
Tuning-in To The Sacred

(The Force, The Energy, The Great Spirit, Gitchi Manito, Wakan Tanka, Tunkashila, Shakti, Aiaa, The Holy Spirit, The Golden Thread ... Angelic Beings, Spirit Guides)

(It is my belief that the Energy is experienced by some people in most every culture. The Energy has many different names; yet it is the same everywhere. Angelic Beings I think of as intelligence's who are very close to the Energy and allow a great deal of the Energy to work through them.)

1. **Service to Others:**

Make a commitment deep within yourself to serve others. Think of yourself as a small leaf on a tree. Serve the entire tree and not just the you that is a small leaf on the tree. Spread love to the entire tree.

2. **Truth:**

Make a commitment deep within yourself to find that which is true, that which is real. Go beyond culture, conditioning, habits, what is popular, and current paradigms - pursue truth!

3. **Vision:**

Develop a higher vision of how things could be. Constantly work in your daily life toward creating this vision. Frequently revise this vision upward. Work toward creating heaven on earth.

4. **Action:**

Actively serve others, search for truth, and create heaven on earth every moment of every day. Change your priorities, change your habits, change the very way in which you look at and approach life, so that your orientation, your ACITONS, are based on these values. When you choose how to spend your time, do it with these higher values consciously in mind. Rather than thinking about what will, for example, result in a larger "pay check" for yourself, or more personal status, or whatever, think about how you can most benefit others and how you can best serve Creator.

Do this as much as possible without fear and without limiting the possibilities of what may be achieved. Think BIG BIG thoughts. Realize that as we become a better and better channel for the God Energy we become one with Creator and anything is possible.

It is not enough to simply think good thoughts; the thoughts must be made into actions. There are exceptions such as healing through prayer and meditation, but understanding what love is or what a higher vision is, is not the same as actively spreading love and creating that vision all around us every moment of every day. We are not being a channel if we block the Energy and prevent it from flowing.

5. **Prayer:**

Pray directly to Creator in whatever form this takes for you. God is always present. However, I have also been told by my Angelic Helper that it is helpful to pray to God's Helpers too, in whatever form they come to you in. Ask God for help and for guidance. Ask God where to put your energy that it will do the most to spread love, to spread God Consciousness, to solve problems, to dissolve illusion and to create heaven on earth. Ask the ENERGY to flow through you so that your thoughts and actions will be those of Creator, and Creator's Helpers.

Always condition your prayers by saying something like: If it be they will. It is very difficult to know what to pray for.

When you pray for guidance, listen for the answer. The answer may come through your intuition, through your thoughts, through another person, through something on the radio, through something you read, through the Energy, through an Angelic Being, and so on. Follow especially your inner most FEELINGS.

When you first begin to experience the Energy, or communication from Angelic Beings, you may not recognize the experience for what it is. At first you are not even likely to realize that the experience is a communication from another intelligence. I have, for example, heard the Energy described as the chills, goosebumps, and the rushes, as simply some unexplainable physiological experience and nothing more. However, as one has more experiences, and develops more sensitivity, an awareness that a very powerful and intelligent presence is manifesting becomes clear.

The Energy (The Force, Aiaa, etc.) can communicate and manifest in thousands of different ways. Some people seem to – I guess – tune in very well simply through their intuition. Others feel the Energy come over their arms, legs and back. When the Energy is very strong, it can be experienced as a river of Energy flowing through one's entire being. The latter experience can be very ecstatic. Alterations of reality from the way people generally experience reality (miracles), sometimes accompany experiences with the Energy. However, generally the Energy simply touches one in order to confirm an intuitive communication, or an experience one is having, as important and deserving our attention.

If you begin to experience the Energy flowing through you, pay a great deal of attention to what is happening right then. Pay attention especially to your inner most thoughts and feelings (your inner voice, or intuition). Also pay attention to whatever is happening around you. When the Energy flows through you, you usually are being told something important. So LISTEN. Follow your INTUITIVE FEELINGS.

It can be very difficult to know for sure what one is being told, because all of us have both a GREAT ME and a little me. Both the GREAT ME and the little me usually communicate with us through our inner thoughts and feelings. The GREAT ME is the ENERGY, or at least connected to it. The GREAT ME is the positive, loving, clear, and sensitive part of ourselves. The little me is our self-centered, fearful, insensitive, conditioned and negative side. The little me is frequently learned from culture and peers. Distinguishing which of our thoughts and feelings are from the GREAT ME, and which are from our little me, can be very difficult, especially at first when we are not used to listening to the GREAT ME little voice deep within ourselves. The message can also at times be very clear. But be careful. Distinguishing between things we receive from the GREAT ME, and from the little me, can be very difficult even with the help of the Energy when it manifests in physical ways that our senses can easily perceive. Learning to receive communications of these kinds seems to require our becoming more and more sensitive to communication on a level that most of us are not used to communicating on: sensitivity to vibes, to our inner-most feelings and thoughts.

