

**UNCHAINED**

**BREAKING THE CHAINS OF SELF-SABOTAGE AND STEPPING INTO YOUR TRUE**

**POWER**

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## **Foreword**

In a world filled with endless possibilities, why do we settle for mediocrity? Why do we allow self-sabotage and low expectations to chain us down, preventing us from reaching our true potential? These questions have haunted humanity for ages, yet the answers have always been within our grasp. But the underlying truth is that most people do not have a clue as to who they are or what they are capable of accomplishing. Most people have settled for mediocrity because the trials of life have seemingly stripped away the greatness of their true essence.

Do you feel stuck in your life as if you've been battling the same issue for years? Do you come across opportunities but never take the chance to change your life because you don't want to relive a traumatic experience from your past? Have you become cynical about God, wealth or abundance because things have just never seemed to quite work out in your favor? For these reasons, I have authored these pages. I will doubtlessly give you the answers you seek within these very pages.

Welcome to "Unchained: Breaking Free from the Chains of Self-Sabotage and Stepping Into Your True Power." This book is an exploration of the human spirit and its innate desire to break free from the limitations and poor self-perceptions that hold us back. It is a guide that will empower you to rise above the chains that bind you to a life

you do not want and step boldly into the greatness of your divine identity, enabling you to become, do or have whatever you desire.

In the pages that follow, I will take you on a transformative journey, weaving together the metaphysical truths of the Bible and the scientific discoveries that illuminate our understanding of the human mind and heart. We will dive deep into the divine nature of God and His ideal for mankind. By combining these seemingly divergent realms of knowledge, we unlock a powerful synergy that has the potential to revolutionize our lives if one can unlearn the thoughts and beliefs that have led to their dissatisfaction with life and all that it entails.

The Bible, revered by millions as a sacred text, contains profound wisdom that transcends time, culture, and the silliness of man-made religion. The true meaning of scripture and its power come alive within this very book that is in your hand. The metaphysical truths of Biblical scripture offer us insights into the nature of our existence, the power of belief, and the limitless potential that lies dormant within each of us. By delving into its pages, we discover keys to unlocking our divine identity and unleashing our inherent greatness.

I must also communicate that the words in this book are more than knowledge and

wisdom. These pages contain revelation from the depths of my heart. Therefore I know the things I speak to be true and life changing. Even if I didn't possess the credentials of a doctor or have my degree, I believe these pages would be penned the same. Nor do I believe any religious sect or denomination has the power to qualify me to share the truth God has placed within my heart.

But this book goes beyond religious doctrine. It embraces the beauty of scientific truths that have emerged from rigorous inquiry and exploration. Science, with its quest for understanding and its commitment to evidence-based knowledge, provides us with a deeper understanding of the human mind, the power of intention, and the interconnectedness of all things. By integrating these scientific truths into our exploration, we expand our perspective and amplify our capacity for growth and transformation.

"Unchained" is not a book that offers quick fixes or empty promises. It is a call to action, an invitation to embark on a journey of self-discovery and personal liberation . It is a roadmap that will guide you through the labyrinth of self-sabotage, low expectations, and poor self-perceptions leading you towards the radiant light of your highest self. Your acquisition of this book has placed you at the edge of your understanding about God, yourself, and the possibilities of life. You can remain the same, believe the same, and tell yourself the same story to produce the same results or you can make a decision to humble

your mind and receive truth.

As you read these words, I encourage you to open your mind and heart to the possibilities that lie within you. Embrace the transformative power of belief and intention. Allow the metaphysical truths of the Bible and the scientific insights to illuminate your path. Embrace your divine identity and step into the greatness that has been waiting for you. Remember, you are capable of extraordinary things. You possess within you a spark of divinity that yearns to be unleashed and expressed. It is time to break free from the chains that bind you to lack and mediocrity, to rise above self-doubt and fear, and to embrace the limitless potential that resides within your being.

I am honored to be your guide on this remarkable journey. May "Unchained" serve as a beacon of inspiration, igniting the flame of possibility within you and guiding you towards the attainment of your highest self. May you walk this path with courage, determination, and unwavering faith in your own innate greatness.

*Galatians 1:15-20 AMPC*

*But when He, Who had chosen and set me apart [even] before I was born and had called me by His grace (His undeserved favor and blessing), saw fit and was pleased [Isa. 49:1; Jer. 1:5.]*

*To reveal (unveil, disclose) His Son within me so that I might proclaim Him among the Gentiles (the non-Jewish world) as the glad tidings (Gospel), immediately I did not confer with flesh and blood [did not consult or counsel with any frail human*

*being or communicate with anyone].*

*Nor did I [even] go up to Jerusalem to those who were apostles (special messengers of Christ) before I was, but I went away and retired into Arabia, and afterward I came back again to Damascus.*

*Then three years later, I did go up to Jerusalem to become [personally] acquainted with Cephas (Peter), and remained with him for fifteen days.*

*But I did not see any of the other apostles (the special messengers of Christ) except James the brother of our Lord.*

*[20] Now [note carefully what I am telling you, for it is the truth], I write this as if I were standing before the bar of God; I do not lie.*

With immense gratitude,

Kellon Martin

## CHAPTER 1

### **Breaking Free: Embracing the Journey of Self-Awareness**

**“Not Knowing is Not an Excuse for Not Finding Out!”- Carlos Quinney Jr.**

In the depths of our existence, there lies a profound truth waiting to be unveiled—a truth that holds the key to our liberation and fulfillment. It is the truth of our divine identity. Yet, so many of us remain unaware of this truth, trapped in a state of ignorance that stifles our potential and robs us of the abundance that life has to offer. There used to be a saying that stated “*Ignorance is bliss*”, insinuating that ‘*not knowing*’ alleviates one from the responsibilities of dealing with the truth of a matter at hand. I would ask then, *what benefit have you gained from not knowing? Do you enjoy living in fear? Can one truly enjoy the pain of lack or feeling like you are not good enough, pretty enough, or smart enough?* From experience I can tell you that where there is ignorance there is darkness and there is no reward for not knowing.

In the realm of knowledge, ignorance represents a void, while enlightenment is the beacon that guides us. It is within this void that darkness dwells, devoid of the radiance of illumination. Imagine stepping into a room shrouded in darkness, its space cluttered with furniture. The looming danger becomes probable as you navigate blindly, unable to perceive the perils that lie ahead. Whether it be colliding with a piece of furniture or causing oneself pain, the inevitability of harm hangs heavy in the air.



Darkness, in essence, symbolizes a lack of self-awareness or a state of unconsciousness in which we unknowingly sabotage ourselves and engage in behaviors that lead to self-destruction.

Imagine entering that very same room, but this time, you flick a switch and bathe the space in radiant light. The darkness recedes, unveiling the furniture that once concealed perils. With newfound vision, your eyes scan the room, allowing you to effortlessly navigate the space. No longer plagued by uncertainty, you avoid the dangers that once lurked in obscurity. The act of illuminating the room becomes a metaphor for enlightenment, for it grants you the ability to perceive the world around you with clarity. By shedding light on the shadows of ignorance, you empower yourself to make informed choices and steer clear of self-destructive paths.

As for myself, I lived a great portion of my life in darkness. I was a mariner, set adrift on the vast seas of existence, without navigation equipment or even a compass to guide me. I was just a vessel on the sea of life, tossed about by the winds and waves of circumstance. The ship was sturdy and well built, designed to withstand the harshest weather, but the captain was blind. I was that blind captain, navigating life without understanding its purpose, its meaning, or its potential.

My ship was fuelled by ignorance, fueled by the idea that the purpose of life was merely to survive, to keep the ship afloat. The concept of spirituality, of a greater power or purpose, seemed as foreign to me as the undiscovered lands I was sailing towards. I was taught about God, yes, but it was as if I were learning about a distant star, bright but unreachable, with no tangible connection to my own life. I was taught the rituals, the ceremonies, but not the essence. I was taught to observe, not to experience. I was taught to pray and maybe to expect an answer if I behaved.

Love and relationships, too, were a mystery. I was not taught how to navigate these complex waters. I was not shown the path to genuine connection, to mutual respect and understanding. Instead, I was left to fumble in the dark, to make mistakes and misunderstand, leading to a cycle of withdrawal and isolation. I was not taught that my heart was a place of abundance, therefore I believed it to be a place of desolation. No one told me that to receive genuine love I had to become that which I craved, to genuinely feel loved.

And so, I walked in darkness. I became accustomed to the absence of light, to the shadows that cloaked my existence. I was chained to my ignorance, shackled by my lack of awareness. I was asleep, unconscious of my own potential, unaware of the vast, untapped resources within me. I could not express what I could not see. In the darkness is

where I believed I belonged.

But eventually, came a spark. A flicker of light in the pitch black. At my lowest point, in the depths of my heart I felt a shimmer of hope in the form of light. This spark was self-awareness, the realization that I was more than a mere mariner on the seas of life. Through the process of enduring in the darkness of obscurity I developed the truth that I was the sea, the wind, the ship, and the captain. I was all and had always been.

This illumination, this self-awareness, was not a sudden explosion of light but a gradual dawning of my true identity. The darkness receded as the sun rose, bringing with it understanding, wisdom, and love. I realized that God was not a distant star, but the sun that illuminates my path, the light that dispelled my darkness and made me aware of all I am capable of doing and becoming. This realization is embodied in the metaphysical interpretation of the Bible verse John 8:12, “When Jesus spoke again to the people, he said, ‘I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.’” In this context, Jesus, or Christ consciousness, symbolizes the power of self-awareness, the ability to transcend our ego and realize our divine nature. Christ is not separate from us but within us, the inner light that guides us towards love, compassion, and understanding.

The darkness of my past, the ignorance that once ruled me, has now become a testament to the transformative power of self-awareness. I am no longer a blind mariner, adrift on the sea. I am a lighthouse, a beacon of light, guiding others towards self-awareness, towards their own inner Christ. And so, I continue my journey, guided by the light within, the Christ consciousness that illuminates my path. I am awake, aware, and alive, navigating the seas of life with purpose, love, and understanding. The chains of ignorance have been broken, and I am free. This freedom is what I want for you as well and can be yours if you allow it.

But first, one must know the true essence of who they are and become aware of “self” so that you can pass from darkness to illumination. Your journey from the perceived darkness of ignorance to the radiant dawn of self-awareness is the first step to a massive paradigm shift in your understanding. You must come to understand that you are not a human seeking spiritual experience, but rather a spiritual being navigating the human experience. This shift, as monumental as it is, sets the stage for a journey unlike any other, a journey that will transform not just your perception of self but your experience of life itself.

Please take note that breaking free from the shackles of darkness is not an easy journey. It requires courage, determination, and a willingness to let go of the comfort of

familiar patterns and stories that you believe. It demands that we sacrifice our limiting beliefs, our self-imposed limitations, the tearing down of our monuments erected in the name of brokenness, and our attachment to a life of mediocrity. But please understand that for change to occur, there must really be a desire for it.

The desire to change is a powerful force that can provoke a heightened degree of self-awareness and must outweigh the fears of both failure and success. Our urge for transformation stems from a sense of dissatisfaction, longing, or a yearning for growth, and it is these feelings that push us towards introspection and self-examination. The status quo may no longer fulfill us, or perhaps we are driven by a vision of a better, more fulfilling future. Whatever the catalyst, it is this intrinsic motivation to transform that drives us to dig deeper into our own consciousness, prompting a new level of self-understanding.

This newfound self-awareness, born from the desire to change, allows us to identify the areas in our lives that require transformation. It offers us the tools to understand our motivations, to recognize our patterns of behavior, and to discern how these patterns serve or hinder our growth. It gives us the clarity to understand our values, our beliefs, and how they shape our choices and actions. Ultimately, the awareness provoked by the desire to change becomes a guiding light, illuminating the path towards our desired transformation.

However, we must remember that self-awareness is not a one-time event, but a continuous process. It is an ongoing journey of discovery, where the desire to change plays a pivotal role. The more we yearn to change, the more we delve into our psyche, peeling back the layers of our identity to uncover the core of who we truly are. This process, while challenging, is an essential part of personal growth and self-improvement. It's the desire to change that provokes awareness, and it's the awareness that enables change. In this cyclical process, each element fuels and inspires the other, leading us towards a path of continuous evolution and growth.

This is the process where we observe not only our character, we seek to understand the emotions, thoughts, and behaviors that develop our character. It is the journey of turning the mirror upon ourselves, looking beyond the obvious, diving deep into the obscured, and emerging with an understanding that is both enlightening and transformative. The question you must ask yourself is

'Am I willing to embark on this journey with a relentless pursuit for the truth and revealing of my true self?'

For someone who has never considered embarking on this journey, self-awareness might seem like a foreign language, a task daunting and unnecessary to

truly enjoy life. But just like learning a new language, self-awareness opens up new possibilities of communication and understanding, it opens up new dimensions of personal growth and human experience. However, the key to awareness is actually your wanting to become aware of who you are.

Being a Christian, I can only lead you to the place where I found illumination and strength for the journey of self-awareness. The Bible, the sacred and inspired scriptures of the Christian religion, is a divine "book of life" rather than merely a history of people and has much to say about our spiritual nature. It is a book that I hold dear now that I have grown in my understanding. In the book of Genesis, the source of our origins, we find the blueprint of our spiritual identity. The first chapter of Genesis reveals our identity as spiritual beings, while the second chapter reveals our manifestation as human beings.

