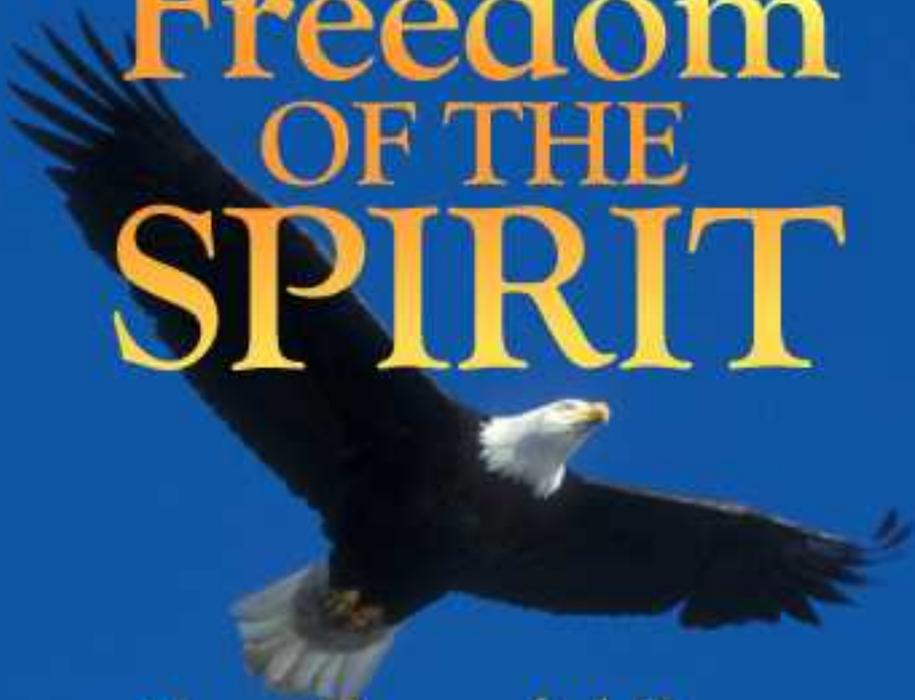


Freedom OF THE SPIRIT

A bald eagle is shown in flight, wings spread wide, against a clear blue sky. The eagle's head is turned to the right, and its tail feathers are visible. The eagle's body is dark, with a white head and neck. The wings are dark with some lighter feathers near the tips.

Four Powerful Steps
to Spiritual Freedom

OWEN WATERS

Freedom of the Spirit

Four Powerful Steps to Spiritual Freedom

by Owen Waters

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Introduction

The world is changing. The consciousness of humanity is shifting into a New Reality. Within that New Reality are the resources to transform your life into one of inspired creativity, filled with true, unconditional love and unlimited abundance.

You are just one step away from freedom of the spirit. Knowledge and understanding will give you the power to set your spirit free. Once you gain freedom of the spirit, you can soar to the heights of spiritual inspiration, attract love and support from all those around you, and be a part of the change that transforms the world into a place of joy for all.

Today, there is a gaping hole in the heart of humanity. It is one that exists because of a silent, unfulfilled yearning. Most people exist in a world where they feel disconnected from their spiritual source. This disconnection is actually an illusion, but an effective one. It is through spiritual knowledge and action that a reconnection is made.

Then, the person becomes whole again and that yearning within the heart becomes fulfilled.

Every challenge that life presents is really a reminder to look within for the ideal solution. Every obstacle, every setback, and every failure in life causes people to examine their assumptions and ask whether there is another way. Every instance of inner searching raises the possibility that the searcher will rediscover the light of wisdom which resides silently within each and every one of us.

By reconnecting your conscious mind to your inner being – to your soul consciousness – you transform your life into one of joyous achievement. Freedom of the spirit is the spiritual awakening that comes from acknowledging, tuning into, and expressing your own inner being.

The FREEdom technique revealed in this book combines today's most effective spiritual practices in one powerful package. With freedom of the spirit, you gain spiritual empowerment and your life becomes filled with inspiration, love, and abundance.

A Light in the Darkness

The 1920's, the Roaring Twenties, ushered in the technologies of radio entertainment and movies with sound tracks. Before that, 'the movies' had been silent moving picture dramas with subtitles. Now, with the addition of sound, they became 'the talkies.'

The new media of radio, as well as the newsreels that played before each movie, began providing people with new sources of information and entertainment. Henry Ford's mass production of motor cars was creating a demand for the dirt roads of the day to be hard-covered with tarmac. Progressive towns began boasting that, as well as a hard-covered main street, they also had a traffic light!

Television was still twenty years into the future, but the telephone was becoming a fashion statement, especially when its use was demonstrated by glamorous starlets in the movies. With the separate earpiece held up to one ear, they would loudly and clearly intone the magic words,

“Hello, calling long distance!” in order to be connected with their intended party through a relay of human telephone operators. In the movies, if not in real life, they always succeeded in getting through on the first attempt.

Meanwhile, the young adults of the day, such as the fashionable flappers, showed their newfound freedom from tradition by dancing to the Jazz music that reflected their sense of lightness and fun.

By 1931, however, storm clouds were gathering over American society. On the one hand, construction of the Empire State building in New York City, the tallest building in the world to date, had just been completed. On the other hand, the economy was being dragged relentlessly down into the depths of the Great Depression. Bank failures were snowballing at a frightening pace as the economy collapsed inward upon itself, leading to unemployment rates in excess of 25%.

People became deeply insecure and were desperately searching for answers. Angry mobs began to listen to even angrier speakers, who sought political scapegoats to

blame for their woes. Others, meanwhile, turned in the opposite direction, seeking solace from God.

It was into this economic and social darkness that Emmet Fox (1886-1951) began speaking in the United States about a technique that he called *The Golden Key to harmony and happiness*.

Emmet Fox was a New Thought author who proclaimed that the Golden Key technique would get you, or anyone else, out of any difficulty. The technique was simplicity itself:

Stop thinking about the difficulty and, instead, think about God.

