

I am.

It thinks.

She feels.

He wills.

In the human Heart
there lives a part of us
which contains matter
more spiritual than in any other organ;
also a part of us
of which the spiritual life
is made more manifest in matter
than that of any other organ.

Hence in the Microcosm that is us
Sun is the Heart,
and in our Hearts are we united
most of all with the deepest fount
the fount of our true Being.

**More brilliant than the Sun,
Purer than snow,
Finer than the ether
Is the Self
The Spirit in my heart.
This Self am I,
I am this Self.**

In Love lives the seed of Truth,
In Truth seek the root of Love:
Thus speaks thy higher Self.

The fire's glow transmutes
Wood into warming rays.
Wisdom's resolving Will
Changes the outer work
Into abiding strength.

So let thy work be the shadow
Cast by thine I
When it is lit by the flame –
Flame of thy higher Self.

The Lord's Prayer

Our Father, Who Art in Heaven
Hallowed be, Thy Name
Thy Kingdom come, Thy will be Done
On earth, as it is, in Heaven
Give us this day, our daily bread
And forgive us our trespasses,
as we forgive those who trespass against us
And lead us not into temptation,
but deliver us from evil
For Thine is the Kingdom, and the Power,
and the Glory forever
Amen

IT IS NOT ENOUGH

It is not enough to know.

It is not enough
to follow the inward road
conversing in secret.

It is not enough
to see straight ahead,
to gaze at the unborn
thinking the silence
belongs to you.

It is not enough to hear
even the tiniest edge of rain.

You must go to the place
where everything waits,
there, when you finally rest,
even one word will do,
one word or the palm of your
hand turning outward
in the gesture of gift.

And now we are truly afraid
to find the great silence
asking so little.

One word, one word only.

FAITH

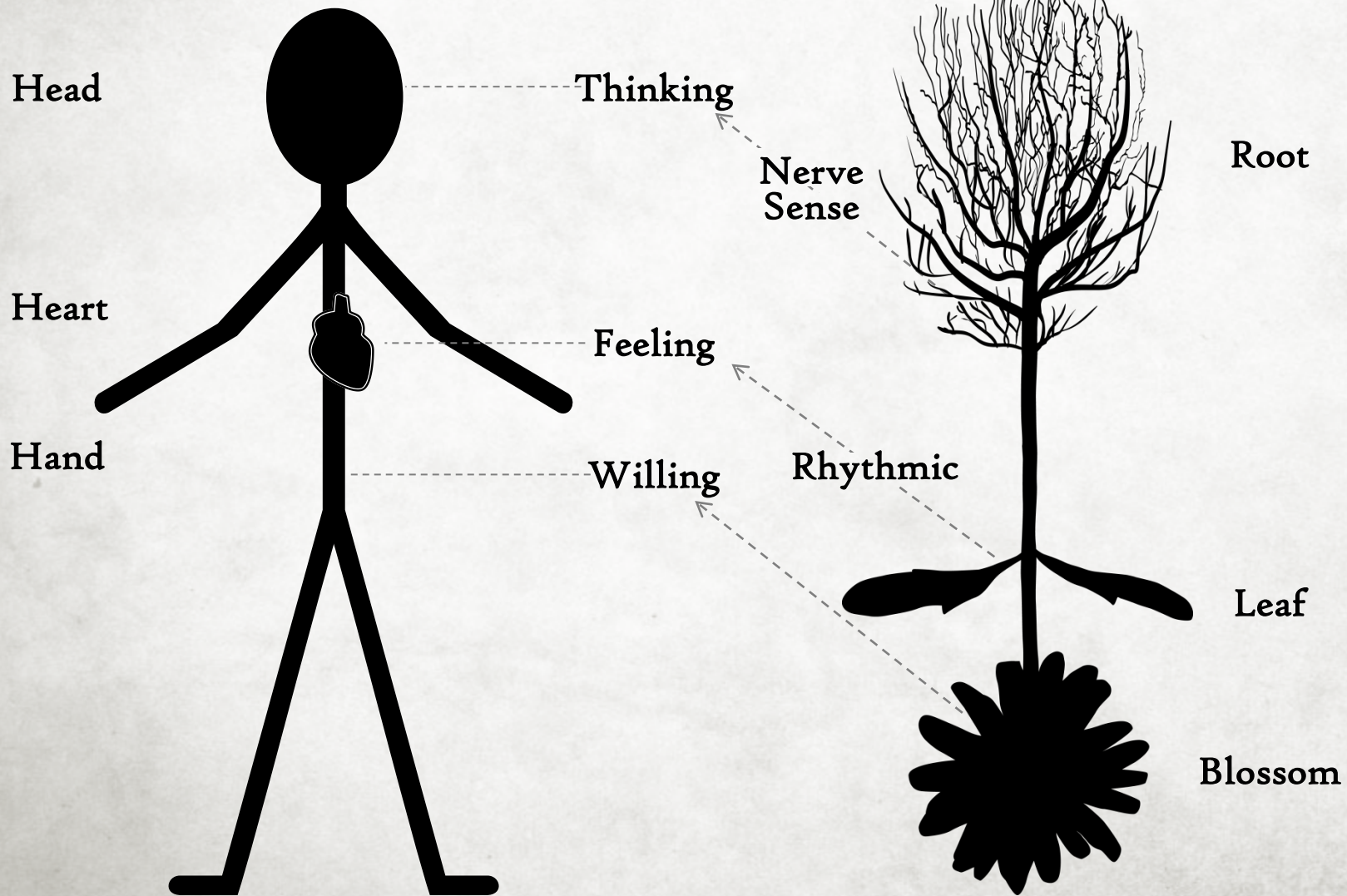
I want to write about faith,
about the way the moon rises
over cold snow, night after night,
faithful even as it fades from fullness,
slowly becoming that last curving and
impossible sliver of light before the final darkness.

