



# DAY 14

## INSTRUCTIONS

### MORNING PRACTICE : REMEMBERING LOVE

#### STEP ONE

Start your morning practice with your own prayer or centring practice.

#### STEP TWO

You are then invited to explore the Wrath of Craving, *not wanting what you have and wanting what you haven't*, and how it shows up in your body and world.

After reading the notes, put your timer on for 7 minutes or longer, and sit, eyes closed in your meditation. Notice every time your thoughts take you away from the present moment - craving what you haven't, and yearning to be free of what you have. When you do notice yourself in a craving, spend time observing how it feels in your body... and what inner shadow your craving is serving.

### MID-DAY PRACTICE :

Play the music by Natacha Atlas included in the email and use your sacred imagination to awaken your Kingdom of Heaven, or life as you wished it could be, in your body, in the present moment.

Is desire a craving? Or is it your vision of how life is in Truth already?

### EVENING PRACTICE

Return to your Soul Light meditation practice. After you have finished, rest in the spaciousness of knowing the Love and beauty of life you have been searching for already exists. It is the light of your Divine self within you.

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# OVERCOMING CRAVING

*The illusion of not-having-ness and the wanting for more.*

Craving and aversion seem to fill our emotional lives. Wanting more, wanting new, wanting better, wanting what we don't have, avoiding what we do have. Craving, an incessant dissatisfaction with life as it is.

Who could you be if you stopped your craving? How could life be if you, moment by moment, day by day, gave up your addiction to dissatisfaction, and overcame the *wrath of desire*?

Buddhism teaches us the path out of craving, is releasing our attachment to the world of form. In other words, not clutching or grasping for the things this world can only temporarily provide. Desire here is not to be confused with vision or soul expression. It is the cold illusion of empty-not-having and the ravenous itch of wanting more and more.

Today, face and own your insatiable desires. Look deeply and feel into the spaces in your body where you are caught in craving and know that THIS is only ever a shiny distraction that lures you away from what only the inner union of the soul and her Beloved can provide.

What if heaven on earth, love and fulfilment are already here? And all you have to do is remove your inner blocks from being able to see them.



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# THE CRUELTY OF LUST, LONGING & DISEMBODIED DESIRE

*forgetting that love is here, inside you*

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Craving sets up an illusion that makes our minds believe that our inner needs can only be fulfilled outside our selves. That love, pleasure, comfort, recognition, satisfaction, peace ... can only be fulfilled by a material thing or something that another can provide.

This creates a company of shadows, snake-like, binding and cruel, these shadows make us slide and slither away from the truth of our soul's true dance of fulfilment and chain us to insatiable longing. The illusion these shadows create, deceives us of a most essential teaching; that everything our soul desires, is found and felt first, within us. After we feel it within, we then and only then, experience it in our world.

When you are caught in longing, lust, craving and wanting you are doing a shadow ribbon dance and tying yourself in **knots**. When you are wanting pleasure and craving another, you are tying yourself to the experience of *not* having love.

When you are wanting the fulfilment of another's love, the safety of another's validation, the comfort of a certain bank balance, the promise of adoration, satisfaction or a result, and you start dancing with craving, you are tying yourself to the reality of *not* having fulfilment, validation, comfort, adoration and the object of your want.

Today, you are to stop the cruelty of disembodiment of your soul's desires and you are to catch the shadows of lust, longing and craving. Root yourself in your soul and ask her to awaken her desire. This is your natural unfoldment of pleasure, wonderment, curiosity and joy. It is also a state of magnetism. Shadow dance with the belief that you are empty and do not already have what you deeply desire.

You inflict cruelty upon your Soul every time you believe that something outside of you can fulfil the longing or emptiness within you. There is only one longing, only ever one desire, and that is to return to union with the Divine within you. And when you do return to the warmth, truth and Love of their union, from that true place all your worldly desires are released and also, arrive.

# SHADOW EIGHT

CRAVING = THE SELF CRUELTY OF FORGETTING MY SOUL

IN MY BODY CRAVING FEELS



IN MY BODY LUST FEELS



WHEN I AM IN IN THE ILLUSION OF CRAVING ...

My body feels:

The thoughts I think are:

The way I sabotage myself is:

The belief I make true is:

WHEN I REMEMBER THE DIVINE IN MY BODY = LOVE, I FEEL ...



# LIGHT OF LIFE

*Natacha Atlas*  
*Ibelin Reprise - Harry Gregson*

Wi Ana Bu'min Bi Mamlak'ti L Jannaa  
Wi Ana Bu'min Bi Mamlak'ti L Hubb  
Wi Ana Bu'min Bi Mamlak'ti L Jannaa  
Wi Nur Al Hayaat Hiya Id Dunyaa  
Laa Ilaaha Illaa Allah

Wi Nur Al Hayaat Hiya Baab Id Dunyaa  
Wi Al Hubb Al Hawa Li Ahlaam  
Wi Ana Bu'min Bi Mamlak'ti L Jannaa  
Wi Ihna Binihlaam Bi L Jannaa  
Laa Ilaaha Illaa Allah

Ya layl Ya layl  
Laa ilaaha illaa allah  
Ya layl  
Wi ana bu'min bi-mamlak'ti l-jannaa  
Wi ana bu'min bi-mamlak'ti l-hubb  
Ya habibi

I Believe In The Kingdom Of Heaven  
I Believe In The Kingdom Of Love  
I Believe In The Kingdom Of Heaven  
The World Is The Light Of Life  
There Is No God But God

And the light of life light up in the world  
And the seeds of wind is the most beautiful of it  
And i believe in the kingdom of heaven  
And we are on the trip to heaven  
There is no deity other than Allah

Night! Oh Night  
There Is No God But God  
I believe in the kingdom of heaven  
i believe in the kingdom of love  
My sweetheart