To achieve this, people were told to make a mental list of everything that they knew about God and to repeat those sentences in their heads until their attention had shifted entirely away from the difficulty and onto a focus upon God. They would repeat lists of statements, such as: God is omnipotent; God is love; God knows all; I am a child of God; God is present everywhere; God is truth; God is with me now; and so on.

Then, the person had to put the difficulty out of their mind until the next time that they saw fit to use the technique. Some difficulties were harder than others to resolve and required several Golden Key sessions.

From extensive experience, Emmet Fox knew, without a doubt, that if the Golden Key technique were done correctly, it would work every time. The problem was, back in those days, no one really understood exactly *why* it worked!

After all, people asked, how can you solve a problem by turning your back on it and thinking about something else? And, they wondered, why would it only work if you raised your consciousness high enough? Couldn't God fix the problem regardless of how high you reached in your spiritual awareness? These were just some of the unanswered questions surrounding the mystery of the powerful and effective Golden Key technique.

Now, fast-forward to our current time period, and we find that the answers to such mysteries have become available. Better yet, we also have the knowledge and resources to

greatly improve upon this original idea. The main lesson learned from this technique was this:

When you enter a higher state of consciousness, life's challenges become transformed.

Problems become solved, almost as if by magic. Upon closer examination, you see that there are two ways that this magic happens.

1. Problem situations are energetically healed by the higher consciousness, or;
2. Solutions are seen and these solutions are energetically created in the superconscious mind. As you will see later, one of the functions of the superconscious mind or soul is to create new realities as intentional energy fields which will then unfold and manifest in your physical life.

Later, we will be discussing ways of reaching higher consciousness which are particularly effective, especially in today's level of human awareness, which is far in advance of the general spiritual awareness of the 1930's.

First, let's examine why our spiritual possibilities are so much greater today.

The Dawn of Self-Empowerment

In recent decades, the consciousness of mankind has progressed rapidly. Indeed, today, we are in the throes of the greatest transformation in the history of mankind, a shift to a New Reality of heart-centered consciousness. We stand at the gateway of an unprecedented turning point in human consciousness, a social and spiritual transformation called The Shift.

One of the hallmarks of the New Reality is that people are becoming spiritually self-empowered. In the Old Reality, it was necessary for people to follow a rule book of moral behavior in order to stay upon a path which avoided temptation and its undesirable side-effects.

With New Reality consciousness, order comes to society automatically because people are heart-centered. They simply don't engage in actions that would be harmful to themselves or others because they unconditionally love all people, and would therefore do no harm to anyone. New Reality consciousness is one of responsible freedom.

With it, people are self-empowered and fully consider the effects of all of their actions from a place within their hearts.

Heart-centered consciousness develops the flow of unconditional love. Once this flow is started, nothing in physical reality can affect it in a negative way. It is not altered or rationed by likes and dislikes, nor by emotions of any kind. It is something that just is, regardless of the circumstances. It is an expression of the love of God, which exists in every part of the universe and flows through each one of us, if we but allow it.

Unconditional love is something that readily flows through your heart when you reach upwards above regular, day-to-day consciousness, open your heart and just allow the flow to come through. Unconditional love is, by its very nature, allowing, accepting and supporting. As a state of allowance, it is not something that you have to try to do; it just flows when you allow it to enter your heart. It will raise your consciousness above the cares of daily reality and open up an expanded vista of awareness.

Each time you allow unconditional love to flow, you upgrade the entire human experience, taking humanity yet one more step into the unfolding New Reality.

Love is in the Air

Unconditional, holistic love is the answer to all of life's challenges. We are here on Earth to learn how to love ourselves and others. We are here to accept ourselves and others completely, and without judgment.

At this point, some people may ask, "Are you supposed to love someone who is determined to be non-loving?" The secret here is that there is a difference between an acceptance of the outer beliefs of a person and an acceptance of their inner essence. Regardless of that person's outward belief system, and whether you agree with it or not, it is the inner essence of the person that you learn to recognize, love and accept.

Unconditional love will heal the world, and there is no shortage of its supply. The universe is permeated by, and held together by, the love aspect of God. The universe was created by three fundamental aspects of original consciousness – intent, love and motion. Love is the

medium that fills all of the universe and holds it together within its embrace.

True, unconditional love is not something that you generate. It is something that you allow to flow through you. You have only to allow it to flow in order to experience its healing wonder.

Every part of space, every part of matter and every part of your being is filled with the love of Creation.

Love is, literally, in the air.

Abundance in the New Reality

Along with the widespread growth in free enterprise in the latter half of the twentieth century, came the dawning realization that the primary key to abundance is to think first of what you can give to, rather than what you can get from, your work activity.

People who have now adapted to the consciousness of the New Reality understand that abundance is a flow brought about by giving as well as receiving. When you give, the universe guarantees that you will receive. If you only expect and never give, you are blocking the natural flow of energy through your life. When you give to others, they respond in kind, as does the universe.

The universe is reflective by design. The energy of every action that you take is reflected back to you in perfect balance. This means that if you are helpful to others, then you find yourself living in a helpful universe. A grasping, self-serving person, on the other hand, sees a universe filled, not with abundance, but with shortages and scarcity

because nothing comes easily to them. They are blocking the flow and therefore experience constricted flow as a reaction.

Loving service to others – giving of that which you do best – is the key to abundant living through your work. Just think of the last time you had the pleasure of being served by someone who loved their work, who was a really helpful person, and who knew all the answers to your questions. Such people are the gold standard today, and they are eagerly sought after by customers everywhere. In the New Reality, these values will spread and will become the norm, not the exception.

Abundance follows the same principle in friendships and relationships. The key is to first decide to give unconditional love to others. As soon as you start to give your love and service to others, you start the flow of energy. When the flow begins, you receive love and friendship in proportion to how much you give.

