

Excerpt

From *Recreating Eden: The Exquisitely Simple, Divinely Ordained Plan for Transforming Your Life and Your Planet*

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Excerpted from “Chapter Four—Your Spirit: The Truth of You”



Your Spirit: The Truth of You

*T*HOUGH YOUR EXPERIENCE OF LIFE MAY NOT HAVE ALWAYS REFLECTED IT, there is, indeed, a facet of you that has always been in perfect alignment with Source—and always will be. This entity has never been affected by the magnetic gap and therefore has never left Paradise. This part of you has never forgotten that It is inseparable from the Whole of Creation, or lost touch with Its divine nature. This aspect of you is who you are in truth. You are not the ego-centered being you may have always thought you were. You are Spirit, utilizing a human body.

One of the most tragic consequences of the Fall of Man is the loss of identity it caused humans to undergo. Once we departed from the vibrational level where Eden manifests, amnesia set in, causing us to forget who we are and why we are here. We have long believed that we are humans with spirits in us; when in fact, we are so much larger than that. We are divine, and it is time to own our actual identity once again and behave like the spiritual beings

we are in truth.

In the process of recreating Eden, we will be waking up from the trance we've been in to remember who and what we are—not just at an intellectual level, but as a deep knowing. *This recognition comes automatically when you reach a certain level of frequency.* As your frequency rises, so does your consciousness and your ability to see higher.

Jesus of Nazareth knew who he was, and he called us to know the same about ourselves. Indeed, that was his mission on Planet Earth—not to be the *only* divine human exemplifying “the Father,” but to awaken us to our own true identity as Spirit in human form, and to motivate us to behave accordingly. Because Jesus was operating at a high frequency, he was aware of his divinity. When we reach that level, we will be aware of ours, too. Those who maintain that it is heretical for humans to claim divinity are simply humans who have not yet reached the consciousness level of self-realization that only elevated frequency provides.

Since most of us are not yet sufficiently raised up to the level of frequency where we have experienced our divinity, and we are not yet fully merged with our Spirits, we are not at that place in consciousness yet that would allow us to view things purely through our Spirit's eyes to identify ourselves from the viewpoint of our divinity. Therefore, as a way to bridge where we are now in consciousness with where we are headed, I am going to speak of “you” as your current consciousness, and your Spirit as a *facet* of you. A sparkling, Light-filled, magnificent facet, indeed.



THE GRANDEST, MOST REAL AND ENDURING ASPECT OF YOU IS YOUR SPIRIT, who exists with or without your Earth suit on. Your Spirit manifested your body to provide itself with a vehicle to experience physical phenomena and to join the spiritual and physical worlds. So, you see, while your ego-self believes it can claim ownership of you, your life does not actually belong to your mind to do with as it pleases, at least not if you want to experience peace, harmony, and real joy. *Your life belongs to your Spirit.* But as you learn more about

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this amazing aspect of you, you will be happy—even eager—to relinquish ownership of your life. Your Spirit wants far greater, more gratifying, supremely thrilling things for you than your ordinary awareness can conceive of! In fact, allowing your Spirit to take over your life is the path to bliss and the very linchpin of the process of recreating Eden.

From a human perspective, let's look at your relationship with your Spirit in terms of the energy hierarchy. Your relationship with your Spirit is what positions you where you were created to be positioned in the Divine Design. Remember that the closer to the Core of Creation you get, the more concentrated the Life Force/Love is. The concentration of Life Force Energy at the Core of Creation is inconceivably intense and the frequency so high, we cannot physically exist at that level. For human beings to partake of the Life Force from Source requires that we be connected up for just the right intensity. We must be positioned relative to it such that we receive the *optimal* flow for the way our bodies have been designed. Your Spirit is your interface with the higher levels of Being and brings you as close to the Core of Creation as is humanly possible to be. Your Spirit, therefore, positions you to effectively receive and utilize Source energy.