In the first chapter of Genesis, the creation of the heavens and the earth in Genesis 1:1, is the creation of divine ideas by the Divine Mind of God. These divine ideas are the foundation of the spiritual universe and constitute the life of the spiritual being. The Divine Mind, represented by God, Elohim, is the only actor in this process, creating divine ideas that form the spiritual universe and the life of the spiritual man. The first command, "Let there be light" in Genesis 1:3, symbolizes the illumination of spiritual intelligence and wisdom and is the first of all creation. It's a divine light, a

creation of the Divine Mind that signifies the life of mankind and the life of all things that exist. But within human consciousness and understanding, mankind remains unaware of this wisdom shining within him gifted by his Creator. Therefore, man sees himself as only human which leaves him in the seas of life without a compass and without purpose.

The second command, "Let there be a firmament in the midst of the waters" in the sixth verse of Genesis 1 represents the need for a firm place of faith amidst the unexpressed possibilities in mind. When we find ourselves in fear and uncertainty, it is faith that provides stability to our being. Metaphysician Charles Fillmore said "*Faith, as ordained by God, is an integral part of our being.*" A belief for anything cannot arise from the carnality of the human consciousness. All concepts and desires for betterment erect from the inner passions of man and are fueled by his belief which is in fact a substance of faith.

The progression from evening to morning after each day of creation in Genesis 1:5 symbolizes the completion of one step and the beginning of another. This rhythm of completion and beginning reflects the harmonious progression of our spiritual growth. This can be symbolized in something as simple as walking to a destination. The mind knows where it wants to go and communicates it to the brain. The brain signals the body and the body moves towards the desire and the desire is acted upon by the belief that the destination exists. This displays how body, soul, and mind work in harmony with divine



law. But if one believes themselves to be a mere human without a creator, the result is spiritual or mental stagnation. Where there is no desire for betterment there can be no belief, and faith is powerless without belief and belief has no purpose without. Hence the scriptures say, *'Without faith it is impossible to please God.'*

The third command, “Let the waters under the heavens be gathered together unto one place, and let the dry land appear ... Let the earth put forth grass ... and fruit-trees bearing fruit after their kind” (Genesis 1:9-11), signifies the beginning of the formative activity of the mind called imagination. When used rightly, the imagination images the perfection of God, and “it was so” (Genesis 1:7). This is the biblical definition of righteousness. The commands that follow further illustrate the formation and manifestation of divine ideas, leading to the creation of man in God's image (Genesis 1:24-27). This spiritual man, who is made in the image and likeness of God, symbolizes the higher nature of all men, who have dominion over every idea originating from the Divine Mind.

The divine creation was deemed “very good” (Genesis 1:31) by God, indicating that all of creation, including our true nature of being, is divine and perfect without fault or blemish. Aligning our consciousness with this divine and perfect truth brings us into harmony with God, who is the source of all good. The seventh day, the Sabbath, represents a period of rest and reflection after the six days of creation (Genesis

2:1-3). This is the completion of the spiritual creation, setting the stage for the manifestation of these divine ideas in the physical world.

From Genesis 2:4 onwards, we see the manifestation of the spiritual man into physical form. Spiritual man, represented by Jehovah/Lord/Jesus, is perfect, and that which he gives life to is also perfect. The soul and body, derived from the spiritual man, share in the divine life. The body, formed from the 'dust' of the ground, represents a radiant substance powered by light/energy/spirit, a divine body that serves as a temple of the living God.

*“I have come to realize a profound truth: my body, this vessel of flesh and bone, is more than just a physical entity. It is a divine substance, a "temple of the living God" (II Cor. 6:16), as Paul said.*

*1 Corinthians 15:44 says 'It is sown a natural (physical) body; it is raised a supernatural (a spiritual) body. [As surely as] there is a physical body, there is also a spiritual body.' ”*

What does this mean for you and I? One should perceive themselves as Adam, the first man placed in the Garden of Eden, a symbol of the divine consciousness within us. The Garden represents a state of harmony and bliss, a place where we are aligned with

the divine order, expressing the ideas of the Divine Mind. As Adam, we represent the initial awareness of ourselves as a spiritual being in contact with life and substance.

In this divine garden, we are given the authority to name the beasts and birds. This authority reflects our power to shape our reality through our perceptions, thoughts, and words. Every creature, every idea moving in our mind, becomes what we recognize or call it. This is your power of self-definition, of determining the conditions of your life and gaining control over them. Therefore, it is essential to carefully examine your thoughts, feelings, and emotions to get a clear understanding of what has molded your life thus far.

Within you, there exists a duality (a state of double-mindedness), a balance that needs to be maintained. We are both Adam, the objective, active side of being, and Eve, the subjective, passive side. We are the masculine quality of wisdom that needs to be joined with the feminine quality of love and selflessness. Recognizing this duality within ourselves is a part of our journey towards self-awareness that must be embraced if we are to break free from the chains of darkness.

Ultimately, we must strive to return to that original state of Adam in Eden, a state of consciousness in perfect harmony with the Divine Mind. This should be our

ultimate goal in self-awareness - not just knowing ourselves as a physical and psychological being, but recognizing and expressing our spiritual nature and divine potential. As we continue on this journey, we will be constantly reminded of our divine essence and the spiritual truths that we embody.

Our journey, then, is one of remembering our divine origin and manifesting that divinity in our human experience. As we discern the spiritual within the physical, we find renewal and healing. This, dear reader, is the path from darkness to illumination, from ignorance to self-awareness. It is a path that leads to a revelation of our true identity as spiritual beings experiencing the human journey.

If you can embrace this idea, this will help you to understand that you are not just a mariner on a lost ship without a destination. But rather the image of God with the power to change your life by changing your perception of it. This truth illuminated my darkness. It has the potential to illuminate every corner of your life and guide you towards a future filled with success and fulfillment should you accept it and not weigh it against religious dogma. Self-awareness is not easy nor comfortable, but it is necessary because it leads to the finding of our divine identity, it's the awakening to the reality of who we truly are.

If you follow the theme of your spiritual nature as discussed in the Garden of Eden, the acceptance of what this truth indicates can be challenging. Almost every preacher and teacher has taught that we are flawed individuals because of how they interpreted what happened in the Garden story. If you're a Christian like myself, you never once questioned the interpretation of the story as it was given when you first heard it, you accepted it. We saw the story as damning and hopeless. But it is a journey of discovering our inherent worth, power, spiritual Identity and purpose. Without this awareness, we stumble through life, shackled by the chains of fruitlessness, despair, and lack.

If one spends enough time in darkness it is inevitable that they will move into a consciousness of a deep sleep, encapsulated in a state that mimics slumber. In this state, they are unaware of their surroundings, ignorant of the opportunities that lay before them just as they are ignorant of the potential danger of the dark room full of furniture. They remain trapped within the confines of their unconscious mind, unaware of the vast potential that awaits their awakening. Similarly, a lack of self-awareness keeps us encapsulated in a life of limited possibilities, unable to manifest our desires or create meaningful change. This is the cost of remaining ignorant. You become a mariner on the seas of life being driven by its raging waters.

When I teach my clients how to free themselves from this unfulfilling cycle, we discuss four concepts of conscious thinking that I call “*The Four Shackles.*” These four shackles keep us in this sleeping state of unawareness. They are called *Sight, State, Story, and Symbolology*. Let's review these 4 links that form the chains of darkness and bondage.

**Sight** refers to our self-perception. When we lack self-awareness, we see ourselves through darkened lenses, unable to recognize our true worth and potential. We believe ourselves to be unworthy, incapable, or undeserving of the blessings that life has to offer. To expose this shackle, we turn to the words of *Matthew 6:22-23, which reminds us,*

*"The eye is the lamp of the body. So if your eye is sound, your entire body will be full of light. But if your eye is unsound, your whole body will be full of darkness. If then the very light in you [your conscience] is darkened, how dense is that darkness!"*

**State** encompasses the realm of consciousness in which we participate unconsciously (from our subconscious mind- the heart of man). Our life and behavior are reflective of our hearts. One must remember that you can only produce a life after your own thoughts. Our thoughts are influenced by external circumstances, societal conditioning, and past experiences, without realizing that we have the power to transcend

them.

Breaking free from this shackle requires us to shift our state of consciousness, to align our thoughts and emotions with our divine nature. We would do well to accept the truth of Jeremiah 17:9,

*“The heart is deceitful above all things, and it is exceedingly perverse and corrupt and severely, mortally sick! Who can know it [perceive, understand, be acquainted with his own heart and mind]?”*

To have a change of heart we must get still and quiet, then assert the scripture of Psalm 139:23-24 *“Search me [thoroughly], O God, and know my heart! Try me and know my thoughts! And see if there is any wicked or hurtful way in me, and lead me in the way everlasting.”*

**Story** represents the beliefs and narratives we hold about ourselves and our capabilities. Often rooted in fear, doubt, or past failures, these stories limit our potential and imprison us in a cycle of self-sabotage. To break free, we must rewrite our stories, embrace empowering beliefs and affirm our ability to achieve our desires. *Job 3:25-26* reminds us,

*“For the thing I dreaded has come upon me, and what I feared has happened to me. I have no ease, no quietness; I have no rest, but turmoil came.”*

*"As water reflects the face, so a person's heart reflects the person. " Proverbs  
27:19*

These verses reveal the hidden power within man to create his own reality. In other words, we live the stories we tell ourselves. By God's spiritual laws of creation we can only manifest what our heart truly believes. I know many people who have lied (including myself) and convinced themselves that the lie was true. Why not use such creativity and power to convince yourself of something greater and true?

**Symbology** refers to the meanings we associate with life's circumstances. We think because this, that, or the other happened to us that it somehow defines who we are. When we lack self-awareness, we interpret events through a lens of victimhood or defeat. We fail to recognize the hidden opportunities and divine guidance that surround us. By shifting our perspective and choosing empowering interpretations, we reshape our reality.

While symbology sounds similar to our story, they are not the same. Stories are rehearsed beliefs while symbols are likened to monuments reflective of life-altering events that led to significant life changes. Often we associate the monument with our identity to give our lives meaning, purpose, or a way to rationalize our trauma. For example in Genesis 35:14-15 we're reminded,

*"And Jacob set up a pillar (monument) in the place where he talked with [God], a*



*pillar of stone; and he poured a drink offering on it and he poured oil on it. And Jacob called the name of the place where God had talked with him Bethel [house of God].”*

In this chapter, we have explored the concept of self-awareness in the context of our divine identity. We have delved into the metaphor of a sleeping state of consciousness, where a lack of awareness keeps us trapped in a life of fruitlessness, despair, and lack. We have examined the four shackles that contribute to this state: Sight, State, Story, and Symbology. Through metaphysical insights and biblical wisdom, we have exposed these shackles and provided scriptures that can act as guiding lights on our path to self-awareness. We have learned that our self-perception, state of consciousness, personal narratives, and interpretations of life events play a significant role in shaping our reality.

As we conclude, let us remember that breaking free from the chains of unawareness is not an overnight process. It requires patience, self-compassion, and a commitment to continuous growth. But with each step we take on this transformative journey, we inch closer to our true selves, unlocking the immense potential that resides within us.

In the chapters that follow, we will delve deeper into the practical steps and

tools that can assist us in embracing our divine identity and manifesting our highest selves. We will explore the power of intention, the role of gratitude, and the art of conscious creation. May this chapter serve as a foundation for your journey towards self-awareness. May it ignite a spark within you, awakening your deepest desires and inspiring you to break free from the shackles of self-sabotage and low expectations. Remember, you are a divine being with limitless potential, and it is time to embrace your greatness.

## CHAPTER 2

### **Unveiling the Divine Within: Discovering Your True Identity**

**“So all the generations from Abraham to David are fourteen, from David to the Babylonian exile (deportation) fourteen generations, from the Babylonian exile to the Christ fourteen generations.”**

In this chapter, we embark on an extraordinary journey towards understanding our identity, not simply as a collection of characteristics or experiences, but as a divine essence deeply woven into the fabric of the universe and its Creator. Who we truly are has been concealed and this chapter unveils the mystery of who we are through the extrapolation of the genealogy of Christ found in Matthew chapter one. As a metaphysician, I firmly uphold the belief that transcending the historical context of religion in pursuit of its underlying truth holds greater significance than extracting factual arguments from history alone.

While history may hold personal relevance, the ultimate truth transcends individual perspectives and remains absolute. Therefore, in order to understand something; one must clearly define what is being sought in order to understand. When we speak of identity in the realm of psychology, we often refer to the unique array of attributes and experiences that constitute our individuality. It's like a personal mosaic, each tile representing a different facet of who we are. Yet, if we delve deeper, peering beyond the surface, we encounter a profound metaphysical truth: our identity transcends

physicality and temporality. It is a divine spark, perpetually glowing within us, connecting us to the universe and all existence.

This should persuade us that the significance of our identity is monumental. It is the foundation upon which our perceptions, emotions, and actions are built. It's the compass that guides us through the labyrinth of life. When we discover our divine identity, we not only find our true north but also uncover an internal reservoir of strength, compassion, and purpose. This revelation paves the way to a life of fulfillment and profound meaning. Conversely, being unaware of our divine identity often leads to a sense of disconnection, aimlessness, and a thirst for fulfillment that material pursuits cannot satiate. Without this awareness as we discussed in the last chapter, we may find ourselves wandering, lost in the wilderness of existence, unable to recognize the sacred ground upon which we stand.

Unveiling our divine identity is not a luxury; it is a necessity. But once understood, a life of luxury springs forth from it. It is the key to living authentically, acknowledging our inherent worth, and realizing our boundlessness as true inheritors of the kingdom of God. It enables us to live in harmony with our deepest values and to cultivate a life brimming with joy, purpose, fulfillment, and prosperity.

Spiritually speaking, we are posits of the creator of our divine identity. We are all born from the same primordial source, and our divine identity is an inherent part of the cosmic tapestry, as integral and irreplaceable as the stars that adorn the night sky. To put it simply, we are because God is and He is who we are. There is no separation between ourselves and God.

