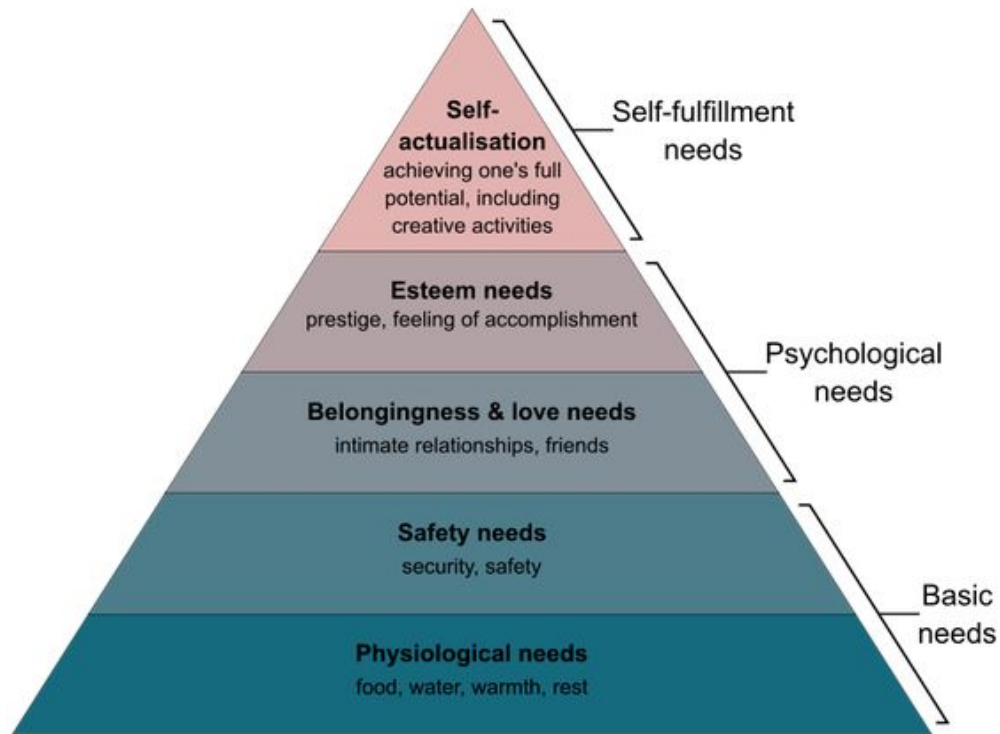


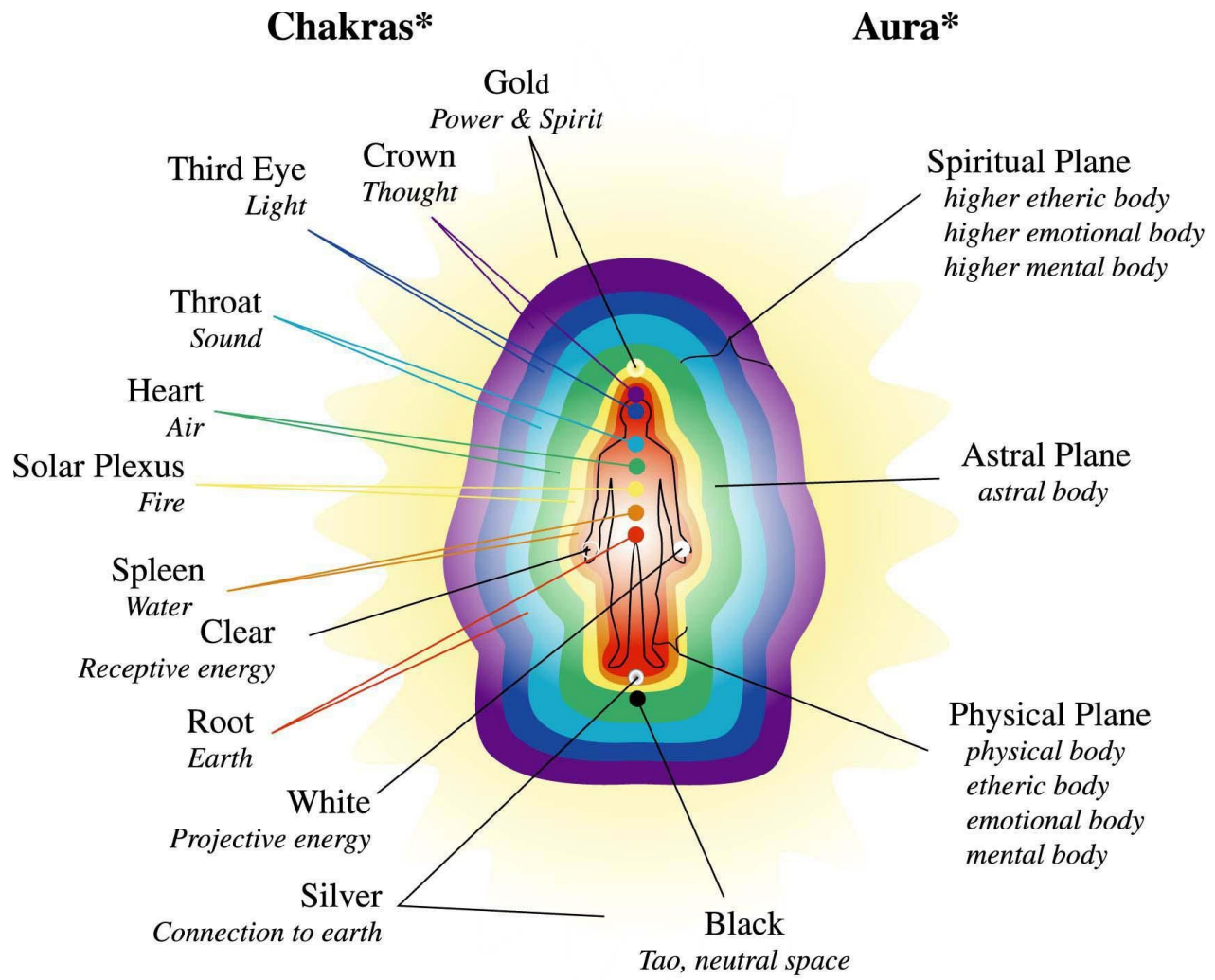
Spirituality 101 with JaeRae

WEEK 1

MASLOW'S HIERARCHY



Etheric Body	Lack of physical energy. Exhaustion. Weak. Un-grounded
Emotional Body	Over-Reacting
Mental Body	Confusion. Sleep problems due to a "busy" mind
Astral Body	Unsettled
Causal Body	Feelings of insecurity. Fear of death. Paranoia
Soul Body	Feeling disconnected from Soul, Universe and thus Source
Integrated Spiritual Body	Separation of the physical and spiritual existence



* See chapter endnotes for internet resources.

Desiderata

Max Erhmann

Go placidly amid the noise and haste,
and remember what peace there may be in silence.

As far as possible without surrender
be on good terms with all persons.
Speak your truth quietly and clearly;
and listen to others,
even the dull and the ignorant;
they too have their story.

Avoid loud and aggressive persons,
they are vexations to the spirit.
If you compare yourself with others,
you may become vain and bitter;
for always there will be greater and lesser persons than yourself.
Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble;
it is a real possession in the changing fortunes of time.
Exercise caution in your business affairs;
for the world is full of trickery.
But let this not blind you to what virtue there is;
many persons strive for high ideals;
and everywhere life is full of heroism.

Be yourself.
Especially, do not feign affection.
Neither be cynical about love;
for in the face of all aridity and disenchantment
it is as perennial as the grass.

Take kindly the counsel of the years,
gracefully surrendering the things of youth.
Nurture strength of spirit to shield you in sudden misfortune.
But do not distress yourself with dark imaginings.
Many fears are born of fatigue and loneliness.
Beyond a wholesome discipline,
be gentle with yourself.

You are a child of the universe,
no less than the trees and the stars;
you have a right to be here.
And whether or not it is clear to you,
no doubt the universe is unfolding as it should.