To understand this better, think of a mundane power source and how it operates. Imagine an electric power plant that harnesses energy from natural processes and then sends it forth as electricity. The electricity travels out via circuits to substations and transformers to be stepped down, distributed, and stepped down again to a form that can be utilized in homes and businesses for the operation of mechanical appliances. These appliances depend on this electrical power for their operation, requiring a prescribed amount of it, and are designed to interact with it in specific ways.

You certainly don't expect your iron or your TV to generate their own power, or to draw the electricity out of the air and use it to run themselves—at least not at our present stage of technological development. Nor do you expect them to operate with the high voltage directly from the main generator—they would burn up. To receive power they can use to operate most efficiently and effectively, according to their design, you know that they must be plugged

into a circuit at the appropriate stage of the step-down process.

And so it is with you. You cannot generate your own power, even though your mind operates under the illusion that it can. You must have power from the Source, but you cannot sustain the high voltage *directly* from It. Your relationship with your Spirit connects you correctly with the “Main Power Plant,” plugging you into the flow of energy at just the appropriate level for your optimal functioning. Like your iron or your TV, you can’t expect usable power for yourself until you are properly “plugged in.” Your Spirit positions you in the energy hierarchy at exactly the right point for you to thrive—*when* you are aligned with It.

Your Spirit is the highest frequency aspect of you. Below your Spirit in frequency are your mind and body, and above your Spirit are higher vibrational levels of Being, all the way up to the Core of Creation. Because of your Spirit’s constant, perfect alignment with Source, It is perpetually at one with Great Spirit and Its frequency is never lowered. A flawless receiver and transmitter of the Life Force emanating from the Core, your Spirit is the channel through which Life Force from Source flows to you. All the Life Force/Love you will ever receive must come through your Spirit.

This flow from Source to you through your Spirit has been impeded, however. It is impeded at the level of your *consciousness*. That lethal magnetic gap to which we have been referring occurs on the energy spectrum between your Spirit and your consciousness. The problem with your alignment with Source has been that your ego-mind has been holding the rest of you separate from being unified with the frequency level of your Spirit. It has been sustaining a gap there. The goal, then, is to *close that gap by merging with your Spirit*.

We have already firmly established that we must be magnetically receptive to Source if we are to be aligned to receive a full, vitalizing flow of Life Force. The detail I have left out till now is that our receptivity to Source is designed to originate with receptivity to our own Spirits. Your Spirit is perfectly unified with Source and inseparable from It; therefore, It is always radiating (masculine mode), just as Source is. Therefore, to be correctly aligned with Source, you must be correctly aligned with your own Spirit by

presenting your feminine (receptive) aspect of your mind to It.

How do you accomplish this? You allow your Spirit to take over your life. You honor your own Spirit as God, and you listen to and honor the guidance of your Spirit above all other input, trusting and obeying It in all matters. Simply put, you become totally available to your Spirit. Why? Because as a manifestation of the Greater Spirit, or God, your Spirit is, indeed, God-In-You. You exist to provide your Spirit with a viable presence in the material world. You exist to provide God an expression in human form. Only when you are aligned with your Spirit will the gates of Eden open for you. And only when you are aligned with your Spirit will you understand who you are.



I'M SURE YOU RECALL THE POINT IN THE STORY I told in the introduction about my visit to Eden where the voice within me announced, "I AM GOD." (If you skipped the [introduction](#), now would be the time to go back and read it.) Because I assumed this voice was coming from my lesser self, my ego, trying to claim the glory of the Eden experience for itself, I renounced it and felt ashamed. Immediately upon doing so, I felt all the sublime energy that had buoyed me since I first turned my life over to God, drain out of me.

At first, I thought that the "irreverent" voice in my head claiming to be God was what caused the disconnection from the state of grace in which I had been existing for weeks. But after much prayerful meditation on it, and growth in my understanding of the entire experience, I finally recognized that the disconnection had not been caused by that at all. I hadn't experienced a frequency drop at the point where I heard "I AM GOD"—on the contrary, my energy had *surged* at that instant. It was only after I refused to accept what I'd heard, told myself I was "bad," and experienced the subsequent shame and humiliation, that I bottomed out.

