

## The Twelve Insights of Harmlessness that Purify the 12 Ordinary Meridians

We will explore the twelve insights of Harmlessness that support the clearing of the 12 ordinary meridians. These insights are part of a new *Belvaspata* for healing the soul/emotional body, that works to clear the 12 ordinary meridians. Through this specialized *Belvaspata*, we may also clear the earth's ley lines and power points, by proxy. As you work with understanding the insights, coupled with living these as tones or attitudes, you will be assisted to deeper clearing of the 12 ordinary meridians through the program, as this BVP is being done on the group.

Almine is bringing forth rich material and powerful tools for the magical life of miracles presently, because the time has come for man to awaken the hidden centers in the body and move to a new resource base beyond polarity. We have discussed about the dwindling power source from the illusion of opposites, and as all is perfection, we are being nudged to the higher life by necessity.

*The meridians are crucial in living a life of miracles.* They are crucial in the body evolving to a more refined state wherein all systems work harmoniously, eventually operating as a unified field, and supporting living multi-dimensionally and inner and outer as one. According to Almine, we must have the 20 meridians (12 ordinary and 8 extraordinary) purified and flowing freely in order to manifest miracles in the physical. Otherwise we may well be manifesting, but they will not appear on the physical plane!

The blockages of the 12 ordinary meridians are made up of the negative emotions and memories that bind us to the past, and to coping and defense patterns that are stuck in assumptions and beliefs. All beliefs bind consciousness, no matter how lofty you may believe them to be. The Fragrance Alchemy, combined with higher insights, and the many processes and modalities that we are being gifted with by the Infinite, serve to break up the geometries that trap awareness and support the activation of new faculties such that we begin to perceive and feel a new reality that transcends duality altogether.

We will be exploring the activation of the new organ centers later. The focus presently is on clearing and supporting the meridian system to becoming a unified field. This activates the two resurrection points, which then causes the acupuncture points to operate as portals between inner and outer space, through which may pass the pheromones of divine Intent. The skin is then no longer a barrier or separative matrix, but a field that allows for unhindered communication and flow between inner and outer, until they blend as one.

These insights are simple, yet to live them will have a profound effect on you and those around you. As you live the insights of Harmlessness, the meridians clear more and more deeply. Suggested exercises are given below.

## Foundation to the Miraculous Life ~ Twelve Insights of Harmlessness 2



*You may use the FA oils for the 12 meridians while contemplating the insights of Harmlessness. Blend of the Gods (on the crown), and Goddess blend (on the bottom of the feet) is also appropriate. “The dynamic balance they bring to the inner masculine and feminine is a source of deep peace – an essential component of well-being.”*

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*“It is no accident that the only difference between the word ‘Earth’ and the word ‘Heart,’ is the placement of the “h.” Scientists and spiritual seekers have discovered that they entrain one another. Plants wither where atrocities have been committed, and thrive where a sexual orgasm has taken place, for instance.*

*Spiritual seekers who have acknowledged the interconnectedness of life, have known what science is now verifying: that we affect the state of the Earth and that it also affects us. Mystics have discovered that size is not an issue when the ability to influence other life forms is being considered, because space (and therefore size) is just an illusion we perpetuate in order to experience the game of relationship.*

***The ley-lines of the Earth, of which there are 12 primary ones, represent the 12 primary meridians of man. Likewise, cosmic space has 12 channels through which resources flow. Those familiar with them are able to travel along them, the way a boat can travel down a canal.”*** (Almine)

The side effect that this BVP achieves is the increased production of serotonin – the feel good hormone of the body. Serotonin affects the frequency of the body. It reestablishes the glad *Song of the Self*, not only for the person, but also by proxy for the Earth.



## Exercise with the Insights of Harmlessness

### 1. Ceremony for Peace and Harmlessness

Apply the FA oils for the 12 meridians. Additionally, place Blend of the Gods (on Crown), and Goddess blend (on the bottom of the feet, on the K-1 points).

You may wish to open up a ceremonial space with candles placed in a circle around you (place them clockwise), and loop the elixir of *Compassion of the Goddess* (add any of your other favorites if you wish).

