



DAY 17

INSTRUCTIONS

MORNING PRACTICE : REMEMBERING PEACE

STEP ONE

Start your morning practice with your prayer or centring practice. Today your shadow work will help you choose between your inner world or the world of the physical and temporal as your place of truth and foundation.

STEP TWO

Read your notes for today. Then listen to the music Deep Peace. Make a commitment to root yourself in the Truth of peace within you. Then be watchful for the shadows that arise to distract you from your path.

MID-DAY PRACTICE : MANTRA PRACTICE

*My true peace is not of this world.
My true success is not of this world.
My true worth is not of this world.
My true power is within me.*

*Today I choose to be the Love found
between two worlds.*

EVENING PRACTICE

Tonight, surrender into the peace that is deeper than your current stories.

Open your heart in prayer and ask Great Spirit / Mother Father God to guide you to the peace that is the truth inside you. Your prayer:

*Divine Love,
Let me die to who I know myself to be
So I can be all that I am. Alive in your Light
Within me. Take me deeper
Show me the love that is my soul.
And so it is so.
Amen.*

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RELEASING THE KINGDOM OF THE FLESH

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The power and status you derive from materialism and opinions. Can you take it with you?

How does your ego grab hold of your self-importance and make you dependent on the opinion of others? Or does your ego go one step further and make you believe the whole world revolves around you?

Today, the *wrath* you are to emerge from is the constriction you place on your soul whenever you make your importance, your power, your place of definition, the *Kingdom of Flesh*.

What source do you derive your power from? Is it status, reputation, security, validation or the possessions you own? Is the person you are in partnership with? The family and class you're from? Is it the bank balance or salary you own? If so, what happens when these things go away? Where does your power supply go?

What if your success is defined from within your sovereignty? What if your power was an indestructible force, found and deepened from within you? What if your true power was your capacity to let go, release, turn the other cheek and die to who you are, all you have and know, *while you are still alive*?

Today you are to make your power source your soul and her capacity to die into her Beloved Divine.

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PAIN, MEMORIES & VIOLENCE

Our path to lasting peace is through our faith journey, which is *Mystery*.

The peace you are currently living has to be the edge you dive off if you want to experience a peace that is different.

Something unknown has to happen before you can arrive at a level of self-acceptance that doesn't need worldly things to prove it.

That unknown thing is usually a letting go, a releasing, a giving up or a moving on from. Who could you be if your marriage no longer defined you? Who could you be if your car, your job title, the suburb where you live, didn't mean a thing?

What if you trusted so clearly that another way of living life, a world between worlds, where you are fully completely alive, right here and now, but are not attached to any of it? This is the peace of equanimity and the peace that no longer drives its power from the world outside your soul. To trust the mystery within us, we must also let go of the edge of our known self.

We have to dive beneath the turbulent waves of old painful stories, beliefs, memories and trauma.

We must swim through the violence of these beliefs. How painful the hurt of believing you are only of value for what you can own, what you have, who you know or what you look like.

How painful the hurts of being told you didn't belong, you weren't loveable, you were worthless. How deeply sad it is to be hurt or left so much that you, decades later, still feel afraid.

The Truths of real, lasting peace are deeper than the thoughts you use to bind together your pain stories and your trauma memories.

The Light of Love, Grace, Holy Miraculous Spirit is inside you, urging you to dive into your deepest water. The nectar within your soul.

Your shadow dance is to dive through your resistance to surrender. Instead, you are to dance with your attachment to the rotting fruits of your ego's world.



***“The universe is not outside of you.
Look inside yourself;
everything that you want,
you already are.”***

- Rumi

SHADOW ELEVEN

SEEKING MY SOURCE FROM MY EGO'S WORLD VS SOVEREIGN PEACE

IN MY BODY MY CLUTCHING AT
STATUS FEELS



IN MY BODY BEING LESS THAN
FEELS



WHEN I AM IN IN THE ILLUSION OF MY POWER BEING 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 DIVINE GRACE WITHIN ME I FEEL ...



DEEP PEACE

Gaelic Blessing

Deep peace of the running wave to you
Deep peace of the floating air to you
Deep peace of the quiet earth to you
Deep peace of the shining stars to you
Deep peace of the gentle night to you
Moon and stars pour their healing
light on you

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