I understand now that the frequency drop was *not* caused by my recognition of what I now know as the truth of who I AM, but was caused by my denial—indeed, my denouncement—of what I had heard within. The voice I had heard claiming divinity was not

the voice of my ego, or the voice of some evil entity, but the *voice of my own Spirit*—an inseparable part of God, and the most real part of me. When the truth of my identity was announced in my mind, I was at that sublime point of finally having achieved unity with my Spirit and experiencing what it is to be the nexus between pure Spirit and “high-frequency human.” I understand now that hearing “I AM GOD” was the most natural thing that could have happened considering the vibrational level where I was at the time it happened, in the realm of my Spirit; so very near to Eden.

Instead of rejoicing at the recognition of my innate divinity, I had allowed the commonly taught human notion that we are lowly beings and that God is a separate entity from us keep me from honoring what I was receiving firsthand from God. *That* is what sent me tumbling back from the realm of bliss into the old familiar world of strife and pain. The fear and shame I experienced, based in my acceptance of the faulty teachings about God that I had received from other humans during my Earth-indoctrination, is what had pulled the plug on the mighty flow of Life Force I had experienced in and through me, and is what had *actually* plunged me into despair.

Just as it happened to those first humans in the Garden of Eden, my honoring another voice over the voice of God sounding within me had ejected me from the gates of Paradise. It is the same failure to listen to and honor Spirit’s voice within, the same self-judgment, the same refusal to know and acknowledge the truth of who we are, the same habit of allowing the voice of the serpent and the external world to trump the voice of Spirit, and the stubborn maintenance of our perception of being separate from God and all of Creation that keeps us in a perpetual state of energy drain and spiritual pain, locked out of the Garden. All the hardships, suffering, and misery on Earth are the result of those sorry human habits.



IF YOU, LIKE I, GREW UP IN THE JUDEO-CHRISTIAN TRADITION, you, too, probably internalized some version of the concept that God is a huge,

super-busy part-man, part-magician, way up there somewhere, running the Universe. You know—the one whose favor you have to vie with everybody else for—that moody, fickle giant with the long gray beard and the list of everyone’s good deeds and transgressions. Sometimes called “the man upstairs,” this god bestows blessings and punishments at his whim—a kind of Santa Claus with a mean streak. Such a being is *limited*, but God is *unlimited*—not to mention ever so much more loving and accessible than that.

Yes, the genius of the Creator has provided you with your own personal, always available godhead. *God is in you*. How do you think that God can be everywhere at once? This is possible by virtue of Her/His existence in each living being. Of course, it is probably more accurate to say that *you* have been provided so that God can have a personal, always available human. From either perspective, it truly is a brilliant system—except that you haven’t always been available to God the way God has been available to you! But we’ll be getting into that further in a moment.

There are many who believe like I once did, that to conceive of any part of themselves as an aspect of God is to be disrespectful; that it somehow implies a diminishing of the power of God. Nothing could be further from the truth! Does acknowledging the existence of and appropriately utilizing the electrical outlet into which you plug your iron diminish the importance and tremendous power of the main electric generator? Or your respect for it? Of course not. And likewise, honoring your Spirit does not take one iota away from the greater God—or *Great Spirit*. In fact, being aware of this adds to God’s effectiveness once you use the information to achieve proper alignment so you can be a more perfect expression of God’s Love in the world.

If, even after reading the foregoing, you have a hard time fully accepting that God is in you—that you are God expressing as a human—it is perhaps because, based on the quality of your experience, it is difficult to believe that any part of you could be God-like. Because of this, you want to believe that God is outside of you, is better and more powerful than you are, and, certainly, is more reliable and consistently loving than you are. This is understandable since your primary experience of life has been on the

“wrong side” of the magnetic gap. Your life has not been fully stewarded by your Spirit, but hijacked by your ego-driven mind, which, as we have seen, has been operating independently of your Spirit and has been primarily responding not to the Divine, but to the serpent and the imperfect world of its own creation—the schema for disharmony.