Therefore be at peace with God,
whatever you conceive Him to be,
and whatever your labors and aspirations,
in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery, and broken dreams,
it is still a beautiful world.
Be cheerful.
Strive to be happy.

SPECTRUM OF LOVE

Walter Rynder

There is a much greater motivation than simply my spoken words.

For me to love, is to commit myself, freely and without reservation. I am sincerely interested in your happiness and well being. Whatever your needs are, I will try to fulfill them and will bend in my values depending on the importance of your need. If you are lonely and need me, I will be there. If in that loneliness you need to talk, I will listen. If you need to listen, I will talk. If you need the strength of human touch, I will touch you. If you need to be held, I will hold you. I will lie naked in body with you if that be your need. If you need fulfillment of the flesh, I will give you that also, but only through my love.

I will try to be constant with you so that you will understand the core of my personality and from that understanding you can gain strength and security that I am acting as me. I may falter with my moods. I may project, at times, a strangeness that is alien to you which may bewilder or frighten you. There will be times when you question my motives. But because people are never constant and are as changeable as the seasons, I will try to build up within you a faith in my fundamental attitude and show you that my inconsistency is only for the moment and not a lasting part of me. I will show you love now. Each and every day, for each day is a lifetime. Every day we live, we learn more how to love. I will not defer my love nor neglect it, for if I wait until tomorrow, tomorrow never comes. It is like a cloud in the sky, passing by. They always do, you know!

If I give you kindness and understanding, then I will receive your faith. If I give hate and dishonesty, I will receive your distrust. If I give you fear and am afraid, you will become afraid and fear me. I will give to you what I need to receive.

The degree of love I give is determined by my own capability. My capability is determined by the environment of my past existence and my understanding of love, truth and God. My understanding is determined by my parents, friends, places I have lived and been. Each experience is fed into my mind from living.

I will give you as much love as I can. If you show me how to give more, then I will give more. I can only give as much as you need to receive or allow me to give. If you receive all I can give, then my love is endless and fulfilled. If you receive a portion (part) of my love, then I will give others the balance I am capable of giving. I must give all that I have, being what I am.

Love is universal. Love is the movement of life. I have loved a boy, a girl, my parents, art, nature. All things in life I find beautiful. No human being or society has the right to condemn any kind of love I feel or my way of expressing it, if I am sincere; sincerity being the honest realization of myself without hurt or pain for my life or any life my life touches.

I want to become a truly loving spirit. Let my words, if I must speak, become the restoration of your soul. But when speech is silent, does a man project the great depth of his sensitivity. When I touch you, or kiss you, or hold you, I am saying a thousand words.

There are many types of women in our society, but the one that cries out for the healing the loudest is the Wounded Female Warrior. She longs to transform herself into the Goddess and yet doesn't even know it. Nor does she know how.

WARRIOR TO GODDESS – Suzanna Kennedy

Who is the Wounded Warrior?

The Warrior is powerful, independent, self-reliant and successful - because she has to be. Yet, she resents all of the responsibility and obligation that goes with her role. She's the only one around who can get things done, and get things done fast enough and perfectly enough.

She is bitter (at least inwardly) toward men, who she believes get all the breaks, but do little of the real work. She sees men as the weaker sex, responding emotionally and acting illogically - when they act at all. She says that men are only good for one thing - moving furniture. Well, two things - maybe.

She has long since let go of the fantasy of a knight in shining armor or Prince Charming. She is bitter, angry and cutting in her dealings with these inferior male beings. She consciously or unconsciously seeks revenge against the male transgressors in this patriarchal society.

She respects other Warriors, yet has no tolerance for "weaker" females who don't carry the Warrior's sword. She may be a good wife and a mother, protecting and providing for her family. Yet she expresses even these roles through the stance of a warrior.

She has grown tired of fighting. She has battle wounds that she has displayed proudly in the past. But has made as many conquests as she cares to. Her armor has grown heavy and she longs to remove it for good. She longs for the Goddess within, yet believes she couldn't survive without her Warrior's sword. Little does she know the power of the Goddess.

Who is the Goddess?