*John 17:20-23-*

*“I am praying not only for these disciples but also for all who will ever believe in me through their message. I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me. “I have given them the glory you gave me, so they may be one as we are one. I am in them and you are in me. May they experience such perfect unity that the world will know that you sent me and that you love them as much as you love me. “*

This profound truth is akin to embarking on a voyage we previously discussed called self-discovery. This journey calls for introspection, acceptance, and spiritual growth. It is a dance with the divine, a dialogue with the deepest parts of ourselves. And in this dance, in this dialogue, we awaken to the divine power that pulses within us.

Consider the story of the Apostle Paul in The book of Acts in the 9th chapter. His dramatic conversion on the road to Damascus is a testament to the power of

awakening. Formerly a persecutor of Christians, Paul's encounter with Jesus transformed him into one of the most influential apostles of Christianity. His story serves as a metaphysical metaphor for our own potential to undergo profound spiritual transformations. It reminds us that within each of us lies the potential to awaken to our divine nature, to become a beacon of light in a world that so desperately needs it.

Liken my own awakening to the process of waking up from the depths of being unconscious. Imagine, if you will, being jolted from slumber by the relentless blare of an alarm. Groggy and disoriented, you struggle to silence the noise, yearning for a few more minutes of peace. The sounds of the world around you begin to permeate your consciousness - the distant hum of traffic, the rhythmic ticking of the clock, the warbling of a morning bird. Restlessness seizes you, an undeniable urge to rise, to awaken. The light, once a faint shimmer, now pierces through the veil of your eyelids, beckoning you towards consciousness.

This is akin to my personal journey of awakening, a journey that began in earnest in 2012. I was living what many would consider a normal life, but I was, in essence, sleepwalking. Every attempt to improve my circumstances seemed to be met with failure, like a recurring nightmare from which I could not wake. I was lost in a labyrinth of my own creation, oblivious to the divine identity that lay dormant within me. I mistook my struggles not as a call to awaken but as a punishment, a consequence of

being a 'bad' person.

But, like the blaring alarm in the morning, the light of Christ was simply trying to rouse me from my slumber. It wasn't that I had to become 'good'; I needed to remember who I truly was. And when I did, it felt like the veil had been lifted from my spiritual eyes, revealing a world, a universe, a divine identity I had forgotten.

The Bible verse from 2 Corinthians 3:14-18 encapsulates this beautifully.

*“In fact, their minds were grown hard and calloused [they had become dull and had lost the power of understanding]; for until this present day, when the Old Testament (the old covenant) is being read, that same veil still lies [on their hearts], not being lifted [to reveal] that in Christ it is made void and done away. Yes, down to this [very] day whenever Moses is read, a veil lies upon their minds and hearts. But whenever a person turns [in repentance] to the Lord, the veil is stripped off and taken away. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is liberty (emancipation from bondage, freedom).*

*And all of us, as with unveiled face, [because we] continued to behold [in the Word of God] as in a mirror the glory of the Lord, are constantly being transfigured into His very own image in ever increasing splendor and from one degree of glory to another; [for this comes] from the Lord [Who is] the Spirit.”*

The 'veil' mentioned here is a fitting metaphor for the ignorance or forgetfulness that blocks the awareness of our divine identity. The veil clouds our understanding, making us feel separate, lost, and disconnected. However, when we turn in repentance to the Lord—when we awaken to our divine identity—the veil is stripped away. Take note that repentance is not a postulate of apologizing to God for bad behavior. Rather to repent is to change one's heart and mental attitude through the realization of who you truly are. With unveiled faces, we behold the glory of the Lord in the mirror of our hearts, recognizing the Christ within us.

The Lord, in this context, represents His divine essence, the Spirit that animates all of existence. Where the Spirit of the Lord is, there is liberty - emancipation from the bondage of ignorance and the freedom to be our true, divine selves. We are, as the verse proclaims, constantly transfigured into His image, evolving spiritually in ever-increasing splendor. In terms of our divine identity, this means that as we awaken to the divine within us, we realize that we are not separate, but rather interconnected aspects of the divine whole. We are reflections of the divine glory of Yahweh, constantly evolving and growing spiritually. Our divine identity is not a static concept, but a dynamic, ever-evolving expression of Him. Therefore, let us awaken to our true selves and lift our veils and step into the divine light of understanding. Our journey of awakening is not just about finding ourselves; it's about remembering who we always



were.

*John 17:5*

*“And now, Father, glorify Me along with Yourself and restore Me to such majesty and honor in Your presence as I had with You before the world existed.”*

*Jeremiah 1:5*

*“Before I formed you in the womb I knew [and] approved of you [as My chosen instrument], and before you were born I separated and set you apart, consecrating you; [and] I appointed you as a prophet to the nations.”*

For some of you, this may be hard to hear because you have believed that you are merely human and rested on the hope of a God external from you. Some of you may have your doubts about God entirely. There are many people who are simply skeptical about God and the Christian point of view as a way of life. I have found it easier to pursue God personally and intimately rather than to incautiously accept dogmatic practices without clarity and conviction. Should you take this same approach, you not only enrich your own lives but also contribute to the collective awakening of humanity.

Therefore, it is imperative that I take the next few moments to give more depth as to why the unveiling of your true Identity is so crucial. We briefly covered some

aspects in chapter one when I discussed Adam and Eve. In Matthew chapter one we find another example hidden in the genealogy of The Christ. So let's dive deeper into the genealogy of Matthew chapter one. This is the spiritual path that every individual must embark on to awaken the Christ within, the journey from Abram to the, from faith to *I AM*.

Abram, who becomes Abraham, marks the beginning of the path, representing faith in the unseen, the belief that ideas can take form and manifest as reality. He is the awakening of the spiritual man, the first spark of divine consciousness.

Isaac, meaning laughter, symbolizes the joy of divine sonship and the realization of a new life in Christ. His birth signifies a step further into our spiritual journey, the recognition of our divine heritage.

Jacob, or the supplanter, signifies the process of leaving behind our primal, animalistic nature, and embracing our divine identity. He represents the "I am" consciousness, that original divine spark within us that connects us to God. Jacob's name has double meaning and expresses our oneness with God through its definition; *“one who wrestles with God and one who rules/reigns with God — Israel.”*

Judah, symbolizing the celebration or confession of God, represents the accumulation of spiritual thoughts, the increase in mental capacity for understanding the divine. Tamar, representing the righteousness of mind, is a reminder that victory is achieved through right thinking, prayer, and praise.

Perez and Zerah, representing breakthrough and the rising of light respectively, symbolize the birth of a new consciousness and understanding. They are the result of accumulated spiritual thoughts and righteous thinking. They are the fruits of our prayers and praises.

The subsequent names in the genealogy, Hezron, Aram, Aminadab, Nahson, Salmon, Boaz, Obed, Jesse, and David, each represent progressive stages in our spiritual journey. From Hezron's singleness of thought and spiritual discernment, to Aram's high, exalted intellect, to Aminadab's generosity of true spiritual thoughts, to Nahson's prophet-like reception of divine wisdom, to Salmon's peace and perfection, to Boaz's quickness in strength and might, to Obed's laboring in service and worship, to Jesse's eternal existence as I AM, and finally to David, the beloved state, symbolizing love.

David is often referred to as a type of Christ. His life was a forerunner of that of the more perfect man, Jesus Christ, who was of the house of David. David represents

divine love individualized in human consciousness. Love in Being (God) is the idea of perfect unity in all existence. When this divine idea is focused within us it is the Christ love on its inner side and the Jesus love on its outer. When David in his youth and purity daily communed with God, he closely reflected divine love. When he developed his human character, as a king in dominion over men, he manifested the limitations of the human to a larger degree.

Each of these spiritual stages is a step closer to the full realization of our divine nature when our hearts are focused upon the divine love from which we come forth, a step further into our spiritual evolution. They represent the growth and maturation of our spiritual consciousness, the gradual awakening of the Christ within.

However, this journey is not without its challenges. The next 14 generations represent captivity in Babylon, a state of mental confusion, a chaotic condition. This stage signifies the periods of our life where we feel lost, confused, and disconnected from our spiritual self. Despite the darkness of this stage, it is necessary for our growth. It is in the midst of chaos and confusion that we seek clarity and understanding, it is in the darkness that we yearn for the light.

The second set of 14 generations begin with Solomon, a name that signifies

wholeness, peace, soundness, or integrity. Solomon's reign is a testament to the state of mind that comes to bear when the soul is unified with wisdom and love. It's a transition from the individual to the collective, a journey that we all must undertake in our spiritual evolution because it allows us to see both darkness and light; the duality of our nature.

Next in line is Rehoboam, whose name means "the people are enlarged." This symbolizes a state of consciousness that is receptive to the selfish demands of the senses, thoughts and desires - an enlargement of the sensual appetite, if you will. Also, this stage in our spiritual journey represents a state of heightened awareness, a state in which we become more attuned to the world around us, and to the needs of others when our hearts are healed.

Abijah follows Rehoboam, and his name means "my father is Jehovah." Abijah represents the manifestation of man as the offspring of Christ, or Jehovah God. This is a significant step in our spiritual journey, a testament to the divine principle at work within us.

Asa, whose name means "physician" or "healer," follows Abijah. He represents the will working constructively in the rebuilding process that goes on in the subconscious mind. This stage in our spiritual journey is about healing, about making whole what was once broken.

Jehoshaphat, whose name means "whom Jehovah has judged," follows Asa. He represents the development of the divine idea of judgment in consciousness. This is a stage of wisdom and discernment, a stage in which we grow more attuned to the divine will.

Joram, whose name means "whom Jehovah has exalted," follows Jehoshaphat. Joram represents the elevation of the individual in character, power, joy, and true success, because he has lifted up his spiritual I AM, Jehovah, in his consciousness and life.

Then comes Uzziah, whose name means "Jehovah is strength." Uzziah represents the recognition of our divine strength, a testament to the power of Jehovah in our lives. This is a stage of empowerment and self-realization, a stage in which we come to understand our true capacities.

Ahaz, whose name means "to lay hold of, to grasp, possessor," follows Uzziah. Ahaz represents the will that grasps things of sense (material) and gives the substance of mind and body to them. This stage in our spiritual journey is about taking hold of our desires, about claiming ownership of our destiny.

Hezekiah, whose name means "Jehovah has strengthened," follows Ahaz. He represents the expression of spiritual strength in the executive power of the mind. This stage in our spiritual journey is about resilience, about standing strong in the face of adversity.

Manasseh, whose name means "who makes to forget," follows Hezekiah. He represents the understanding here denoting denial, the negative activity of mind. This stage in our spiritual journey is about letting go, about forgetting what no longer serves us.

Amon, whose name means "master workman; workman; builder," follows Manasseh. Amon represents a ruling thought of the intellect. This ruling intellectual thought is also a workman necessary to body building. This stage in our spiritual journey is about mastery, about honing our skills and refining our craft.

Josiah, whose name means "whom Jehovah heals," follows Amon. Josiah represents that which connects itself with Spirit and tries to carry out the divine plan, to substitute being for seeming. This stage in our spiritual journey is about healing, about

restoring ourselves to wholeness.

Finally, Jeconiah, whose name means "whom Jehovah has appointed," follows Josiah. Jeconiah represents Jehovah, I AM, working in the consciousness of the individual to establish the will in spiritual uprightness, stability, assurance, and faith. This stage in our spiritual journey is about appointment, about stepping into our divine purpose.

In essence, the second set of 14 generations of the genealogy of the Christ represents a journey from wholeness to appointment, a journey through enlargement, manifestation, healing, judgment, exaltation, recognition, possession, strengthening, forgetting, and mastery. These names represent a divine quality that has been unrealized within the heart of the person. This is a state of consciousness where our divine gifts are expressed through sensual desires because man has perceived himself as man only. We are born without the realization that we're spiritual beings. Our first true self-perception is that we're human beings only.

Digging deeper, I find the third set of 14 generations from Matthew chapter 1 in the genealogy of Christ to be a fascinating and profound exploration of our spiritual awakening - the birth of Christ within. We begin with Jeconiah. His name, meaning "I



have asked of God," signifies our first step towards spiritual awakening: the act of asking, seeking, desiring something greater than our current understanding. It is through this yearning that we open ourselves to the divine and begin our journey towards enlightenment.

His son, Shealtiel, represents this quest's fruition, embodying the meaning "having asked of God." Then comes Zerubbabel, "sown in Babylon," a symbol of the chaos and confusion that often accompany the early stages of spiritual awakening. Amid this tumult, we must find the courage to dispel our illusions and misconceptions, striving for genuine understanding of our divine nature.

Abiud, "father of majesty," is a testament to the grandeur and power inherent in spirituality. He signifies the divine majesty within us, waiting to be acknowledged and revered. His son, Eliakim, "God sets up," embodies the will of God, the divine force behind all creation. It is through the action of this divine will that we progress on our spiritual journey.

Azor, representing the God-inspired idea that Spirit is our ultimate helper, reminds us to turn inward for guidance rather than seeking it externally. The development of this inner focus allows for the birth of Christ consciousness within us. The lineage

continues with Sadoc, symbolizing the awakening to true righteousness and justice, aligning our actions with the divine will.

Achim, or Jehoiachin, represents the firm establishment of the Christ consciousness within us. This is the culmination of our spiritual journey, the point at which we have transcended our former self and embraced our true, divine nature.

Eliud, "God of majesty," represents the exaltation of God as the supreme authority, a crucial step towards allowing the birth of Christ consciousness. Eleazar, "God is helper," is a reminder of God's sustaining power in our spiritual journey. This is followed by Matthan, signifying the law of giving and receiving, a fundamental aspect of spiritual growth and evolution.

