



DAY 9

INSTRUCTIONS

MORNING PRACTICE : STANDING IN YOUR LIGHT

STEP ONE

Start your morning practice with your Soul Light Meditation. Revel in the liquid softness of your Soul reuniting herself in your warm soft human body. Feel your wholeness pour into your body. Take the time to be with the places you are not able to feel your soul come alive.

STEP TWO

Read the notes on the following pages and resource yourself with the two Universal Wisdoms of Gnosis and Equanimity. Today, walk with one foot in either Truth and hold their union like a sacred double helix. Allow Universal Peace and your Embodied Wisdom to become the life force within your cells.

Be conscious of where you fall into Faithlessness or any other shadow that creates illusions that deny your soul light.

MID-DAY MANTRA PRACTICE :

Peace is my choice today.

I trust that love will show me the wisest way.

I am smart, I am good, I am kind, I am peaceful.

I trust my soul will make the wisest choice.

EVENING PRACTICE

Tonight, once again pour your Soul Light into your body. Then open your heart in prayer and listen to the recorded music. With true empathy born from your own knowing of suffering and with a heart fortified in equanimous peace, send waves of peace from your heart out to the people of the world.

Finish your practice in gratitude for all that is good and faith worthy in your world.



SOUL TRUTHS OF GNOSIS AND EQUANIMITY

Our human heart craves the cool of truth of Universal Peace, while our soul craves the warmth of everlasting union with her Beloved, the Divine. Peace is found in the Universal Truth of Equanimity, while Sacred Union, the marriage of your embodied Soul with Great Spirit, is your embodied gnosis. Today we are standing in the truth of both.


The child of your soul's union with the Divine is the wisdom of your path home to Oneness. Today you are to stand in the surety that you not only have your own journey of enlightenment, but you also own and know the wisdom of everything your soul has experienced. This is your knowledge. This is your gnosis. Today you are to root yourself in the Truth that you *know*.

Equanimity is the peace that is timeless. A peace so deep it is both storyless and ego-free. No clutching, no craving, no expectation, no disappointment. A peace that breathes.

Today, you are to stretch and limber your muscles and stand in the plié of equanimity, bending gracefully and purposefully with Universal Peace.



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*You ask:
What's the way to end grief?
Always the same answer -
Break your engagement
with lies. - Kabir*

FAITHLESSNESS

when all you believe is lost

Under the currents of great love and grief is a shadow that wants to drown you in meaninglessness. The dark and often unseen threads of faithlessness are the shadow you are to dance with today.

Can you softly dive into the unknown and trust the fathomless truth of the Mystery inside you?

Can you stand firm, when needed, knowing what you know, and then bend without tangling in the ebb and flow of equanimity and not get tangled in the deception of faithlessness?

Can you keep your heart open, holding your vision, and believing in your Good while trusting that God loves you *and your joy* more than you do? Can you keep Faithlessness ~ the violence of future fears, the pain of old wounds, and the hurts of past loss, away from your heart?

Today you are to use the Universal Wisdom of equanimous peace and your wise inner knowing to dive deeper and deeper until safe in Mystery; you become alive in the faith of your soul.



EVENING PRAYER

Great Bell of Suffering - Thich Nhat Hahn

May the sound of this bell penetrate deep
into the cosmos

Even in the darkest spots living beings are
able to hear it clearly

So that all suffering in them ceases,
understanding comes to their heart

And they transcend the path of sorrow
and death.

The universal dharma door is already open

The sound of the rising tide is heard
clearly

The miracle happens

A beautiful child appears in the heart of
the lotus flower

One single drop of this compassionate
water is enough to bring back the
refreshing spring to our mountains and
rivers.

Listening to the bell I feel the afflictions in
me begin to dissolve

My mind calm, my body relaxed

A smile is born on my lips

Following the sound of the bell, my breath
brings me back to the safe island of
mindfulness

In the garden of my heart, the flowers of
peace bloom beautifully.

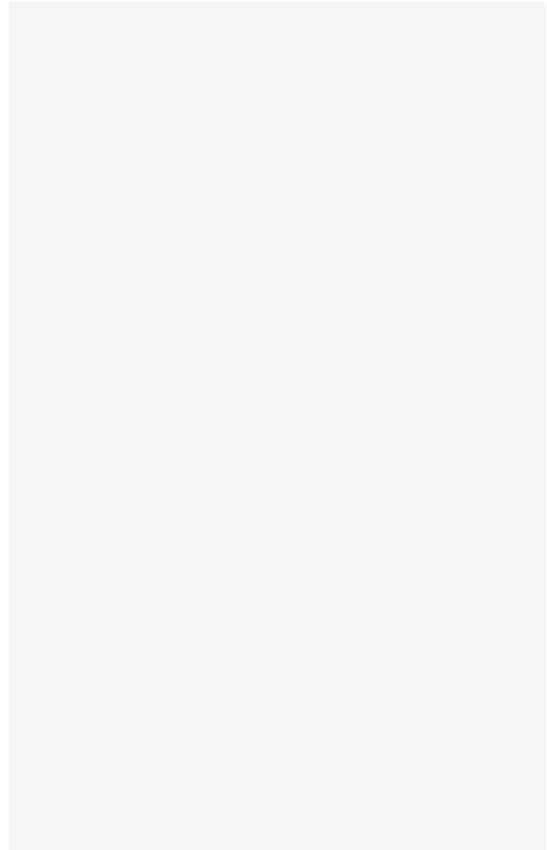
SHADOW FIVE

GNOSIS + EQUANIMITY VS FAITHLESSNESS

IN MY BODY FAITHLESSNESS
FEELS



MY SHADOW LOOKS LIKE



WHEN I AM IN FAITHLESSNESS ...

My body feels:

The thoughts I think are:

The way I sabotage myself is:

The belief I make true is:

WHEN I CHOOSE TO HONOUR MY GNOSIS + EQUANIMITY I FEEL ...