The Goddess is quite simply - the embodiment of the Divine in a female body. She is discerning and acts with integrity. She has a core of inner peace that is unshakable. The Goddess radiates an energy that is so powerfully beautiful, loving and soft, that others are drawn to her like a magnet.

She may have been a Wounded Warrior at one time, but she has healed her wounds. She has let go of the anger, pain, fear, guilt and judgement. She has let go of feelings of betrayal and abandonment. She has replaced those lower vibrational emotions with compassion and joy. She has transformed her limiting beliefs, attitudes, and thought patterns into a loving allowance for all to be as they are. She has no need to change anybody, for she sees the Divine in all beings. She understands that any attack is simply a demonstration of fear. She remembers fear, and yet knows how to neutralize it with her unlimited flow of love.

The Warrior and the Goddess - two powerful female archetypes. One tired and wounded, one radiant and healed. How did the Warrior get wounded? And how can she transform herself into the Goddess? To answer these questions, you must first understand how energy moves in humans.

What are Male and Female Energy Patterns?

Energy has patterns of movement and we can call one pattern male, the other female. The male pattern of movement is assertive; it initiates action. Look at the male genitalia as an example. It is outside the body, action oriented. It takes pleasure in moving against the walls of an enclosure. In humans it expresses itself as a need to understand, to analyze, to find the limits. The mind seeks to master the physical world. Male energy expresses itself through the mind, wanting to give, to protect, and to provide comfort in the physical reality. All human beings have a male aspect to themselves, sometimes called the inner male.

Likewise, each individual has an inner female. This energy pattern is receptive and responsive – an open space with defined boundaries. But the open space is dark and mysterious. The feminine is comfortable with the unknown. From this mystery springs creativity and intuition. It is the womb – nourishing and nurturing. Female energy expresses through the heart, through the senses – using its creativity to give birth to an outer space that is inviting, nourishing and sensual.

Ideally, each individual would have the healthy, mature male and female aspects working together as equal partners. Yet, this is rarely the case. As humans experience the slings and arrows of life, their inner males and/or females becomes wounded, and their development arrested. So a Warrior is a female who predominantly expresses male energy because her female aspect is wounded and dysfunctional.

How Does a Female Become a Warrior?

There are several possibilities. She may start as little girl that grows up not feeling that her father provided the required safety and protection. It could be her father is absent emotionally or physically. Or she may have a father that expresses mostly the feminine energy, not modeling a mature male archetype. She may have modeled herself after a mother or other influential female that was a Warrior. She may feel betrayed or abandoned by one or both her parents. She may have felt, for whatever reason, she needed to play the role of the male and be the provider and protector of the family. She may have felt that she had to develop Warrior-like qualities to survive in the business world.

Whatever the reason, she puts on her armor and fights. She fights for herself, her family, her job, recognition and validation. She accumulates wounds and battle scars. And she has her conquests too. But her ego is over taxed and her soul cries out for retirement.

How Does Ego Operate?

Ego has gotten a bad rap. Some disciplines suggest that we should suppress the ego or even kill it. But ego plays a very important part when we are in a physical body on this planet. It is ego's job to protect us.

Whenever we enter a situation, the ego scans the system for cell memories that are similar to the current one. If it any similar situations that resulted in our being hurt, it try to protect us

from being hurt again.

Cellular memories are stored in the DNA, which we receive from our ancestors. Cellular memory is created whenever we experience trauma or make an emotional decision. And if you believe in such things, cell memory comes in from other lifetimes, other aspects of ourselves in other dimensions. With all that history, when the ego does a scan, it can almost always find a similar situation where we have been hurt. So it puts up the defenses to prevent us from getting hurt again.

It may throw up feelings of fear and doubt. It may initiate thoughts, beliefs or memories that distract us from participating in the situation. Sometimes it will create roadblocks that will prohibit us from participating, such as limitations of time, financial setbacks and illness. It will do anything to get in the way.

And these defenses keep us limited to reacting the same way we always did. And guess what? If we react the same way, we will get the same results. No new experiences can come from this. We can't change from this. We are married to the sameness.

How Does the Soul Use the Law of Attraction?