Not being in position to fully receive the constant stream of Love that is the very nature of God, or the wisdom and power of God, and with understandings based primarily on what relatively little it can observe from the misaligned external world instead of from the Whole of Creation, your mind as an independent entity is definitely limited, lacking in Love, and unreliable. Your ego-mind, sustaining the magnetic gap between your Spirit and the rest of you for much of your entire life, and keeping you at a lower frequency, has hardly fostered a recognition of the steadfast, unconditional nature of your perfectly aligned, totally loving Spirit, much less the knowing of your own divinity. No wonder you have felt powerless and have had so little sense of God-In-You.

But while your independently operating mind is limited, your Spirit, because of Its constant flawless receptivity to the higher-vibrational energy of Source and Source’s unlimited Love and Wisdom, is *unlimited*. By virtue of Its position *above* the level of your renegade mind, your Spirit is *always* perfectly aligned with and inseparable from Source. Therefore, when the rest of you, in turn, is fully aligned with your Spirit to receive a steady flow of Love and Divine Wisdom, you will experience your unlimitedness. You will experience your innate Godliness and know who you are. There is nothing at all blasphemous about this. In fact, as I learned, the actual blasphemy is in refusing to acknowledge that you are an aspect of God and that, truly, *God is in you*. Only the serpent wants you to believe otherwise.



ACCORDING TO THE WAY YOU ARE DESIGNED, your Spirit is intended to be THE BOSS. Your mind exists for the purpose of creating and doing whatever your Spirit directs it to. Every thought, action, and bodily

process is *rightly* preceded by spiritual impulse or command. This is designed to be one smooth, seamless operation with no lag time in between: Spirit impulses and your totally receptive, completely cooperative, Spirit-focused body-mind responds immediately in total obedience. Without hesitation and without question. And without first looking around to decide whether or not to obey based on the circumstances and data surrounding you. And certainly without checking to see what others might think of you!

When you override the messages or impulses of your Spirit and insist on operating from logic alone, accessing only the evidence available to your conscious mind through your senses, you frequently make decisions and take actions that are inconsistent with the Wholeness, and your resulting experience ranges from merely inconvenient to downright discordant. When, instead, you obey the impulses of your Spirit over the logic of your mind, you automatically attune with the Whole, and harmony and serendipity reign in your experience.

Let's consider an everyday example of this. Imagine that you are expecting important visitors to arrive from out of town for a few days' stay and you are getting ready to go out to the grocery store to stock up with special foods and to take care of several other errands relating to their visit. Your schedule is planned right down to the minute of their arrival, and if you are to get everything accomplished in time, it all has to go off like clockwork. Now let's say that as you are about to rush out the door, you suddenly think of your elderly friend, and a strong sense that you need to call her comes over you.

Instead of ignoring the urge and putting off the call until it is more convenient the way your logical mind is telling you to, you stop and call her (because, of course, you would never make a call while driving!). She says she has been feeling especially lonely and isolated and that your call has helped her immensely. As you are once more about to head out the door, the phone rings. It is your visitors calling to tell you that, due to an emergency, they will not be able to come.

If you had already left for your errands as scheduled, you would have missed this vital call and would not have known of the change

in plans until you returned home. From the vantage point of the logical mind, you simply could not have known about these developments since your prospective visitors didn't know how to reach you away from home. But your Spirit, because of its greater vantage point, knew. The few moments you spent on the phone obeying your Spirit's inner urging and demonstrating love and compassion to your friend saved you a fortune in groceries you weren't going to need and the stress and time expenditure of running around doing errands that weren't necessary.

