



DAY 16

INSTRUCTIONS

MORNING PRACTICE : REMEMBERING IMPERMANENCE

STEP ONE

Start your morning practice with your own prayer or centring practice. Then read your notes.

STEP TWO

You are then invited to go outside and walk with bare feet on natural ground. Find somewhere comfortable to sit and for as long as you have time (ten minutes or more) and observe life around you. Breathe in deeply. See the goodness of life, as it is, accepting that all life lives and dies. Observe life, the earth, the trees, the animals, the sky, your body without judging. Feel the cycles of life turning and circling around you. And open your heart in prayer for this one blessed life. Spend your day exploring the teachings and challenge yourself to look at your own *zeal for death*.

MID-DAY PRACTICE :

Take 5 minutes to centre yourself in the love within the centre of your chest. Breathe in and out building your connection to your heart. Take in one deep full breath. Hold it and feel the light in your chest build, and then when you can hold it no longer, explode your breath and your love out into your world.

EVENING PRACTICE

Tonight, once again centre yourself in your Soul Light. You are then invited to enjoy your body and being alive. Run a beautiful bath, light candles and let its soothing warmth enliven your skin. Play your favourite music and dance, feeling your body's grace, joy and sensitivity. Make love with yourself or your beloved and celebrate the beauty of embodied intimacy.

In your moments before sleep, spend your last thoughts in gratitude, thanking all for the Goodness you are able to share and live. Send this goodness and love out to all living beings in our world.

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AWAKENING FROM YOUR ZEAL FOR DEATH

Is death, or your own destruction the answer to ending your pain? What if heaven is here, waiting?

In the time of Mary, many people didn't own their own lives. Born into slavery, or born the wrong gender, their lives were the property of others. While forms of slavery still exist today, many of us have the freedom to choose how we live our lives, and yet, still don't, largely due to our ego and her shadows.

Today your shadow dance is not to face your death or dying or your take about what happens after life, but to face your **zeal** for death. You are to look at the places where your fear makes you die while you are alive.

How does your death wish play out? Denial, struggle, powerlessness, anxiety, alcohol or other substance addictions? How does your shadow embroil you into fantasy, avoidance, painful but familiar patterns, that keep you in a half-life? Or does depression and your suppressed anger lead you into despair and back to abandoning your Divinity again?

Back in the time of Mary, death may have been the obvious end to a life of pain and servitude, but what if your pain and struggle go with you? What then?

What can you do now with your precious extraordinary life? What dream could you breathe life into now? How could you be your version of Heaven on Earth?

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FEAR, STRUGGLE & MARTYRDOM

What is your shadow of choice when it comes to your ego's death wish?

Is it the dance of 'death by micro movements'? with anxiety and fear slowly shutting down your light force?

Is it the crump and grind of struggle, where your shadow, plays out the unprocessed beliefs of your ancestral DNA, and keeps you playing out the dance of love, being free, or life - is hard?

Is it, the primadonna dance of martyrdom? where you have to be all and everything, with added perfection? Or you have to be the one who has to miss out, take the fall or gets less, because nice guys come last?

The truth is, it's your soul's living breathing light that gives life to these shadows, and it's your unprocessed beliefs and stories that make them real.

Today you are to choose one shadow that blocks your authenticity, or the inner congruency of your honour code.

You are to stand strong and face not the darkness of your past, but turn and stare, naked to your soul, at your light.

You don't need to play out your darkness, but we desperately need your soul light.

So shine it. FULLY!

Today, choose to take action on living your soul's passion and extending your love, joy, kindness. Make use of your precious life.

This is your chance to dance your own dance. So dance it.

SHADOW TEN

CONTEMPT FOR SELF & LIFE = MARTYRDOM + CHOOSING STRUGGLE NOT PEACE OR JOY

IN MY BODY CONTEMPT FOR
LIFE FEELS



IN MY BODY MARTYRDOM
FEELS



WHEN I AM IN IN THE ILLUSION OF MY EGO ...

My body feels:

The thoughts I think are:

The way I sabotage myself is:

The belief I make true is:

WHEN I REMEMBER THAT LOVE IS MY SOUL PATH I FEEL ...