEASE.

CLOSE: When you feel/sense/know/hear that you are complete, set your intention silently to yourself or aloud.

“I seal, seal, seal, my Pillar of Light.”

Sit in silence for a minute...welcome what comes.

RECALL: Breathe. IN OUT, DEEP SLOW, CALM EASE, SMILE RELEASE.

Meditations and Silence

There are common issues with learning to meditate and with getting into the “habit” or practice of meditation. If you are comfortable with meditation and visualisation please go to the exercises, however if you have ever had trouble “getting started” with meditation or found you became “bored” with it after a while or found that you “were not getting much out of it”, this next section is for you.

Meditations

Our top tips for getting started with meditation practice.

- **Send your mind for a coffee.** Resist the “trying to control your thoughts” trap. Most of us when we begin to meditate are in a state of being “lost in thoughts.” This is because our subconscious mind is thinking, all the time, on overdrive sometimes, demanding that we think about this, we think about.... etc. The lower brain thinks. That’s its job. What it does. So, trying to turn off that thinking, just like that, without some tips, tricks and scaffolding, is challenging, so don’t go there.
- **Start Small.** Small steps. Start small. It isn’t how long you meditate for, it is the quality, the depth/height of consciousness you reach. Start with a minute or less. A quality minute. Work up to longer.
- **Plan to meditate.** Set an intention to meditate. Make it achievable. E.g. “I am going to meditate in silence for 1 minute today after I have finished my first cup of tea in the morning.”
- **No judging. No evaluation.** Everything you practise on the spiritual growth journey has value, mostly we don’t become aware of the value until much later. All meditation or spiritual practice that you engage in is valuable.
- **Find the type of meditation that resonates for you.** In this Sourceness Journal we use concentration meditation, observation and intuitive meditation. There are other types.

Mini Meditation

Time: 2 minutes maximum. Please set your phone timer. Find a comfortable spot, to sit or lie down. Take a deep breath in. Breathe in the purest light from within you and from without.

Welcome. Accept. Allow. Absorb, all that is the purest light.

Imagine a place on Earth, that you have been to, that brings you pure joy. Let the picture of this place which brings you pure joy, become very vivid, clear in your mind's eye. Sit and enjoy this place. Allow the energy of this place to fill your whole body and mind. Rest in the peace and tranquillity of this place.

Meditation - Pillar of Light

Time: Less than 2 minutes. Recorded version available on sourceness.one website. Please see figure below. Preparing your Pillar of Light is an essential tool to help you to navigate the energies of now. The Pillar of Light is a divine light structure. We each have one and it is like a translucent shower curtain which exists all around us and is made of cosmic light substance.

Within the Pillar of Light is the energy that you are, your energy system (this is a construct to help us understand in the beginning what our energy system is). The Pillar of Light is protective - the divine light structure is made of substance that prevents non-balanced energies from entering our energy system, it lets in only PURE SOURCE light energy, only electrons which are PURE SOURCE charged.

Our Pillar of Light allows any energy that does not serve us to exit from within the Pillar and it prevents it from coming back inside our energy system. The Pillar of Light is supportive - inside our Pillar of Light our divine spark radiates support, love, comfort, compassion, etc.

This quick meditation will activate your Pillar of Light and it will work, even if you “zone out” while listening, and even if you don't understand it. Nothing is being done to you in this mediation. All in this book operates under the Law of Free Will - meaning if you do not choose to allow it, it will not apply to you. And under the intention that “what is offered is for your ideal wellbeing in alignment with divine will.” Therefore, if it is not for your ideal wellbeing, and/or not in alignment with divine will, it won't apply to you.

- Let us begin. Find a comfortable place and sit or lie down. Take a deep breath in. Breathe in the purest light from within you and from without.
- **Welcome. Accept. Allow. Absorb**, all that is the purest light.
- Now with your intention, say to yourself aloud or silently the following affirmations:
 - ““I am sealing, sealing, sealing my Pillar of Light as is ideal for me.”
 - “I am surrounded always by a Pillar of Light, pure and true, which protects me completely, infinitely and forever.”

That's it. Your Pillar of Light is now activated.

Undifferentiated

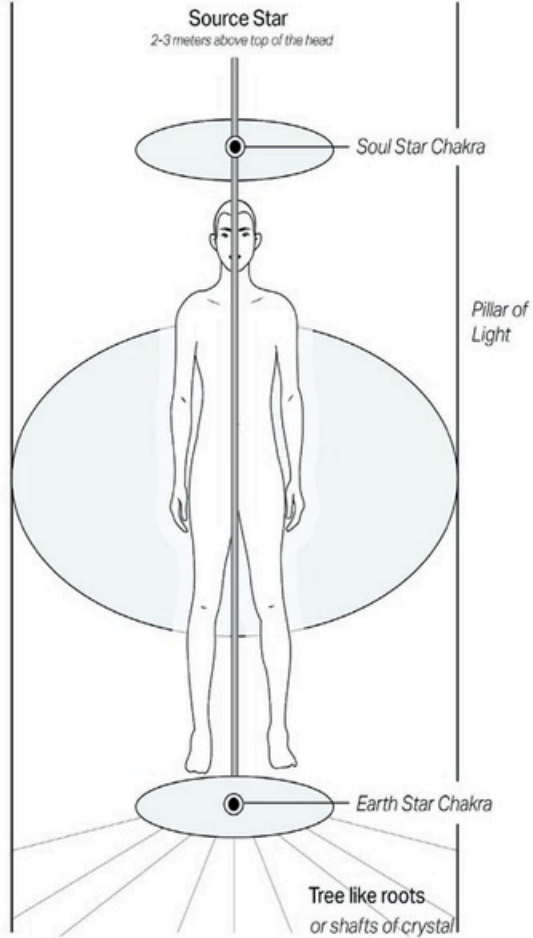


Figure 2. Pillar of Light

Meditation - Physical Body, Emotional Desire and Astral Body, Mental Body and Etheric Body Clearing

Time: 5 mins. For parents. Recording available. This clearing exercise is for your physical, etheric, emotional, higher mental bodies. Please note that in the image below the bodies are shown as being of the same size, they will not necessarily be like this.

- Find a comfortable place and sit or lie down.
- Take a deep breath in.
- Breathe in the purest light from within you and from without.
- **Welcome. Accept. Allow. Absorb**, all that is the purest light.
- Breathe out releasing any energy that no longer serves you, releasing down into the Earth. Repeat this conscious breath three times.
- Now say, aloud or silently, the Soul Mantra three times.

Now invoke:

I call my team in Spirit, Oversoul, Monad, Body Elemental and the Lord of Arcturus and the Arcturians, guided and overseen by my Oversoul and Monad, to conduct a complete cleansing and purification of my physical, emotional, higher mental and etheric bodies, as is divine ideal and aligned with divine will. One wills it so.

Physical Body

- I am requests that all diseases be completely removed including all negative bacteria, viruses, fungus, cancer, tumours and genetic weaknesses.
- I am that I am requests full permanent imprinting of the divine monadic-blueprint body and Mayavarupa body to reign forever supreme.

Emotional/Astral Body

- I am that I am now wills this innovation for my present emotional/astral body.
- I am that I am asks that all negative emotions, lower-self desire, astral entities and negative psychic energies of all forms and all types that are not the Christ/Buddha archetype be removed.
- I am calls for this in the name of the Buddha (Planetary Logos) and Melchizedek.

When your physical and astral bodies are clear, then move to the mental body.

Mental Body

- I am that I am now wills this invocation for my higher mental body.
- I am that I am requests a complete clearing of my higher mental body.
- I am that I am asks that all dis-empowering ego and imbalanced thought forms be removed and banished from my consciousness, higher mental body forever.
- I am that I am requests that all remaining thought forms left in my conscious, subconscious and superconscious minds be only of the Buddha/Melchizedek/WiseONE archetype.

When your mental body is clear move to the etheric body.

Etheric Body

- I am that I am requests a complete clearing and repair of my etheric body.
- I am that I am asks that all etheric mucus be immediately removed, and my etheric body be restored to its divine ideal.
- I am that I am is grateful to and thank my team in Spirit, Soul, Monad, Body Elemental and the Lord Metatron and Lord of Arcturus and the Arcturians for their assistance, healing and support in this matter.

The Four Bodies are those listed below. You will hear people talk about the 5-body system - the Etheric Body is included as the fifth body.

- Physical Body
- Emotional Body
- Lower Mental Body
- Spiritual Body(s)

Meditation - Light of Source

Time: 5 minutes. For parents. Recording available. Sit comfortably in a chair or lie down. Find a comfortable place and sit or lie down. Take a deep breath in. Breathe in the purest light from within you and from without. **Welcome. Accept. Allow. Absorb**, all that is the purest light. Breathe out releasing any energy that no longer serves you, releasing down into the Earth. Repeat this conscious breath three times. Say the Soul Mantra three times. If you feel any discomfort anywhere, take a moment and adjust your posture so that you are as comfortable as possible.

- Imagine a pillar of pure white light appearing in front of you. It is a comfortable distance in front of you. Feel energy emanating from the pillar. Friendly and warm. Be aware of the presence of this pure white light and
- begin to feel the entire vibration around and within you beginning to change. Imagine now that this pure white light begins to envelop you, wrap you in its white light.

This pure white light represents your God-self, the spirit of God within you.

- Allow this light to penetrate your body, your subconscious mind.
- Allow it to move into your four bodies, physical, emotional, mental and
- spiritual until this powerful surge of light and love, wisdom and power occupies the same time space as your physical body.

Sense, see, hear, feel, or know the infinite wisdom of the mind of your God-

- self.
Accept this enveloping of pure white light. Allow it. Absorb it. There is
- nothing to do. There is only to realise that your God-self exists
- already in divine completeness, and it is always with you.

Take time to let this feeling, sensation, sink in. And set your intention to

- remember this feeling and sensation. Rest in the embrace of your God-self for as long as you wish. When you feel complete, bring your awareness back to where you are sitting or lying down.

Silence

A few more words about silence - no pun intended! Silence is often referred to in terms of space: the immensity inside, the cave of the heart, the oasis of quiet, the inner sanctuary, the interior castle, the sacred centre where God dwells. For centuries, people have used this practice as a resting and renewal stop on the spiritual journey. It provides a way to periodically withdraw from the world. You may go into silence as a prelude to prayer, or you may seek it as the place where through meditation you can contact your

deeper self and Spirit. How can you find this inner quietude, tranquillity, and calm? One makes room for it — literally. Find a space of physical silence where you can sit quietly, away from distracting demands, voices, and sounds. Go there every day. It is the gateway to your interior silence.

Is This Practice for You?

The outer world contrasts sharply with our inner world of silence. Externally we are bombarded with noisy crowded living spaces, workplaces, and places where we go to be entertained, theatres, stadiums, etc. And then there is the media. Our devices and phones are always available to provide “the latest.” Our attention is demanded. There is a steady stream of noise. The world can sometimes feel overwhelming. Silence is a powerful antidote. Practising helps to increase our capacity to focus our attention on our inner world. It is where we commune with our being, our God-self.

Walk in Silence Parents and Parents and Children

For parents, parents and children. Something very interesting happens when you take a walk without a phone, or headphones or music. Walking in a forest or a park can be especially silent, however we always need to consider that we are – in practical terms – walking in a safe place. If it’s possible for you to find a place outside that is relatively quiet, walk in silence, no headphones, no phone, for 3-5 minutes.

Walk in Silence – Children

For children. Depending on the age of your child(ren) this can be somewhat challenging.

If you have a garden, play the game of “listening statues.” Ask your child(ren) to pretend they are a statue in the garden and ask them to listen to the sounds in the garden. Or ask them to pretend that the statue has ears and can hear what the birds say when they rest on the statue.