If you had overridden your urge to call your friend and relied, instead, on the "evidence" (which indicated that your visitors were definitely planning to come at a certain time and that fitting a phone call into your schedule would put you behind), you would have expended a lot of energy that would *not* have prospered the Whole, and parts of the Whole that were in need of your attention and energy would have gone lacking. And you probably would have been exasperated by all the money you spent needlessly, plus all the time you wasted, and may even have spewed out a few "toxic thoughts" over it all—which *certainly* would not have added to the sum-total of Love in the world!

In this particular example of obeying the voice of your Spirit, the only risk involved was that you might have inconvenienced your guests by not being home when they arrived, or that everything might not have seemed perfect the way your prideful ego would have preferred it to be. However, you will find that, even with much higher stakes, as you consistently obey your Spirit above all else, circumstances arrange themselves as if by magic so that everything works out. Whenever you align with your Spirit, you position yourself to coordinate with the Wholeness and raise your frequency, the reward of which is harmony at all levels.

Of course, the truth is that *not* obeying your inner voice is where the *real* danger lies. But because, more often than not, heeding your inner voice involves basing your actions on something as seemingly intangible and invisible as your intuition, your logic-loving, evidence-oriented, so-called rational mind finds itself totally out of its league. At the very least, your mind wants to *understand* what is going on, but it is simply not equipped to do so. It perceives a risk

because it is not in control, and its belief that it must be in control is very strong.

That they are not the boss is certainly difficult for our ego-based minds to accept. They are used to being in charge—indeed, habituated to it—and believe that they *have* to be running the show for us to survive. To give up this position of dominance in our lives seems to the ego-based conscious mind to be an untenable risk, not to mention a comedown or a relinquishing of power. Because the Adam in you is aligned with the world of the serpent, he is greatly influenced by fear and survival issues. Thus, his fears control much of what he will and won't do. (This is ironic, since this low-frequency part of you is what ensures that you—the physical you, that is—really *won't* survive in the long run!) The true risk, of course, lies in Adam *not* relinquishing his illusions of power. Acting in its rightful position of “Chief Administrative Assistant” to the Spirit is where the *true* power of the mind lies. Just like any creation, it is most effective when it is used as it is designed to be used.

Don't confuse this with the notion that you are meant to suspend logic completely and *ignore* the world of your observations; obviously, the tools to monitor it and interact with it would not have been built into you if you were. It is simply that neither your logical mind nor the reverse-polarity world is to be your god. Instead, by virtue of your union with Source via your receptivity to your Spirit and the unified radiance this creates in you, you are not only meant to emanate Love out to the world in the same way that Source emanates Love to you, but you also are to perform specific tasks in the world that your Spirit communicates to you. Your mind is intended to facilitate this. In other words, you are designed to be God's presence in the world and provide stewardship for it, and *your powers of observation and reasoning are to be used in that capacity alone.*

Our minds are magnificent creations—perhaps the most magnificent of all creations. They literally have the capacity to influence and shape energy into any form imaginable—to create any conceivable reality—like compact versions of the Great Mind that created them, and that they are a part of. But as long as they continue to operate without the full guidance and resources of that

Great Mind via our Spirits, and until they quit using input from the reverse-polarity world, their creations—and our life experiences—are destined to be limited at best, grotesque at worst. Our minds must be aligned properly and working on behalf of Spirit in order to create Heaven on Earth—indeed, that is how it is done.



IMAGINE A GIGANTIC MASTER COMPUTER, a mainframe which contains all the intelligence in existence now or ever, every single solitary thing that there is to be known in the Universe, and changing every nano-second (faster, actually—I just don't have the vocabulary to express something faster than that!) to reflect the countless zillions of changes which are occurring throughout Creation at any given moment. This computer knows at all times how many grains of sand are on the beach (or in your tennis shoes), how many hairs are on (or off) your head, when a sparrow falls, whether you (or anyone else) is inhaling or exhaling, what the best route is to take on the way home from work, where to go to get any assistance you might need, what you need to do to create optimum health in your life, *ad infinitum*.