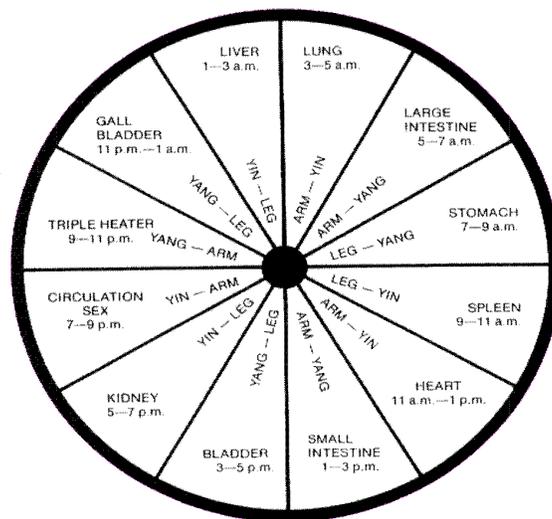
You may do this ceremony in general, or focused on a specific issue that you need inspiration with. Adjust the directives accordingly. Make sure that you will not be interrupted for a certain block of time (an hour is good)... You may do all 12 in one session, or if you have only 30 mins, then do them in series of 3 insights/meridians over several days.

- ⌚ Place the *Wheels of Peace* around you (clockwise, as given in the instructions with the Peace Wheels). Call on the angels of Purity and the angels of Clarity, and place their wheels in your ceremonial space (below). Acknowledge their presence and support with deep reverence, praise, love, and gratitude. Feel into each aspects of peace (using the wheels), and make peace with your life as a purification for the ceremony.
- ⌚ Expand from the heart center and feel deep resonance with the earth. Acknowledge the earth as a highly evolved conscious Being that is supporting our evolution and awakening. Feel praise, love, and gratitude toward the earth, and feel your heart encompassing the entire planet. Feel the most devotional, loving, pure feelings that you can, and let these permeate your whole being. See these feeling exuding from the pores of the your body to the world around you. Use the breath as well...imagine your breath as sweet fragrant wind blowing across the planet. Take your time doing this.
- ⌚ Read each insight of harmlessness, then spend a few minutes pondering on each. Relate it to your life specifically, apply it in one area or in general...and breathe in and out deeply, using the breath to release any tension or stuck places. Release all justification and reasoning...don't evaluate or judge...just observe your life and ask that newness enter in through your willingness to still the mind and needy heart. Admit that you know nothing, and let all your interpretations dissolve until you are in mindlessness. Observe without emotion....
- ⌚ Feel the insight again, and imagine living it. Flow the deep peace of living that insight into your life, imagining that you are blowing this into areas of life, on the gentle winds of change...use your breath, purified by your harmlessness.
- ⌚ When complete, be in Praise, Love, Gratitude and Surrendered Trust to the Infinite (use the sigils that are given after the wheels, below).

## 2. Following the Horary Clock

Commit a day to working with the insights according to the Horary clock. You can read about the clock on the main resources page (or refer to times on the image below).

- ⌚ Upon waking up, first expand the heart center and feel deep resonance with the earth. Feel the earth as a highly evolved conscious Being that is supporting our evolution and awakening. Feel praise, love, and gratitude toward the earth, and feel your heart encompassing the entire planet. With a sense of devotion, begin the exercise for the day.
- ⌚ Ponder on the relevant insight and deeply examine your life in light of the insight. Make a decision for some action to support expressing of the insight. Apply the relevant FA oil.
- ⌚ Set an alarm or have some reminder, for every two hours, to do the same with the relevant meridian's insight.
- ⌚ Before going to bed, apply the remaining oils for the insights yet to be studied. Ponder on each one, as above, and ask that you be assisted to deep integration of the insights.
- ⌚ The next day, review the 12 insights at some point during the day to become mindful of them. Repeat the reviews on the days that you apply the 12-oil protocol, until you understand and live them.



## The Twelve Insights of Harmlessness that Purify the 12 Ordinary Meridians

### *12 Insights of Harmlessness*

1. Transparent Truth ~ Lung Meridian
2. Decisions of Empowerment ~ Large Intestine Meridian
3. The Fluidity of Time ~ Stomach Meridian
4. Spontaneous Becoming ~ Spleen Meridian
5. Embracing Endlessness ~ Heart Meridian
6. Endless Supply ~ For the Healing Small Intestine Meridian
7. Comfort with the Eternal Journey ~ Bladder Meridian
8. The Self-examined Life ~ Kidney Meridian
9. Choosing our Reality ~ Pericardium/Circulation Meridian
10. Creative Contribution through Emphasis ~ Thyroid Meridian
11. Miracles through Surrendered Trust ~ Gall Bladder Meridian
12. Immaculate Timing ~ Liver Meridian

### **1. Transparent Truth ~ For the Healing of the Lung Meridian**

From the moment a lie is told, the whole cosmos conspires to reveal it. The nature of life is truth that flows in an unstoppable expression. An untruth is an attempt to obstruct the flow of life itself and must eventually fail in its pitiful effort to pit itself against Infinite expression in action.

