

Before you can live anything, in what you are calling physical manifestation—you have to have conjured it in vibrational form. You have to have imagined it before it can become a reality. Everything that you are living here in this physical body, you have imagined the essence of it before you are living it.

Abraham-Hicks

“You cannot stay on the summit forever; you have to come down again... so why bother in the first place? Just this ‘what is above knows what is below, but what is below does not know what is above.’* In climbing, always take note of difficulties along the way; for as you go up, you can observe them. Coming down you will no longer see them, but you will know they are there, if you have observed them well. One climbs, one sees, one descends, one sees no longer, but one has seen there is an art of conducting oneself in the lower regions by memory of what one saw higher up. When one can no longer see, one can at least still know.”

A reflection from Rene Daumal, a disciple of the mystic teacher, Gurdjieff.

*An interesting twist on the metaphysical Axiom; “As Above So Below as Within so Without, or as we put it rather simply “If I see it going on out there then it's going on in here as well.”

Where thoughts go, energy goes. There is nothing else here besides energy. Thoughts create form. Moderate your thoughts because they affect the entire energy field. When we are at a high level of vibration, we naturally attract high-level experiences and vice versa. Experiences are a direct reflection of your thoughts.

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Here we are on this Earthly plane waking up and falling asleep.

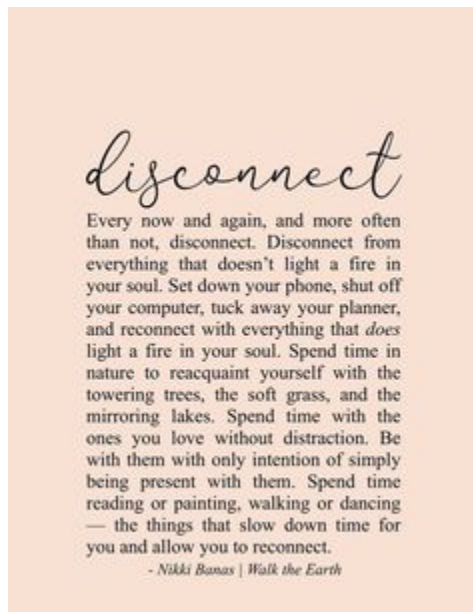
One of the fascinating pieces of last night's class was a reflection that Greg zeroed in on of three biblical characters who certainly had experienced a spiritual awakening and yet along with the spiritual awakening, there were still times of "disconnect" or what we might call falling asleep.

King David was one. It is believed he is the one who wrote most of the Psalms, these beautiful prayers in the Old Testament. He was also so in love with the spirit of God that he danced before the Ark of the Covenant. And yet here he was captivated by someone else's wife (you saw her bathing on the roof) and actually sending her husband to the front lines so that he might have her all to himself.

Then there is the apostle/evangelist Paul who wrote many of the Epistles as part of the New Testament. There are some wonderful lofty expressions and prayers coming from the Upper Room that resonate with the truth of our hearts, and then in other places there are egotistical filled judgments and condemnations.

Then we have Peter, one of the most fascinating characters in Biblical history who was chosen as the leader of the Apostles and was always taken in by Jesus for the most important events.

And yet he is the same one who lost his faith in trying to walk on the water and even denied knowing Jesus after he had been arrested.



We don't know much about the despair that might have been experienced by Gandhi or Thomas Merton but I'm sure it was there at times. I know that Mother Teresa spent much of the later years of her life and what might be called The Dark Night of the Soul--sensing that she was totally cut off from Divine consciousness and yet at the same time put one foot in front of the other in the most loving way possible. What courage!

I'm often reminded of the beginning of that Merton prayer "My Lord God I have no idea where I am going..." I can't tell you the many times that that reflection saved my life.

Who you think you are is not who you are.

“the idea of who you are—and underline the word idea, because all you think you are and expect to be is simply an idea and nothing more—”



And then we came about with the marvelous question: did Jesus have an ego. The answer that came through me was an emphatic "yes." I didn't even have to think about it, but now please remember all of this is my own learning and it might not be yours, but my answer to that question came about through my understanding

from the book The Holy Spirit's Interpretation of the New Testament.

Let me share a few passages with you: *when Jesus walked out of the desert he had many insights and his mind was pure of maddening and confusing thoughts, but Jesus was not yet free of the ego. Not knowing where he was being led, the man of Jesus harbored some fear deep within his mind. During this time he kept this fear hidden from himself and so the Spirit led him down a useful and helpful path that one day he may find the strength to face and lay down his fear.*

And then towards the end of The Book of Mark when Jesus was praying in the garden and Peter James and John kept falling asleep it says this *“he found them sleeping again, Jesus said nothing to them but returned to the place in the garden to pray for a third time. When Jesus came out of the garden the third time he was ready, for he had fully accepted the Holy Spirit's will as the only will. There was no longer a separate will within the mind of Jesus. (I interpret that to say there was no longer an ego or fearful consciousness. He is fully awake.)*



HAVE A GREAT SUMMER

The paradox of transformation:

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As you embrace the parts of you that are scared & blocked, you fall into greater alignment with where you truthfully are & become more capable of transformation.

Instead of looking for your worth hustling for achievement: when you embrace your feeling of unworthiness, ironically see that you are whole. When you make room for stress, ironically, you feel peace. When you welcome loneliness, ironically, you feel connected.

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It's our judgement of the fear that keeps us stuck, not the fear itself. When you aren't afraid to acknowledge all facets of yourself, they lose their ability to hold you back.

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SEE YOU 9/5