In a word, this computer knows *everything*—not just information we perceive as current, but every minute detail of what we perceive as history, and every minute detail of what we perceive as the future. In addition to containing complete knowledge of everything, it has the power to facilitate making any connections you might need. When you are properly aligned, it will orchestrate and manifest whatever that might be without you even having to ask! “It” is the Mind of God—and the Mind of God encompasses everything. *Everything*.

Having such a computer would certainly decrease the stress in your life, wouldn't it? Well, you *do* have such a computer. Your access point to all this is your Spirit—your “personal computer” or “PC”—which is connected with the “mainframe” via “modem.” Not only is it linked up with the mainframe, it is networked with all the other PCs in existence. Just as you can access the mainframe and the Internet through your properly connected PC to find out what

you need to know, by relating properly with your Spirit, you can access the infinite knowledge and wisdom of Source and make decisions that will enhance all of Creation—while sparing yourself needless strife and inconveniences, as the following personal anecdote shows.

One blazing hot and sticky August day in my native state of North Carolina, I set out on a two-hour road trip with only enough gasoline to get me about forty-five minutes down the road. I planned to stop at a gas station I particularly liked that was about thirty minutes from the point where I had started out. I was cruising southward with my favorite driving tunes propelling me down the interstate, still a good fifteen minutes from my intended pit stop, and though the light on the gas gauge would be starting to flicker at any moment, I was intent on making it to that particular station.

Then something in my head said, “Take this exit and get gas!” Of course, my willful, ego-driven mind said, “I don’t want to take this exit—I like the other station better. It’s bigger and cleaner, the pumps have credit-card scanners, and I can get a snack there. Besides, I just got going—I don’t want to break the momentum yet, and I have quite enough gas to get there.” And the voice inside (which sounded exactly like me talking to myself, by the way) commanded, “Take this exit and get gas. NOW!”

I had, by this point, enough experience with listening and heeding my inner voice—and perhaps as importantly, with *not* listening and heeding it—to know that I’d best pay attention and do what I was being guided to do. So, somewhat grudgingly, I exited, got gas at the only place available—an old station with no modern conveniences, certainly no snacks I’d be willing to eat, and only one of its two pumps working—and headed back down the interstate. I had hardly made it a mile when I was forced to come to a dead stop behind what seemed to be an endless line of vehicles in all three southbound lanes. Due to a multi-car collision, as I was later to discover, the traffic was backed up for a couple of miles. We crept along, starting and stopping, for almost an hour before we finally cleared the wreck and the flow of traffic resumed—and before we reached another exit.

The accident had occurred between the exit where I was

“ordered” to stop and the next exit down the road. I would not have had enough gas to make it through the jam if I had not stopped when the voice within told me to. I’d have been stranded by the roadside in the brutal heat, and I would not have gotten where I was going till long after I needed to be there. Fortunately, I had been connected to the “mainframe” through paying attention, and had gotten advice based on what was known at a higher level than what my own mind could have known based on its observations or from any of the resources I had at hand. Thankfully, I heeded the voice within. It saved me a lot of trouble.

Everything you will ever need to know, be it mundane or spiritual, is available to you through your Spirit and its connection to the infinite Mind of God. Any question you will ever have is already answered there. All the guidance you will ever need for your life resides in the Mind of the One who created you—who better to tell you the path to travel to take you to your highest destiny? What better resource for finding out the specific tasks you were designed to accomplish in this world? Where better to find out the best strategies for healing and revitalizing the very body that It created than the Mind of the Creator? Who better to tell you the exits to take as well as the destinations to avoid?

Yes, listening and heeding God speaking to you via your Spirit and doing as you are guided is a critical factor in your realignment. It is vital to living a stress-free—or even a *reduced*-stress—life. It is something you were born knowing how to do, and it won’t take you long to remember how, if you aren’t well on your way to listening already. In the next chapter, we’re going to look at just how to identify your Spirit’s communications among all the messages coming at you from the world around you and from your own misaligned mind.