#### **Commentary:**

*Any obstruction to the flow of life will be undone. When we lie, we create veils of deceit for others, but those veils also hinder our own clarity.*

*Living with lies, we then justify and rationalize and the mind grows noisy and becomes overpowering. Our ability to hear and know truth becomes compromised and it is only a matter of time that life will expose us, as our intentions are outpictured in outer reality. There is a saying, "If the wrong man does the right thing, the right thing will turn out wrong; yet when the right man does the wrong things, the wrong thing will turn out right". Life will become challenging when you allow deceit.*

### **2. Decisions of Empowerment ~ For the Healing of the Large Intestine Meridian**

The only form of persecution to fear is self-persecution. Decisions based on protectiveness, persecute the self by denying its ability to manifest a life of unfolding grace and self-sovereign **abundance**. **Protectiveness attracts persecution, whereas the self-sovereign confidence of the highest truth expressed mobilizes the support of the cosmos.**

The only form of persecution to fear is *self*-persecution. Decisions based on protectiveness persecute the self by denying its ability to manifest a life of unfolding grace and self-sovereign abundance. Protectiveness attracts persecution, whereas the self-sovereign confidence of the highest truth expressed, mobilizes the support of the cosmos.

**Commentary:**

*Protectiveness from believing that anything can harm you, perpetuates the illusion of inequity or imperfection in life. Underlying is a sense that life is hostile, as belief in life's benevolence cannot be circumstantial. When you are in protectiveness—whether for self or for a 'loved one', you are cause of a disempowered state and dwell in linear time, where safety depends on manipulation of external events.*

*In protectiveness, you believe in and so live the law of compensation and are fearful or slow to change. This hinders the flow through the large intestine, and blocks the gate of the perineum that is the organ that release obsolete programs.*

*When you interact with life from protectiveness, since life cannot flow through unhindered, it unfolds without grace. On the other hand, when you still the fear and surrender to life, allowing the ever new in trust, having faith that all is perfection even if you cannot yet understand how, then the resources and insights that you need to meet the moment in full presence and power will arise. By your faith are new powers and faculties unfolded within being. As you allow the obsolete to release in each moment, you are continually renewed and regenerated.*

### **3. The Fluidity of Time ~ For the Healing of the Stomach Meridian**

The past changes from the choices of the moment. But the past cannot change when we hold onto it in our memories, or when we have abandoned the moment. The moment only has the power to change the past and the future when our awareness is fully focused on it. When we live in the future or the past they become our tyrants.

**Commentary:**

*The past lives as emotional memory, which are packets of frequency 'encased' in beliefs. Emotional memory is unprocessed experience--trapped in low perception or misunderstanding. This causes reactionary responses to life, ensuing drama, and repetitive cycles.*

*In the illusion, time appears like a line through life that captures the path we choose and have chosen up to now. We interpret life according to consciousness at any point in 'time'. We believe the past to be fixed when we are unable to reinterpret it. Without reinterpretation, we cannot change in consciousness. We then are plagued by ghosts of the past via grudges, regrets, remorse, guilt, shame and blame, etc. A ghost is like a past dream that we bring back beyond its time. As we expand in consciousness, we interpret anew, and the encasement that holds the emotional memory dissolves, and with it the emotions of the past.*

*When you realize there is only perfection and nothing to forgive, then grudges, wounds, regrets,*

*guilt, shame, and nostalgia all disappear. They are the false emotions that are sustained by spirit programs. As you continually expand into the self as the only one, the past lives increasingly as a source of inspiration to the present, and you realize that 'time' is a device of consciousness, in order that we have the sense of unfolding life and evolving consciousness. A certain level of density is then also a device to slow down and examine parts of the All, in order that we may consciously master the process and tools of creation of thought, intention, attitude, emotion, and deed.*

*We are moving beyond the tools and into mastery, and the power of instant manifestation is a real possibility. Are you ready for it? Life in density in the dream of separation and linear time was a training ground, but now it is time to let the past dissolve that we may live the fullness of the fluid unfolding moment of eternity.*

#### **4. Spontaneous Becoming ~ For the Healing of the Spleen Meridian**

We encase ourselves in the rigid armor of our past stories. Driven by our need for continuity, we hold onto past stories, denying ourselves the fluid contribution of new vision. In releasing the desire for permanence, reference points and continuity, we release the constrictions of belief systems. Spontaneous becoming is then revealed bringing with it the gift of self-regeneration.