Jacob represents the I AM identity, the realization of our divine essence. This realization opens the path towards spiritual evolution. His son, Joseph, embodies the idea of progressive increase, symbolizing our growth in understanding, vitality, and substance.

Joseph whose name means whom Jehovah will add to; Jehovah shall increase; he shall increase progressively, i. e., from perfection unto perfection. He was the husband

of Mary. He is the state of consciousness in which we *increase* in character along all lines; we not only grow into a broader understanding but there is an increase of vitality and substance.

Mary signifies the soul, embodying both our emotional and affectional aspects. It is through Mary, the human soul, or soul consciousness in each individual is capable of the strongest, deepest, and fullest allegiance to Truth. It is constantly seeking something that will satisfy the individual. It can never be happy or at peace until the feelings are redeemed and harmonized by the Holy Spirit, until God's presence is known, felt, and fully realized throughout the individual being. Mary signifies the human soul in which the Christ consciousness - the ultimate symbol of spiritual awakening - is born.

Finally, we reach Jesus. Jesus, whose name means "deliverance," "safety," "salvation," "Savior," "Deliverer," "helper," "prosperer," and "deliverance through Jehovah," represents the divine within each of us. He is the embodiment of the "I AM" identity, the self-awareness that transcends our individuality and connects us with the divine.

Jesus is the expression of God's ideal conception of man. He is the Christ in action, the Word made flesh. Christ, in contrast, is the absolute idea of this perfection, the

untarnished image of God within us. Jesus Christ represents the prototype of humanity in its highest form, embodying all the mental and spiritual phases we traverse in our quest for understanding life's complexities.

In his journey, Jesus Christ confronts all the trials, temptations, and mental fluctuations that each of us experiences. Yet, unlike us, he remains sinless, not succumbing to the dominion of evil thoughts. His life is a metaphor yet also a mirror of our individual experiences, reflecting them on a grander scale.

*“For we do not have a High Priest Who is unable to understand and sympathize and have a shared feeling with our weaknesses and infirmities and liability to the assaults of temptation, but One Who has been tempted in every respect as we are, yet without sinning. ”*

*Hebrews 4:15*

To "put on the new man" is to allow the Jesus Christ within us to come forth. But this transformation requires a two-step process. First, we must relinquish the "old man" of error and limitation by denying their reality (sin). This represents our break from past patterns of thought and behavior, a renunciation of the illusions that have kept us in spiritual bondage.

The second step involves embracing the truth of our being. It requires faith to accept this new understanding of ourselves as divine beings. Armed with this faith, we can begin to live this Truth in every thought, word, and deed. This is the path to embodying Jesus Christ, to bringing forth the perfect-idea man, the Christ self within us.

Just as Jesus Christ is the manifestation of the Christ consciousness in its perfect form, we too can strive to manifest this Christ consciousness within ourselves. By doing so, we not only align with our true nature but also partake in the divine life that Jesus exemplified. His life is a blueprint for our own spiritual journey, a guide to manifesting or bringing forth the divine within us.

I have revealed that each name in this lineage is a stepping stone on our journey towards spiritual enlightenment. They represent all the different stages of our awakening, embodying the struggles, realizations, and triumphs we experience along the way. By understanding the significance of these names, we can gain deeper insight into our journey towards Christ consciousness, our destiny.

However, we must unveil one final thing before the close of this chapter. In Matthew 1:17 we read,

*“So all the generations from Abraham to David are fourteen, from David to the Babylonian exile (deportation) fourteen generations, from the Babylonian exile to the Christ fourteen generations.”*

The biblical symbolism of the "fourteen generations" in Matthew 1:17, when interpreted through Hebrew numerology, provides a profound framework for understanding the spiritual journey and the embodiment of Christ consciousness. The number 14 in Hebrew numerology doesn't exist, so one must add the numbers 10 and 4. The number 10 (Yud) signifies oneness with God and divine wisdom, while 4 (Dalet) signifies a door or gate, it also represents lowliness and the consciousness of possessing nothing of one's own. As a door, Dalet also symbolically represents the choice to open ourselves to the hope of our dreams or to remain closed off; to resist humility; (to be prideful) and alienated.

According to indicating resistance and the state of selflessness and humility (lowliness) needed to pass through it. This combination, in the context of the three sets of fourteen generations, is a progression through states of spiritual consciousness. The first set of fourteen generations, from Abraham to David, is the period of initial spiritual awakening and growth, characterized by faith and love. Abraham represents the beginning of this path, the spark of divine consciousness, and David symbolizes divine

love individualized in human consciousness.

The second set of fourteen generations, from David to the Babylonian exile, is a period of struggle and confusion, akin to the "dark night of the soul" in spiritual parlance. This period represents a trial or a test, where faith and love are challenged between what we see in the material realm of images and the spiritual realm of images that God reveals within us. The third set of fourteen generations, from the Babylonian exile to Christ, signifies a period of renewal and enlightenment, a return to divine wisdom and love, embodied in the figure of Jesus Christ.

In terms of personal spiritual unfoldment, these stages serve as a roadmap. The initial awakening (Abraham to David) is followed by a period of struggle and resistance (David to Babylonian exile), after which comes a period of enlightenment and realization of one's divinity (Babylonian exile to Christ). The number 14, as a combination of 10 and 4, symbolizes the journey of the soul toward spiritual enlightenment. The divine wisdom revealed as oneness with God (10) and the door of humility and selflessness (4) are key elements of this journey. We must embody the humility and selflessness represented by the number 4 (Dalet) to pass through the 'door' to achieve a state of oneness with God, represented by the number 10 (Yud).

In total, there are 42 generations. In Hebrew metaphysical thought, the number 42 holds profound significance. The number 40, represented by the letter "Mem," symbolizes the life force and the span of time necessary for things to come into fruition in nature. This aligns with the forty years the Jewish people wandered in the desert, signifying a period of growth, transformation, and preparation for a new beginning.

The number two, represented by the letter "Beit," signifies "house" in Hebrew. This connects to the idea that there are two parts to Torah: the Written Torah and the Oral Torah, reflecting the dual aspects of spiritual teaching and law. The letter "bet" as a prefix may function as a preposition meaning "in," "at," or "with," symbolizing the concept of dwelling or being within something.

When we consider the 42 generations mentioned in the genealogy of Christ, we can interpret this in a metaphysical sense as the culmination of a transformative journey. Each generation represents a stage of spiritual progression, reflecting the evolving consciousness of mankind. The head, which is symbolized as the "house" where our life force, or mind, dwells, is the seat of our consciousness and the center from which our thoughts and actions emanate.

This concept aligns with the passage from John 1:1-4, which speaks of the



Word as being with God and being the creative force through which everything was brought into existence. In this context, the "Word" represents the divine consciousness and creative power that brings life and light to everything. This is reflective of the idea that our consciousness, our "house," is the dwelling place of the divine life force, and through it, we have the ability to think and speak spiritual law.

Therefore, the 42 generations represent the unfolding of divine consciousness throughout human history, leading to the ultimate expression of the Christ consciousness in Jesus. Each generation symbolizes a step in the spiritual evolution of humanity, culminating in the embodiment of the divine within human form. Just as the number 40 signifies the time required for things to come into fruition, the 42 generations represent the gradual maturation and realization of the divine potential within each individual, ultimately finding culmination in the manifestation of the Christ consciousness in Jesus.

It is through this process of our spiritual evolution, characterized by faith, love, struggle, and enlightenment, that we embody our Christ consciousness. In practice, embodying Christ consciousness means living in accordance with divine love and wisdom, demonstrating compassion, forgiveness, and selflessness, and recognizing the divine nature within ourselves and others. It means overcoming our ego-driven desires and fears (symbolized by the Babylonian exile) and embracing our divine identity, as Jesus did. Each of us is on this spiritual journey, moving through our own 'generations' of

spiritual growth and development on our way to enlightenment. This journey is an ongoing process, but the ultimate goal is to realize and embody our Christ consciousness, becoming one with the divine through the denial (removing pride and selfishness) that we ascend into our higher nature.

And of course, even the biblical book this comes from (Matthew) means gift of Jehovah; gratuity of Jah; given wholly unto Jehovah. The book of Matthew writes to us to reveal Jesus Christ as our “Savior” hence, the gift of Jehovah. Jesus the Christ is not a historical figure and should appeal to us metaphysically His kingship within our inner world. Christ then, is your higher nature and divine identity; the gift God has given you to overcome the world of thought that enslaves you to a fruitless life.

## **CHAPTER 3**

### **The Dawning and Duality: Embrace the Light**

*“A duality in consciousness reflects our inability to see the path of our desired life in the midst of our current choices”*

In the beginning pages of this chapter, we will continue to explore the depths of our spiritual existence, to uncover the richness of glory of our very being. As I have expressed before, the sacred texts of the Bible, often seen through the lens of historical events and moral teachings, also hold within them a more esoteric map – one that charts the evolution of human consciousness toward its highest potential as we have unpacked in the first two chapters. The names and places within these holy scriptures are more than mere identifiers; they are symbolic gateways to states of awareness, guiding us on a path to a Christ-centered realization of self.

As we navigate the complexities of our material existence, it is essential to remember that what we perceive with our eyes is merely the surface of a much deeper reality. The essence of our experience extends far beyond the tangible world, reaching into the very core of our spiritual nature. It is here, in the silent spaces between our thoughts and the quiet stirrings of our hearts, that we find the keys to unlocking the Christ consciousness that resides within us all.

The New Testament, with its four foundational gospels – Matthew, Mark, Luke, and John – serves as a luminous high point on our transformative journey. Each gospel provides a unique perspective on the unfolding of our divine nature, offering invaluable insights into the metamorphosis we undergo as we awaken to our true selves, the selves that mirror the image of God.

In the Gospel of Matthew, we encounter the genealogy and birth of Christ – a symbol of our own spiritual birthright and potential. Matthew, whose name translates to the 'gift of Jehovah' or 'gift of God,' aptly begins with the nativity of Jesus, representing the inception of God's promise to redeem humanity. This heralds the arrival of our divine nature, a gift that we each carry within, waiting to be acknowledged and nurtured to fruition.

The Gospel of Mark, on the other hand, signifies the awakening of Christ consciousness within us – the first glimmers of divine light piercing the veil of our earthly selves. Mark, a name that means 'brilliant' or 'shining,' echoes the emergence of a consciousness that is characterized by 'love working through faith.' It is the fire of spiritual passion and zeal, the confidence and strength that empower us to rise above our baser instincts and the sensual nature that so often ensnares us to self-sabotage.

However, this dawning of Christ consciousness is not without its trials. It precipitates an inner turmoil, a battle between the conditioned patterns of our hearts and the nascent Christ-like essence struggling to be born. Mark's narrative vividly portrays this conflict as Jesus confronts and overcomes sickness, physical limitations, and the 'evil or unclean spirits' – metaphors for the erroneous thoughts and beliefs that deter us from the path of truth. Through these struggles, we witness the transformative power of Christ consciousness as it challenges doubt, disbelief, and the shadowy aspects of our nature.

As we continue to unpack the gospels, we are not merely reading ancient texts; we are engaging in a process of self-discovery and spiritual evolution that lead to the free and Unchained life we were created to live. We are called to recognize the profound allegory within these stories – an allegory that reflects our own journey towards becoming beings of love, wisdom, and truth. It is a journey that invites us to shed our old selves and embrace the Christ within, the ultimate expression of our divine humanity. But we must be honest with ourselves about how our journey begins, and why we are where we are in life thus far.

However, it is important for us to understand that the world we grow up in does not encourage us to seek the divine within ourselves. It conditions us to see ourselves as mere mortals, bound by the rules and teachings passed down from one

generation to the next. Through our parents, teachers, educators, and man-made laws; our minds have been cloaked and darkened with beliefs that are not our own. We are made to believe that our identity is what we have been told it is, rather than what we discover ourselves to be. This is not necessarily a bad thing, but it is a limited perspective that can prevent us from understanding our true nature and potential.

As children, we are rarely taught to question our existence or purpose. Most religions and doctrines we are exposed to, while often well-intentioned, are handed down to us without much room for independent thought or questioning. These beliefs and dogmas are spoon-fed to us, and we are expected to swallow them without truly understanding their origin or purpose.

As we grow older, we become more aware of our thoughts, feelings, and emotions. We begin to question what we have been taught and to seek the truth about our existence if life hasn't forced us to do so first. Often, this newfound awareness conflicts with our ingrained beliefs, causing a dichotomy in our thought process. We yearn for enlightenment but struggle to free ourselves from the mental conditioning we have been subjected to; causing a perception of duality in our spiritual nature.

Duality is the struggle of mankind that is caused when we begin to see we're

better than who we've believed ourselves to be. As the dawning of our Christ identity pierces through the darkness of our conditioning, we develop a desire for the fullness of our divine self to fully awaken. We must keep in mind that as this light grows brighter it exposes all thoughts that are misaligned with the divine law of God. This misalignment or duality in consciousness is likened to a mental illness because of its constant refusal to believe in the true self.

Although an opportunity for transformation has presented itself within the dawning of our spiritual nature, our conditioning has wired us for comfort even if the place of comfort is a place of torment. A duality in consciousness reflects our inability to see the path of our desired life in the midst of our current choices. The answer to our own detriment is found in Jesus, our ideal image revealed to us The Christ. –

John 1:10-11,

“He came into the world, and though the world was made through Him, the world did not recognize Him [did not know Him]. He came to that which belonged to Him [to His own—His domain, creation, things, world], and they who were His own did not receive Him and did not welcome Him.”