In order to experience abundance in everything that makes life happy and wonderful, just remember one vital key: *Flow is the way to go.*

The Gateway to Spiritual Consciousness

Mankind today stands at the gateway to spiritual consciousness. Ready or not, humanity as a whole is about to experience a historic mass transformation called the Shift.

The Creator designed humans to experience twelve distinct stages of consciousness in their evolution. The material tier of consciousness consists of six stages, and the spiritual tier consists of another six stages.

Mankind currently stands at the final stage of material consciousness, and is about to step into the spiritual tier of conscious evolution. These stages apply at the personal level of development and they also appear on a mass scale as trends in social consciousness.

The material stages of social and personal evolution range from the most primitive to that of today's globally aware, conscious consumer. Specifically, they are:

1. Personal survival – the most basic human instinct, typified in history by the caveman era.
2. Clan formation for safety and a sense of belonging.
3. Courage, survival of the fittest – the warrior phase of history.
4. Ordered purpose – hierarchy and control for the sake of order, typified by feudal systems.
5. Achievement, striving to succeed – typified by the Industrial Revolution and later by free enterprise.
6. Caring and community – the dawn of global awareness, typified by ecologically-aware consumers.

In the material stages of consciousness, people's focus is scattered as they search for happiness and for the meaning of life. Once they enter the spiritual stages of social and personal evolution, the meaning of life becomes clear, their focus gains direction and their progress becomes accelerated. In the spiritual tier of evolution, people gain

the vision which will make it possible to build a world where everyone is able to experience true joy and fulfillment.

The spiritual stages of development range from initial awakening to complete ascension. They are:

7. Responsible freedom through active heart-centered consciousness.

8. Intuitive development. The mind becomes more capable of attuning to the consciousness or energy of an object or situation in order to gain information directly from it.

9. Powerful creativity. This is the realm of your soul, or the superconscious aspect of your mind. This is the part of your consciousness which manages the life plan that you made for yourself before you were born. This is the frequency of your consciousness at which realities are created and modified as needed so that they energetically unfold and manifest in your physical life. The more you become in tune with this aspect of your consciousness, the

more powerful you become at consciously creating any desired and appropriate new reality in your life.

10. Discovery of the deepest secrets of the universe. This level of consciousness relates to the all-seeing third eye and also to the light of the Divine Spirit or Christ consciousness.

11. Globally applied wisdom. This level of active, enlightened wisdom has been demonstrated by the great, world-changing avatars, such as Krishna, the Buddha, and Jesus the Christ. God has provided many such avatars throughout history so that people have never been left alone in their search for the way back to that from which they came.

12. Cosmic consciousness. This is the ultimate state of consciousness for physical humans and the starting stage in the cosmic scale of awareness. It is a realm where your field of consciousness is able to expand beyond the human scale as you continue your journey back to the ultimate state of God consciousness. As you probably already appreciate, your mind is not your brain. It is a field of consciousness which grows through experience.

As Deepak Chopra says in his book, *Why Is God Laughing?*, “It turns out the expansion of consciousness *is* the divine plan. There is no other.”

The meaning of life is that we are here to continually grow in consciousness.

In the material stages of development, we explore life spiritually blindfolded, searching for the lost link that will lead us back to that from which we came. Once we turn our attention to the spiritual side of life, then our progress and evolution take on a purpose-driven chain of events which leads us onward toward the highest level of human consciousness.

From the earliest practice of spiritual study and meditation, the spiritual seeker senses the inner light of the Divine Spirit. From the very start, they know intuitively that it is there, beckoning them ever onwards into deeper contact with the divine essence. As they progress in their spiritual practices, they begin to see this brilliant light through the spiritual third eye, just in front of the forehead.

As the heart of the seeker expands to embrace the flow of universal, unconditional love, their sense of intuitive insight becomes an everyday companion in making life's decisions wisely and effectively. As their heart and mind rise in consciousness towards the light that bathes their very soul, they realize that the fountain of eternal peace and joy lies within, waiting only for their attention to turn to this, the greatest resource that mankind possesses.

It all starts where humanity is today, at stage six, with the exploration of heart-centered consciousness. Then, once each person steps fully into the active heart-centered consciousness of stage seven, they pass through the gateway of the heart into the spiritual tier of the stages of consciousness.

The gateway to spiritual consciousness is through the heart.

Introducing the FREEdom Technique

The FREEdom technique combines today's most proven and time-tested spiritual practices into one powerful and effective package. So far, we have looked at the gateway to spiritual consciousness and also the principle of abundance through flow.

Next, we will see how, in today's world, spiritual consciousness can be invoked promptly when it is needed and then elevated to a much higher state of consciousness. It is in this higher state of consciousness that the solutions to life's challenges are superconsciously seen and energetically implemented as realities that will then manifest in your physical life.

It is in this higher state of consciousness that you discover new vistas of inspiration, love and abundance while adding true spiritual meaning to your life.

The FREEdom technique consists of four simple, yet powerful, steps. The first one is to intentionally invoke spiritual consciousness to prepare the ground for the rest of the technique.

Invoking Spiritual Consciousness

Not surprisingly, higher states of consciousness carry much more power to change reality than do the lower states of consciousness. The higher you reach, the more effect your consciousness has in resolving problems and creating a better life. Spiritual practices not only lead to expanded states of consciousness, but also to the inner qualities of happiness, peace and joy. Seeking joy from within is an activity which places you in tune with the flow of eternal joy which resides there, waiting for you to contact it, feel it, and express it.

However, in the busy modern world, we really need a practical way to move into spiritual consciousness quickly and effectively. This is achieved by empowering your heart-centered level of consciousness so that you can move quickly through the gateway of the heart and into the realms of spiritual consciousness.

Heart-centered consciousness is typically focused in a chakra, or energy center, approximately four inches (ten centimeters) in front of the breastbone. It is a small, whirling vortex of energy operating at a specific frequency of consciousness. This chakra can be used to sense the heart-centered consciousness of others and it can also be used in transmission mode to send unconditional love to others. When your heart is warmed in the company of a true friend, it is this energy center, and its energetic counterpart just behind the spine, which are involved in the giving and receiving of that warmth between you and your friend.