The reason we encounter hurtful situations is because of the hurtful energy that is stored inside our DNA. The soul it is always seeking to bring us back to health and joy. So it is trying to release the hidden and suppressed energy. It uses the law of attraction (like attracts like) to magnetizes the people and situations to us that will trigger the opportunity for release.

That's why the wounded Warrior female attracts wounded men to her. For the opportunity to clear and release this stored energy. The Warrior can clear the hurtful energy in the DNA. And when she does, she begins moving through her life without the hurtful cellular memory. The ego's job is so much easier because there is no hurtful energy to be released – she is not drawing hurtful situations anymore. And when she moves into a new situation and ego scans for hurtful memories, it can't find any. So the ego then allows her to move into new experiences with no limitations.

How does the Warrior Transform into the Goddess?

First she needs to engage ego in the clearing process. She reassures it that she seeks to make its job easier. She acknowledges it for its valuable service. She assures it that she still needs it to help keep the physical body healthy and safe.

Then she states - commands - her intention to be clear. She asks her own spiritual team for help and guidance. This starts the process. She may be guided to create a sacred ceremony to step out of one form of consciousness and into another. She might create a metaphor in her ceremony that deals with death of the old self and rebirth of the new self. She might see herself as a snake, shedding its skin.

Her spiritual team might direct her to a clearing facilitator to act as witness and assist with this

transformation. She chooses someone who is already radiating and demonstrating the clear Goddess energy in her own life, as she can transmit high frequency energy and assist in the graceful transformation of Warrior to Goddess.

This clearing process allows her to transfer her sense of safety and security into the identification of herself as a Divine Being who is divinely guided and protected directly by The Source of All That Is. She becomes the Goddess.

Clearing transforms her life. Some relationships may fall away, including some people who are very close. If the law of attraction brought a relationship into her life because of shared suppressed negative energy, she will see a shift or dissolution of that relationship. She will retain all the relationships that were attracted to her through joy and unconditional love. She might lose her job or home if it doesn't support her.

But the universe hates a void. So when all these negative relationships and situations are cleared out of her life, she will automatically attract relationships and situations that vibrate at her new frequency of unconditional love, peace and joy.

How To Recognize a Goddess

The Goddess has let go of all that is not Divine. She enjoys and expresses her femininity with courage. She finds that both men and women are easier to work and play with than ever before. She has let go of her suppressed feelings of betrayal and abandonment and radiates the energy of trust. So others open up, let down their walls and she draws out the trustworthiness and integrity in them.

She treats others with understanding and kindness. Yet she is discerning and knows how to draw boundaries when appropriate. She speaks the truth, from her heart, with respect, honoring the feelings of others.

She displays different aspects of the Goddess at will. Sometimes she is Isis, the creative mother aspect of the Goddess. Sometimes she is Aphrodite, the seductive lover. Sometimes she is Bast, the playful cat Goddess. And sometimes she must call upon the Destroyer Goddess Kahli to end that which does not serve. She can call upon Artemis to draw boundaries and protect herself or those she loves. Now she has a vast array of Goddess energies to call upon instead of only reacting from the perspective of the Wounded Warrior.

The Goddess carries a particular energy, a higher, faster vibration in her electromagnetic field. She has created an environment in her body that magnetizes more refined Divine energies. Her body becomes a radio tower that grounds the celestial energies of profound compassion and joy into the Earth and then radiates it outward in all directions.

She radiates the energy of Sacred Union within herself and that magnetizes a Sacred Union partner to her in the physical world. In accordance with Divine Timing, of course, she will attract a God to compliment her Goddess.

The Law of Attraction operates to magnetize others who are of a similar energy. Soon she finds herself surrounded by Gods and Goddesses – all living harmoniously in Heaven on Earth that they created from their joy, wisdom and love.

Goddess To Warrior A Sidebar by Suzanna Kennedy

In my own case, when I looked inside, I saw that my inner female was in a heap in the back of a dark cave. She was dirty and frightened and was only about six years old. My inner male was a giant Warrior King - strong and always on the defensive. It was in this image that I came to understand how I had become a Warrior - a Warrior King in the body of a female. The inner female totally incapacitated - nonfunctional.