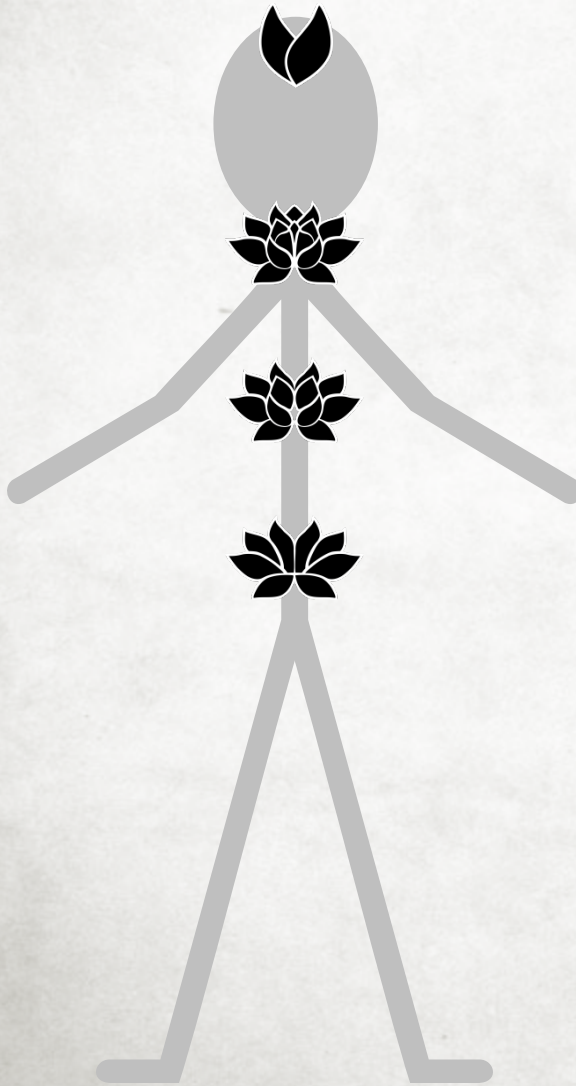
But I have no faith myself
I refuse it the smallest entry.

Let this then, my small poem,
like a new moon, slender and barely open,
be the first prayer that opens me to faith.

**Not I,
but Christ in me.**

**Not my will,
but thy will be done.**





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She feels.

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**Thinking about thinking –
“Reveals” the I am.
Sense free thinking.**

<u>Waking</u>	<u>Sleeping</u>	<u>Dreaming</u>	<u>Death</u>	<u>Meditation</u>
Physical	Physical	Physical	Physical	Physical
Etheric	Etheric	Etheric	-----	-----
Astral	-----	Astral	Etheric	Etheric
Ego	Astral	-----	Astral	Astral
	Ego	Ego	Ego	Ego

Physical: Mineral – Skeletal – Bone – Crystal

Etheric: Life Body – Aura – Water – Plants – Planets – Warmth – Life Force

Astral: Soul – Passions – Likes-Dislikes – Starry Heavens – Animal – Big Cats – Balance in Breath – Horizontal

Ego: I am – That only I can say – No one else – Vertical – Distinctly Human – Goes from incarnation to incarnation – Said in the holy of holies