##### **Commentary:**

*Self-regeneration is the state wherein the eternal self is revealed. Eternity is not a duration in time, it is a state of creation that is the result of ever new expression. When each moment is new, life is optimized. Anything that is not new, on the other hand, is stagnant and subject to decay.*

*“Through perpetual renewed expression is revealed my Eternal Self.”*

*There is a goddess archetype (13<sup>th</sup>, Cha-uravi) (the archetypes are latent powers within us) that sees with new eyes. She replaces Arakana—who spun webs in the matrix through trying to control circumstances. The senses have 'fallen', meaning that they lost their feminine aspect, which brings the mystery of the unknowable..the access point to the unfathomable vastness of being. Without the unknown, we live in the known and nothing new arises. In this state, there is no becoming...there is only degeneration. Death then results.*

*Think of very young children and how they are in the years of maximum growth—that is because everything is new to the child. In childhood, healing and regeneration are so quick because the child is new in each moment.*

*When we truly know ourselves to be unknowable and allow the moment to reveal ever newness of being, then we too begin to regenerate very quickly. Moreover, when we see with new eyes in every moment, nothing is taken for granted. As we see all anew, we must also engage fully in the moment, because there is then no such thing as past wisdom or past knowledge to apply now. The past lives in us only as inspiration to meet this new moment, with excellence that surpasses any prior standards. This is the way that the divinity slumbering within us arises into ever fuller expression.*

## **5. Embracing Endlessness ~ For the Healing of the Heart Meridian**

Death is a result, not a cause. Its perceived tyranny is an illusion, since we are the first cause of anything that transpires in our reality. Death is the tool, the purification rite used by infinity to sweep clean the attempts to dam up the flow of eternal life with belief systems. When we release our identities and belief systems, the need for aging and death disappears as well.

### **Commentary:**

*Self-regeneration is the state wherein the eternal self is revealed. Death is simply the result of choices that are degenerative...those that keep us in static and obsolete patterns...that move us away from the eternal self. Death is the result of living in attachment and trying to secure things externally. We can only stray so far into illusion, until we have used up all the energy available outside of source—then death comes to us as an act of benevolence.*

*Just as we have gone through these cycles of life, death and ascension, so too has the cosmos—and it has used up its finite energy source of polarity. We are now at choice individually...to embrace what is real and moves us into eternal existence, or to remain in the illusion that no longer has energy to sustain it.*

*It is revealed that there are 144 illusions of separation that cause constriction in the 'lines of light of the etheric body that form the 144 acupuncture points'.<sup>1</sup> These are the points that hold discordant frequencies (false emotions), which the FA addresses, as do these insights of harmlessness and the Krihanash BV that you will be learning. Many tools have been given to work with these pathways from various 'angles'. The yoga programs will each address a level of expression (body, soul, and two levels of spirit) to free it up to move beyond linear change.*

*So long as we confuse the tools of consciousness with who we are and are bound by them, aging and death will be our unwelcomed guest. "Incorruptibility dances with the paradox of illusion, embracing the unknowable essence of life and begins to draw from the endless supply of the One Life." And beyond formless form...beyond dancing with the paradox...we become the paradox...the door to everything.*

### **From Divinity Quest...**

***The presence of the master who dwells in the uncompromising certainty of a deathless existence, brings exponential blessings to all life. (7)***

It is not by rescuing or trying to fix that we may have impact to eternal life. Only the changing the very pattern of life are we a blessing to it.

*"The pattern of life is changed by the master who breaks the mold of life and death. Who breaks the opposites of sleep and awake, of shadow and light. it is when we know without any doubt that we are eternal beings and that our body is but a manifestation that can be perpetually regenerated from this eternal self that we start to change life everywhere by changing the hearts and the deep core knowingness of all creatures. That they too can reach for their eternal selves and it is there that life is empowered and flourishes.*

*The deathless existence also must have a beginningless existence. Never has there been a beginning to beingness, to the infinite. As changing expression of infinite life, the many therefore also are endless, beginningless, merely changing in new ways and new expressions. If we resist change, death comes to change it for us. If on the other hand we embrace change as the natural flow of existence with trust and enthusiasm, seeing the new inspiration and the new poetry unfolding before our eyes, it is only then that death no longer has its purification rite from this.”*

## **6. Endless Supply ~ For the Healing of the Small Intestine Meridian**

The possibility of depletion and loss can no more exist than a hole can be made in the ocean. As soon as something is removed from our environment, something rushes in to take its place and fill the gap. When we are bereft of a loved one, we cannot imagine that anything could compensate for it. Yet the loved one has at some level volunteered to provide us with the opportunity to gain strength, depth and other valuable gifts from the experience.