BESIDES BEING THE ADMINISTRATOR for the way that you can operate the most harmoniously within the Whole, your Spirit is the administrator of your health—of your wholeness. It knows everything about you. In a very real sense, It is the template for the material form of

you. In addition to being the portal for the entry of Life Force into your body and being the access point to the awesome energy and intelligence of All That Is, your Spirit is the *pattern for your perfection*. The “blueprint” for the creation of the optimal version of you is your Spirit.

Before the physical part of you was born, your Spirit existed. As a perpetually perfectly aligned aspect of Great Spirit, the Source, It has existed for eternity. It is the part of you that was never born and *will never die*. As a mirror reflection of Its Creator, your Spirit is perfect and inviolable. It is the part of you that remains in the image and likeness of God no matter what may occur at the mental, emotional, or physical levels of your being.

All Life Force comes to you first through your Spirit. When your mind is properly aligned with It, allowing Life Force to flow in and circulate through you unimpeded, the energy is utilized according to Its original, intrinsic, perfect design for your optimal functioning. It is organized and routed through you according to the divine instructions contained within your Spirit. Acting as a pattern for the energy, your Spirit channels the Life Force in highly intelligent ways to create your total health and well-being.

As long as the energy is properly received by your body-mind and as long as the channels within it are not blocked, you are operating at optimal frequency where disease cannot exist and you are in a state of perfection that mirrors that of your Spirit. When the channels within your body-mind are blocked, your frequency drops, imbalances occur, the level of function within it diminishes, and you become ill, either to a greater or lesser degree. As long as we are not properly aligned with our Spirits, we are *all* ill—some of us have just already exhibited the symptoms; some of us haven't yet!

Only by allowing your Spirit to restore your body-mind to its original pattern of functioning can you be whole and well again. *This is what healing is. It is the removal of whatever is blocking the divinely patterned free-flow of Life Force through you.* Why do you think that sleep is so healing? It is because your conscious mind is “turned off” and Eve is able to realign with your Spirit for a vitalizing flow of Love to empower the pattern for perfection within you. Unfortunately, part-time alignment is not enough to keep you totally vital.

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Thankfully, though, the perfection of this pattern and the capacity of your Spirit to channel the Life Force through you according to this pattern always remain intact, no matter your alignment. However, because your Spirit can only do this to the degree that you are properly aligned with It, you need to become fully realigned with your Spirit and allow the unlimited power of your Creator to clear the energy channels within you. Then you will be healed completely.

Healing—the process of becoming whole—is a feature that is built into the Divine Design. You will soon understand that intrinsic to Prime Principle is the key to healing at all levels; as we do what is necessary to rise in frequency and heal the magnetic gap, all else is healed—pulled into alignment—spontaneously.



BECAUSE YOU ARE SPIRIT EXPRESSING AS A HUMAN, the process of recreating Eden hinges on you bridging and closing the magnetic gap between your consciousness and your Spirit. Truly, this is a process of allowing your consciousness to become one with your Spirit so that there is no seam at all between your Spirit's thoughts and your thoughts, no difference between Spirit's motives and your own. In a very real sense your task is to merge with your Spirit—to become *one* with your Spirit in consciousness—the way you were designed to be.

While your ego-mind may be resistant to this notion, it needs to grok this: merging with your Spirit is the ticket to having all that you long for—all that you lost during your indoctrination to Earth-life. It is the antidote to stress and the assurance of living your life in harmony with the Whole. It is the healer within you that will restore your body and mind to radiant health when allowed to. It is the expressway to achieving your highest goals and the ticket to manifesting your heart's true desires. It is the path to fulfilling the Creator's highest purposes for you. It is the most necessary step in returning to Eden. It is, in a word, *everything*.

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For more information on *Recreating Eden* and making your life more joyful, please visit www.recreating-eden.com.

Recreating Eden is available through Amazon.com.