Once you know, or think you know, what the Energy is telling you, then ACT on it. Remember it. WRITE IT DOWN. If you are told to do something, then DO IT! The more you pay attention to and ACT on messages from the Energy, the more the Energy is likely to communicate with you and to use you as a channel. The more love we spread, the more love will flow through us. (Love is like a magic penny, hold on tight and you won't have any, spend it fast and you'll have so many they'll roll all over the floor.)

The famous faith healer and channel for the Energy, Kathrine Kuhlman, said that those people who allow the Holy Spirit to flow through them are the body of Christ on earth.

Another fairly common means by which God communicates with us – in addition to the Energy and our Higher Self (or intuition) – is through Angelic Beings. These communications can take many forms. They generally also communicate through one's intuition, but can communicate by other means also.

A means by which Angelic Beings sometimes communicates with us is via a Blue, Green or White Light. The Light operates in a way similar to the Energy. When one first begins to experience the Light, it is generally not known by the person what it is, nor that there may be messages communicated by it. The primary advantage of experiencing the Light is, again, that it becomes much easier to know which of our thoughts, feelings, and activities are most important. As with the Energy, it is very important to remember and act on communications from Angelic Beings if you want to continue to receive their guidance. (THE OUTER SPACE STORY AND THE INNER LIGHTS (now out of print) refers to the Blue/White Light as the Christ Light. Baba Muktananda refers to the Blue Light as the Blue Pearl, the highest of high. The Light itself has told me only that it is a communication from a nonphysical being on a higher plane and that it is my Angelic Helper.)

6. **Be Out-Front:**

- a) Be open and honest with yourself and others.

There are exceptions, I think, as in certain situations when dealing with negative people or institutions. But there is definitely something very important, and even at times cosmic, about honesty in almost all interactions – and frequently especially in those where it is the most difficult to be honest yet most important.

Inauthenticity and lying even occur between people who have positive very spiritual soul growth oriented interpersonal relationships. This usually happens when authenticity and honesty would cause some awkwardness, and discomfort, even pain. It is very difficult for some people to confront the negative games of others for many reasons, especially because they do not want to cause others to hurt. Yet almost always confronting negative games – in spite of the temporary embarrassment, and/or pain – results in soul growth and much less confusion and pain in the long run. Adapting to peoples' negative games only reinforces and encourages negative habits, slowing heightened self awareness and thus soul growth.

- b) Pay attention to your innermost thoughts and feelings, and – as much as you are able – to those of others. Stop several times a day. Close your eyes; go deep inside. Ask your self, what do you **feel** deep inside like doing right now. Your inner most feeling is your inner voice. If you are not doing what your inner voice is telling you to do then change what you are doing.
- c) Be sensitive to the nonverbal, the vibes.
- d) Make conscious – verbalize – what is generally left nonverbal.

Integrate the overt and vibe levels so that most of the nonverbal thoughts and feelings become conscious and open. (Many futurist thinkers believe that our ability to communicate telepathically will be greatly expanded in the future. There are many accounts of UFO People communicating with Earth People solely by telepathy.) Do this with tact, sensitivity, generally without being pushy and yet with assertiveness. Develop humility. All of us have weeds in our garden; and all of us grow some really fine plants.

Many of the interactions with others that are on a lower level than they could be are an opportunity to spread love, to confront negative games, to heighten consciousness, and to increase sensitivity. It is easy to allow these opportunities to go by without being out-front. However, spreading love is very important, so most of the opportunities to be out-front with others are important. When the energy put out is open, honest and positive, it frequently comes back fairly quickly in the form of closer relationships, better communication, better understanding, heightened awareness, fewer negative habits and games, etc.

Sometimes people are not ready to deal with certain things. Sometimes a person is so resistant to examining certain behaviors that it may not be worth the effort to be out-front with him or her. But frequently it is worth the effort, even sometimes when the person does not immediately hear. He/She may remember the information and be able to accept it at a later point in their life.

People learn from our feedback, and we from theirs when the feedback is kind, gentle, constructive, loving, humble and true; and as long as the receiver is ready to accept the feedback. Some situations may require lots of energy with little growth resulting. Some situations may even become very negative and require lots of energy. Some situations are best to let slide. Sometimes it is best to pray and ask Creator and your Higher Self, Guide, etc, for help so that you will know how to be out-front with a person or even whether to be out-front with them at all. Being very out-front, authentic and operating consciously on a vibe level (with sensitivity, kindness, humility, tenderness, love, and truth) tend to click others and our selves into a higher vibration. Remove the layers of onion-skin, the layers of ego.

7. Be Yourself:

Value your own experiences above what anyone else tells you. Learn what you can from all sources (e.g. people, books, etc.). Yet ultimately you are responsible. Become your own therapist, your own guru, listen to your own inner voice. Follow YOUR feelings, YOUR inner voice.

8. Be Here Now:

Live primarily, as much as you can, in the present moment. The past and the future are important, but concentrate most of your energy in the present. Take things one day at a time. Do your best today and tomorrow will take care of itself. Slow down generally, and do what you do well, as best you can.