Physical
Etheric
Astral
Ego

} 4 Fold

Physical
Etheric
Astral
Ego
Spirit Self
Life Spirit
Spirit Man

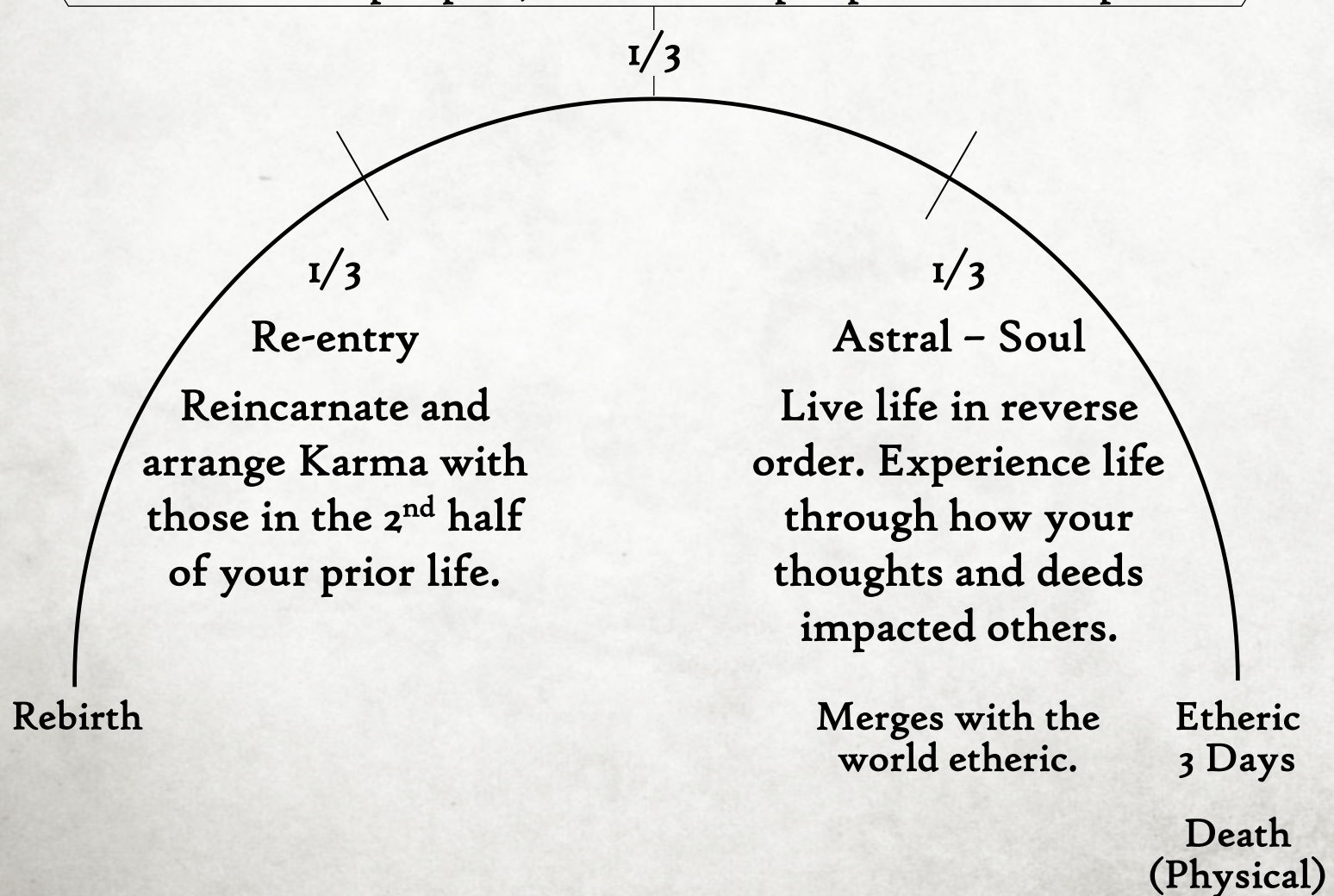
} 7 Fold

0-7	Physical	←
7-14	Etheric	←
14-21	Astral	←
21-28	Sentient Soul	←
28-35	Intellectual Soul	←
35-42	Consciousness	←
42-49	Spirit Self	←
49-56	Life Spirit	←
56-63	Spirit Man	←
63+	Age of Grace	←

} 9 Fold

I am – Ego – with Highest of Hierarchies:
Conscious – to the degree “I am” recognized on earth.

Meditate on an open path, or act on an open path with compassion.



Three times as long as a life.