Universal life energy, or etheric energy, comes from the universe, through the Sun, and fills all of the space around you. On a sunny day, when its presence is especially intense, your eyes can often faintly detect globules of this energy floating in the air as you look up towards the clear sky. Etheric energy is the primary energy of life, while its more familiar offshoot, electricity, is merely a secondary form of energy.

To invoke spiritual consciousness, we will add universal life energy to the heart chakra in order to swiftly activate heart-centered consciousness.

As a primary energy, universal life energy responds immediately to the mental pressure exerted by your will. It can be attracted, conditioned and even transmitted outwards to any desired objective. In order to charge your heart chakra with universal life energy, you visualize it coming into your body on each inbreath.

See it as a white light permeating the space which surrounds you. Then, see this white light enter and fill your lungs as it passes through your nostrils on each inbreath. Draw this life-giving energy into yourself using the power of your will.

Then, on each outbreath, see this concentration of energy as a brilliant white light moving forward into your heart chakra, filling this center of consciousness with intense light and vitality. The reason we see it as a brilliant white light, and not a specific color, is because white light is all-inclusive. It is a combination of all the colors of the spectrum in equal balance.

Do this for at least three inbreaths and outbreaths and your consciousness will shift into a heart-centered focus.

That is step one of the FREEdom technique. Now that your heart chakra is charged with intense energy, you are capable of transmitting that energy to any desired objective. We will be choosing the highest possible objectives, in terms of frequency of consciousness, as that causes the law of action and reaction to guarantee us the highest degree of spiritual upliftment as a result.

Understanding the law of action and reaction, or the Law of Karma, is key to understanding the subtlety of one of today's most powerful spiritual practices. The law of action and reaction is automatic and can therefore be used to create a desired and predictable reaction.

The Secret of Good Karma

Karma, in the popular view, is often perceived as the bogey man of Eastern philosophy, as the stick that punishes you for doing the wrong thing. Likewise, ‘good’ karma is perceived as coming from ‘good’ actions.

In reality it is much simpler than that, and it carries no good-or-bad judgmental overtone at all. Karma is simply reflectance. Reflectance is a property of the universe. Therefore, life reflects what you project. What you put out comes back to you.

The principle of reflectance or karma states that life reflects your thoughts and actions.

Beliefs, thoughts and emotions are the precursors of action. The stronger your beliefs and emotions are in any particular area, the more apparent it becomes that life is a mirror of whatever you project.

Whenever you change the way you view life, the universe, just like a mirror, reflects your new view of reality. This may not occur instantaneously as, often, circumstances do not allow the new reflection to immediately manifest. In this case, the new reality is held, like a pressure within the aura of your body's subtle magnetic field. You then walk around in life, surrounded by this magnetic potential, your "karmic pattern," as it influences your circumstances to adapt into a form where the new reality will be able to manifest and operate.

Reflectance, sooner or later, produces manifestation. Therefore, if you don't like something in your life, the most powerful way to change it is to discover how, consciously or subconsciously, you have generated that reflection. Then change your point of view - the beliefs, viewpoints and energies that you put into your life - so that the reflection is changed.

It's just like the law in physics: "For every action, there is an opposite and equal reaction." This law goes much deeper than just a law of mechanical motion. It is how the universe is designed at all levels.

Reflectance is entirely automatic. There is no judge. No one looms over you, threatening retribution for imaginary sins. However, because karma is an effect and not a cause, you have to be the one to initiate change. It will not come until you take the initiative, until you create the action so that there can be a reaction.

If you seek more happiness from life, the mirror of life will shine more happiness back upon you, just as soon as you decide, within yourself, to become a happier person. Then it will reflect your new reality. Your viewpoint in life is your response to how life appears to you, and it is totally under your control. Happiness originates as a *decision* to be happy. It depends on no one but you and your own point of view.

When you create a better reality within, the universe, just like a mirror, adjusts itself to reflect your new view of reality. Your viewpoint determines what energies you will put into life and therefore what the mirror of life will reflect back. Make the decision to choose happiness. Life is a mirror. Smile, and it will immediately smile back at you.

Each time you charge your heart chakra with intense life energy using the FREEdom technique, you will then go on to transmit that energy to the highest possible objective. Then, the law of action and reaction will guarantee you the highest degree of spiritual upliftment as a result.

Now, let's check out the nature of that highest possible objective. To do that, we need to understand:

1. The nature of God from today's expanded view of the universe.
2. How God created an entire universe using the only available tool – consciousness.

The Creation, Care and Feeding of a Small Universe

In the Middle Ages, most people worked the land. They were peasants who rarely ventured far away from their place of birth, so their concept of the world was quite small. Likewise, their concept of God the Creator was small in scale. To them, God was an all-powerful, wise, elderly, human-like figure who lived somewhere above them and would, one day, judge them in person.

People, at the time, didn't realize the massive size of the planet upon which they stood. To them, most of their universe could be seen from the top of the nearest hill. Today, with cosmology and the Hubble telescope to help us, our view of the size of the universe has been stretched farther and farther.

What we have learned, since the Middle Ages, includes these realizations:

1. The Earth is not the center of the universe. Apparently, when this was discovered, it came as quite a shock.
2. The Earth is round. This was excellent news at the time. No more worrying that, if you sailed out to sea, you might fall off the edge of the world!
3. The Earth travels around the Sun. This means that, while modern-day life on Earth may seem to be expensive at times, it does come with the added bonus, once a year, of a free trip around the Sun.
4. The Sun is over a million times bigger than the Earth.
5. There are 200 billion other suns in our own galaxy.
6. There are well over 100 billion galaxies in the universe.
7. As big as the universe is, in order for God to be everywhere, God has to be bigger still.

When you view God as Infinite Being, the All That Is, or the Absolute, you have a sense of scale that still encom-

passes all of Creation, no matter how far the universe stretches.

