



Sigil to heal the thyroid through enhancing sensual delight, with the light elixir to activate the inner senses (by Almine, www.spiritualjourneys.com)

Uncovering the Mysteries of Inner Space

“We are the door of everything. We stand on the edge of space and time. Inner space is that which we are not looking at. If we turn our back on outer space, it becomes inner space.”

“Outer space folds over into inner space, over the edge of our awareness. One flows into the other the way the ocean and a current within it flow into each other.” Almine

From resisting looking freely at all that we are and are not yet expressing (which is All That Is), we have made space into something static. Our senses have fallen prey to interference because of the tendency to value or prefer certain things over another...to see the 'glass half empty'. Our senses

become 'selfish' when they want things a certain way—they then hold veils over what is, and edit out reality.

Scientific studies have found that we edit out at least 80% of what is registered in the optic center, because of belief systems that preclude what is visible. Rudolf Steiner has said that when the senses are 'selfish' they absorb what is taken in rather than ray it out through the whole body—these form the matrices that separate the senses and hinder them from operating as a unified whole. These tendencies make for a 'programmed existence', in which we do not see what is real...but rather do we see what we expect, based on conditioning. The senses that perceive according to assumption and conditioning are vulnerable to programming, because they lose their ability to discern and trust the real. Many of those illusions are *cause-effect* assumptions, which get reinforced by expectation, much like a Pavlov dog that salivates when it hears a bell. We then believe that bells causes salivation..

It is the 'fallen' or programmed senses that make things static, when in truth, life fluidly reshapes according to consciousness. In complete fluidity of consciousness beyond all beliefs, the static world would appear as a moving ocean, and all becomes changeable.

How fluid is your consciousness determines the 'speed of life'. The gland for the 'speed of life' is the thyroid. When we engage life from ever increasing sensory capacity, all becomes fluid and new in each moment. Intuition and effortless knowing arises from the felt sense of the unified field of the inner and outer senses.

The sigil to awaken sensual delight that heals the Thyroid center is a gift from the Infinite (through Almine) to assist us in evolving the body that has been neglected through self-abandonment.

Self-abandonment is the root of all addiction (to food, exercise, rigid rules, substance, distraction, etc); addictions or programmed existence trap consciousness and resources, hindering one's ability to heal or evolve. The antidote to a life driven by addiction is full presencing of the inner senses.

Exercise:

- Look at the light elixir and the sigil (that is a power object), while playing the elixir that was given by the hidden realm (the fauns) to Almine, for the purpose of opening up inner space. Feel the light and music elixir with your whole body and all senses. Take your time with this.
- Do this regularly, so that you have it as option when you feel in addictive behavior patterns. You change your life by breaking out of programmed existence; addictions are very important to no longer indulge.