### **Commentary:**

*Life is wholly benevolent and innocent, and when we too enter into innocence, the miraculous behind the appearances will reveal itself, because life is miraculous. Pain and suffering only arises when we fail to acknowledge and thus to allow the flawless perfection of life unfolding. Lack only exists where the mind is tyrant..where it attempts to control the spontaneous unfolding of life. Where there is lack of any kind, therein illusion lies...it is the result of resisting life.*

*“The only time lack can abound is when the confines of mind can be found. A bucket can hold only so much water when in the ocean it is placed. Though surrounded by bounty, it is limited by space. When we live like a child, experiencing without mind life’s bounteous, endless flow, life will provide all we desire. Then true abundance we will know. Eliminating mind that judges and divides requires complete surrender to life. From resistance arise thoughts that confine, creating the ties that bind. A surrendered life, free of strife, receives the abundance that Source provides. Thus with all man’s striving to achieve and increase, instead of abundance he increases his needs. Free from desires and through daily gratitude, he attracts success and the flow of plenitude. All blessings to come must be begun by acknowledging gratefully present gifts. It decreases our supply when we focus on lack instead of what there is.” (From Transmissions from the hidden planets).*

## **7. Comfort with the Eternal Journey ~ For the Healing of the Bladder Meridian**

We are challenged to move beyond the boundaries of our comfort zones by the more enlightened, as well as the less enlightened in our environment. The master and the fool thus serve the same purpose of helping us transcend our existing paradigms and evolve our interpretive expression of our part in the Infinite’s design. In embracing whatever form our

challenge to expand our horizons comes in, our comfort with the eternal journey grows. Our confidence in our ability to meet the challenges of life deepens.

**Commentary:**

*When you consider that we are each a unique individuation or lens of the Infinite, all meeting at a point in time from various stages of our evolution, it follows that all expressions serve the never-ending journey of unfoldment. Whether you see the folly that you have overcome in one, or find inspiration in the level of realization of another, the many serve to help you refine your expression and choose the direction of your next step. When you know that your eternal self is revealed in ever new expression, you will look behind appearances to find deeper revelation of self through all experiences of life and all players that cross your path.*

**Invitation for contemplation:** *look to where you overlook the valuable contribution of some of the players in your life. Release value judgment, hierarchy of importance that causes you to perceive some players or situations as irrelevant or annoying. Everything in your life can serve, or it would not be there. Relax into all aspects of your life..knowing it fits you perfectly at every moment of the never-ending journey...*

## **8. The Self-examined Life ~ For the Healing of the Kidney Meridian**

When we see others in life stagger and fall under burdens and challenges, we could be led to deduce that there are some situations we are not equipped to cope with. But for every challenge we face, we have what it takes to surmount it. Even if it feels as though our hearts have broken and our life lies in ashes, the eternal aspect rises again like spring grass in a blackened field. Painful challenges come to awaken those unused qualities and unexpressed strengths we hide in false humility. To push our limits, and stretch our wings slightly each day, makes forced change unnecessary, yielding instead to graceful change.

**Commentary:**

*Life is a benevolent force—it is neither punitive nor is it a test of our stamina. No unfair stress can cause anyone to fail to live their highest potential. The chick must exert effort to get out of the egg, in order that it be ready for life outside of the enclosed space; likewise for the butterfly. And so it is for us as well as we leave the matrix. We have the inner power to face all challenges that beckon us to leave the illusions behind-- if some do not rise to meet life, their failure is a choice they make. The greater the apparent challenge, the greater the power yielded as we make it through—and this power then vitalizes us to higher consciousness.*

**Invitation for contemplation:** *Scan your life and look at places of stagnancy or resistance, where you are feeling burdened and in self-doubt about your abilities. Understand that life nudges us to ever new expression. It calls you forth to know yourself in new and expansive ways...Look at what inner qualities and powers you need to cultivate from depths within, in order to meet the challenges that may have appeared bigger than you.....*

## **9. Choosing our Reality ~ For the Healing of the Pericardium/Circulation Meridian**

We have misunderstood our role in manifesting opposition in our lives. Because it seemed that some external force was inflicting the hardships, we rationalized what else would seem out of our control. We called it ‘an unescapable part of life.’ We gave it the noble purpose of testing and shaping us. Although gaining its insights, once we are in the midst of hardship, is the most expedient way not to have to repeat it, it is by no means a necessary way to learn. Living in full awareness, to change perception fluidly in the moment, can achieve the same impetus to move with grace in the infinite dance of existence.