Infinite Being is the eternal, unchanging reality behind all things. With Creation came change.

In order to achieve the original Creation, Infinite Being divided its consciousness into two complementary aspects. In one direction, it focused intent. In another direction, it focused its love, or its feeling. Then, in a third direction it applied action, or motion, so that the two facets of itself – intent and feeling – could interact with each other as intertwined waves of consciousness in motion.

In this way, Infinite Being extended itself from just being, into a state of action. This extension of itself became what we call the original Creator. The One Creator has three facets, a triad of intent, feeling and motion. The existence of motion in this creative triad makes the One Creator an action-oriented projection of the original, unchanging, all-potential state of Infinite Being.

These original principles of intent and feeling will provide balanced anchor points in our experience of the presence of God.

In step two of the FREEdom technique, we will place our consciousness as one point in a triangle of consciousness, with the other two points being the original intent and feeling aspects of the Creator.

One problem we have to address first is that the original intent and feeling aspects of the Creator can seem a little lofty or disconnected from everyday human experience. The concept is technically accurate but, in order to make the practice work well, we have to identify personally with such a concept, and that is exactly what we will achieve in the next chapter.

Preparing to Experience the Presence of God

In the previous chapter, we saw how Infinite Being divided the ‘waters’ of its consciousness into the two different aspects of intent and feeling. These two principles of consciousness interact together in perfect, equal balance. God, the One Creator, therefore has both of these attributes.

While original intent and feeling are, strictly speaking, pure principles of consciousness, people often like to define them in more intimate terms. Because parents mean so much to people in general, they often like to think of ‘God the Father’ rather than just God.

Because of the patriarchal bias throughout Western civilization’s history, the concept of ‘God the Father’ has, until recent decades, been enough to satisfy the need for a parental image of God. In the New Reality, however, we will be seeing a balance emerge between what are perceived as the male and the female aspects of original

consciousness. The Divine Mother aspect is about to become as recognized in the minds of people as the Divine Father has been in the past.

It is time to bring back God's other half.

In India, the Divine Mother has always been recognized as the deeply supportive aspect of God, and the one through which many seek to establish communion with God. The Divine Mother has not been taken literally as a human-like personality, but as an image that represents a principle. The Divine Father and Divine Mother are familiar images which represent, what may seem to be, *abstract* principles of original consciousness.

In the concept of the Divine Father, people will recognize the masculine qualities of God, such as strength, constancy and protection. In the concept of the Divine Mother, people will recognize the feminine qualities of God, such as gentleness, compassion and nurturing. In the Bible, the Divine Mother principle has been referred to as the Holy Ghost or, more recently, as the Holy Spirit.

Because these are two distinct aspects of original consciousness, we will be relating to them separately in our practice of connecting with God. First, we will communicate with the principle of feeling – the Divine Mother – as we need Her attribute of unconditional love in order to gain a firm foothold in the spiritual realms of consciousness after having passed through the gateway of the heart.

Then, we will communicate with the Divine Father principle, creating a balanced triangle of inspiration between ourselves and the two aspects of Father-Mother God.

The two principles of Father-Mother God interact together in perfect balance. Were they not perfectly balanced, the universe would cease to exist!

Substitute the Familiar

We have seen that the two aspects of God – the Divine Father and the Divine Mother – can be focused upon separately in order to reach a state of powerful, yet balanced, communion with God. Substituting the concept of ideal parental figures for the rather ethereal concept of original intent and feeling helps us make that connection.

God isn't literally a father-mother figure, but it helps to employ that concept. God seems so much closer to us when viewed as a parental figure than as an original principle. Then, we can use that same substitution principle further still to make our God connection even easier to establish.

We know that God created a universe so massive that it is filled with billions of galaxies, and that can seem to distance God from our personal experience. As humans, the closest we get to touching or seeing the great works of Creation is by standing on the planet Earth and looking upwards to where the Sun illumines the sky.

The greatest work of Creation within our sight is the Sun and the greatest work of Creation that we can touch is the Earth.

The key to making an effective contact with God is to connect through the familiar. You can connect with the Divine Mother principle directly, but the connection comes more easily when you think of Her as expressing herself through the beauty of the Earth and through any aspect of Mother Nature. Think of your favorite natural environment. Think of vast mountains, or endless, sandy beaches, or some green and peaceful woods.

You can also connect with the Divine Father principle directly, but the connection comes more easily when you think of Him as feeding you with power and inspiration through the life-giving Sun. Think of the endless energy that pours forth through the Sun. This energy originates from the Creator and cascades throughout all of Creation – through the central sun of the universe, through the central suns of each galaxy and, finally, through our own Sun, warming your body and breathing life into all of nature.

See yourself in your favorite natural setting. Make it your own idea of a perfect environment: A perfect, sandy beach lapped by gentle waves; a cool mountain river meandering through a clearing in a green and pleasant forest; endless miles of green pasture spreading forth into the distance. See yourself below a cloudless sky with the Sun shining overhead.

Now send your love and gratitude to the Divine Mother and the Divine Father through those familiar expressions of their great and beautiful works of Creation. You have now created a balanced triangle of inspiration between yourself and the two aspects of Father-Mother God.

This was a long-kept spiritual secret of how to create a direct, yet balanced, connection with both aspects of God. You effectively become one point of a balanced triangle between yourself and the two aspects of Father-Mother God, allowing you to reach unprecedented levels of inspiration.

The New Way to Pray

The question then follows, once you are inspired by this spiritual state, how can you take some kind of action to make a difference in the world? Remember, flow is the way to go, so you need to give in order to continually receive a natural, unimpeded flow of such incredible inspiration. So, how do you spread your light so that others may benefit?

These are the kind of burning questions that faced spiritual visionary, George King (1919-1997), when he designed a technique called Dynamic Prayer. As a renowned Master of Karma Yoga – the path to God through spiritual service – he could see the possibilities for a world transformed by the power of spiritual light. He knew that people could make a radical difference by radiating spiritual light out into the world.