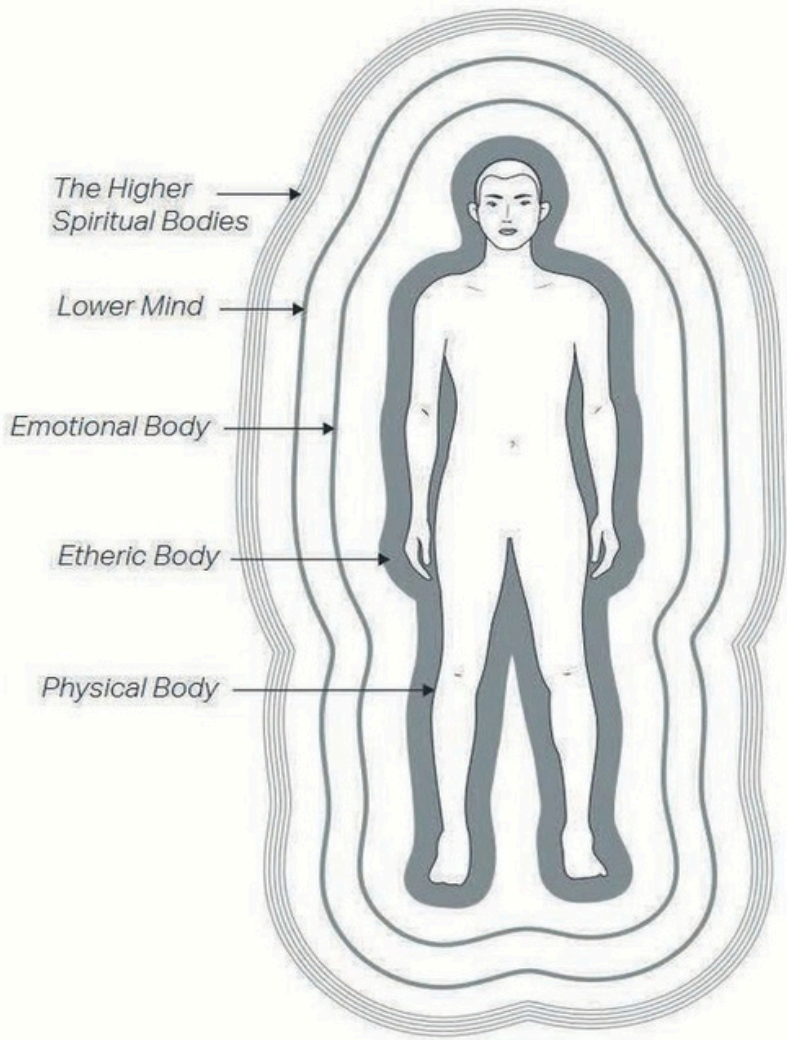


Figure 3. Four Bodies

Exercises, Transmissions and Movements

Exercises

Exercises come in many forms. Exercises support integration of multiple concepts, experiences and practices.

Welcome to the Garden - Visualization Exercise

Time: 7 minutes. For Parents. Visualisation - recording available on sourceness.one website. In this visualisation, you will have a first encounter in your parenting garden. We suggest keeping your eyes closed to limit the intake of information to just what is necessary at this stage. We also suggest this so that your lower mind (subconscious mind) does not try to gain your attention. We strongly recommend you keep your eyes closed throughout as you follow the guidance of the meditation and as you begin the visualisation. Please also have pen and paper to hand to make notes afterwards.

Find a comfortable seated position with your feet on the ground with a straight spine and relaxed shoulders. Holding this book in your hands, close your eyes. Now lay the book down on your lap and place your palms on top of the book.

Take a deep breath IN, breathing in the ideal purest light. Release on the OUT breath, letting be all the noise of the day. Your head slightly tilts down to elongate the back of your neck but not too much to make you sleepy; the spine is as straight as possible while respecting the natural curve.

- Imagine yourself sitting in a peaceful garden. Your eyes remain closed. Your seat is so comfortable.
- Feel/sense/know the atmosphere of this garden, the quality of the air, the feel it has on your skin, your face. Smell the air around you: what is it like? Do you recognize any scent?
- While your eyes are still closed, notice the luminosity, notice the light: does it feel very bright? Is it day? Is it night? Is it sunny or cloudy?
- Notice any sounds in this garden: what do you hear? Rumours, sounds, melodies? Voices?
- Are there people or other beings in this garden? How many?

- Notice how you feel in this garden? What are sensations in your body? What does it feel like? What do you know about this garden? Continue to observe
- what is being shown to you. After a few minutes, when you feel complete, gently open your hands, and
- place this book beside you. Open your eyes slowly.
Now take a few moments to note anything, a feeling, an emotion,
- something you heard, that you can recall. Try to resist the need to comment, analyse or attempt to make sense of what you have just experienced.

Note something about your experience... what you observed, felt, sensed, know about this garden:

Soul to Soul Parenting Principle - Visualisation Exercise

Time: 3 minutes. For parents. Recording available on sourceness.one. Find a comfortable seated posture with a straight spine and relaxed shoulders. Holding this book in your hands, close your eyes. Now lay the book down on your lap and place your palms on top of the book.

Take a deep breath IN, breathing in the ideal purest light. Release on the OUT breath, letting be all the noise of the day. Your head slightly tilts down to elongate the back of your neck but not too much to make you sleepy; the spine is as straight as possible while respecting the natural curve.

Imagine yourself sitting in your peaceful garden. Your eyes remain closed. Your seat is so comfortable.

Say the soul (monadic) mantra aloud or silently to yourself:

I am the Soul.

I am the light divine.

I am love divine.

I am will divine.

I am wisdom divine.

I am power divine.

I am divine design.

Visualise your child (if you have more than one child, do this exercise with each child separately) in front of you and know that he / she that is in front of you now is their Soul aspect. And you are standing in front of them as your Soul self.

A golden light in the form of the infinity symbol appears around you and your child. You are standing inside a circle of the infinity shape and your child is in the other circle.



Figure 4. Infinity Symbol

With your intention follow the infinity symbol; trace the golden light from you and to your child and back to you. Feel/sense/know the flow of this golden light. Notice how it comforts and surrounds you both. The golden light infinity symbol is all around you and your child. Breathe this light in, from within you and from all around you. What do you notice?

Distractions – Bubbles - Exercise

For children and parents. Distractions can be a big issue for children. There are several tools which can be helpful. Firstly, your child may have very sensitive receivers and transmitters. Receivers help us take in the subtle energetic information that is all around us, they filter and focus. Transmitters radiate, disperse, and dissipate. If your child is experiencing the world as too intense, too noisy, the first thing to do is to call on your child's Body Elemental, Soul and monad to work in harmonious group consciousness in this request. Ask that:

“I am requests that my child’s receivers and transmitters be set to the ideal level for them in every divine now moment as is divine ideal and aligned to divine will.”

This request results in the automation of the receivers, the centres that collect, filter and focus energy, so that every moment they will be set to the ideal level for your child. Same is true for the transmitters, which are

responsible for radiating, dispersing, and dissipating energy. This request will have an instant impact. If it does not it means something else is blocking the ideal operation of the receivers. If this is the case, we suggest you connect to your child's team in Spirit and seek guidance.

3D noise cancelling headphones can be vital in many situations. For exams, anxiety causing events, we use the bubbling approach. Bubbles are temporary light structures that surround the being with an intense layer of energy which "dampens down" any environmental energies.

To request a bubble, say:

"I am (we say I am because it is your Soul that is making the request) asks the team in Spirit of (child's name) to place a bubble of the ideal energy around (child's name) for today."

Healing and Soothing - Cocoons

Cocoons are very useful for healing, restoring, calming and soothing. We have observed that they have a protective or healing purpose. They have a different light quality than bubbles.

Ask for your child to be cocooned if they are experiencing illness, intense sadness, grief, trauma, overwhelm, exhaustion, inability to cope or process, etc. You can also request a cocoon when your child must go through an environment or situation which will impact their senders / receivers load and balance: e.g. before the first day at school after a holiday, when a change is occurring in their life, when they go to the cinema or a show, when they will take public transportation. When you as the parent are going through a challenging period, you can shield your child by asking them to be placed in a cocoon. To request a cocoon for your child, say:

"I am that I am asks the team in Spirit of (child's name) to place an ideal cocoon around (child's name) for as long as is ideal for (child's name). May it bring balance, harmony, equilibrium, and wellbeing."

Cocoons can last for a day or a week. The light structure is designed so that the energy within the cocoon is absorbed by the child's energy system. You ask for the ideal because you may not know what is needed. It is not necessary to know what is needed.

Your child's team in Spirit already knows. Quite often we observe the cocoon has a particular colour, e.g. pale pink, and sometimes it has multiple

colours. Colours are relevant as they correlate to the Rays of God – described in Parenting.

Transmissions

What are transmissions? Energetic transmissions are ongoing in the quantum universe. Our universe is filled with constantly moving and evolving energy. There are many transmissions including those which come from the Source of One's Cosmic Day and from Earth. A transmission is like a "light-packet" of divine energy (love, light, knowledge, wisdom, power, will - and more) which has distinct qualities in it. You might think of it as containing a certain bandwidth of energy which is conscious, intelligent, and purposeful, and which is available to support you.

There are many transmissions. In some ways there is no need to practise or focus on them, they will reach you as the divine wills, in divine timing. Energy transmissions intended for you will reach you. Welcome them consciously...and they will integrate with grace and ease.

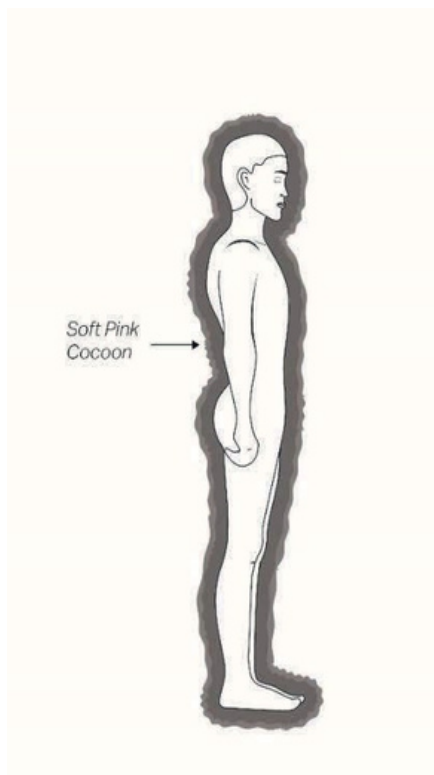


Figure 5. Cocoon of Light

That said, we are guided to encourage you and your child(ren) to develop an awareness of transmissions of divine light/energy. There are times of the year when transmissions are particularly active; Christmas, Winter Solstice, Easter, Spring Solstice, Midsummer, every month e.g. first of the First (1st of January), 2nd of the Second (2nd of February) etc.

Divine Light to Illuminate All That You Are - Transmission

Time: less than 3 minutes. For parents. Recording available at sourceness.one.

- Stand, feet shoulder width apart, hands outspread. Imagine that there is a laser line of light running vertically through the centre of your physical body. See image below.
- Now look up. About 2.5-3 metres, 6 to 9 feet above the top of your head.
- See, sense, know or imagine a large sphere of pure platinum light just above the top of your head.
- Invite the platinum light from this sphere to move down the laser line, all the way down through your body until it reaches your feet. Open your feet, the soles of your feet.
- Set your intention: I am allowing, accepting all the light that I am and this pure platinum light to illuminate every cell of my being and to go out through the bottom/soles of my feet into the Earth, as far into the Earth as it wishes to go.
- If it feels right, if you sense it's ok, if you know it's ok, or if you hear it's ok, leave this pure platinum light flowing through you as it is. Don't worry if you don't sense/see/hear/or know anything at this point.
- When you feel complete, rub your hands together, move your feet. Breathe. Say aloud or to yourself: "I seal, seal, seal my Pillar of Light."

Divine Light to Illuminate Your Parenting Path

Time: less than 3 minutes. For parents. Recording available at sourceness.one.

- Stand, feet shoulder width apart, hands outspread. Imagine that there is a laser line of light running through the centre of your physical body. See image/diagram below.
- Now look up. See, sense, know or imagine a large sphere of pure white light just above the top of your head. Invite the light from this sphere to move down the laser line, all the way down through your body until it reaches your feet. Open your knees. Open your feet, the soles of your feet.
- Set your intention: "I am allowing this pure white light to illuminate my

- parenting path and to fill every cell of my being, and to go out through the bottom/soles of my feet into the Earth, as far into the Earth as it wishes to go.” If it feels right, if you sense it is ok, if you know it is ok, or if you hear it
- is ok, leave this pure white light flowing through you as it is. You may or may not sense/see/hear/or know anything at this point. When you feel complete, rub your hands together, move your feet. Breathe. Say aloud or
 - to yourself: “I seal, seal, seal my Pillar of Light.”

Movements

We have included movements in this journal because kinaesthetic experiences enhance moving and sensing, seeing, feeling and hearing. The energy within the Universe is always in motion if it is aligned with the divine.