### **Commentary:**

*The insight to glean from this is that hardship is not necessary. Our overvaluing of it has fostered the belief that we are shaped by the burdens and seeming forced challenges of life. In truth, it is our resistance to life that delays inevitable growth, which then must come by force rather than by grace. In fact, opposition is the result of having delayed the discovery of insights and power that were potentials held within past circumstances and events of our life. Opposition comes from carrying around the density of unyielded insight trapped in emotionally charged memories, which creates the need for linear time.*

*The pericardium is the 'heart mind', and when it is in surrendered trust of life through a strong foundation of self-trust that discerns life accurately and lives the moment well, it is able to serve the choice of a higher reality.*

**Invitation for contemplation:** *Identify all beliefs, interpretations, and behaviours that nobilize hardship...or even that seek out the stories of hardship. Identify all beliefs that sympathize or nobilize one end of a polarity above another (eg. Poverty over wealth, victimization over power abuse, sacrifice over indulgence (seeing one as holy and the other not), etc. Release it all...you do not have to understand fully...just know that any pole cannot exist without its opposite, and so is not real, as anything that has an opposite is not real...*

## **10. Creative Contribution through Emphasis ~ For the Healing of the Thyroid Meridian**

In certain religions the devil, representing evil, is elevated to the status of being the opposite of the Infinite. The same inconceivable over-valuing of evil is done by many who fear it, protect against it, and worry about it entering the lives of themselves or their loved ones. It is this misperception that empowers it and makes it come alive, as though worrying about your shadow can bring it to life. To turn on the light, banishes shadows. Remove your focus from perceived evil; find what within yourself you are not accepting, and focus on living to the fullest of your

heart's content. Be generous with yourself in supporting the song of your heart.

**Commentary:** *the evil you fear loses its apparent potency when you retrieve the unyielded insight in what you judge. In being able to perceive harmlessness where once you saw evil, you must move to transcendent depth of awareness wherein the evil is simply an evolutionary impulse that awaits full recognition. It is likewise with all that seems to oppose or attack. Your contribution to creation is your unique perspective from depth within, that pierces through appearance and uncovers the glory, beauty, and harmlessness of life. As you withdraw focus from the false that appears real, you embody ever higher consciousness that impacts on all life. The master that no longer perceives evil is a blessing that lessens fear in the world.*

**Invitation for contemplation:** *Identify where and how you have given evil too much importance, where you have been in fear of it or tried to rescue people from their delusions. Look also to where and how you have tried to fix situations by seeing them as wrong...seeing others as wrong...wanting to spare others their tears, etc. Now imagine gathering up all those resources misappropriated into focusing on negative appearances, from past and present focus and attention, and flowing that toward the highest visions that affirm the perfection, innocence, and beauty of life at all times. Flow these resources into higher visions in all areas of your life...Vow to see only perfection and live in praise, always.*

## **11. Miracles through Surrendered Trust ~ For the Healing of the Gall Bladder Meridian**

The true meaning of humility is an approach to life that acknowledges the unknowable nature of existence, but embraces it with a surrendered trust. Trust stems from the knowing that the manifestation of Infinite Intent comes in the form of subtle promptings that you are able to interpret through effortless cooperation with life. In complete oneness with Infinite Intent, the mind empties of old knowledge and the heart opens to new possibilities.

**Commentary:** *The biggest arrogance, born of ignorance, is thinking we know, and trying to impose our will on life. The angels brings us great insights into the miraculous life of surrendered trust:*

- ⌚ *Life unfolds in a sporadic series of jerks when resisted, and in fluid effortless grace, when embraced – the choice is ours.*
- ⌚ *To fight against density and illusion is to fight against our own choice not to fully express aspects of our being. Self-abandonment is the cause, density and illusion the effect.*
- ⌚ *A life that flourishes is one that allows the new to effortlessly unfold through it, while maintaining an eternal perspective.*

**Contemplation:** *Look to ungraceful areas of life...observe how you are holding on to nostalgia or regrets of the past, or to preferences...see the assumptions you are making...the judgments, etc. Now imagine releasing all resistance to life created by the mind...release all preference of outcome, all value judgment, all beliefs, all that you think you know, all shoulds and if onlys...let it all go. Feel what it would be like to know all is perfection, and to fluidly allow all to change as it will, without interference and without holding on to anything, yet with high flexible vision and trust in life's goodness no matter*