There is a strategic subtlety to this type of action which demonstrates his innovative brilliance in the field of metaphysical science. He pointed out that, while you give

away the fruits of your inspiration, you also create a vacuum. Then, nature must fill that vacuum. However – and here is the subtlety – you are not just filling yourself with inspiring power and then giving it away, only to see it immediately replaced.

The very act of spiritual service to others raises your frequency of consciousness one step at a time, every time you perform such an act.

Dynamic Prayer, in itself, is a path towards God, and it is a path which delivers sure and balanced results. When you tread such a path, you *will* – not may – reach your destination.

The world lacks spiritual light because, even though the supply of universal life energy is plentiful, people generally don't know how to use it.

That supply of universal life energy has to be first conditioned into spiritual energy in order to affect the human mind belt which surrounds this planet. By sending streams of spiritually-conditioned life energy out into the world, you create more peace and enlightenment in the

world. The energy is always there, in a state of potential ready to use, but it has to be conditioned and sent out to humanity in order to bring about healing.

George King also saw that, while God continually sends energy and love down through the density layers of Creation for mankind to use, very little energy goes back up the line from humanity to God. So, he promoted the concept of sending love and gratitude to all of Creation and, ultimately, back to God. In this way, some balance is achieved and, more importantly, the reaction from such action is extremely powerful. The sense of upliftment which comes back in return from God is something that is unique and deeply inspiring.

I first heard about Dynamic Prayer in 1972, just before graduating from college. I was already a regular practitioner of meditation and becoming used to deeper states of consciousness, but the first time I tried Dynamic Prayer, it had a profound impact on me.

The short, one-sheet instruction sheet on Dynamic Prayer that I held in my hand showed me how to condition life energy with the intention of world peace and

enlightenment and then radiate it as a beam of white light from my hands and heart chakra out into the world. I tried it, and sent out energy as best I could for world peace and enlightenment. Nothing happened immediately, but over the next three days, I was absolutely transformed by the reaction of what I had started.

It was as if a spiritual doorway within me had been flung open and an energy of love and light had started to flow through me. It opened up a whole new avenue of spiritual experience, one where you first give, and then become a recipient of the beautiful energy that you receive as a reaction.

The most profound reaction occurs when you send your love and gratitude to the highest possible objective – to God, or, better yet, to the Divine Mother and the Divine Father, creating a triangle of inspiration between yourself and the two aspects of Father-Mother God.

By sending your love and gratitude to God, you transform the simple act of prayer – of communion with God – into a profound spiritual experience.

Radiate Your Love to Experience the Light

Step two of the FREEdom technique is to radiate your love to the highest source in order that you will then experience step three – the love and light of God that returns to you as an automatic reaction from your efforts.

Remember that God created two aspects – intent and feeling – in order to create the universe. By passing through the doorway of the heart and contacting those two aspects in turn, you create a powerful triangle of consciousness with you as one point of the triangle and the intent and feeling aspects of God as the other two points.

Sit upright with your hands resting in your lap, palms facing upwards. Breathe rhythmically and evenly. Turn away from your everyday thoughts by letting your attention focus on your breath. Whenever you notice your thoughts wandering, peacefully turn away from those

thoughts, which can always be dealt with later, and return to focusing on your breath.

Imagine the presence of the Divine Mother filling you and every part of the universe with Her unconditional love. See yourself in your favorite natural setting below a perfectly cloudless sky with the Sun shining overhead.

Use the familiar beauty of nature to send your love and gratitude to the Divine Mother who expresses through that natural beauty. The moment you think of Her divine love and feel it within you, you know that you are always loved unconditionally by Her.

See your love for the Divine Mother as the white light that fills your heart chakra. Direct your love, appreciation and gratitude for Her outwards into the universe as a beam of white light. Gratitude is the returning of love, and one of the most beautiful secrets in spiritual life.

If you have difficulty moving into a space of love at any time, the solution is simple.

Ask for it.

Ask the Divine Mother for a feeling of love and it will come. Then you can send Her your love from that awakened space.

The Divine Mother will feel the love and gratitude that you send to her. Wait until you feel the love that she returns to you.

Then, send your love and gratitude to the Divine Father, to the Creator of the suns and the worlds. See yourself standing in nature, being warmed by the endless energy and inspiration that comes from the Divine Father through the Sun. Send your love and gratitude through the Sun to the Divine Father.

Wait patiently until the Divine Father sends His love and light back to you. You will experience an uplifting surge of support. Let this love and light move through your body and through all your cells.

At that moment you are in perfect balance, being in love with the Divine Mother and basking in the light of the Divine Father at the same time.

While feeling the connection between you and the Divine Mother and Father, simply allow yourself to experience the presence of Infinite Being directly. Allow the ultimate state of beingness to enter your body, your mind and your spirit.

You are now at one with the unchanging, one source beyond all things, connected to Infinite Being. This is the silent realm of experience without words and without definition. This ultimate state of consciousness is where the human race came from and will eventually return.

Be with the One. Be the One. You are, and always have been, Infinite Being.

Enlighten the World

Now that you have radiated love to the Divine and received the light of the ultimate presence in return, you can remain in that space of illumination for as long as you wish.

So far, we have covered the first three steps of the FREEdom technique. It consists of a four-step process beginning with the letters, F-R-E-E.

The first three steps of the FREEdom technique are:

- F – Feel the love
- R – Radiate the love
- E – Experience the love and light

Now, we come to step four:

- E – Enlighten the world

Here, you have the opportunity for a karmic exercise – one where you give something specific in order to generate a specific reaction. The secret to spiritual advancement is not to bathe in the light of each stage of spiritual achievement forever, but to move on to the next stage. This is achieved in what, at first glance, seems to be a contradictory action.