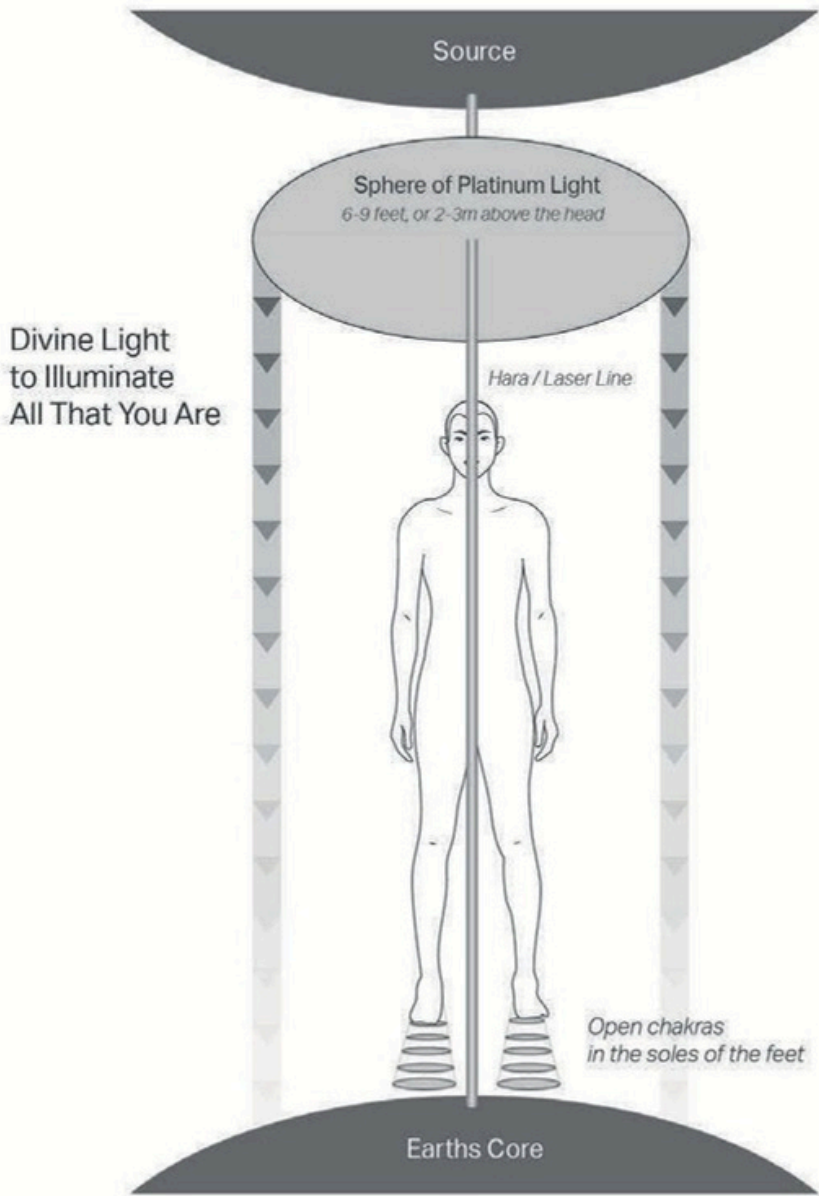


Figure 6. Divine Light to Illuminate Your Being

Energy of Presence

Be present. Stand in and bathe in the pure energy of presence.
For parents or parents and child(ren).

PREPARE: Set your intention, say this aloud or in silence:

“I am in intendingness to experience the pure energy of presence and
feel the pure energy of presence filling my being.”

Sit quietly. Eyes open or closed. Take a deep breath in through your mouth
and out through your mouth. Breathe in steadily and hold for a count of 3,
then breathe OUT strongly. In between each deep breath breathe normally.
Take three deep breaths in total.

Stand with your feet shoulder width apart. Balanced over your feet. Relax
your toes and feet on the ground/floor. Focus on the pull of Earth’s energy,
pulling your toes and feet towards its centre, sense your spine being drawn up
toward the sky, toward the sun.

ACT: Open, open, open. Feel your body bridging between the Earth and the
sky, the sun. Feel your body bridging between the Sun and the Earth. Bathe in
the pure energy of presence with heaven and with heaven on Earth. Breathe
comfortably. Allow this deep connection.

CLOSE: When you feel complete, say to yourself: “I seal, seal, seal my Pillar
of Light.”

Sit in silence for a minute... welcome what comes.

Variations: Stand outside on the grass.

Allowing ALL That Is

Be present to the energy of allowing, it is the gift of Now. Allowing is opening to all that you already are, which is a divine spark having a human experience.

PREPARE: Set your intention, by saying silently to yourself or aloud.

“I am in intendingness to experience the pure energy of allowing.”

Stand with your feet shoulder width apart (see figure below). Raise your hands above your head as in the diagram below. I have the exercise.

Open your mind, open your body, open, open, open to all that you are already. For this breathing exercise everything is said silently to oneself.

ACT: Breathe IN, say IN. Breathe OUT, say OUT. Breathe IN, say DEEP. Breathe OUT, say SLOW. Breathe IN, say CALM. Breathe OUT, say EASE. Breathe In, say SMILE.

Breathe OUT, say RELEASE. Again: IN, OUT – DEEP, SLOW – CALM, EASE – SMILE, RELEASE.

On the next series breathe out a very powerful releasing breath for as long as feels comfortable and let your whole body relax and listen. Again: IN, OUT – DEEP, SLOW – CALM, EASE – SMILE, RELEASE.

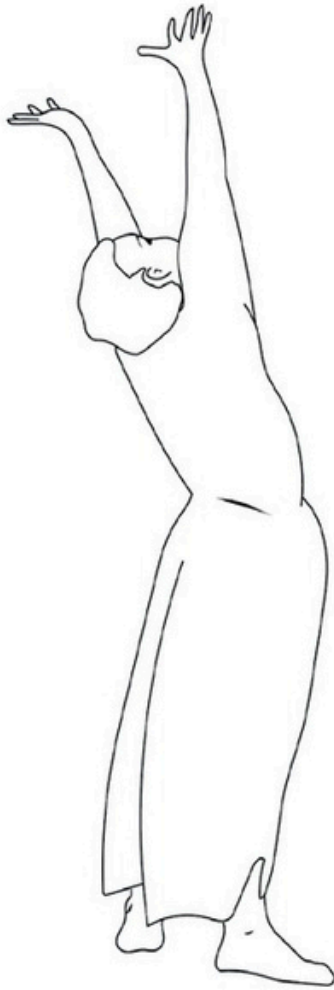


Figure 7. Allowing All That Is

Presentness: Observation & Reflection

Presentness

Presentness is the state of being present with all that is Source in the divine Now moment. Presentness is not the same as “presence.” There is much confusion about “presence.” It is more than the state or fact of existing, occurring, or being present in a place. Presentness is not what Otto Scharmer describes as presence: “presence signifies a heightened state of attention—one that allows us to connect from the Source of the highest future possibility and bring it into the present moment. Engaging in presentness, our perception shifts from the past or current reality to the emerging future.”^v Presentness is a requirement of Sourceness, it is an energetic and integrated state of full being in the divine present now. There is no bringing anything to present, there is no consideration of past, it is the ability to fully surrender and experience, know, be aware of and discern the divine now moment.

NOW is the only point of power.

NOW is the only experience you have, and your experience of NOW is dictated by the future more than the past.

What you get in your reality NOW, people have misconstrued to be a result of what they have done in the past, and they believe that it is the product of all of the past actions that create the NOW. (This is totally the opposite of how it works).

In absolute truth, the NOW is created more by your pictures of the future, by your expectancy, by your beliefs of what you are going to get. You draw the future toward you by creating in the subtle realms first, then precipitating that down through the denser realms into the material. That is the process of manifestation. That is the process of creating your future, the process of creating your NOW. That is the process of your two major ascensions. vi

Divine wisdom may only be known, only accessed in the divine present now moment. Accessing divine wisdom is an exercise of consciousness. The frequency of the universe may be sensed, felt, experienced through the subtle

senses. However, the future is ever changing and as soon as it is observed we, the observer, have changed it. Practise existing in a state of “presentness” - present with all that is Source in the divine Now moment.

Presentness is being fully in every moment in one, as one, aligned with THE ONE (SOURCE).

Some explanation may be helpful.

- **Presence** - acknowledging there are happening/experiences (and much more) in every moment.
- **Every moment.** All time is now. Past and present are constructs which help us understand/navigate our 3d reality. In spiritual time there is only NOW. In quantum reality how we observe the now determines what the now is.
- **In One.** One is all that is. The One is Undifferentiated Source. One is consciousness. One is God. One is one.
- **As One.** Each of us is a spark of One (all of One) having a human experience. As One refers to our god-self, the spark of One that we each are.
- **THE ONE.** The Creator. GOD. Source of Our Cosmic Day.

Where I Am. Part 1

Take time to be still and listen to all the wonderful sounds around you. Enjoy them to the full and give constant thanks that you have ears to hear with. If you are having trouble finding/being in presentness, work with these steps.

- During the day do you stop and listen to the many inner and outer sounds?
- Do you ever stand still listening and observe how many different sounds you can hear?

This practice sensitises one and one becomes more alert and more aware. Once you have tried this, why not try listening to the inner “intangible” sounds which are heard in presentness. Set your timer for 2 minutes and be still. Listen. Welcome what comes.

Observation

Observation is a skill we all innately possess and intuitively use. For example, infants and children learn behaviours and develop personalities by observing their parents. Even important breakthroughs in science arise from the simple power of observation of nature, events, and people around us. Isaac Newton is said to have surmised the concept of gravity by witnessing an apple fall from a tree. Of course, many people saw apples fall to the ground but only Newton discovered gravity. This means that simply looking is not enough – we need to observe. Like any other skill, the art of observation or introspection can be polished and used to change our behaviours, emotional reactions and responses to unplanned events in life.

Observing the world around us with curiosity, we develop an understanding of our environment. These are external observations. What of internal or self-observation? In psychology, self-observation is termed “introspection”, and introspection is defined as “the examination of one’s own conscious thoughts and feelings.” The process of introspection in psychology involves reflecting on one’s own mental state, but in the spiritual context it also refers to examination/reflection of one’s Soul. Like any other skill, the art of observation or introspection can be polished and used to improve our behaviours, emotional reactions, and responses to unplanned events in life.

Where I Am. Part 2

The spiritual journey upon which you have embarked will offer you many signs along the way to guide you. We often miss these signs. As you travel your chosen path, be sensitive to these beacons and follow their lead. This takes practice because we are socialised to “don’t waste time” “time is precious,” “stop wasting time, get on it with,” “we can do.”

So many messages, beliefs, thought forms can block our ability to observe the signs, the beacons that inevitably appear for us. Some are exceptionally good at noticing these signs. To them they appear as signs on the side of vans, as notices in shop windows, as framed messages in restaurants, as shapes and symbols in gates, fences, buildings, and words on t-shirts to name a few. Others notice these signs more in nature, in the shape of clouds, trees, puddles, and rays of light. It doesn’t matter how you notice them as the way that you do will be ideal for you. Be alive in each present moment, be in presentness and be alert to these signs of your god-self within you. The signs will guide you into

greater understanding of your true essence. When you are observant, you use your senses to examine something that you're curious about, and you evaluate what you experience.

"Observing" is not the same thing as "seeing." Seeing is passive. For example, you see everything around you as you go to work, but you rarely look for anything specific or note down information to use later. Observation, however, is a process of paying attention, intently and actively, so that you can gather specific information to assess. Did you observe the misspelling in the previous paragraph? Keys to beginning to improve your observation skills:

- **Slow down.** It is quite difficult, even if you are well practised, to observe things when you are multitasking. It is possible to observe while multitasking, and yes it requires practice.
- **Change the scenery.**
- **Test yourself.**
- **Play games.** Great to do with your child(ren).

Looking Through Rose Coloured Glasses

Time: Less than 3 mins. Recording available at sourceness.one. Please set your phone timer.

Find a comfortable spot, to sit. Preferably in your garden. Or perhaps on a balcony, somewhere safe and quiet, where you are unlikely to be disturbed.

Please keep your eyes open for this observation. Imagine you have placed a set of spectacles/glasses over your eyes - these glasses have rose tinted lenses. So, everything that you see looks slightly pink. Take a deep breath in. Breathe in the purest light from within you and from without.