*what transpires.*

## **12. Immaculate Timing ~ For the Healing of the Liver Meridian**

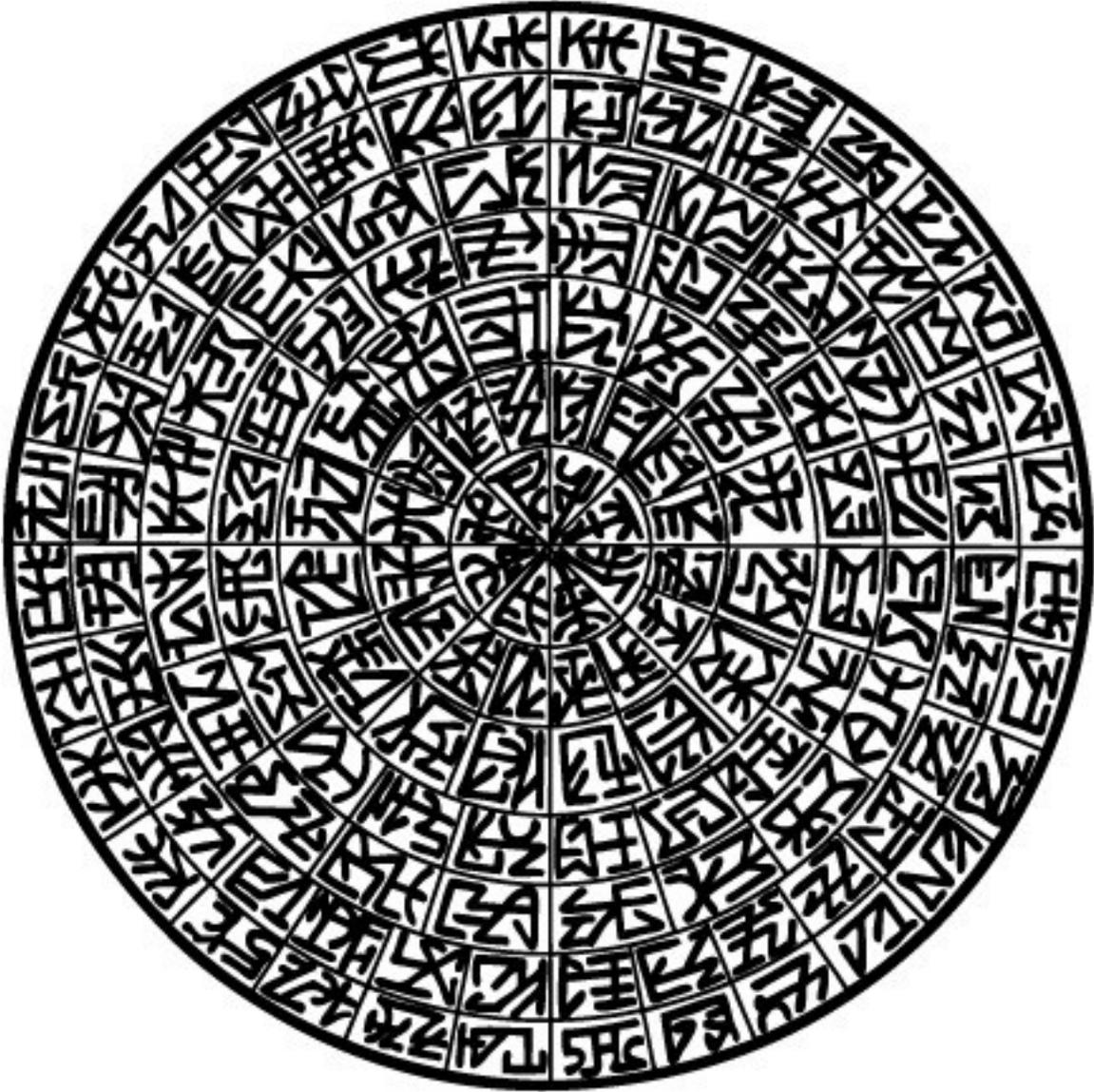
Life unfolds with immaculate timing, even if we imagine that in some way we may have missed a chance, been too late or too premature. Like the perfection of a spider web, in which each thread is dependent on every other thread, timing affects trillions of other events and jointly creates an expression of Infinite Intent. We may wish for something to have unfolded differently, and think its timing to be flawed, but in trust we can feel what only a larger perspective can reveal: the absolute perfect purpose behind every event.

**Commentary:** *None of our stories are real--all that is real is Infinite Intent that flows through the level of our perception, and life orchestrates accordingly. All of life's events are timing mechanisms. The blind spots in others allow you to discover your highest truth by contrast and transcend illusion for all—in this manner you are gifted with the opportunity of effecting change for all, and power and higher awareness accrues to you as trapped resources are released to create refinement.*