I know my Warrior King was very tired. He had carried the burden by himself for lifetimes. He was tired of using only his mind and physical strength to master the world. He longed for his queen to contribute her feminine gifts in equal partnership. His most recent objective was to create a safe environment for her to come out of the cave, grow up and see that the world was once again a safe place for her to express her femininity.

My Warrior King committed himself to a quest. The quest was to rid himself and his child queen of the past feelings, attitudes, beliefs and cellular memories that kept them stuck in limited thought and behavior patterns.

So my Warrior King led me to techniques that helped me clear, clear, clear all the stuck and suppressed energy. And then as a validation, I met a man who mirrored to me - my new self. We had a short, but very enjoyable relationship. He was balanced in his male and female aspects. In our relationship he expressed the male aspect - initiating our time together, making the plans, providing a safe environment for us to explore each other.

For the first time in my life, I surrendered and allowed a man to take the lead. He told me what he wanted and what he thought about things. I told him how I felt about what he said and wanted. And he respected my feelings. He made the necessary corrections to allow me to continue to feel safe and cherished.

As I reflected upon our relationship, I noticed the difference between this and all my past relationships. I acknowledged to myself how much I enjoyed expressing feminine energy in this relationship. And as I did this, I saw my inner female stand up and take notice. She came out of the fetal position in the back of the cave and stood in the sunlight. She basked in the energy of my appreciation of my femininity.

And as she absorbed this appreciation, she began to transform. She started growing up from a girl of six, through adolescence, through puberty, into a mature woman. And as she transformed, my inner male stood by and watched in fascination and growing excitement. Yes, yes, this is what he had been waiting for.

She grew into a beautiful woman and stood to face the Warrior King. They gazed into each other's eyes. She thanked him for all of his patience, kindness, and for running the show for such a long time without her. She thanked him for his protection and for creating a safe environment. They embraced and they walked off into the sunset, presumably for to enjoy their honeymoon.

Since that time, my creativity and intuition have increased tremendously. I have been given the gift of healing to share with others. My inner male and female now work together in Sacred Union as equal partners. I see them sitting on matching golden thrones side-by-side, ruling the kingdom with power, wisdom and compassion.

She Let Go

Safire Rose

She let go. Without a thought or a word, she let go.

She let go of the fear. She let go of the judgments. She let go of the confluence of opinions swarming around her head. She let go of the committee of indecision within her. She let go of all the 'right' reasons. Wholly and completely, without hesitation or worry, she just let go.

She didn't ask anyone for advice. She didn't read a book on how to let go. She didn't search the scriptures. She just let go. She let go of all of the memories that held her back. She let go of all of the anxiety that kept her from moving forward. She let go of the planning and all of the calculations about how to do it just right.

She didn't promise to let go. She didn't journal about it. She didn't write the projected date in her Day-Timer. She made no public announcement and put no ad in the paper. She didn't check the weather report or read her daily horoscope. She just let go.

She didn't analyze whether she should let go. She didn't call her friends to discuss the matter. She didn't do a five-step Spiritual Mind Treatment. She didn't call the prayer line. She didn't utter one word. She just let go.

No one was around when it happened. There was no applause or congratulations. No one thanked her or praised her. No one noticed a thing. Like a leaf falling from a tree, she just let go.

There was no effort. There was no struggle. It wasn't good and it wasn't bad. It was what it was, and it is just that.

In the space of letting go, she let it all be. A small smile came over her face. A light breeze blew through her. And the sun and the moon shone forevermore.

A MIGHTY WIND BLEW

Johnny Rae Ryder Jr.

A mighty wind blew night and day
It stole the oak tree's leaves away
Then snapped its boughs and pulled its bark
Until the oak was tired and stark

But still the oak tree held its ground
While other trees fell all around
The weary wind gave up and spoke.
How can you still be standing Oak?

The oak tree said, I know that you
Can break each branch of mine in two
Carry every leaf away
Shake my limbs, and make me sway

But I have roots stretched in the earth
Growing stronger since my birth
You'll never touch them, for you see
They are the deepest part of me

Until today, I wasn't sure
Of just how much I could endure
But now I've found, with thanks to you
I'm stronger than I ever knew