Welcome. Accept. Allow. Absorb, all that is the purest light. Now scan with your eyes. Back and forth. Slowly. Very slowly. Let go of trying to observe. Observe. Say to yourself "I am observing. I can observe."

Welcome what comes!

Observation Exercise

We have all played the children's game "I spy" in the car taking the children to school or going grocery shopping. This is a simple variation.

I spy with my eye something that has (a triangle shape – can be any shape) in it.

Why shapes you might ask? Shapes and patterns abound in the universe and have specific purposes. More about this later.

I spy with my eye something that has the word “god” in it. It does not have to be written as GOD; we play that if the letters make the word God those count.



Figure 8. Road Sign



Figure 9. Dog Crossing^{vii}

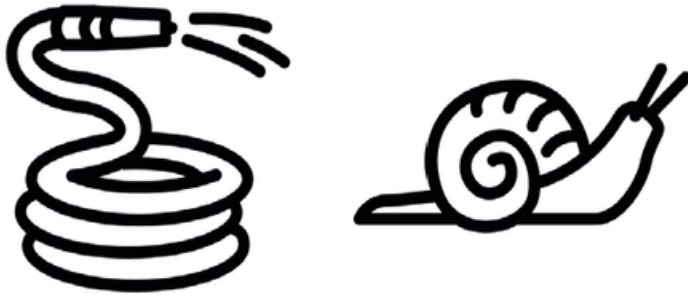


Figure 10. Spirals

I spy with my eye something that has a spiral in it. Why spirals you might ask? The spiral is an ancient symbol although we do not agree on its meaning. Spirals are one of the most common geometric motifs, painted and carved throughout the world. And yet the symbolic meaning of the spiral in prehistoric art is speculative. Some argue it may have represented the sun, or the portal to a spirit world. Some argue that it represented life itself, or life beyond life - eternity.

Reflection

Reflection is the conscious mind's way to integrate what it is learning/remembering. Reflection is like an executive leadership tool. Practise a reflective approach daily and overtime with practice you will be able to apply reflection in every divine Now moment.

Why is Practising Reflection Helpful?

For example, as you question through whose eyes you are experiencing a given situation - the Ego or the Soul? You are reflecting. The foundation of reflection is detached observation which enables reflection to be pure. It is helpful because you become aware of how many unconscious thoughts you have. Conscious parenting requires practice of conscious thinking, so reflection is helpful because it increases our awareness of all that we are thinking.

Getting Started with Reflection

- What do you notice about your family constellation in this divine Now moment?
- What have you noticed since you read this book or completed the exercises or meditations in this section?
- “Tune in” to your “parent” self, notice what arises in you.
- What do you feel you are doing well as a parent guide?
- What do you feel you might improve as a parent guide?

NOW

It has been said that “enlightenment is simply a thought away” — actually, a few thoughts away! However, it is simply done on that level. One of the major points that came through in The Seth Teachings, aside from coining the phrase, “you create your own reality,” stated that the point of power is now.

NOW is the only point of power. NOW is the only experience you have, and your experience of NOW is dictated by the future more than the past.

*The Seth Teachings or The Seth Material is a collection of writing dictated by Jane Roberts to her husband from late 1963 until her death in 1984. Roberts claimed the words were spoken by a discarnate entity named Seth. The

material is regarded as one of the cornerstones of New Age philosophy, and an influential channelled text of the post-World War II "New Age" movement, after the Edgar Cayce books and A Course in Miracles.

- What realisation are you making as you read this text?
- What limitations within you about visualisation and manifestation are you aware of?
- What if you could release them now? Craft an affirmation to support this.

Building Awareness

One's True Nature

What are we building awareness of? The aim of this practice is to help our subconscious mind, and four bodies to integrate all that we are experiencing, into all that we are.

By **awareness** we mean becoming aware of one's own true nature, one's own true spiritual self. One's true nature resides in the oversoul not the personality. The path involves allowing the true conscious oversoul, that soul connection, to move into the driver's seat, to connect to your oversoul as your gardener guide.

According to Brian Grattan, "it is simply a matter of stepping back a bit, out of one's old habit patterns, and stepping into a more allowing and natural stance of being more of an observer. The observer aspect is one that tends to be a little misunderstood. By that we do not mean, "Step out of life and watch it"; we mean, "Maintain your own self-awareness to the point where you know what is going on around you and you have that inner strength whereby you can view any situation — be it a teaching, a political situation, etc. — and you can tune in to it and see how much of it resonates within your own heart."viii

Building awareness is about helping one's subconscious mind, the mind that often runs a mile a minute, to pause long enough to allow higher consciousness, higher mind to have its say. After some practice one will sense/see/hear/know the thoughts of your higher consciousness (Soul), one can then begin to cultivate that channel more.

Welcome to the Garden-Awareness Exploration

Time: 6 mins. For Parents. Recording available. Find yourself a comfortable seated posture with a straight spine, shoulders relaxed; take a few deep slow breaths to release the daily noise, clearing your inner self of tension and any energy that is not in service. Allow your breath to centre you, ground you, align you within yourself.

Set your intention, say to yourself aloud or silently.

“I am in intendingness to be fully relaxed, centred, grounded and aligned as is ideal in this divine Now moment and I intend to allow this experience. I am relaxed, centred, and aligned within myself in alignment with divine will.”

Notice any shift within you as you express this intention.

- Do you see it?
- Do you feel it?
- Do you inwardly know it or sense it?
- Do you hear it?
- Or maybe a combination of some?

You make a request to your Soul and guides, and you receive a response; or you sit in meditation and your guides communicate a message to you; knowing how the response or the message is received through you is a guiding point to develop and calibrate your channel. This is how you can begin to develop your subtle sensing skills.

Channelling is a primary tool in your gardening toolkit. You may also notice that this is direct experience. Also, awareness is faster than thought. The sense making can come later: first comes the intuited message. It may come as a flash that lasts only a fraction of a second or it may last longer and the moment you activate your thinking mind; you are out of it.

Sense-making is important too. You might wish to consider: why are you shown this message? Why is it important for you at this moment? What is it guiding you to do, become aware of, realise? As you ask the question, allow the answer to come to you from your Soul and your guides. Not from your lower mind.

Be patient with yourself as you develop your skills. Be kind towards yourself: you may not master it yet; you may just be beginning to become a conscious master but know that mastery is already within you.

Spiritual Intention-setting - For Parents

Recommended intentions based on information in Parenting are presented in this section. We encourage you to craft your own intentions. We encourage you to use the format “I AM” for all intentions, because this connects the intention to the oversoul level, which means it is connected to your blueprint for this life. Or if you feel it resonates use, “I AM THAT I AM” as this connects the intention to the monad level.

Intentions can be expressed at any time. Not just in meditation. While brushing one’s teeth, waiting for the kettle to boil, waiting for one’s child to come through the school gate. Intention-setting as a spiritual practice, a regular practice, is a powerful tool for changing behaviours, regularising new habits, and helping break up old patterns of behaviour. Intentions are like stepping stones that one consciously lays down in your garden to create a new clearer path forward. Clear intentions can help you focus on changing behaviours that no longer serve you. Clear intentions can give you confidence to make changes.

Intentions are personal and internally motivated. When you set intentions that align with one’s spiritual and emerging beliefs, and which are not influenced by what others are telling you, committing to them can feel rewarding. Intentions need to resonate. Employing the garden analogy, we liken intentions to putting up a trellis to train a climbing rose. The trellis is a structure of wire or wood which helps the rose to grow in a patterned direction. Intentions can serve this same function, guiding your subconscious mind to a different way of thinking. With a trellis structure the rose is still free to grow how it grows. The gardener then chooses where to fix the rose to the trellis, where to allow it to spread, what direction the spreading can develop in. Intention setting gives one a subconscious structure upon which to build a new habit. However, the structure of intentions is not quite so rigid as the trellis, our intentions evolve with us.

Here is an example of how the evolution of intentions might work:

When you start your great work – spiritual journey - your intention may be:

I AM parenting.

After some development, your intention evolves:

I AM parenting Soul to Soul.

After further development, your intention may evolve to:

I AM parenting as the I AM that I AM.

I AM that I AM is our God-realised mighty I am presence, our monad. Your intention then may evolve further.

I AM that I AM is parenting as the I AM that I AM.

And on it goes.

We encourage you to build on the intentions that you feel are supporting your growth and modify the ones that aren't. If an intention isn't resonating, or if it requires more than you're capable of giving, it is time to change it. In this book we provide stretching or ideal intentions. You may not always be able to embrace them and that's ok.

Change intentions when they do not resonate for you, unless they are part of a guided practice. If in doubt, check in or tune in and ask for guidance about whether an intention is appropriate for you. Always follow your guidance.

The ideal is to set intentions that add to your spiritual growth, not take away from it.

Beginnings

When thinking about your intentions for yourself, begin with these questions:

- Who do you want to become?
- What will it take to get there?
- How will the new version of yourself differ from the version you are right now?

Some suggested intentions that you may wish to work with from this section:

- I AM a parent guide.
- I AM grateful to be a parent.

- I AM grateful to be aware of the parenting garden.
- I AM learning/remembering how to garden in the parenting garden.

Now we invite you to write your own intentions - know they will evolve as you evolve:

- I AM

- I AM

**PART ONE:
FOUNDATIONS:
THE HUMAN SYSTEM**

Chapter 1

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

Key points from the book chapter:

- The human body system is more than just the physical body. Simplified
- view human body system: Physical, Emotional, Mental, Spiritual. Detailed view human body system: Physical, Etheric, Emotional, Mental, Spiritual.
- Auric view: the seven levels of the human energy field. The four dimensions of humankind: physical, aura, hara, core star. The three
- minds: subconscious, conscious, superconscious mind. Conscious
- parenting is about clearing and nurturing the subconscious mind with
- unconditional love and accessing the superconscious mind's guidance.
- Two Levels of Parenting are: the personality and Soul level of parenting: including the Soul level and operating from it is the work of a conscious parent. How the personality draws conclusions throughout incarnations;
- some conclusions are no longer serving you in this lifetime. Overview of the monadic structure and your spiritual Self. Incarnation process and Soul Merge. The central channel and its function.
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-
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“Quantum physics has indeed all but replaced the Newtonian concept that effects from the past affect our future. It is the effects from our God-Source in the eternal now which affect our present!”ix

Mantras and Affirmations

Mantras

Mantras are words, or phrases, chanted repeatedly to invoke spiritual qualities.

The mantras in this journal are those we have personally worked with and which we know to be powerful. There are many others which will resonate for you.

Hari Om Tat Sat - Mantra

Builds these spiritual qualities: connecting, therefore (knowing) to manifest reality and connecting to the absolute - God (knowing and trusting).

“Hari Om Tat Sat” is a very ancient mantra from the Vedas - Vedic Tradition. The Vedas are a collection of poems or hymns composed in archaic Sanskrit by Indo-European-speaking peoples who lived in northwest India during the 2nd millennium BCE. “Hari Om” is one mantra and “Om Tat Sat” another. “Hari” represents the manifest universe and life. “Om” represents the unmanifest and absolute reality. “Reality”, meaning total existence or God or The Oneness.

The Vedic tradition holds that this reality is considered to have two stages. One is the absolute, the other is manifest. This gross universe is the manifestation of that reality, not a creation of reality. There is a difference between the process of creation and manifestation. You take cotton and make yarn, and then a shirt. The cotton has become the shirt; it has not created the shirt. The cotton has transformed itself into a shirt. In the same way, there is a great invisible force.

The manifest reality, this world, is represented by the mantra “Hari”. “Om” is the unmanifest reality, the unseen, invisible, uncreated aspect of the absolute. So, “Hari Om Tat Sat” means “That is Truth”. That which I see with my eyes and that which is beyond my eyes are both the same, not different. The creator and the creation are One. The creator has not created creation but has manifested or transformed himself into creation. All these truths are represented in the mantra “Hari Om Tat Sat”.

After you have listened to a version of this mantra, how did the Hari Om Tat Sat mantra feel to you?

Dwelling in the Present Moment – Song for Children

For parents and children. Dwelling in the present moment. A song from Lisa Littleport's community choir, created by Laurence Cole from the words of Thich Nhat Hanh.x This can be sung as a round or in separate sections. The challenges of round songs, or in singing different parts require great concentration and focus, a great practice for the mind and is settling and calming.