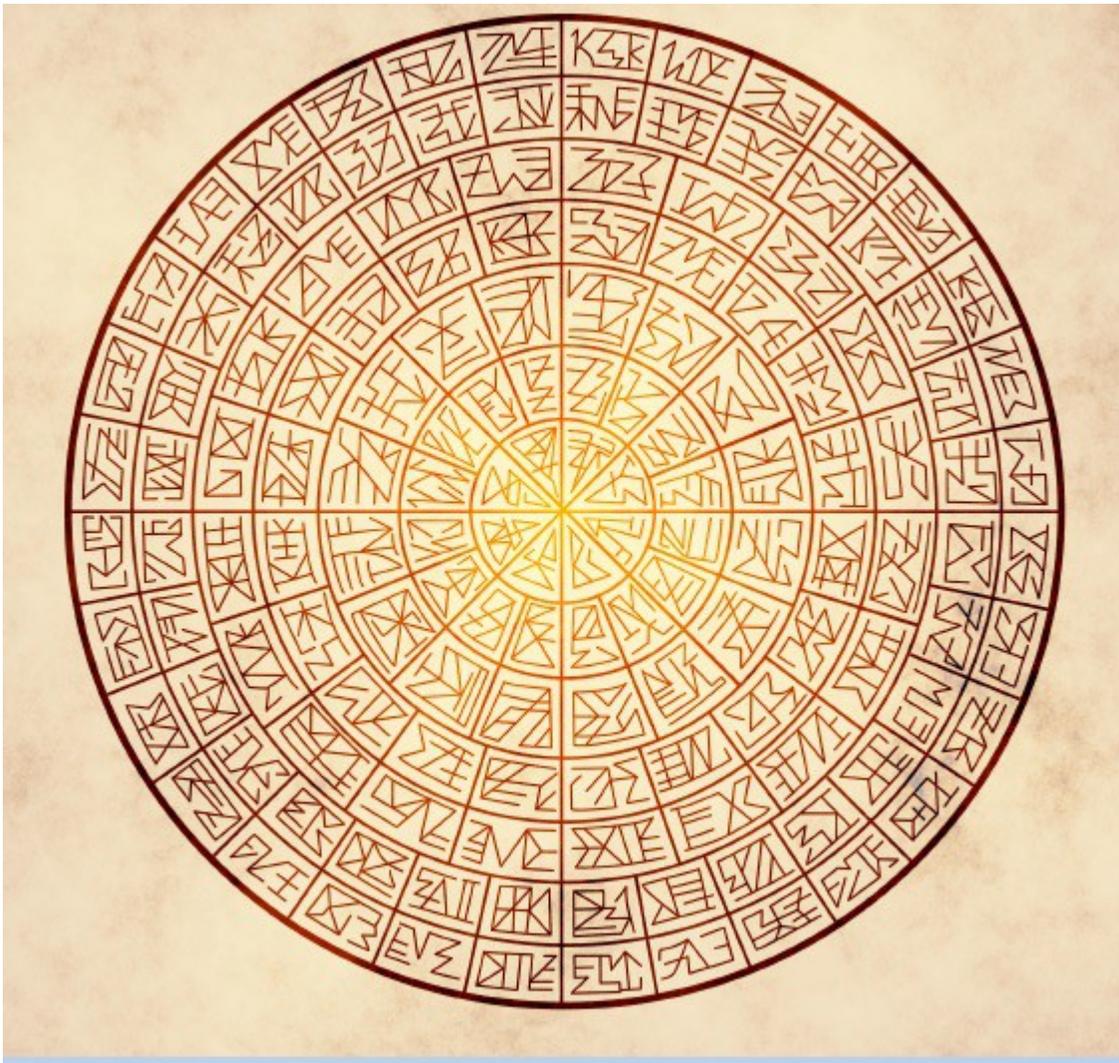
*Do not lament the stories as life unfolds, as the unfoldment is flawless and in perfect divine timing. When you waste time lamenting on how things unfold, you miss the opportunities of revelation—this is so because perception becomes obscured when you believe that what is should not be.*

**Contemplation:** *Look at all regrets, should have, could have, if only this had not happened, etc. Now imagine that all that transpired was inevitable...that there were no other choices...and that your thinking that there were is illusion. Just entertain this....Feel into present life, and feel that the next step is inevitably determined by your level of surrendered trust of life that allows you to follow your highest truth in each moment. All is inevitable, and determined precisely by your level of consciousness...by your courage or lack thereof, to engage life from the fullness of being. That level today is different than yesterday...and will be greater still tomorrow as you follow the highest inspiration within. And life meets you precisely with your next step to higher consciousness.*

## Wheel of Tones of Clarity



*144 Tones of Clarity ~ Wheel by Almine, [www.spiritualjourneys.com](http://www.spiritualjourneys.com)*



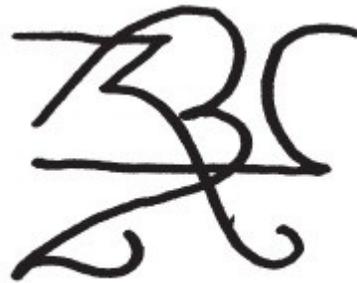
*Wheel of the 144 Tones of Purity (by Almine)*

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*Sigils for the Ascension Attitudes of Praise, Love, and Gratitude, and the sigil of Trust that takes us beyond ascension...*



Praise



Love



Gratitude