The result of duality in the mind is a state of confusion (Babylon). Confusion is the sewing ground for chaos and in-harmonious thought patterns, resulting in rejection

of the Christ in you. This is what is spoken of in Matthew chapter one as the “*Babylonian exile*.” It is the battle between the person we have been conditioned to be and the person we are meant to be. This state of consciousness is the place where we struggle with the feeling of powerlessness in our lives but yet have the desire to have and exemplify power within our lives. We continue to grapple with the challenges and addictions that arise from a lack of understanding of our true identity while inwardly yearning for inner peace and joy that is only capable through the fulfillment of who we want to be. This is why God gave us the gift of Jesus the Christ (***a vision of the perfected ideal self that saves us***).

The question now becomes, How do we fix duality and the war of chaos within our own mind? In order to understand duality the following text must be fully extrapolated to dismantle the power we've given it. Jesus tells in Mark 10:2-12, –

*“And some Pharisees came up, and, in order to test Him and try to find a weakness in Him, asked, Is it lawful for a man to dismiss and repudiate and divorce his wife? He answered them, What did Moses command you? They replied, Moses allowed a man to write a bill of divorce and to put her away.*

*But Jesus said to them, Because of your hardness of heart [your condition of insensibility to the call of God] he wrote you this precept in your Law. But from the beginning of creation God made them male and female. For this reason a man shall leave [behind] his father and his mother and be joined to his wife and cleave closely to her permanently, And the two shall become one flesh, so that they are no longer two, but one*



*flesh.*

*What therefore God has united (joined together), let not man separate or divide. And indoors the disciples questioned Him again about this subject. And He said to them, "Whoever dismisses (repudiates and divorces) his wife and marries another commits adultery against her; And if a woman dismisses (repudiates and divorces) her husband and marries another, she commits adultery."*

The passage in question from the Bible, where it is mentioned that humans were created in the image of God (Genesis 1:27), has been subject to extensive theological interpretation throughout the history of Judeo-Christian thought. It suggests a likeness or reflection of God's nature in humanity, encompassing attributes such as rationality, morality, creativity, the ability to love, and to be in relationships. When the text speaks of male and female, it is often understood to mean that both genders collectively reflect the full image of God, suggesting that neither is superior nor complete without the other.

In metaphysical terms, the image of God in humanity is the divine blueprint from which humans were created. The male and female roles, in this context, are to be understood as complementary aspects of this divine image, each reflecting different attributes of one divine nature. When referring to the definition of man/male as an idea in

the Divine Mind, one might think of the male aspect as embodying certain qualities traditionally associated with masculinity, such as strength, leadership, and reason, which are to be understood as derived from God's nature. This connects to the biblical term "Father," which in Christian theology refers to God as the creator and sustainer of all life and the source of wisdom and law. The notion of God as Father is deeply rooted in the idea of a nurturing and guiding principle that underlies existence.

In contrast, the definition of woman/female as the feminine phase of man relates to qualities traditionally associated with femininity, such as nurturing, intuition, and relationality. In the metaphysical sense, the woman represents aspects of love and intuition that complement the male's rationality and strength. Together, these aspects form a whole, reflecting the fuller image of God.

In the context of Mark 10:2-12, Jesus' words about marriage and divorce are spoken as a reaffirmation of the sanctity of the marital union, which was intended from creation to be a lifelong and unbreakable relationship between a man and a woman. By referencing the "beginning of creation" and the fact that God made humans male and female, Jesus emphasizes the divine intention for marriage to be a reflection of God's unchanging nature—a union that mirrors the unity and love found within the Godhead.

In metaphysical and spiritual light, the concept of male and female roles as reflections of divine attributes goes beyond the physical gender and is deeply rooted in the understanding of consciousness and the nature of the human mind. Therefore, to get the full understanding of this text it can only be seen in the spiritual realm and not material as Jesus' parables were all commanded to be likened to the spiritual and metaphysical Kingdom of God.

Metaphysically, the male and female aspects of our God image should be understood to represent the conscious and subconscious aspects of our minds. The conscious mind is associated with personal awareness, rational thought, decision-making, and selective attention. It is often likened to the "masculine" principle, being active, assertive, and directive. On the other hand, the subconscious mind is seen as impersonal, non-selective, and operates below the level of conscious awareness. It is often associated with intuition, emotions, creativity, and the storage of memories and beliefs. It is often likened to the "feminine" principle, being receptive, nurturing, and expressive.

Both spiritually and metaphysically, the conscious mind is considered the realm of effect, while the subconscious mind is seen as the realm of cause. This means that the conscious mind is where we experience the effects of our thoughts and beliefs, while the subconscious mind is the creative force that gives form and expression to those

thoughts and beliefs.

When we understand these aspects of consciousness, we recognize that both the conscious and subconscious are necessary for the creation and manifestation of our experiences. The conscious mind generates ideas and impressions, which are then received and given form by the subconscious mind. This process is essential for the evolution of our experiences and is the basis for the understanding of the law of consciousness.

From this perspective, it is crucial to recognize that these principles are not limited to physical gender roles. Instead, they represent universal aspects of consciousness that are present within every individual, regardless of their gender identity. The understanding of the conscious and subconscious as the male and female divisions of consciousness highlights the necessity of harmonizing these aspects within ourselves to achieve a balance in our spiritual and personal development.

Therefore, it is essential to understand that the male and female roles in the context of spiritual identity go beyond physical gender and are reflective of a divine whole within every person. This understanding encourages the integration and harmonization of the conscious and subconscious aspects of our being, allowing for a

more holistic and balanced expression of our spiritual nature. By recognizing and embracing the unity of these principles within ourselves, we can transcend limited gender and sex roles and align with a more expansive and inclusive understanding of our spiritual identity.

When Jesus spoke of leaving behind one's father and mother and joining as one flesh, it is to be understood as a metaphor for the spiritual law of unifying and harmonizing the dominant states of consciousness within oneself. In a deeper interpretation of this text, marriage is the union of these states of consciousness that align with the understanding that the mind has both a higher spiritual aspect and a lower, more mundane aspect yet fused by the spirit of God.

When we consciously affirm the presence and power of the divine I AM, we are essentially aligning the higher forces of our being with the lower aspects, creating a union that quickens us in every part of our being. This spiritual quickening is akin to an awakening or enlivening of our entire being through the infusion of divine presence and power of God.

The metaphor of adultery, within this framework, should be understood as the act of believing in or giving power to anything other than the divine, the I AM, or God.

This includes allowing one's consciousness to be divided by conflicting beliefs, values, or priorities—essentially, giving allegiance to a dualistic or conflicting view of reality. In metaphysical terms, this duality or confusion represents a loss of sight of our true nature as the image of God, as it introduces a sense of separation and conflict within our consciousness.

The idea of abandoning the concept of God as Father and source being equated with divorce should be seen as a metaphysical warning against falling into a state of "double-mindedness," which is the contemplation of a world both good and evil, or the acceptance of a principle of evil alongside the principle of good. This constitutes a denial of the omnipresent nature of God as pure good, leading to a fragmented and conflicted state of consciousness earlier expressed in this chapter called "duality".

In essence, these metaphysical interpretations emphasize the importance of aligning one's consciousness with the divine, unifying the higher and lower aspects of the mind, and maintaining a singular focus on the omnipresent good. This serves as a pathway to spiritual awakening, unity, and wholeness, in contrast to the fragmentation and confusion that arise from dualistic or conflicting beliefs.

The term "adultery" in the Bible refers to a mixing of pure spiritual intentions

with lower, unregenerate thoughts or desires. It is seen as a deviation from the spiritual fidelity that is expected of a person who is committed to the divine law and the higher self, represented by the I AM.

Adultery, in the Bible is synonymous with idolatry, both involve a turning away from the singular devotion to God or the highest ideals, towards something lesser. Idolatry is not just the worship of physical idols but is also the inordinate attachment or devotion to anything that takes the place of God or the highest spiritual principles in one's life. This can include greed, jealousy, or any form of negativity that distorts and undermines one's spiritual integrity. In the context of duality, it is choosing our state of confusion over the light of Christ that is revealed to us as it dawns.

In summary, the biblical passage from Mark I've referenced suggests an understanding of human beings as reflections of the divine, with male and female aspects representing different but complementary qualities of God's nature. Marriage is seen as a sacred union that reflects divine unity within "oneself", not between yourself and another and unity within self must be established before our lives can reflect our desired outcomes. Adultery and idolatry, in this context, represent deviations from spiritual faithfulness and the divine law. They symbolize the act of turning one's focus and allegiance away from the divine principles and towards lower desires or false priorities, which compromise the integrity of the individual's spiritual and relational commitments

resulting in “double-mindedness.”

Jesus' teachings on marriage and divorce, therefore, are not just about the legalities of human relationships but are deeply rooted in the spiritual symbolism of unity, wholeness, and fidelity that marriage is meant to embody. No person can live apart from the spirit of God no matter how much a person does not believe in God. We can no more separate ourselves from God anymore than we can change the biological workings of the human body. A person's mental conditioning or attempt to live apart from God results in duality in. However, Jesus' teachings invite individuals to live in a way that honors the sacredness of divine law and reflects the divine image in which they were created.

In conclusion, the understanding of the husband and wife roles of our conscious and subconscious minds is of utmost importance for the harmonization of our thoughts, feelings, and emotions. This understanding provides singularity of thought and offers a pathway to inner unity and alignment with the divine.

The teachings of Mark illuminate the inner conflict that arises as our Christ nature begins to dawn within our consciousness. However, the same teachings also highlight the healing and transformation that become available when we choose to believe in the divine power at work within us.



The light of Christ scatters the darkness and regenerates the mind of humanity to the mind of God, freeing us from duality and double-mindedness. Thus, it is not only important for us to believe, but equally important to unlearn the patterns of thought instilled by our upbringing, society, educators, and certain leaders. The saving power of Christ is found in the intimacy of time spent surrendering what we currently know in exchange for the restoration of our minds to their true form—the image of God.

Through this process of surrender and transformation, we are able to align our consciousness with the divine, allowing the higher and lower aspects of our being to merge into a unified, harmonious whole. In this state, we become receptive to the regenerative power of Christ's light, which leads us away from fragmentation and confusion, towards wholeness and spiritual alignment.

May we continue to seek this unity within, recognizing that the restoration of our minds to their true image is a sacred journey of inner transformation, ultimately leading us to live unified in both mind and heart with the presence and power of God within us.

## **CHAPTER 4:**

### **Illumination: The Doorway to Transformation**

***“But to each one is given the manifestation of the [Holy] Spirit [the evidence, the spiritual illumination of the Spirit] for good profit.”***

As a metaphysician, part of my Bible study process is to delve into the spiritual evolution represented in the biblical narratives, particularly through the lens of the four Gospels for the purpose of bringing clarity to one of the most misinterpreted spiritual teachings ever written. In the past two chapters we've covered Matthew and Mark. In Luke, we must consider the continued journey of the soul through this next stage of awakening and enlightenment. The four gospels encompass the transition from our original ideal (the image of God), to a state of duality and darkness, to a luminous state of consciousness where we ourselves house divine light and the purity that comes with it, and eventually back to our original state as one with the creator. One may interpret this transition as a metaphor for spiritual maturation but I assure you it's much deeper than that.

As we uncover the divine meanings of the four gospels, we now enter the third step in our spiritual evolution, following the departure from duality and the emergence of light within our hearts. Luke represents the stabilization and integration of this illuminated state of consciousness. It is a phase where the transient illuminations of spiritual insight become a permanent fixture in our awareness as his name indeed

suggests light-giving or luminous qualities. The transition into an illuminated state of consciousness is not merely about the reception of light but also about the shedding of attachment to material things, worldly ideals, and fleshly desires. As these attachments fall away, the "overcomer," which in Christian mysticism is often synonymous with the Christ consciousness within, emerges more clearly. This overcoming is not a rejection of the world but a transcendence of its illusory separateness and a realization of unity with God.

In this context, Mark, who is associated with the concept of shining, represents the new mental qualities that arise from this spiritual transition. As we evolve there is a departure of dogmas and fate based beliefs, symbolizing mastery over circumstances through divine law rather than being subject to the whims of dogmas and fate based beliefs. The individual, now awakened to the spiritual laws, begins to actively co-create their destiny in harmony with the laws of God through the spirit of God within.

The reference to Luke as "the beloved physician" in Colossians 4:14 describes a deeper metaphysical symbol. It points to the role of the enlightened intellect—our inner healer—that works to maintain not only the health of the mind but also the health of the body. In this reading, Luke is an archetype for the healing aspect of our intelligence, which seeks to align our entire being with the harmonious patterns of divine truth.

In order to communicate this I'll begin in the first chapter of the Lucan text,  
Luke 1:67-80.

*“Now Zachariah his father was filled with and controlled by the Holy Spirit and prophesied, saying, Blessed (praised and extolled and thanked) be the Lord, the God of Israel, because He has come and brought deliverance and redemption to His people!*

*And He has raised up a Horn of salvation [a mighty and valiant Helper, the Author of salvation] for us in the house of David His servant— This is as He promised by the mouth of His holy prophets from the most ancient times [in the memory of man]—*

*That we should have deliverance and be saved from our enemies and from the hand of all who detest and pursue us with hatred; To make true and show the mercy and compassion and kindness [promised] to our forefathers and to remember and carry out His holy covenant [to bless, which is all the more sacred because it is made by God Himself],*

*That covenant He sealed by oath to our forefather Abraham: To grant us that we, being delivered from the hand of our foes, might serve Him fearlessly In holiness (divine consecration) and righteousness [in accordance with the everlasting principles of right] within His presence all the days of our lives. And you, little one, shall be called a prophet of the Most High; for you shall go on before the face of the Lord to make ready His ways,*

*To bring and give the knowledge of salvation to His people in the forgiveness and*

*remission of their sins. Because of and through the heart of tender mercy and loving-kindness of our God, a Light from on high will dawn upon us and visit us,*

*To shine upon and give light to those who sit in darkness and in the shadow of death, to direct and guide our feet in a straight line into the way of peace. And the little boy grew and became strong in spirit; and he was in the deserts (wilderness) until the day of his appearance to Israel.*

Here is where we encounter one of many passages in the first chapters that are resplendent with metaphysical implications—a prophetic utterance from Zechariah, who, filled with the Holy Spirit, transcends temporal understanding to embrace a divine revelation. Zechariah's prophecy is not merely a historical recounting of forthcoming events, but reveals the threads of spiritual and metaphysical truths that transcend time and space combined as one. It is also important to remember that earlier in the book, I mentioned that Zachariah's name signifies the entrance of spiritual thought into man's consciousness and a lifting up of spiritual understanding.