Dwelling in the present moment
I know this is the only moment
Breathing in, I calm body and mind
Breathing out, I smile I smile

To help you with this practice we have placed music track recommendations on [sourceness.one](https://www.sourceness.one).

Affirmations

Tips for using affirmations include saying them aloud, using the present tense, and choosing personally meaningful statements. We encourage you to use your own affirmations every day as a way of reprogramming your lower/subconscious mind.

Commitment to Parenting Soul to Soul

Please practise with the following affirmation and observe your internal response to it.

“I am parenting myself and my child, Soul to Soul.”

- When you say this affirmation aloud, how do you feel?
- When you say this quietly to yourself, how do you feel?
- When you say this affirmation aloud or quietly do you experience any sensations?
- Close your eyes and take a moment to imagine/visualise that your child(ren) is standing in front of you. Say this affirmation to them, either aloud or silently. What do you notice/sense/feel/know?
- Is there anything you would like to change about this affirmation? Write a new affirmation?

My Affirmations

"There's nothing more important on our spiritual path than developing gentleness to oneself." ~ Pema Chodron, an American Tibetan-Buddhist and author of, amongst other books, *Start Where You Are*.

"I came to parenting the way most of us do — knowing nothing and trying to learn everything." Mayim Bialik, author of several books including, *Beyond the Sling: A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way*.

How do you feel about these right now? Note down what comes to your awareness.

Self-Inquiry

Preparation for self-inquiry for those new to this practice is on page 27.

Accessing Your Personality Level

Set your timer. Put on your favourite music. Rest in calmness. Take some deep breaths. Eyes open. Heart peaceful. You are sitting beside a beautiful calm peaceful safe lake (visualise this with your eyes open if you can). Allow the waters of your mind to still, as best you can. The questions posed in this section are for your personality to answer:

- What is your calling in this life?
- What values do you most wish to transmit to your child(ren)?
- What type of home, family group (constellation) do you wish to create?
- What kind of parent do you wish to be? What do you not wish to be?
- Are you and your parent partner aligned?
- Are you aware of limitations that you wish to transform?

Accessing Your Soul Level

As you start opening to such inquiry, your Soul level will begin to respond, and new questions will arise. It may help to say the Soul Mantra before experiencing this inquiry.

Set your timer. Put on your favourite music. Or no music. Rest in calmness. Take some deep breaths. Eyes open. Heart peaceful. Sitting beside a beautiful calm peaceful safe lake. Allow the waters of your mind to still. These questions are for your Soul to answer:

- What is a fulfilling life for you dear Soul?
- Dear Soul, why are you here on Earth now?

Subtle Sensing

People perceive energy differently. Many people feel energy with their hands. Some see it. Some hear it. Some just sense it or have a "knowing." Some feel it with their whole body. Some even smell it or get a taste sensation. How we perceive energy is unique to us. And there is no right or wrong way, no way that is better than any other.

Preparation to Practise Subtle Sensing

Before attempting exercises below: Sit quietly in a comfortable place or lie down. Eyes open or closed. Take three deep breaths, breathing in the purest light from within your body and from outside your body. Say the Soul Mantra aloud or silently:

I am the Soul.

I am the light divine.

I am love divine.

I am will divine.

I am wisdom divine.

I am power divine.

I am divine design.

Breathe deeply for as long as it takes to feel a shift inside to peace, calm, tranquillity.

Welcome what comes.

What is this Now Moment?

Take a moment, and a pencil/pen, and as best as you can, scribble/doodle what comes to you in this Now moment.

Physical and Emotional Body Sensing

Having read this chapter,

- What do you feel about your physical body?

- What do you sense about your physical body - does it feel tired, overwhelmed, calm? What do you sense about your emotional self - or your emotional body? What do you sense? What do you know? Are you noticing
- any emotional resistance to parenting anywhere? Are you noticing a feeling of joy?
-
-

Playing with Subtle Energies

Words to describe the subtle life force that animates us—like prana and qi—have been around for thousands of years. These terms are now common in our Western vernacular. Like a cool breeze or the warmth of a fire, prana and qi are perhaps more easily understood when felt and experienced.

Modern science suggests the world is made of matter and energy. Matter is anything that takes up space. Energy is the ability to move matter or do work. Understanding what energy is and how it moves in the body can offer practical benefits in your daily life.

Think about a time when you felt a dip in your ability to get things done. You might have said, "I just don't have the energy." Instead of reaching for a cup of coffee or a chocolate bar, you could instead cultivate and harvest your inner sources of energy through various exercises. Or think of a time you felt a sudden burst of high energy and did not know what to do with yourself. What if you could harness that energy, distribute it throughout your body, and use it to your advantage?

Energy of Receiving

Be grateful. You can receive and perceive energy from many sources. Practise with the energy of receiving. Energy never disappears. It can be transformed.

PREPARE: Set your intention, say silently or aloud:

“I am in an intendingness to connect to, open to and receive all that is ideal for me in this divine now moment.”

Sit quietly. Take a deep breath in through your mouth and out through your mouth. Breathe IN steadily, hold for a count of 3, then breathe OUT strongly. Breathe normally between each deep breath. Repeat three times. Let your arms hang down by your sides, hands facing out, palms open.

ACT: Connect to the pure energy of receiving surrounding you. Open, open, open. Receive only and all that is perfect for you in this divine Now moment. Breathe IN steadily and breathe OUT strongly. Experiencing receiving all that is ideal for you.

CLOSE: When you feel complete, say to yourself:

“I seal, seal, seal my Pillar of Light.”

Sit in silence for a minute... welcome what comes.

Choose a word or two to describe this experience:

TO RECALL: To receive all that is ideal for you in any moment by holding out your hands, palms open, then repeat your intention “I intend to connect to, open and receive all that is ideal for me in this divine Now moment.”

Energy of Grounding

Be grateful for grounding. Grounding is the process of bringing yourself fully into your physical body/energy system and connecting it to the Earth.

PREPARE: Set your intention, say this aloud or in silence:

“I am in intendingness to experience the pure energy of grounding into Earth.”

Sit quietly. Eyes open or closed. Take a deep breath in through your mouth and out through your mouth. Breathe IN steadily and hold for a count of 3, then breathe OUT strongly. In between each deep breath breathe normally. Take three deep breaths in total.

ACT: Bring your awareness to the bottom of your feet. Imagine you have roots growing down from the bottom of your feet, they look like tree or plant roots. Your roots go into the Earth beneath you. Your roots are intelligent; they have their own consciousness.

Ask your roots, “Dear roots please ground me into the Earth as is ideal for me.”

Reassure your roots, “Dear roots, I really appreciate you for keeping me grounded. I am ready to be fully grounded as is ideal for me.”

Breathe in from your roots. Receive the calming, nurturing energy that they are always gathering for you.

Sit here for a moment. Feel/sense/see/know the connection.

Feel/sense/see/hear/know you are grounded.

CLOSE: Thank your roots.

“I thank you roots for keeping me grounded and seal, seal, seal my Pillar of Light.”

Sit in silence for a minute... welcome what comes.

PRACTICE: This exercise may be repeated as often as you wish. In doing so you build up, using your subtle sensing, a rapport with your roots which will serve you well.

Meditations and Silence

Meditations

Mini Meditation

Set your phone timer for 2 minutes. Find a comfortable place and sit or lie down. Take a deep breath in. Breathe in the purest light from within you and from without. Say to yourself: “I Welcome, Accept, Allow, Absorb, all that is purest light.”

Imagine a place on Earth that you have been to, that brings you pure joy. See/sense/feel/hear/smell/know the picture, this place of pure joy...allow it to become very vivid, clear. Sit in silence. What do you notice?

I AM not my Physical Body

For Parents. Recording available at sourceness.one. Find a comfortable place to sit or lie down.

- Take a deep breath, breathing in the ideal purest light from within you and without into every cell of your body. Send this deep breath into every cell of your body, calming each cell consciously.
- Say to yourself, aloud or silently: I AM allowing myself to receive purest energy into each cell with every conscious breath I breathe.
- Bring the palms of your hands together and place them over your higher heart energy centre, thymus chamber, 2-3 inches below the hollow of your throat.
- Allow an energetic connection to be made.
- Say a prayer to the cells of your heart. Say a prayer to the energies in each cell and feel all cells expanding.
- Say to yourself “I am all that is.”
- Take a breath. Breathe in the purest light from within and without.
- Say to yourself “I am not my physical body. I am. I AM. I AM.

As you say these words you are declaring that you recognise that you are part of the universal grid. Part of the grid of all life. You are so much more than a physical vessel.

Nourishing the Subconscious Mind with Divine Proficiencies - Personality Level

Time: 5 minutes. For parents. Recording available on sourceness.one. In this visualisation, we will nourish the lower mind with twelve divine proficiencies of the personality:

- Curiosity
- Openness
- Letting Go
- Confidence
- Relaxation
- Allowing
- Generosity
- Caring
- Authenticity
- Intelligence
- Light-heartedness
- Thankfulness

Find a comfortable seated posture or lie down. Breathe in the ideal purest light from within and without. On the exhale, release all that does not serve. Say to yourself or aloud the Soul Mantra:

I am the Soul.

I am the light divine.

I am love divine.

I am will divine.

I am wisdom divine.

I am power divine.

I am divine design.

Allow the invocation to centre you and connect you to your oversoul. Bring your attention to your thymus, the space which in your physical body is situated between your collarbones and breathe in the purest light in and out of this space. This is the location of your higher heart.

- Visualise in front of you a lake of pure light, still and peaceful. This lake represents your lower mind.

- State your intention: “I am in intendingness to nourish the lower mind with divine proficiencies.” Now, call in the proficiency of curiosity - you may
- see / know / sense the energy of this proficiency as a word written in golden light entering the lake and as it enters the entire lake becomes illuminated with golden light of Source. Now call in the proficiency of openness into the lake and as it enters, know / see / sense / feel that the lake becomes
- illuminated with the golden light of Source. Then move on to the next proficiency until you have nourished the lower mind with all twelve.
-

When you are done, let go of the image of the lake and return to yourself in the here and now.

Training/Helping the Subconscious Mind to Relax

Time: 5 minutes. For parents. Recording available at sourceness.one. Sit quietly in a comfortable place or lie down. Light a candle. Set up an atomiser with essential oil, clary sage or frankincense. Take three conscious breaths. Say the Soul Mantra three times. Close your eyes. Seal, seal, seal your Pillar of Light and then open, open, open your body.

- Systematically relax your body. You do this by tensing each body part and then relaxing it. Tense your face, then relax. Tense your neck then relax. And so on down your body.
- Visualise a quiet peaceful lake. Be aware of a feeling of calm, God-self within, the energy of peace...really let yourself to feel/sense/see/hear/know this peaceful lake as vividly, clearly as you can.
- Breathe in the peace. Let it flow into your subconscious mind.
- Let it flow into your emotional body. Let the peace enfold and infill you, pervade your consciousness.
- Rest in this peace.
- Now bring your will to your awareness. Examine your willingness to make the decision that is right for you right now. You are now above, observing the anxiety and concerns of your subconscious mind. You are a detached observer.
- Ask “what message does this anxiety have for me.”
- Ask any other question which comes to your awareness. Just let it come to you, resist the urge to seek questions. It is not necessary to seek.

Allow questions and answers to come. They come from your Soul or from higher consciousness, monad. Be patient. When you feel complete, bring your awareness back to where you are sitting or lying down.

Affirm: "I am the Soul. I have free will. I oversee my actions, emotions, and feelings."

Training/Helping the Conscious Mind to Come to the Fore

Time: 5 mins. For parents. The purpose of this meditation is to assist you in developing your abilities to stimulate your third eye and your spiritual centre - crown chakra.

- Close your eyes. Take three conscious breaths. Say the Soul Mantra three times. Seal, seal, seal your Pillar of Light and then open, open, open your body. Sit comfortably. Become aware of the sounds in the room, feeling of your clothing against your skin and the rhythm and fullness of your breath.
- Observe your heartbeat and pulse. Feel the shift in your consciousness or visualise merging with your oversoul, its radiance and light.
- Focus on your emotional body. Imagine that it feels like a layer of energy around the surface of your physical body.
- As your oversoul "pulls" your emotional body further from your physical body until your emotional body stands around you, sparkling, liquid and fluid.
- Now picture your crown chakra on top of your head as a lotus flower. Each time you grow and reach upward, a petal unfolds. There are a thousand petals in the lotus at your crown.
- Imagine more petals opening in your lotus, they open gently and easily, with grace. Picture yourself surrounded by the shimmer of your awakened spiritual body.
- Now imagine the grid work of light that is around that is your mental body. With your intention extend it straight up your Pillar of Light and make it finer. (Say the intentions in bold italics below).