You take the love and light that now fills your body, your mind and your soul and you *give it away!*

Yes, you take the fruits of your induced state of spiritual enlightenment and give them to a world that is starved for enlightenment. Most souls on this planet today are starving in a self-created, spiritual wilderness. It is said that the smallest light shines brightly in the darkness and, for this reason alone, your light will have a profound impact for the betterment of humanity.

The subtlety of this karmic exercise is that, when you give away the fruits of spiritual enlightenment, you open yourself up to an even greater, deeper flow of spiritual energies. You are exercising a flow of inspiration and enlightenment by attracting love and light, then

transmitting it out to humanity. Just like physical exercise, the more you practice this, the more developed you will become in this activity.

You aren't just building up light then giving it away. Each time you do it, you take one step closer to the ultimate source of all life and enlightenment. You can't fail to do so. It is the law of karma which guarantees that such action will reap that very reaction.

Spiritual action begets spiritual development.

Although George King became a fully-enlightened spiritual master through the practice of Kundalini Yoga, his real strength later emerged in his mastery of Karma Yoga, the path to unity with God through spiritual service. He saw that these are the days of action, of spiritual service to others, and no longer the days of monastic detachment from society.

The subtlety of this strategy lies in the fact that spiritual service is, in itself, a sure and balanced path of spiritual development, and one which leads the practitioner back to

full connection with the Godhead more quickly than many other types of yoga.

To invoke this strategy and gain lasting spiritual development, we simply do this:

Intend world peace and enlightenment. Return your attention to your breathing and, with every outbreath, send the power of this love and light out to humanity. Direct it as a beam of white light from your heart chakra out into the world. Perform this for a series of three or more breaths, then relax and spend some time in the afterglow of a spiritual mission well accomplished.

These are the days of action, and that means service to others. Even better, your service to others also helps you in your own spiritual enlightenment. Action and reaction are opposite and equal.

Every time you send your light out into the world, you take another step forward towards your own enlightenment.

Intention Sets the Stage

In the FREEdom technique, you induce a spiritual state of consciousness and then send your love and gratitude to the Divine Mother and the Divine Father. This creates a powerful triangle of consciousness where you are connected directly to the ultimate sources of all love and light.

You then create your own spiritual development and advancement by, paradoxically, giving away the fruits of your work, knowing that to do so is one of the greatest secrets of spirituality today.

There is one more element that can be added to this powerful sequence of practices, and that is the use of intention. As people are well aware today, intention creates a pathway in consciousness which guides universal resources towards a specified objective, and that is exactly what you can do to enhance this practice even further.

The best way to set an intention for this purpose is to reduce the situation that you face to its simplest form. If you face a challenge, then you need to find the underlying solution so that you can detach from the complexity of the situation. With detachment, you become free to release the challenge to your higher consciousness to either be healed, balanced, or solved by realizing the ideal solution.

For example, if you or a friend face a health challenge, you set an intention for the practice, before you start, that says, “I dedicate this session to health and vitality.”

Your mind knows the details of the situation, as does your soul or inner being. The objective, before letting the situation rise into the spiritual levels of thought, is to release it from the bonds of your conscious mind and its tendency to run around in circles looking for solutions. Release the details so that your conscious mind can let go. The general intention will carry the session in the desired direction. The more you detach from specifics and move into general principles, the higher the challenge can go in consciousness in order to find a powerful and effective healing or solution.

Challenges in relationships, or a lack of loving relationships, can be addressed by the intention, “I dedicate this session to enhancing the love that I radiate to all people.” People love people who radiate unconditional love. That’s the way the world works. Do likewise, and watch magic happen as really good friendships appear and grow in your life.

If a financial challenge looms, you can set the intention, “I dedicate this session to abundance in every way.”

Even without a specific challenge that is causing you concern, you can set a general intention to use this inspiring and uplifting practice to bring true, meaningful, spiritual awareness and experiences into your life.

General intentions for our purposes can be statements, such as;

“I dedicate this session to love and light.”

“I dedicate this session to being better in every way.”

“I dedicate this session to spiritual enlightenment.”

A Unified Practice

Once an intention has been set for the session, you can use the powerful practices above to produce truly effective results. The FREEdom technique creates a spiritual pathway within you towards true freedom of the spirit.

The four steps of the FREEdom technique are:

F – Feel the love within your heart.

R – Radiate love and gratitude to the Divine Mother and Divine Father.

E – Experience the reaction that comes from this – the love from the Divine Mother and the light from the Divine Father.

E – Enlighten the world. Send out this love and light for world peace and enlightenment.

The next chapter will review in detail how to perform each step of the FREEdom technique.

The FREEdom Technique

The FREEdom technique combines today's most proven and time-tested spiritual practices into one powerful and effective package. It can be used at any time to discover the ideal solution to every challenge that appears in your life or to fill your consciousness with inspiration, love and abundance.

First, set a simplified intention for the session, such as “I dedicate this session to being better in every way.” For every affirmation that you wish to empower, dedicate a FREEdom session to it. Then, **disengage from thinking about it.**

Sit upright with your hands resting in your lap, palms facing upwards. Breathe rhythmically and evenly. Turn away from your everyday thoughts by letting your attention focus on your breath.

Whenever you notice your thoughts wandering, peacefully turn away from those thoughts, knowing that

they can always be dealt with later, and return to focusing on your breath.

F – Feel the love

Feel the love within your heart. Focus on creating heart-centered consciousness using the ancient and powerful yoga technique of controlled breathing. See the universal life energy around you as a white light permeating the space that surrounds you. Then, on each inbreath, see this white light enter and fill your lungs as it passes in through your nostrils.

If you have difficulty visualizing, you can use intention instead. Intend the energy to flow into your lungs on the inbreath and it will. Draw in as much life energy as possible using the pressure of your will.

On each outbreath, see this life energy, charged with white light, flow from your lungs into your heart chakra, which is the energy center positioned approximately four inches (ten centimeters) in front of the breastbone.

Do this step of the technique for three focused inbreaths and outbreaths and your consciousness will be transferred from your daily cares into heart-centered consciousness, which is the gateway to spiritual consciousness.

