

I AM

Creative intelligence bound to the limitless choices of my view I am as I choose to be... Whether we choose by deliberate decision or in "reaction" to the choices of others, we are all looking at the world as we have **chosen** to do so. It is with that "**view**" or that lens of perspective, by which we see ourselves, and our placement in the world around us, which determines our manifestations.

The point of placing focus on the most detached comprehension of "I AM" is to attain an awareness/point of view, to create deliberate conscious and anchored change of our chosen will...

That is to say... Many times on this plane of existence, a path has been chosen which requires an intense neutral frame of mind in order to turn the tide, so to speak, in order to create a different "flow of direction". (That's because the physical plane is such a dense form of manifestation)

There are "quick flash points" which can be created in order to shift the consciousness to create or "manifest" desired elements into one's life, (such as spell work, manifestation meditation work) BUT if the overall "flow" of a person's view is not sufficiently altered, that which is manifest, will eventually become swept away by the old current.

The original point of view will continue to manifest physical representations of that “old flow” or “previous view point.

There are some patterns in one’s life which have been developed over long periods of time, even having been developed over many life times. Because of this, it is imperative to delve deeply into the meanings and messages of the elements of our lives we would wish to change, if we wish to create actual authentic change. I would say that the measure of authentic change can be determined by how it “vibrates” beyond ourselves. Not only will the world reflect our altered view point, but we become affirmed by the drawing in of likeminded people. Another affirmation that is often uncomfortable, is that our inner most problems or conflicts become clearer in the world around us. It is usually at this point that many people choose to let go of this type of spiritual work. And that is ok!

Meditation v.s. Manifestation

Meditation allows you to delve into the core of an issue to resolve it and free up your inner spiritual space to evolve.

Manifestation allows you to “create” with in your point of view in order to reflect back to yourself the spiritual work you choose.

It is the “view point” of chosen intention, which determines the value to ones’ self-perspective. Is a mountain an obstacle or an adventure?

All too often “we” believe “we” have to choose between the two as if they are separate paths, when we acknowledge that meditation and manifestation are simply two sides to the same coin we then begin to realize our true potential as spiritual beings living in a physical world.

Meditation and manifestation are “paths” in existence, not the goals. To relate this to “magic”, perspective is everything. And the paths to achieve a “magical” perspective are infinite!

BREATH IN BREATH OUT

This is the first step in attaining insight to one’s self, and developing spiritual control over one’s own life.

The homework assignment between now and next class will be to create a pattern of “breath mediation” and to keep a journal of it. In the journal simply record how you experiment with it. What you feel as you go along? Is your focus drawn to physical sensation first or emotional, mental? What you experience during these meditations. What are your emotions before during and after? What sensations come to you? Then, how the experience affects you in daily life?

In the next class we will learn how to use these journals to navigate our way through the discovery and creation of change.

Discovering how we have co-created the lives we live, and how to deliberately enhance our understanding of where we are in this life, and explore how to alter it by spiritual means.

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