"I am that I am in intendingness extend the grid work around my mental body up my Pillar of Light to Source and will it be finer.

I am that I am in intendingness asks Master Rákóczi to place the Cosmic Violet Flame around my pineal gland, located behind my eyes near the centre of my skull."

The pineal gland regulates the awakening of the spiritual eyes that can see subtle energies in this dimension and others.

“I am that I am asks one’s team in Spirit for support in helping one’s conscious mind come to the fore.”

“I am that I am asks Mahatma to integrate this work as is ideal and in divine will.

I am that I am asks for healing, care and comfort.”

When you feel complete come back to the room where you are sitting and give thanks to your team in Spirit, oversoul, monad and Body Elemental and Mahatma for their assistance.

Mini Meditation

Time: Set your phone timer for 2 minutes maximum. Let us begin. Find a comfortable place and sit or lie down. Take a deep breath in. Breathe in the purest light from within you and from without.

Welcome. Accept. Allow. Absorb, all that is the purest light.

Imagine a place on Earth that you have been to, that brings you pure joy. Let the picture, this place which brings you pure joy become very vivid, clear. Sit here. Make yourself completely comfortable. There is nothing to do. Enjoy the energy the freedom and peace of this place.

Silence

The strongest distraction is often in our own mind. No matter where we are, we always take ourselves with us! Our head is so often full of noise; the constant chatter of the “inner voice”. The quietest place in the world can become as “noisy” as a busy high street.

Conversely, even when in the noisiest spaces it is possible to experience inner silence. With practice, we can “watch” the noise pass by. Let it be – and know that we are not a part of the noise. There are many tools to help us. When practising contemplation, one such tool is an “anchor”. You use your anchor to help bring you back to the stillness whenever you notice you’ve been distracted.

Anchors can take many forms. For example, you can use the breath: Get yourself comfortable and spend time in silence. Notice your breath, as you inhale and exhale. Each time your mind wanders, gently bring it back to noticing your breath. Repeat.

You can also work with anchors. An anchor could be a natural object that you choose to focus on, an object in your hand, a crystal, or it could be a prayer word (you can create a prayer word that you wish).

Silence Blanket

- Find a physical space where you can create a space to sit quietly, away from distracting demands, voices, and sounds. Create this as a gateway to your interior silence. We have found that this “silence” space becomes popular, rejuvenating and is used often. It does not have to be a permanent space. A favourite cushion or blanket can help identify it as “one’s silent space.” A little like a child may have a “comfort blanket,” we suggest that you find yourself a cosy “silence” blanket. Your “silence” blanket” can go anywhere with you when you move to different spaces. You may find that the “energy of silence” becomes imbued into the blanket.
- Today, set your timer and spend what time you can in “silence.” No phone. No music. No TV. No one else.

How was your experience? What did you observe/notice? What came?

The Bathroom

We parents have all done it, gone into the bathroom for some “peace and quiet.” Today, set your timer and spend what time you can in “silence,” it could be in the bathroom...or anywhere that works for you. No phone. No music. No TV. No one else. No ritual, only silence. How was your experience? What did you observe/notice?

Exercises, Transmissions and Movements

Exercises

Align and Balance Your Four Body System

Time: Approximately 5 mins. Recording available. Take a moment to sit quietly. Say the Soul Mantra to yourself. Breathe in a conscious breath, breathing in the purest light from within and without. Breathe out all that no longer serves you. Send your OUT breath down into the Earth, imagine that breath travelling down your body, within your Pillar of Light and down into the Earth. The Earth transmutes energy back - returning it to its pure state. Repeat these cleansing breaths until you feel a shift in your beingness...it will feel like a calming down, a slowing down, a settling into.

Imagine, visualise a laser blue line from your Soul Star, about 15-20 cm / 6 inches (it varies) above the top of your head going down through your physical body and connecting to your Earth Star, about 15-20 cm / 6 inches below your feet. See figure below.

The laser straight blue line connects your Soul Star (is energy centre for your Soul, it is not the location of your Soul, it is a transmitter, a transducer of energy, taking from your Soul to your physical lower body) and Earth Star this is a connection point into Earth, where your energy system grounds into Earth. The energy from the Soul Star grounds through your physical vehicle through to the earth star underground.

Focus on the laser blue line (some might call it the Hara Line) until it is very vivid and clear. Set your intention for it to be straight and pure.

Cleanse and Balance Your Auric Field

There are many ways to cleanse and balance your aura, here are a few suggestions:

- Kriya yoga - has any number of movements which help with auric balancing and cleanings.
- Cleanse your aura with sage smudging. Smudging is using smoke to purify, and it's a practice that originated with the indigenous peoples of the Americas. For this cleansing, you'll need a sage bundle.

- Hold the sage in your hand. After you light the sage, trace the outline of your body so the smoke wafts over you, cleansing your aura. You can also move around in a circle three times. Use Palo Santo, Cedar, Frankincense or Myrrh if you don't like sage. Take a bath with herbs and crystals. Fill
- your bath, add 1 cup (272 g) of Himalayan pink salt or Epsom salts. For added benefits, add a few drops of essential oil, a handful of herbs, and 1 or more crystals to your bath water. Soak for about 10 to 20 minutes to cleanse your aura. Then, imagine the draining water carrying away all of your troubles. Essential oils like eucalyptus, lavender, rose, or rosemary. Put crystals around the bath or in it, make sure they are suitable for putting in water...not all crystals like water. Smoky Quartz is great for clearing, as is Shungite. Amethyst is closely linked to the violet flame so great for transmutation. Remember to cleanse your crystals after use.
- Cleanse your aura with selenite. Selenite is a stone of expansion, and it has cleansing properties. Use a selenite wand for the cleansing. Sit comfortably and focus your intentions on cleaning your aura. Starting at the top of your head, slowly sweep the selenite wand over your body to absorb the negative energies. Afterward, you might want to cleanse your selenite crystal to remove the negative energy. Aura cleansing spray. Spritz with this spray. You can make your own. Do an aura combing exercise. Sit in a comfortable position and focus on your intention to comb away negative energy. Then, cup your hands and brush them over your energy field surrounding your entire body. Imagine yourself brushing away negative energy and stress. Afterwards, wash your hands to get rid of the negative energy.
- Request aura cleansing. You can also simply request your team in Spirit to clear your auric field as is divine ideal and in alignment with divine will. Intention: I am asks my team in Spirit to clear my auric field as is divine ideal and in alignment with divine will in every divine now moment forever.

Balance Your Hara Line - Your Intention Centre

This exercise activates, balances, and harmonises the Hara Line. **The Hara Line.** Bring your attention to the centre line of your body: The Hara is a thin, very thin, straight vertical line in your body from top to bottom. Sometimes seen as silvery white, sometimes blue.

The Hara line connects three focus points:

- The first point is about one metre above your head and 10cm large. Some call this the **Stellar Gateway** or Stellar Transaction Point. This point is not a chakra but can be seen as an “electron” which carries the connection we each have to our reason to incarnate. The second point is in the thymus gland or higher heart, cosmic heart or upper heart between the two collarbones. **Thymus Chakra**, or as we refer to it Thymus chamber. This is a portal gateway to the cosmic heart. The third point is the **Tan Tien** (in Chinese) centre and is located about three fingers width below the navel. It is the centre of power and personal will which we can draw energy from to set our intention upon anything we will to achieve. The will to be here on Earth is also activated in this centre.

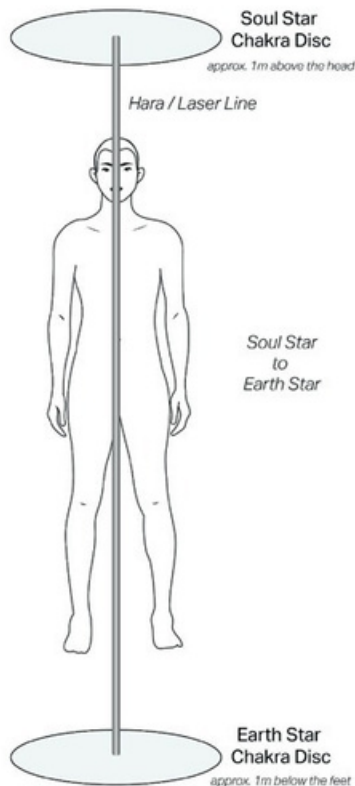


Figure 11. Soul Star and Earth Star Connection

The Hara is also not a chakra. **Balancing the Laser Line / Hara Line.** Visualise your Hara Line descending between your legs into the core of the Earth, into the true core or hollow heart of Earth and ask it to be anchored and grounded there through the power of your intention:

“I am that I am asks Body Elemental and Source to ideally ground and anchor my Hara line in the true hollow heart of Earth as is ideal for my ideal well-being in alignment with divine ideal and as is in divine will in this and every divine now moment and forever. The one wills it so.”

As you request it, know, feel, sense, see that it is done ideally for you in this divine now moment and every divine now moment. Then request that your Hara Line and three centres be ideally activated, balanced, harmonised, and aligned:

“I am that I am asks Body Elemental and Source to ideally activate, balance and harmonise my Hara Line and three centres for my ideal well-being, as is divine ideal and as is aligned with divine will. The one wills it so.”

As you request it, know, feel, sense, see that it is done ideally for you. This process cannot be automated and requires that you tune into it regularly. The benefit of a well-balanced and activated Hara Line is tremendous on your wellbeing and clarity. When your Hara line is healthy and ideally functioning, you are aligned with your divine purpose which is contained in your oversoul blueprint which your oversoul oversees.

A Word on the Hara Line and Dantian

Let us clear up a bit of confusion. How many Dantian are there? Usually, when someone speaks of the Dantian they are referring to the lower of three energy centres in the human body. Each of these centres is associated with different vital energies, collectively named, “The Three Treasures.”^{xii} Within Taoist philosophy and practice, these three centres are known to store and control life-force: lower, middle and upper Dantian. In the exercises in this journal, we refer only to the lower Dantian.

The Lower Dantian: located approximately three finger widths below and two finger widths behind the belly button, this centre generates “jing” energy - translated literally as “essence” in Chinese. It is considered the “superior ultimate” treasure.

Known as “the golden stove,” the lower Dantian is the foundation of

balance, breathing, rooted standing, and full-body awareness in martial arts and Qigong. It is described as “the root of the tree of life” and seen as the original source of one’s internal energy (qi/chi) within Chinese, Korean and Japanese traditions.

Buddhist and Taoist teachers often instruct their students to focus on the Dantian because it centres awareness in the higher mind of the universe, eventually activating higher states of consciousness. The reason the lower Dantian is considered the most important of the three is because it must be open and activated before we can feel or sense the middle and upper Dantian. It is the connection point [within the physical] to universal life-force. When this gateway is shut down or blocked (and for most of us, it is), we are unable to access renewable energy and instead take it from non-renewable sources within our body and environment, which causes depletion.

When this gateway is open however, we receive a transmission of energy directly from Source which flows through our meridians and chakras until it touches every organ, muscle, bone, skin, our pineal gland, etc., uprooting and transforming stored contraction and fear along the way. The power of this expanding energy cleanses our Antahkarana channel of what we’ve inherited and absorbed at the cellular level.

Once activated, this energy travels from our centre up through our chakra system, clearing the energetic pathways so the flow of life-force can properly access each cell. It keeps pushing until it reaches the top of our head. Once there, it connects to the stream coming down (or it seems that way) from higher consciousness - Undifferentiated Source - and stimulates feelings of bliss, expansion. This reconnection to an inherent state of openness and unconditional love is called enlightenment.

One of the main reasons we unconsciously avoid opening our lower Tan Tien/Dantian is because it pushes powerful energies up to our heart, which then manifests as love. This explains why deep connected lovemaking, the type that awakens kundalini energy, often brings us to tears of bliss. As the kundalini serpent rises to the heart level it floods the emotional body with light. Our heart may break open, memories may surface, visions may come, and without question, a cleansing of the emotional pain-body takes place. This is necessary for the kundalini or chi/Qi to clear the path as it pushes its way up through the central channel (Antahkarana Bridge) to the upper Dantian and crown chakra. The love we can feel, and share is profoundly amplified when backed up with the power of our lower Dantian.