R – Radiate the love

Giving gratitude is a great secret on the spiritual path because it opens up the floodgates of the natural flow of inspiration and upliftment. Gratitude is the returning of love, and one of the most beautiful secrets in spiritual life.

Radiate love and gratitude to the Divine Mother through attunement with the beauty of nature. Imagine the presence of the Divine Mother within you and around you, filling every part of the universe with Her unconditional love. Send your love and gratitude to the Divine Mother through the expression of Her beauty in nature. See it as the white light that fills your heart chakra, radiating outwards in love and gratitude for Her.

Then, radiate love and gratitude to the Divine Father through attunement with the life-giving Sun. The Divine

Father is the creative aspect of Creation and the source of all spiritual and physical light. Send your love and gratitude to the Divine Father through the Sun.

E – Experience the love and light

Experience the love and light that comes as a reaction from this. Experience the response as it bathes you in the light of a deep spiritual connection. Stay in this reflective state for at least one minute. For every action there is an equal and opposite reaction, but when you receive a reaction from God, it makes you so much more inspired than when you sent the energy to God originally.

Feel the love that the Divine Mother returns to you. Sense the spiritual light that the Divine Father sends to you.

At that moment you are in perfect balance, feeling the unconditional love of the Divine Mother and basking in the spiritual light of the Divine Father at the same time. Let this love and light move through your body and through all your cells.

While feeling the connection between you and the Divine Mother and Father, simply allow yourself to experience the presence of Infinite Being directly. Allow your connection with the ultimate state of beingness – the unchanging reality which is behind even the Divine Mother and the Divine Father – to fill your body, your mind and your spirit. Let the peace and stillness of the Eternal Now be yours.

Be with the One. Be the One. You are, and always have been, Infinite Being.

E – Enlighten the world

With your intention, send peace and enlightenment to the world. Return your attention to your breathing and, with every outbreath, send the power of this love and light out to humanity. Direct it as a beam of white light from your heart chakra, out into the world. Perform this for a series of three or more breaths, then relax.

Stay in a reflective state for as long as you wish. When you have the time to stay in this alert, spiritual state of

consciousness, you can receive some of your greatest insights into the mysteries and challenges of life. Even when you do not have more time to spend, you will find that solutions to challenges appear into your consciousness during moments of reflection in the days ahead.

It's The Power of Love

Love, in its various forms, is the almighty drive that sends people to the extremes of human endeavor. This potent force which pervades the universe is part and parcel of the human experience, providing people with learning and evolution. It is the driving force behind all life in its journey back to the Oneness of all things.

There are many forms of love. There is the love of a mother for her baby. There is the love of a child for their parents. There is the camaraderie of people of like mind. There is the love shown by self-sacrifice in order to save others during a crisis.

All these are manifestations of the one love, the one energy which pervades all existence upon all frequencies of consciousness. The world is changing. It is transforming into a world of human dignity and poise, where one person is honored by all other people, where suffering has come to an end because people reach out

with their hearts to serve humanity in any way they see fit.

It is a world of love that will blossom forth when fear comes to an end. When fear is transformed, people will not fight for resources, they will create ways to make sure there is enough of everything for everyone. When fear is transformed, people will not need to have power over others in order to feel more secure within themselves.

Fear is a mental energy. It circulates the globe within the mind belt of mankind. It can be transformed into love by the prayers and intentions of every spiritually-minded individual upon the face of the globe. When fear is neutralized by love, world peace will dawn. Sending your love energy out into the world is an act of transformation, and one with your name on it. When you are joined by millions of others in this dynamic act of transformation, we will have peace on earth.

The Joy of an Inner Spiritual Connection

True happiness is inner joy, that deep and genuine joy which lasts forever. It comes from being in resonance with your inner purpose, with your inner self.

Your inner self is your soul, the part of you which lives forever, the part of you that is always there to help, guide and protect you.

Within your inner being burns the flame which connects you to the entire cosmos of Creation. It is your connection to Infinite Being, to the All That Is.

In this heart of your spiritual connection lies a wonderful essence. This is the essence of spirituality and joyful living. As your conscious connection with this essence grows, so does your level of joy.

An inner-connected life is a purposeful and rewarding

life. It is one where you spend your efforts exploring the exact situations that you came here on Earth to experience. With love and wisdom, you transform these situations into lasting success.

Through life, you experience the endless variety of Creation. Through life, you travel back to that source from which you came. Through life, you discover the inner flame which is the key to eternal joy and happiness.

The Passport to Freedom of the Spirit

Every time you use the FREEdom technique, it inspires more creativity, love and spiritual attunement within you. It will transform the challenges of life by raising your consciousness above the circumstances which created those challenges. Here, solutions can be found, or the problem can simply be dissolved by the balance brought about by the healing energy which automatically flows from higher levels of consciousness.

These are the days of self-empowered action. You can use the FREEdom technique to bring more inspiration, joy and creativity into your life in many ways. Because the energy of the heart is generous and expansive, it attracts a natural flow of abundance into your life.

The FREEdom technique transports you into the realms of true, spiritual experience where solutions appear, where challenging situations become healed, and where your

heart consciousness can grow as you bask in the flow of unconditional love.

The FREEdom technique is easy to remember when you look at it this way: After the initial intention is set for a FREEdom session, it's all about ***receiving and sending love and light.***

F – Feel the love	(receive love)
R – Radiate the love	(send love)
E – Experience the light	(receive love and light)
E – Enlighten the world	(send love and light)

Feel the Love, See the Light

Let the FREEdom technique be your companion in gaining freedom of the spirit. Set your life, your heart and your spirit free to grow in spiritual consciousness.

To resolve challenges in your life, FREE it!

To fill your heart with love, FREE it!

To let your spirit grow, FREE it!

The FREEdom technique: Feel the love, see the light.

And, finally, when you discover for yourself the power of the FREEdom technique, don't keep it a secret and hide your light under a bushel.

Tell a friend and set a spirit free!