Verse 67 introduces us to a Zechariah who is not merely human but a vessel "filled with and controlled by the Holy Spirit." Here we see a man who has become a conduit for divine wisdom, a theme that resonates deeply with the metaphysical understanding of human potential. The notion that one can be filled with the divine power

of God suggests that humanity, in its essence, possesses the capacity to channel the infinite intelligence of the cosmos.

Verses 68-70 usher in the central motif of deliverance and redemption. The "Horn of salvation" symbolizes a confluence of strength and salvation—metaphysical principles that speak to the indomitable spirit within all sentient beings. In the house of David, we find a lineage not just of kings and prophets but of archetypal energies that course through history, shaping the collective destiny of humanity.

In verses 71-75, the deliverance from enemies is a powerful metaphor for the liberation from one's lower nature and the ascendance towards a higher state of being. This concept is not confined to the physical realm but extends to the spiritual battleground where the soul seeks emancipation from the shackles of ignorance and vice. The covenant with Abraham is a sacred agreement that transcends the literal and historical, representing the divine promise bestowed upon every soul's journey towards enlightenment and union with the divine.

Verse 76 shifts focus to the child, the future John the Baptist, as a "prophet of the Most High." This child symbolizes the emerging consciousness that precedes the full manifestation of the divine (embodied by Jesus). Metaphysically, this represents the

awakening of the soul's inner wisdom, the precursor to the complete realization of one's divine nature.

Verse 77-79 articulates the mission of this burgeoning consciousness: to impart "the knowledge of salvation" through the "forgiveness and remission of their sins." This is an allegory for the transformative process of self-realization, where the light of understanding dispels the shadows of ignorance, and the soul is guided towards the "way of peace." The "Light from on high" illustrates the illumination of the higher self, which, once recognized, guides the soul from the "shadow of death" – the ignorance of one's true spiritual identity – towards eternal peace.

Finally, verse 80 offers a subtle yet potent insight into the nature of spiritual growth. The child's growth in the "wilderness" signifies the soul's maturation through trials and solitude, a necessary prelude to public ministry or service. The wilderness represents the metaphysical landscape where one confronts the self, purges the ego, and prepares for the work of enlightenment.

This passage from Luke is rich with metaphysical symbolism, a narrative that, while grounded in a specific religious tradition, transcends dogma to offer universal truths about the soul's redemption, the awakening of consciousness, and the journey

towards divine oneness. The wilderness, both literal and metaphorical, serves as the crucible for spiritual fortification, enforcing the notion that true strength of spirit is often forged in isolation, where distractions are stripped away, and the soul is left to commune with the divine in its most unadulterated form.

The growth of the child, John, is emblematic of the developmental stages of spiritual awakening that each seeker must undergo. Just as John became "strong in spirit" before his appearance to Israel, so too must individuals cultivate their inner lives, developing resilience and spiritual insight before they can effectively serve as beacons of light and truth to others.

In this narrative, we are reminded that the metaphysical journey is not a solitary endeavor but one that ultimately serves the collective. The individual's enlightenment contributes to the salvation of the whole, as each awakened soul aids in lifting the shroud of darkness from the collective human consciousness. Zechariah's prophecy is a testament to the interconnectedness of all beings and the shared destiny of humanity to emerge from the shadows into the fullness of peace and divine harmony.

Let us embrace the metaphysical truths that this passage imparts: that within each of us lies the potential for divine communion, that our struggles are a sacred



pathway to spiritual empowerment, and that through the cultivation of inner wisdom, we can illuminate the darkness and guide ourselves and others to the ways of peace.

The entire Bible is filled with metaphysical significance and an enduring message of hope, redemption, and the transformative power of divine light. My hope is that we all find strength in the spirit and move toward the dawning of our own redemption, guided by the timeless wisdom enshrined within these sacred texts of the Bible. My hope is that we move beyond the dogma that surrounds the Bible and find and apply the truth that is within it.

Christian spirituality is all about Illumination. When The Bible mentions light, wisdom, knowledge, lamp, or Christ it is all in reference to Illumination. To become illuminated is to become completely aware of righteous thoughts and thoughts of error, yet making the conscious decision to choose righteousness. In Luke 11:33-36, Jesus says,

*“No one after lighting a lamp puts it in a cellar or crypt or under a bushel measure, but on a lampstand, that those who are coming in may see the light.*

*Your eye is the lamp of your body; when your eye (your conscience) is sound and fulfilling its office, your whole body is full of light; but when it is not sound and is not fulfilling its office, your body is full of darkness.*

*Be careful, therefore, that the light that is in you is not darkness. If then your*

*entire body is illuminated, having no part dark, it will be wholly bright [with light], as when a lamp with its bright rays gives you light.”*

Here, Jesus uses the metaphor of light to convey profound truths about spiritual awakening and the nature of consciousness. He likens the human eye to a lamp that illuminates the body, symbolizing the inner light of awareness that guides our thoughts, actions, and perceptions. This metaphor speaks directly to the awakening of your soul and the path to spiritual enlightenment.

When Jesus speaks of not hiding a lamp but placing it on a lampstand, he is emphasizing the need to allow our inner light, our consciousness, to shine forth openly and unobstructed. This parallels the idea that the divine wisdom and understanding within each of us should not be hidden or suppressed but should be allowed to illuminate our lives and the lives of those around us.

Your eye being the lamp of your body signifies the central role of your consciousness in shaping your perception and experience of the world. When your consciousness is clear and aligned with truth and goodness, your entire being is filled with light. This aligns with the idea of spiritual awakening, where the light of awareness dispels the darkness of ignorance and illusion, leading to a state of inner illumination and

clarity.

Conversely, if your consciousness is clouded by negativity, delusion, or distraction, your being is filled with darkness. Jesus warns against mistaking darkness for light, highlighting the importance of discernment and clarity in our inner awareness.

In verse 36, Jesus speaks of the transformative power of inner illumination. When your entire being is filled with light, with no part dark, you experience a state of wholeness and brightness. This signifies the completeness and harmony that come with spiritual awakening, where every aspect of your being is infused with divine light and understanding.

In essence, Jesus is highlighting the importance of cultivating a clear, awakened consciousness. This directly applies to the awakening of your soul by urging you to nurture a state of inner clarity, aligning your awareness with truth, love, and wisdom. By doing so, you can experience the fullness of spiritual illumination and radiate that light into the world, becoming a source and benchmark of truth and goodness for others to see and be inspired by. Therefore, it is vital we acknowledge Christ as the light and the doorway to our divine self.

## **CHAPTER 5:**

### **Unity: Aligned with God**

“I am the resurrection, and the life”

As we enter into the teaching of the last transition of our divine and true self, we open up with the book John as well as the role of John the Baptist. Thought of as one of the more advanced gospels. Some theologians believed this was written much later than the synoptic gospels because John is written in a way that assumes you understand what we've covered in Matthew, Mark, and Luke. John, whose name represents an elevated cognitive recognition of Reality, though it remains dormant in terms of Spirit. The character of John embodies a mental state eager for the sovereignty of Spirit. This perspective isn't inherently spiritual, but rather an awareness of spiritual potential and a fervor in establishing the circumstances conducive to the dominion of Spirit.

Within this state consciousness, the concept that John represents is achieved through a metaphysical process known as "denial." This act of baptism is emblematic of discarding the constricting and obscuring thoughts that impede clear understanding. It has been observed that internally asserting, "I reject the belief in the substance and conditions of matter," disperses this collective of thoughts. This mental release must be exercised across all facets of the mind. In the act of Christian conversion, the sinner relinquishes his

sins, undergoing a moral purification. A metaphysician must not only purify his mind of moral wrongdoing but must also extend this purification further. The mind, which controls every aspect of a person, requires that a comprehensive reform include the transformation of thoughts related to the mental, moral, and physical realms.

Jesus spoke of John the Baptist, "He that is least in the kingdom of God is greater than he" (Luke 7:28), while John said of Jesus, "He must increase, but I must decrease" (John 3:30). This signifies that the smallest spiritual thought in a person surpasses the most powerful intellectual reasoning, and the intellectual conception must yield to the insights gained through the Holy Spirit.

The role of the intellect is to pave the way for spiritual awareness, the Christ consciousness. An intellectually vigilant person working towards a divine ideal recognizes and accepts the first signs of spiritual awakening, just as John the Baptist acknowledged Jesus Christ. When one undergoes a spiritual quickening to the point where Christ consciousness is realized, felt, and known, reliance shifts from intellectual reasoning to the inspiration of the Spirit. As advised in Proverbs 3:5, 6: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

The intellectual person observes the wrongs within civilization, denounces them, and calls for the punishment of wrongdoers. However, this approach often leads to resistance and failure, as seen in John's execution by Herod. Humanity must evolve through the intellectual state of consciousness (the natural man), and while attempts at reform signal an inherent goodness, their vision is often limited to personal aims. The world is currently grappling with methods of reform akin to those of John the Baptist. These efforts are doomed to fail without an understanding of the universal kinship among people and adherence to the fundamental principle taught by Jesus Christ, which is essentially, "Do unto others as you would have them do unto you."

As a metaphysician, my way to communicate biblical interpretations is to both extrapolate and use analogies and examples that bridge the gap between abstract metaphysical concepts and more familiar experiences. Let's dive a little further into John to grasp more revelation as who we are destined to become. If you study John 1:1-18, you'll find a text that has been found very difficult to understand. However, I will utilize this scripture as a window to reveal the hidden message within this message. "In the beginning was the Word, a concept we might compare to the ultimate source code of existence. This 'Word' is not merely a sound or a series of letters, but the living, dynamic blueprint from which all of creation springs forth. In metaphysical terms, the Word represents the highest expression of divine thought, consciousness, or the Creative Principle—God's intention and wisdom made manifest.

As we consider the creative process, we recognize that everything begins with thought. Before anything takes form, it exists as an idea in the mind. This mirrors the divine process in which the Word precedes creation. Everything that exists is a result of this divine thought or logos, a term rich in meaning, encompassing wisdom, power, and the underlying order of the universe. The passage speaks of 'the light,' a metaphor for the divine understanding or Christ consciousness that illuminates our minds, dispelling the darkness of ignorance. This light is not something external to us but is inherent within us all. It's like a seed of divine potential waiting to be recognized and nurtured.

As we 'receive' this light, as the text suggests, we awaken to our true nature, which is more than the sum of our physical parts. We, like Jesus, can experience a transformation that aligns us with the divine pattern—the Christ within. This is not just a metaphorical shift but a profound and holistic change that can permeate every aspect of our being.

When the text says 'the Word became flesh,' it's speaking to the embodiment of these divine principles in the person of Jesus—and metaphorically, the potential for all of us to embody these principles in our lives. Jesus' life demonstrated that it is possible to live in perfect harmony with the divine pattern, to be a living expression of the Word.

Ultimately, John's message is about the realization of our divine nature, the Christ within, and the potential for spiritual awakening and transformation available to all. Jesus, as the Christ, is a living testimony to the presence of the divine in human form, and through his example, we learn that grace and truth are accessible paths to realizing our oneness with God.

If we turn our attention to the 11th chapter John, we can find the key that unlocks the unity of our true self which allows us to merge all of who we are with our highest self in the form of Jesus. John 11:25-26 says,

*“Jesus said to her, I am [Myself] the Resurrection and the Life. Whoever believes in (adheres to, trusts in, and relies on) Me, although he may die, yet he shall live; And whoever continues to live and believes in (has faith in, cleaves to, and relies on) Me shall never [actually] die at all. Do you believe this?”*

What we see in this passage is that Jesus refutes the notion that the dead will rise only at the end of time, asserting that resurrection is a current reality. It is a spiritual rebirth, rather than a physical event. The "I" refers to the "Word" that took on human form, embodying the timeless, essential truth of existence. This truth, ancient and foundational, manifested anew through the revival of Lazarus. The assurance given is that



those who have faith in Jesus will continue to exist eternally, transcending the bounds of mortal life and death. Such a belief affirms an individual's perpetual connection to the divine essence, as a child of God, unaffected by physical demise.

Furthermore, those who actively live in faith are promised a life free from the sting of death. The power of faith is said to maintain not only the spirit but also can manifest in the maintenance of physical vitality, strength, and youth. The transformation begins in the mind, with the relinquishment of any belief in the body's decline, and the body is believed to follow suit, reflecting the mind's rejuvenated state.

Digging deeper into the context of John 11:25-26, these verses convey a revolutionary concept of life and death as understood in the Christian faith. Jesus, speaking of his role as the source of both physical and spiritual life, offers a perspective that challenges conventional views on mortality. Resurrection, in this light, isn't just an event to be awaited but a present reality accessible through belief in Jesus. The passage suggests an intimate and inextricable link between Jesus, the embodiment of divine truth, and the believer, who through faith can experience a form of resurrection here and now.