What is the Mayavarupa Body?

This is a Body of Light. Its structure encases the Monadic Blueprint Body very closely as protection but also serves as a body of intense imagery of futuristic coding relative to the Universal force of light and energy. This body of light is composed of sacred language created by God and dispenses light directly to the other bodies beneath its layer. This light, of course, is a creation composed of not only sacred language but also DNA, RNA contributors, and electrons assimilated through divine dispensation to configure your physical structure for the purpose of holding the intense energy of this light body. Its appearance in spiritual sight would be seen as a beautiful energy of multi-coloured reflections from the other bodies of light beneath it.

The Mayavarupa Body would have a dominant colour associated with your individual ray structure and would project this throughout the other bodies. It is important to know your ray structure – the exercise is in Parenting to help you and we include this exercise in the Appendix. It is very important to know this body has a vital part in the construction of your light body structure and holds a purpose of solidifying the structure for future light bodies to be built upon.

As we have said, light body construction can be compared to building a skyscraper to God! This is an intricate process, which has been divinely created by God and every stage and layer is under the direct command and formulation of God. Each layer and stage are a process of ascension to the higher realms of God Consciousness and must be earned through your divine diligence, devotion, faith and trust in the process!xiii

The Affirmation Coat – Clearing the Subconscious Mind

Time: 14 minutes. For parents. Recording available. An exercise to clear and reprogram the subconscious mind. Before you start this exercise choose an affirmation that you are working with. You will work with this affirmation until it is completely integrated in your subconscious mind. So, you may have to do this exercise a few times.

- Identify an affirmation that you feel is most relevant.
- Take three conscious breaths. Say the Soul Mantra three times.
- Visualise a swimming pool in front of you. The pool is symbolic of your subconscious mind. With steps at one end which lead down into the shallow end. Imagine that this pool is filled with light – only light. It has rainbow light throughout it.

- Bring to your awareness the affirmation you chose earlier. Think of an intention or affirmation which is relevant to now. For example: you may be working on self-love now so working with the affirmation “I am unconditionally loving myself.” Imagine this affirmation takes the form of a coat – put the coat on and do up the buttons. Notice what colour your coat is, or how it feels, or your sense of it, or what you know about it. Now step into the swimming pool of pure liquid golden light – there is no water only light. Go into the pool as far as you are comfortable. If you can go in until only your head is above the light fine. If you can go right under, fine. There are no limits. Remember the affirmation coat represents the affirmation you are working with – it is a live organic thought form that is evolving and changing in every moment. Observe, sense, feel, know the changes happening to the coat. Now invite into the pool of pure liquid golden light. It will fill the pool. And of course, interact with the coat. Stay in the pool until the coat turns gold. If any thoughts or fears arise, surround them with golden light. When you are complete leave the pool. The coat will either remain or it will dissolve as you leave the pool.

The ideal is to work with the coat of affirmation until it has dissolved completely when you leave the pool. Meaning that the affirmation is fully integrated when the coat has dissolved fully when you stand outside the pool. Your golden coat may remain when you leave the pool – this indicates the affirmation isn’t quite integrated. Do the exercise again, and again until the coat of affirmation dissolves on leaving the pool. **Notes:** We encourage you to use the form “I am” for your affirmations and use positive framing. Allow your knowing to guide your affirmations. Or ask for guidance if you are not sure how to frame them. Help is always available; we just need to ask for it.

Transmissions

A transmission is like a “light-packet” of divine energy (love, light, knowledge, wisdom, power, will) which contains certain qualities in it. You might think of transmissions as containing a certain bandwidth of energy which is conscious and purposeful, and which is available to support you. Any transmissions shared here are chosen so that you will receive them if they are ideal for you in a divine Now moment. If it is not ideal, you will not receive it, as the divine wills.

Calm Your Nervous System: Transmission of Divine Light

For parents. Recording available. Sit comfortably, feet flat on the floor/ground. If you wish to receive this transmission outside that is fine.

Imagine that there is a ball of electric blue light directly above your head. It looks like a sphere of shimmering blue light; you might hear it humming quietly. This electric blue light has many qualities, including very soothing and calming of the nervous system. Invite the sphere of electric blue light to move down into your body.

Welcome. Accept. Allow. Absorb, the electric blue light wherever it is needed.

Set your intention, say silently to yourself or aloud:

“I am allowing, accepting all this light into every cell of my being, calming my nervous system.”

If it feels right, if you sense it's ok, if you know it's ok, or if you hear it's ok, leave this pure electric blue where it is within your nervous system. Do not worry if you don't sense/see/hear/or know anything at this point. The light will intelligently do its work if it is ideal for you.

When you feel complete, say to yourself: “I seal, seal, seal my Pillar of Light.” Call on divine light at any time for help, assistance, comfort, respite, soothing, anything. You don't have to know what light to ask for, just ask for help. Then welcome, accept, allow, and absorb what comes.

Calming the Lower (subconscious) Mind: Transmission of Divine Light

For parents. Recording available. Sit comfortably, feet flat on the floor/ground. If you wish to receive this transmission outside that is fine. It may be received anywhere that is ideal for you. Imagine that directly above your head you see a disc - like a flying saucer shape - of pure white light. It looks like a shimmering white frisbee - see diagram - you might hear it humming quietly. This shimmering white light has many qualities, including being able to reassure your lower mind (some might call it busy mind) and to calm it.

Invite the disc of pure white light to move down into your body. Open, open, open.

Welcome. Accept. Allow. Absorb pure light wherever it is needed.

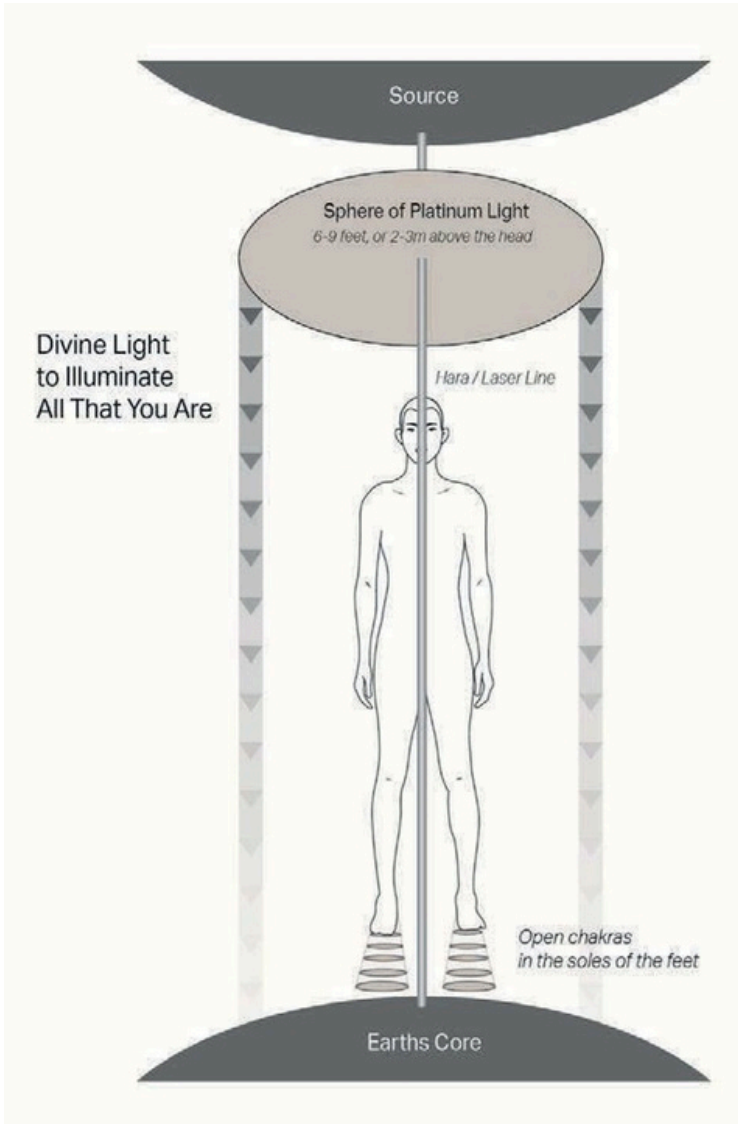


Figure 12. Transmission of Divine Light



Figure 13. Pure White Disc

Now set your intention, say silently to yourself or aloud:

“I am allowing, accepting all this light into every cell of my being, calming my lower, subconscious mind.”

Invite the disc of pure white light to move down into your body. Open, open, open.

Welcome. Accept. Allow. Absorb pure light wherever it is needed.

Set your intention, say silently to yourself or aloud:

“I am allowing, accepting all this light into every cell of my being, calming my lower, subconscious mind.”

If you wish this light remains in your energy system to calm your lower mind. Don't worry if you don't sense/see/hear/or know anything at this point. The light, which has consciousness, will intelligently do its work if it is ideal for you.

When you feel complete, say to yourself: ***“I seal, seal, seal my Pillar of Light.”***

Call on this or any divine light at any time for help, assistance, comfort, respite, soothing, anything. You don't have to know what light to ask for, just ask for help. Then welcome, accept, allow and absorb what comes.

Movements

Moving and sensing, seeing, feeling and hearing may be significantly enhanced with movement. The energy within the Universe is always in motion - if it is aligned with the divine. Movement helps us align.

Energy of Integration

Be clear. Integration is a process which has its own energy. Funnel, filter, flush, flow.

PREPARE: Set your intention, by saying silently to yourself or aloud:

“I am in intendingness to experience the pure energy of integration.”

Stand comfortably with your feet slightly apart. Shoes on or off. Ask your roots to hold and ground you.

“Dear roots please hold and ground me as is ideal for me.”

Place your arms above your head with your palms facing upwards.

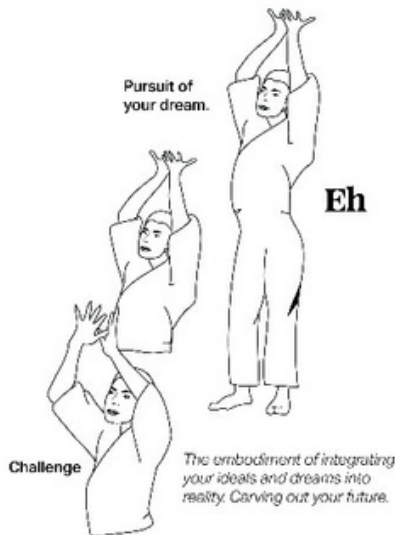


Figure 14. Eh Movement - Tenshingoso

ACT: Breathe normally. Imagine your arms above your head form a giant funnel. Allow only the pure energy of integration from above you to pour into this giant funnel. As this energy pours in, ask that it is filtered so that only the ideal energy for you in the Now moment comes in. Let this ideal energy flush down through your body.

Allow the energy of integration to flow through every level of your body until it goes all the way to your feet where it meets your roots. Let this energy flow down to your roots.

Allow the energy of integration to work through your whole body and when you feel complete, bring your hands together above your head to close the funnel.

CLOSE: Set your intention, say silently to yourself or aloud.

“I retain all energy that is ideal for me and seal, seal, seal, my Pillar of Light.”

RECALL: This exercise may be done as often as wished. It is useful for clearing your bodies of energies that do not serve you and for speeding up integration of purer energies.

Remember: Funnel, filter, flush, flow aids integration.

Shintaido

Shintaido (New Body Way) is a modern movement system based on traditional Japanese martial arts but with the emphasis on self-development and artistic expression rather than self-defence. Its origins lie principally in karate and sword technique.

We have worked with these movements in a spiritual way and find that they release so much energy, they are stimulating, invigorating, and energising in ways that we can't begin to describe. We do not practise Shintaido with others but as part of our own practice, and so we suggest them here for you to work with because they really can “unstick” blocked energy in a kinaesthetic way.