9. Meditate:

Frequently slow things down, relax and turn your attention to thoughts and feelings inside yourself. Say hello to Creator and your Divine Helpers. Talk to God and her/his Helpers. Ask for guidance and help. Turn your life over to Creator and Creator's Helpers. Ask how you can best serve the needs of the entire tree rather than simply your own tiny leaf.

It is not necessary to sit in lotus position or to meditate for long hours. Although these methods work well for some, feel free to experiment with what works for you. Lie down, if that is your feeling. Take a walk in the woods. Sit in the shade under a big friendly tree. Stop and listen, realize that God and her/his Helpers are present everywhere. Turn to the Divine frequently and develop a regular, personal relationship with Creator and your Personal Guide(s).

Some Questions & Answers:

1. *How can I know how to best fit into Creator's work?*

Learn to communicate with the Energy, your intuition, Angelic Beings, etc. Pay careful attention especially to 1-5 above. They are spiritual basics.

2. *How can I change my day-to-day habits and consciousness?*

Work at it gradually. Changing habits, values, priorities, ways of thinking, etc. takes time. Be patient yet firm with yourself and your spiritual growth.

3. *How do I know a spirit guide is positive and not negative?*

How do you learn to trust anyone? By experience. Feel free to ask your spirit guides who they are, where they come from, what their intentions are. Communicate freely with them so you can both learn to trust each other.

My Favorite Meditation:

How can I spread the most love to the most people in the immediate future, realizing who I am and where I am. Think BIG GIANT thoughts without limits realizing you may be able to accomplish anything, especially if what you are working toward is what God wants to accomplish too. Ponder the alternatives, your skills, the needs of people, and then spread love in whatever ways higher intelligence tells you.

Edgar Cayce On ...

Remember there is no shortcut to a consciousness of the God-Force. It is part of your own consciousness, but it cannot be realized by the simple desire to do so. Too often there is a tendency to want it and expect it without applying spiritual truth through the medium of mental processes. This is the only way to reach the gate. There are no shortcuts in metaphysics, no matter what is said by those who see visions, interpret numbers, or read the stars. These may find urges, but they do not rule the will. Life is learned within self. You don't profess it: you learn it.

Blue White Lotus Inside A Hollow Bamboo
Lotus23@comcast.net

Some Sources From Lotus:

The Ra Material: The Law of One: Book 1, *Elkins, Rueckert, McCarty*
Black Elk: The Sacred Ways of a Lakota, *Wallace Black Elk, William S Lyon*
The Lost Teachings of Atlantis, *Jon Peniel*
Faces Of Findhorn, Findhorn Garden, Emergence: The Rebirth of the Sacred; Revelation: The Birth of a New Age; God Spoke to Me; Lorian Association Journal – *Lorian Association, PO Box 663, Issaquah, WA 98027*
I Believe In Miracles; Medicine To Miracles; How Big Is God, *Kathrine Kuhlman*
The Edgar Cayce Primer: Discovering The Path To Self-Transformation, *Herbert Puryear*
There Will Your Heart Be Also: Edgar Cayce's Readings About Home & Marriage, *William & Gladys McGarey*
The Aquarian Conspiracy, *Marilyn Ferguson*
The Mists of Avalon, *Marion Bradley*
Magic of Findhorn, *Paul Hawken*
Marvelous Adventures of Cabera De Vaca, *Haniel Long*
Rolling Thunder: The Coming Earth Changes, *J. R. Jockman*
Lazy Man's Guide To Enlightenment, *Golas*
Remember The Secret, *Elizabeth Kubler-Ross*
The Little Lame Prince, *Dinah Craik*
The Little Me & The Great Me Series, *Lou Austin*
Be Here Now, *Baba Ram Das*
Monday Night Class, *Steven Gaskin*
Life Force, The Possible Human, *Jean Houston*
Journeys Out Of The Body, Far Journeys, *Robert Monroe*
LSD Psychotherapy, *Stanislav Grof*
The Highest State of Consciousness
Plays Of Consciousness, The Secret Of The Siddhas, *Baba (Swami) Muktananda*
Born To Win, *Muriel James & Dorothy Jongeward*
Primal Scream, Prisoners Of Pain, Feeling Child, *Arthur Janov*
The Gestalt Approach ..., *Fritz Perls*
Survival To The 21st Century, Life In The 21st Century, *Victoras Kulvinskis*
Children Without Childhood: Growing Up Too Fast In The World Of Sex & Drugs, *Marie Winn*
Spirit Song, Day Brake: The Dawning Ember; & other titles, *Mary Summer Rain*
Living Is Forever, *J. Edwin Carter*
Far Journeys, *Robert Monroe*
The Vision, *Tom Brown*
Black Elk, The Sacred Ways Of A Lakota, *Wallace Black Elk & William S. Lyon*
Behaving As If The God In All Life Mattered, *Machaelle Small Wright*
The Essene Gospel Of Peace (Books I-IV)
In Search Of The Miraculous, *Ouspenski*
Cutting Through Spiritual Materialism, *Trungpa*
Hampton Roads Publishing Co. 1-800-766-8009, 134 Burgess Lane, Charlottesville, VA 22902