This teaching implies that life, as given by Jesus, is not merely biological but infused with spiritual significance, where death loses its finality. The believer is invited to

experience a foretaste of eternal life through a relationship with Jesus, suggesting that eternal life is not a distant promise but an immediate, transformative experience that begins at the moment of belief. This spiritual awakening, characterized by a new understanding of life, death, and identity, is portrayed as the true essence of the resurrection power that Jesus embodies and imparts to his followers.

Therefore; our spirituality, divinity, humanity, and creation find their most profound nexus in the person of Jesus the Christ, who not only exemplifies the Son aspect of the divine but also unveils the transformative potential of the Christ principle within the human experience. This chapter explores the depths of Jesus's teachings on the intimate unity among the Father, the Son, and the believer, an intricate relationship that transcends mere metaphor to invite every individual into the realization that, in the divine mystery of communion, Jesus's declaration, 'I am in my Father, and you are in me, and I am in you,' encapsulates not a theological abstraction but a profound mystical truth that overpowers the material plane of existence.

It is here that we shall examine the call to embody the Christ consciousness, a call that beckons each of us to awaken to our inherent oneness with the divine, a process that challenges us to dissolve the illusion of separation and to embrace our true identity as living expressions of divine love and wisdom—fundamentally united with Jesus and through him, with the Father."

In the quiet of the soul, where the tumult of the world fades into a distant murmur, underneath the busyness of our thoughts—we all secretly wish to understand the core of our being as well as understanding what Jesus really means to our existence. Whether we admit it or not, there's a luminous presence that whispers truths eternal. Here, in the sacred chamber of our hearts, lies the mystery of Jesus Christ, a mystery that is not merely to be solved but to be lived, felt, and embodied for the reward of resurrection and the acceptance of eternal life. In our union with God, we cannot lose our identity as a son of God.

As we traverse the landscapes of scripture and spirit, we encounter the reflection of our deepest self in the mirror of the Divine Ideal. Jesus Christ, the perfect created being, the archetype of humanity's potential, stands as an Apex of what we are called to become. He is the confluence of humanity and divinity, the exemplar of virtues, wisdom, and love that are imprinted upon the blueprint of our souls. He is the Christ consciousness that slumbers within us, awaiting the kiss of realization to stir us from our dream of separation.

The parables of Jesus are not mere stories but keys to unlocking the latent power of our divine character. The life of Jesus himself is also a parable itself that

screams our divine inheritance. They are treasures veiled in simplicity, beckoning us to discover the Kingdom of God that resides within. Like the mustard seed, our divine character holds the promise of growth from the minuscule to the magnificent, a testament to the boundless potential that lies dormant within the fertile soil of our spirit.

Who, then, is Christ? In Jesus, we witness Christ in full bloom, the divine Logos made flesh, the Word that spoke creation into being now living within us. Yet, Christ is not confined to one person, place, or time. Christ is the eternal operation, the divine pattern woven into the very fabric of existence. Within us, Christ operates as the highest divine potential, the spark of the infinite that yearns to light up our world with its brilliance.

How do we attune our spirit to hear the inner calling of God? It is a symphony that plays softly beneath the cacophony of life, a melody that must be sought with intention and devotion. Through prayer, meditation, and the practice of divine virtues, we learn to still ourselves, to tune our inner ear to the frequency of the divine. As we harmonize with the rhythm of the cosmos, the light of Christ consciousness awakens within, transforming our very essence.

When Jesus speaks of His oneness with God and the Lord, He unveils a

mystery profound—the mystery of union. This oneness is not of possession or identity but of alignment and communion. It is the dance of the divine, where the Father, Son, and Holy Spirit move in such perfect synchronicity that they appear as one divine whole. Yet, they are distinct expressions of the same ineffable Source, facets of the same unblemished jewel.

Jesus, embodying the Son, invites us into this dance of oneness. He calls us to recognize the Christ within, to live out the divine qualities He personified. "I am in my Father, and you are in me, and I am in you," He declares, beckoning us to the realization of our unity with God.

To embrace this unity, we must begin the sacred quest, a quest of spiritual awakening and transformation. It is a journey that demands dedication—a path of contemplation, selfless service, and a heart unfettered by the chains of ego. As we walk this path, we become bearers of the light that Christ held aloft, a light that now seeks to shine through us. It is not a journey for the faint of heart, for it calls for the shedding of illusions and the courage to face the divine reflection in the still waters of the soul.

As we become attuned to the divine presence within, we allow the light of Christ to awaken and guide us. This light is not a distant star, but the very essence of our

being, illuminating the path to oneness with the Father. Through the embodiment of Christ-like love, peace, wisdom, and understanding, we become living testaments to the divine love and wisdom that Jesus represented.

In this sacred process, we discover that the separation between Jesus, ourselves, and the Father is but a veil, a mist that dissolves in the radiance of awakened consciousness. We are Jesus, for we share the same divine essence. He is us, for in every heart where love and truth reign, Christ is reborn. And we are one with the Father, for in the depth of our being, where the spark of the divine resides, we are united with the Source of all that is.

This is the message of oneness that Jesus imparts—a message not of words, but of being. It is a message that transcends time and space, inviting us to step into the eternal now where all is one. As we embrace this truth, we become the embodiment of the divine whole, the harmonious symphony of Father, Son, and Holy Spirit, each note distinct yet part of a greater melody.

If what I said is true, then this may be challenging to understand and accept for one who is a Christian. But I anticipated that before I wrote this book. In my exploration of Jesus, who is central to the Christian faith, I have found myself at a crossroads of

interpretation and belief. The prevailing question that stirs the hearts and minds of believers is the nature of Christ's presence among us and the anticipation of His promised return. Which begs the question "Should we search for Jesus within ourselves or wait for Him to arrive in the clouds?"

The scriptures, rich in their depth and complexity, offer us a great deal of truths that beckon for a nuanced understanding. I would like to examine the sacred texts that speak to the indwelling of Christ and how this spiritual reality coexists with the hope of His second coming. The Gospel of John, a cornerstone of theological reflection, presents us with passages that are paramount in our quest. John 14:20 declares, "At that time [when that day comes] you will know [for yourselves] that I am in My Father, and you [are] in Me, and I [am] in you." This verse, spoken by Jesus Himself, invites us into an intimate relationship that transcends the boundaries of time and space. It is not merely a future event to which Jesus refers but a present and ongoing revelation.

In the High Priestly Prayer, as recorded in John 17:20-23, Jesus extends this profound unity to encompass all believers, "Neither for these alone do I pray [it is not for their sake only that I make this request], but also for all those who will ever come to believe in Me through their word and teaching." Jesus prays for a oneness that mirrors the divine communion—a unity that is not deferred until the end of days but is initiated within the present believer's experience. He bestows upon us a glory that unites us with

the divine, a unity that is both immediate and eternal.

The emphasis on the present moment should not lead us to dismiss the future hope of Christ's return. Rather, it should enrich our understanding, allowing us to grasp the multifaceted nature of divine revelation. Christ's presence within us is a transformative reality that should influence our daily lives, shaping our actions, thoughts, and relationships.

And so, I remind you, as you turn the pages of your life, may you find the words of Christ not only in sacred text but inscribed upon the very canvas of your soul. May you awaken to the truth that you are the light of the world, a light that reflects the divine, a light that can never be extinguished. In this realization, may you find the peace that surpasses all understanding, the joy of divine union, and the love that binds all creation. In the oneness of being, we are whole. In the light of Christ, we are home.



## **CHAPTER 6**

### **IF I BE LIFTED UP: “I AM”**

**“And I, if and when I am lifted up from the earth [on the cross], will draw and attract all men [Gentiles as well as Jews] to Myself.”**

In the stillness of the night, when the world around you is asleep and the whisper of your deepest yearnings becomes audible, there is a vision that stirs within you—a vision so potent and so vibrant that it refuses to be stilled by the tumultuous clamor of your waking hours. It is a vision that belongs to you and you alone, a sacred testament of what could be, should you but unfurl the wings you've bound with chains of doubt and trepidation.

Those of you who are seekers of light and those who desire to be architects of dreams, I am addressing you with an understanding that transcends the superficial layers of your being. You are not the sum of your fears, nor are you the embodiment of the low self-esteem and the shrunken confidence that you wear as shackles. You are not your addictions to low energy emotions, nor are you the echoes of your failures or the ghosts of your unfulfilled potential.

You are, instead, keepers of a divine spark, carriers of a vision that is meant to

illuminate the darkness and bring forth the dawn of your true purpose. This vision is the silent pulse that keeps you awake, the relentless reminder that there is more to your existence than the shadowy confines of self-sabotage. But in order to transcend, to break free from the chains that bind you, you must abide by a spiritual law that is as timeless as the cosmos itself—you must keep the faith. Faith is not merely the absence of doubt; it is the active, unwavering focus on the vision you hold, a steadfast commitment to that which is not yet seen but is as real as the air you breathe.

To understand this, let us contemplate the spiritual truth behind the profound declaration in John 12:32 (AMPC), where Jesus says, "And I, if and when I am lifted up from the earth [on the cross], will draw and attract all men [Gentiles as well as Jews] to Myself." This passage, rich in metaphysical symbolism, speaks to a law of spiritual attraction and transformation.

But before we move forward let us dissect the verse to ensure that you have a complete understanding of what I'm about to explain. I will start with the second word of the verse, which is the letter "I". The "I" in this text represents the "I AM" identity. The essence of divinity within humanity is encapsulated in the phrase "I AM," which represents the divine presence, synonymous with Jehovah or the Christ within, epitomizing the authentic spiritual being crafted in the divine reflection.

The visible, expressed self is born of this inner divine essence. Through the invocation of "I AM," we bridge the gap between our physical reality and the divine – we establish a conscious connection with the Divine Spirit, embracing eternal life, enlightenment, love, serenity, substance, fortitude, might, and truth, as well as the heavenly realm that resides within us. The "I AM" reaffirms the dominance of the spiritual realm over our lives. It is fear that clouds our vision, obscuring the powerful spiritual allies ever-present by our side. Fortunate are those who reject ignorance and fear, instead recognizing and embracing the omnipotence of the "I AM."

This term can also be seen as the esoteric identifier of our spiritual identity, set apart from our physical, sensation-driven self. One is under divine governance; the other is steered by individual desires. In the scriptures, "Christ" denotes the spiritual "I AM," while Jesus referred to it as the Father. It is the progenitor of personal volition, and a deliberate, conscious melding of these aspects is imperative to maintain the unity of all creation, as reflected in the commitment to fulfill the divine will. The bedrock of existence is one's spiritual integrity. Embed yourself in the Divine, and the experience of heaven will manifest here on earth. Release the hold on the narrower self and embrace the grander Self, echoing the sentiment, "Not my will, but Yours be done." The "I AM" within each person represents the pinnacle of willpower, the sovereign force sculpting character and individuality.

The perfect example of such consciousness was given to us in the form of Jesus. Jesus, whose name signifies the Savior, the Deliverer, the Helper, embodies the universal "I AM" identity—the directive power raised to divine understanding and authority. When He speaks of being "lifted up from the earth," He alludes to the elevation of our innermost selves, our "I AM" presence, above the material plane and into a realm of higher consciousness and spiritual alignment. In order to be in spiritual alignment, one has to be lifted up from the earth on the cross. The "earth" represents the consciousness of the physical body. To be in alignment with the spirit we cannot be connected to the material consciousness by which we communicate and engage it through our physical senses; "the earth."

The Cross symbolizes a particular level of awareness referred to as the "mortal mind," akin to what Paul describes as the "carnal mind," which imposes numerous misguided beliefs onto the physical form. As depicted in John 19:17, "He went out, bearing his own cross," it suggests an individual journey of carrying these mental burdens. The primary focus of this "carnal mind" activity is within the brain, and it is precisely here that it must be confronted and ultimately conquered by the higher self, the "I AM." This ultimate challenge is alluded to in the biblical reference to "Golgotha," known as "the place of a skull" (John 19:17). Contrary to popular interpretation, the Cross should not be seen merely as a weight to bear but rather as a representation of the

human faculties when properly aligned and harmonized in the body (earth) and the mind (cross).

To lift up the "I AM" within is to elevate your thoughts, your beliefs, your very essence, to resonate with the divine qualities of the universe. It is to acknowledge and embrace your inherent power to shape your reality, to draw to yourself all that aligns with your highest good and your most authentic self. Jesus' crucifixion and subsequent lifting up is a metaphor for the surrender of the lower self—the ego with its fears, doubts, and limitations—to the transformative power of divine love and truth. In doing so, He creates a magnetic force, attracting all who seek salvation, enlightenment, and a higher way of being.

So, too, must you lift up your "I AM" presence, recognizing in yourself the Savior, the Deliverer from your own limiting beliefs and self-destructive patterns. You must raise your consciousness, let go of the earthbound fears, and embrace the divine power within you to manifest the vision that calls to you in the quiet moments of self-reflection. As you lift up your "I AM" presence, you begin to see that the barriers you face—the low self-esteem, the crippling fear of both success and failure, the addiction to low energy emotions—are but illusions, shadows cast by a light not yet fully revealed. By focusing your inner gaze upon the light of your true potential, you dispel these shadows, and the chains that once seemed unbreakable begin to dissolve.

Understand that this is not a journey you embark upon alone. The law of spiritual attraction ensures that as you elevate your being, you draw to yourself the resources, the people, and the circumstances that support your ascension. You become “the one”, attracting that which resonates with your new-found frequency of empowerment and purpose. To hold onto your vision more than the circumstances you see is to walk by faith, not by sight. It is to trust in the spiritual principles that govern all creation, to believe in the unseen forces that work in your favor as you align with your highest truth.