Cycle of Life - Tenshingoso

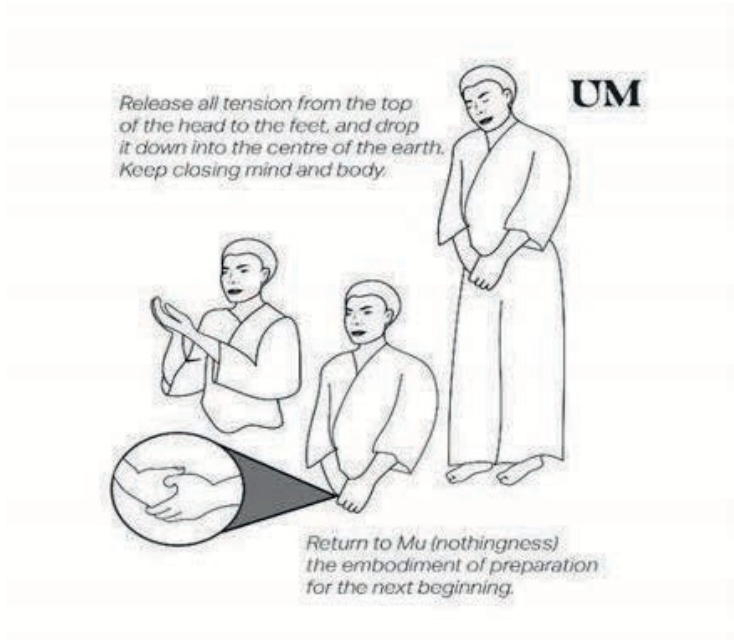
Tenshingoso is a journey of self-discovery. It is called the Hymn or Cycle of Life and is one of the fundamental movements of Shintaido. “Tenshin” means heaven or universal truth in Japanese. It also means, the shape of your adorned true self, and the perfect freedom “Goso” literally means 5 phenomena or stages. It is derived from esoteric Buddhism and represents 5 ways of embodying the universal creator. From emptiness to emptiness.

Expansion and Acceptance - The Ideal

Begin the Tenshingoso with the movement UM. See the diagram below. UM — Emptiness, Darkness. Stand with your feet and big toes touching. The right-hand rests lightly inside the left hand. Place your left thumb lightly in your right hand and hold your right four fingers with your left fingers.

- Drop both your arms. Look forwards with your eyes half or completely closed.
- Sounding “Um”, we enter a place of emptiness, darkness, humility, and a time before birth. We must not underestimate the profound depth of “Um”.
- Close your eyes and let yourself become smaller and smaller until you bring all your concentration into one single point where everything disappears.
- Sink down and down into your awareness, as you sound the “Um”, until you disappear into emptiness. Release all tension from the top of your head to the feet and let your attention drop deeper and deeper down into the centre of the earth. It may be helpful to imagine that you are a pebble dropping slowly down to the bottom of the ocean.

Travel on down to the core of the Earth’s. Everything comes from here; it is the source of our life. It is a huge place of emptiness and total humility. There are so many layers of “Um” and the more concentration you bring to “Um”, the more effortlessly you return to the Source, your original nature.



Then move to AH – see diagram below - “AH” – expansion, acceptance, The Ideal.

- Be sure to do some light stretching and a short warm-up before doing this exercise – especially the stretching should be taken easily until one is full warmed.
- Vocalization is “Ah”. As you sound “Ah” spread your feet apart a little more than the width of your shoulders.
- At the same time, spread your arms backward with your shoulders relaxed, your fingers open and stretched back.
- Bend back and reach behind you, pushing your hips out, and look towards the skies.
- As your hands open and you reach upwards, you grow and expand out and up into your ideal aspiration.
- Increase your awareness and open gradually, following your hands as the energy ascends the centre of your body, from the Earth to the sky.
- Push your palms of your hands upwards into the sky concentrating the energy through the heels of your hands.
- Slowly bring your wrists up until they are facing each other over your head.
- Reach up as high as you can without pain or pushing.
- You are being raised up into your ideal. Don’t worry if you feel ungrounded, reach up as far into the sky as the energy will take you. Let it take you.
- Expand beyond your limitations and receive grace by opening your whole self.
- Trust

Now you are ready to put UM and AH together.

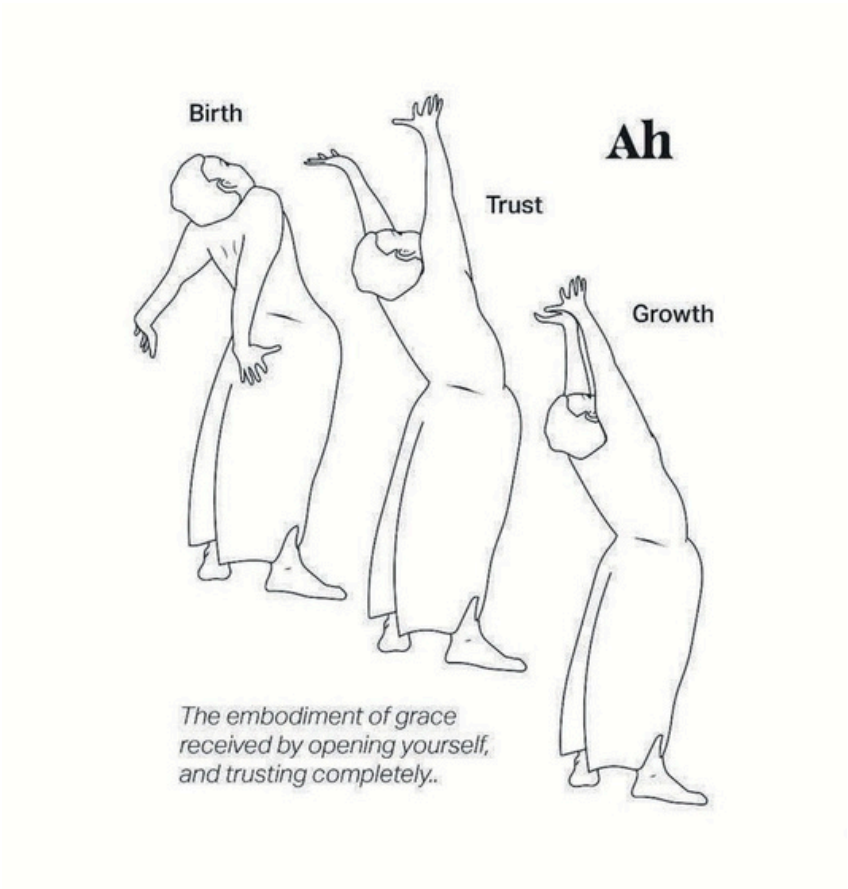


Figure 15. UM & AH - Tenshingosó

Presentness: Observation & Reflection

Observation

Observation is the process of paying attention, intently and actively, so that you can gather specific information to assess.

What do I Observe?

Time: 2 minutes maximum. Please set your phone timer. Find a comfortable spot, to sit. Preferably in your garden. Or perhaps on a balcony, somewhere safe and quiet, where you are unlikely to be disturbed. Somewhere like the bathroom will also work. Please keep your eyes open for this observation. Imagine you have placed a set of spectacles/glasses over your eyes - these glasses have rose tinted lenses. Everything that you see looks slightly pink. Take a deep breath in. Breathe in the purest light from within you and from without.

Welcome. Accept. Allow. Absorb, all that is the purest light.

Now fix your attention on an item, or a painting or an object in the space where you are. Keep your eyes on it...do not let your eyes wander from this object. Let this object hold your gaze for the remaining time on your timer. When your timer goes off, note down: What did you observe?

Reflection

Reflection is the conscious mind's way to integrate what it is learning.

At the Birth of Your Child

You may have directly experienced at the birth of your child how the whole universe is contained in their gaze; how God is looking straight at you through this newborn. Take a moment to reflect on the moment when you first saw into the eyes of your child.

- What stirred within you?
- How are you looking at yourself now you are a parent?

Building Awareness

Self-discovery is a crucial aspect of spiritual awareness and personal growth. By exploring our inner selves, we gain a deeper understanding of our thoughts, emotions, and behaviours. Through spiritual awareness, we learn to detach from external influences and turn inward to connect with our inner god-self. This process of introspection allows us to identify our passions, values, and beliefs, which serve as the foundation for our personal growth. Self-discovery is an ongoing journey that requires patience and commitment. It involves facing our fears, acknowledging our shortcomings, and embracing our strengths. By doing so, we gain a sense of clarity, meaning and direction in life.

Step Up. Step Back a Bit

Time: Approximately 5 minutes. Find a comfortable place and sit or lie down. Take a deep breath in. Breathe in the purest light from within you and from without. Say the Soul Mantra three times. Take your awareness to the space immediately beneath your feet.

- What do you see/sense/feel/hear/know?
- What does the path beneath your feet look like? Feel like? Seem like?
- Now take a step backwards. Now take another step backwards.
- Is there any difference?
- What does this feel like? What do you sense?
- What do you see/hear/know?

Awareness of Guidance

Time approximately 5 minutes. Recording available. For parents. Find a comfortable place and sit or lie down. Take a deep breath in. Breathe in the purest light from within you and from without. Say the Soul Mantra three times.

- There is a sign beside you - the sign says, "Start this exercise here."
- Take your awareness to the space immediately beneath your feet.
- There is a line here on the ground which says "Start."
- See your path beneath your feet. Your path is made of pure white stones.
- Look ahead. Your path stretches out in front of you...pure white stones ahead.
- Up ahead you see that your path starts to curve, and now you start to walk slowly along your path towards where the curve starts.

- You find you are walking around a very long curve; it seems to keep going for a long way.
- You keep walking and soon come to a crossroads. The path goes left. The path goes right.
- Stand in the centre of the intersection.
- Turn and face the right-hand path.
- What does this feel like? What do you sense? What do you see/hear/know?
- Now turn back to the centre, facing the path from where you came.
- Breathe in the ideal purest light.
- When calm, turn to face the left-hand path.
- What does this feel like? What do you sense? What do you see/hear/know?
- Return to the centre, facing the path from whence you came.
- Retrace your path - go back to the “Start of this exercise.”
- What did you become aware of during this experience?

Spiritual Intention-setting - For Parents

Build on the intentions that you feel are yielding growth and modify the ones that aren't. If an intention isn't resonating, or it requires more than you're capable of giving, it is time to evolve them. The idea is to set intentions that add to your spiritual growth, not take away from it.

Human Body and Mind

The human body system is way more complex than just the physical body. A simplified view of the human body system, there are four bodies: Physical, Emotional, Mental, Spiritual.

When thinking about your intentions for yourself, begin with these questions:

- How do you feel your relationship is with your physical body?
- Do you sense your emotional body? Does it feel that it is whole? In wholeness.
- The mental body we refer to is the higher mental body, connected to your Soul and monad. It is not the subconscious mind or lower mind. Do you feel you have connected with this higher mind?
- The spiritual body permeates, as do the other bodies, all lower bodies. The spiritual body is a great transformer of energy. Have you experienced your spiritual body yet?

Some suggested intentions that you may work to with from this section:

- I AM loving and respecting my physical body as the vehicle of the Soul.
- I AM trusting my connection to my higher mind.

Now we invite you to have a go and write your own intentions - know they will evolve as you evolve:

- I AM
-

- I AM
-

Two Levels of Parenting

The two levels of parenting discussed in this book are: the personality and soul level of parenting. Including our soul level in our relationship, conscious

constellation and operating fully from our soul level is the work of a conscious parent.

When thinking about intentions, begin with these questions:

- How well do you know your personality? Are there still aspects of your personality that you wish to integrate? Are there aspects you wish to avoid?
- Do you know/sense/feel/hear when your Soul is communicating with you?
- Do you know/sense/feel/hear when the Soul of your child(ren) is communicating with you?

Some suggested intentions that you may work with from this section:

- I AM my Soul, and my Soul is the captain of my ship. My Soul guides the blueprint for me.
- I AM in intendingness to work in harmonious group consciousness with my conscious constellation for the ideal wellbeing of all.

Now we invite you to have a go and write your own intentions - know they will evolve as you evolve:

- I AM
-

- I AM
-

Sounds/Sounding

You may not be aware that there is a metaphysics of sound. This philosophy is proposed by the Sufi and is a consideration of the role that the human voice has in expressing sound.

According to the most sacred traditions, God created the world through sound. Each material form has been a vehicle of sound. Man, the perfected creature from the mental and psychological points of view, has within him the possibilities for perfection in all arts. Man has the greatest capacity for all aspects of sound and with these aspects of sound comes the capacity for every aspect of perfection.^{xiv}

“Listen to the unstruck sounds, and what sifts through that music.” Rumi.

We invite you to explore the nature of spirit within sounds and sounding. Go to [sourceness.one](#) for suggestions.