Remember that Jesus' promise to draw all unto Him is also your promise to yourself: as you lift up your "I AM" presence, you will draw all the necessary elements to manifest your vision into reality. This is the magnetic power of spiritual elevation; this is the transformative potential of faith in action. In this act of lifting up, you do not merely rise above your limitations; you transcend them. You become a testament to the miraculous power of spiritual awakening. Your life becomes a living expression of the vision that once kept you up at night, now brought to light, now made manifest.

So, how does Jesus draw all men unto himself if His crucifixion was a metaphor? We must first understand who Jesus is. In the narrative of faith, Jesus

embodies the divine conception of humanity made manifest; the Christ represents this conception in its purest form. Jesus the Christ serves as the archetypal human, encompassing all the cognitive stages one navigates while resolving the complexities of life. It is observed that Jesus Christ endured the full spectrum of challenges, temptations, and cognitive shifts that each person faces, yet remained untainted by sin, meaning he never succumbed to malevolent thoughts. The journey of every person mirrors, in a condensed form, the collective human experience as I explained in the genealogy of Jesus in the second chapter.

To manifest the "new self" within us, we must first relinquish the "old self" that is mired in falsehood and constraint by rejecting its existence. The next phase involves embracing the essence of our true nature with conviction and, through comprehension, actively embodying the principles of this truth in our thoughts, speech, and actions. Christ is the pristine vision of humanity as envisioned by the Creator, the ideal representation of a human being, and the authentic identity of all individuals; Jesus Christ embodies this ideal identity in full realization and actuality.

The example set by Jesus of Nazareth indicates that such a level of achievement is attainable for humanity, thereby positioning him as the exemplar for all. We are encouraged to cultivate the same mindset that was present in Christ Jesus, suggesting the potential within us all to emulate his example. Such a feat necessitates

rigorous mental discipline. The consciousness that was present in Christ Jesus was in unity with the divine mind, thus we are called to attain perfection as our heavenly Father is perfect. This goal may appear to be a herculean task, indeed it is. To reach this state, one must transcend the human, which is ephemeral and prone to error, and establish the divine essence, which is eternal and flawless.

To be clear we must understand that Jesus presents himself to us in the vision we talked about earlier in the chapter. Earlier I had mentioned that the name of Jesus means salvation, savior, deliver and helper is another way of articulating Exodus 3:14,

*“And God said to Moses, I AM WHO I AM and WHAT I AM, and I WILL BE WHAT I WILL BE; and He said, You shall say this to the Israelites: I AM has sent me to you!”*

God became for Moses whatever Moses needed him to be in the moment. It is the same for you and I, Jesus becomes who we need him to be in the moment. This is also why He is called the great “I AM”. Jesus presents himself to you in the form of your highest ideal because he himself IS the highest ideal. Whatever we need in the form of a savior, helper, or deliverer he gives us wisdom and direction from on high through the vision of ourselves and our highest aspirations or achievements.



Just think about it, What are you seeking? What are you hoping to achieve? Who are you imagining yourself to be? What is the vision of achievement that is keeping you up at night? If you already have your answer, who do you see performing the actions of greatness or getting the achievements? Do you imagine a photo of Jesus doing the things you wish to do? I bet not! It is you, for you and the Father are one. The person you so desperately want to become is your savior.

This is Christ Jesus revealing himself to you in your highest form to reveal to you what you're actually capable of. This is the only vision that can transform your life and take you out of darkness into the light. What God shows you is something that will radically change and transform your life, how you think, how you act, and who you desire to become. And what is revealed to you will be for you and you alone. In John chapter 9, Jesus heals a blind man and restores his vision. The Jews however refused to believe he was blind after hearing about his sight being restored.

In their disbelief they sent for the blind man's parents and questioned them about his eyesight.

*"They asked them, " Is this your son, whom you reported as having been born blind? How then does he see now?"*

*"His parents answered, " We know that this is our son, and that he was born*

*blind. But as to how he can now see, we do not know; or who has opened his eyes, we do not know. He is of age. Ask him; let him speak for himself and give his own account of it.”*

The metaphor is, whatever your perceived limitations are will fade away if you choose to believe in the vision. Whatever you believed caused your blindness will lose its power over you if you decide to lift up what Jesus is showing you. No other person will be able to see what you see. No one will know what you know, because it has been revealed to you by the divine mind of God. And no one will be able to understand where you got your vision because it was given to you by God. And it will be revealed to you when you are ready to receive it. Therefore, when someone asks you about your vision you will be able to tell them from the depths of your heart. It will be of your own account and your own aspirations.

But this must be a choice. It begins with a willing heart, one that is willing to surrender to a call higher than your current state. God has already been speaking to you to move you towards greatness. The question is will you make the right decision. Jesus gives the same ultimatum in John 12:25-26 AMPC,

*“Anyone who loves his life loses it, but anyone who hates his life in this world will keep it to life eternal. [Whoever has no love for, no concern for, no regard for his life here*

*on earth, but despises it, preserves his life forever and ever.] If anyone serves Me, he must continue to follow Me [to cleave steadfastly to Me, conform wholly to My example in living and, if need be, in dying] and wherever I am, there will My servant be also. If anyone serves Me, the Father will honor him.”*

The passage is one of the most famous allegorical texts for the transformation of consciousness from a self-centered to a self-transcendent state. The phrase "Anyone who loves his life loses it" means that those who are overly attached to their physical existence and the ego-centric pursuits of this worldly life are in essence limiting their true potential and spiritual growth. Such an attachment is seen as a form of clinging to a limited state of consciousness that is transient and ultimately unfulfilling. The end result is stagnation, which mimics self sabotage.

Conversely, "anyone who hates his life in this world will keep it to life eternal" suggests that those who are willing to let go of their lower desires and ego-driven interests—symbolically "hating" their life in the worldly sense—will achieve a form of eternal life. This does not literally mean despising one's life but rather indicates a detachment from the material aspects of existence that distract from spiritual development. By relinquishing the lesser self, one preserves their higher self, which is aligned with eternal, spiritual principles.

Verse 26, "If anyone serves Me, he must continue to follow Me" calls for a commitment to embodying the higher principles represented by the divine example of Christ. This involves steadfast dedication to a path of spiritual integrity and may require sacrifices akin to a metaphorical death of the lower self—the ego and its worldly attachments.

The assurance that "wherever I am, there will My servant be also" implies that by aligning with this higher state of consciousness, one will be in the presence of the divine or universal consciousness, represented here by Christ. This is a state of being where the individual consciousness is in harmony with the divine will.

Finally, "If anyone serves Me, the Father will honor him" signifies that living in accordance with higher spiritual principles and serving the embodiment of divine consciousness will result in recognition and honor by the ultimate source of existence, the 'Father' or the fundamental, all-encompassing consciousness. We see this same promise in 1 John 3:2-2 that says,

*“Beloved, we are [even here and] now God's children; it is not yet disclosed (made clear) what we shall be [hereafter], but we know that when He comes and is manifested, we shall [as God's children] resemble and be like Him, for we shall see Him*

*just as He [really] is. And everyone who has this hope [resting] on Him cleanses (purifies) himself just as He is pure (chaste, undefiled, guiltless).”*

These verses are communicating a profound metaphysical principle: the path to ascension to a greater state of consciousness requires a letting go of the lower, egoic self and a dedicated alignment with the higher, divine self, which is characterized by service, humility, and the following of a spiritual exemplar (lifting up your divine ideal).. This alignment with the divine is rewarded by an eternal, more fulfilling existence within the greater universal consciousness.

So lift up, dear seekers. Rise above the earthly plane where fear reigns and doubt festers. Elevate your "I AM" to the divine understanding that you are the architect of your reality, that within you lies the Savior you have been waiting for. For when you are lifted up, you do not ascend alone. You draw the world toward a higher expression, a brighter future, and a deeper understanding of what it means to be truly free. This is your destiny, this is your calling, and this is the spiritual truth that will unshackle you from the binds of self-sabotage and set you upon the path of everlasting fulfillment.

## **CHAPTER 7**

### **The Baptism: “You Must Be Born Again”**

In this chapter, let's observe the narrative of Nicodemus, a Pharisee coming to Jesus under the veil of night, symbolizes the inherent limitations of an intellect steeped in the "inheritance" of unexamined religious beliefs and the necessity of a profound spiritual rebirth. Nicodemus embodies the aspect of our mentality that clings to the outer rituals of faith without grasping their transformative essence, illustrating the urgent need for an inner awakening that transcends ancestral dogmas and catalyzes a personal understanding of the divine.

The character of Nicodemus symbolizes a level of awareness where prevailing religious notions are deeply embedded. His name carries an underlying significance, suggesting triumph within or amongst the populace. Depicted as a distinguished member of the Pharisaic order, Nicodemus adheres strictly to scriptural tenets, yet remains receptive to new revelations of truth when they can be accommodated without risk. This aspect of the human psyche, devoted to the meticulous practice of religious rituals, becomes cognizant of the divine force that permeates existence.

His encounter with Jesus serves as a metaphor for the journey from a state of

spiritual darkness to enlightenment, where one must forsake the false comfort of inherited convictions and be reborn through the purifying power of denial and the life-affirming embrace of spiritual truth. The encounter between Nicodemus and Jesus, which occurs during the absence of daylight, is emblematic of the intellectual pursuit's insufficiency in the face of spiritual rebirth. One must transcend mere knowledge and be transformed by the Spirit for true redemption to occur.

As the mindset exemplified by Nicodemus begins to open up to divine wisdom, the spiritual self, personified by Jesus, imparts the critical insight that true understanding of the divine realm is achieved. This understanding is established within one's mind, body, and life through the renunciation of worldly beliefs and the embrace of spiritual truths.

To undergo rebirth through "water" is to purify oneself from all that is impure, sinful, and materially focused by practicing denial. Denial of such things can only be triggered by psychological truth, which is what water represents. Conversely, to be "born of the Spirit" is to awaken to the divine laws and elevate one's entire being into a new existence characterized by harmony and order, achieved through positive affirmations derived from truth and used with confidence in prayer. The acceptance of a faith merely because it was upheld by one's forebears equates to a dim state of consciousness, lacking genuine comprehension.

This state of mind, as depicted by Nicodemus, who strictly observed religious formality devoid of its deeper spiritual significance, suggests that our inherited religious inclinations are often adopted without thorough scrutiny of their foundations. Historically, it was seen as a sign of rebellion for offspring to deviate from their parents' chosen faith, particularly among the Jews, who took great pride in the divine teachings passed down from their ancestors—Abraham, Isaac, and Jacob.

This dominant inclination within our superficial religious understanding is akin to spiritual obscurity, thus it is depicted as approaching Jesus, the embodiment of our spiritual self, during the nighttime. Nevertheless, within this inclination lies a purity of intent—an earnestness to uncover the truth—which manifests when we begin to question the healing acts performed by those devoted to the Truth, acknowledging the presence of divine intervention.

Therefore, the term "being born again" signifies more than a single moment of conversion; it is a profound and ongoing process of inner change. This transformation requires us to examine the very fabric of our thoughts, for it is within the mind's quiet recesses that the seeds of spiritual rebirth are sown. As we begin to recognize the impermanence of material concerns and the limitations of ego-driven desires, we open a



space for something greater to take root: the I AM, our true divine essence.

Purification is not merely the removal of negative thoughts but the cultivation of a consciousness that is aligned with the qualities of the divine—love, peace, wisdom, and truth. Each thought we entertain is a brushstroke on the canvas of our reality. To purify our thoughts means to choose those that reflect the beauty and purity of the I AM. As we let go of judgment, fear, and anger, we make room for compassion, courage, and understanding. This cleansing of our mental landscape is the essential work that allows the I AM to shine forth.

This purification does not occur in isolation; it is fostered through spiritual practices such as prayer, meditation, and contemplation. These disciplines help us to silence the incessant chatter of the mind, creating a sanctuary of silence where the voice of the I AM can be heard. As we consistently engage in these practices, we strengthen our ability to discern the pure thoughts from the impure and choose wisely which to nurture.

When Jesus speaks to the act of lifting up our consciousness which is akin to the biblical serpent raised by Moses or the Christ lifted on the cross as we discussed in the last chapter—it is a symbol of transcending our lower nature. When our thoughts are impure, they anchor us to a lower vibration, a state of being that is disconnected from the

divine. By purifying our thoughts, we raise our vibrational frequency and elevate our consciousness to a plane where the presence of the I AM is vivid and undeniable.

As we clear the inner obstacles and our thoughts become a reflection of the divine qualities, the I AM begins to permeate our consciousness. This is not an external arrival but an unveiling of what has always been at the core of our being. The I AM is the eternal aspect of ourselves that is one with all creation, the individualized expression of the Divine. It is the source of all wisdom, love, and power that we seek to embody. The fruits of this transformation are evident in the way we live our daily lives. Actions born from purified thoughts are imbued with the grace of the I AM. We become instruments of divine will, expressing through our unique talents and abilities. The challenges we face are met with equanimity, and our interactions with others are marked by a deep sense of kinship and compassion.

"Being born again" is more than a theological concept; it is a lived experience of renewing our minds and hearts to embody the I AM presence within us. This rebirth is not a destination but a continuous unfolding, a journey toward ever-greater clarity and connection with our divine nature. As we commit to the purification of our thoughts, we witness the transformative power of the I AM manifesting in our lives. We become beacons of light in a world that often dwells in darkness, living testaments to the infinite potential that lies within each of us when we choose to lift up our consciousness and align

with the divine.

Each day presents a new opportunity to practice this sacred act of purification, to choose thoughts that elevate rather than degrade, that unite rather than divide. In doing so, we not only transform ourselves but also contribute to the collective elevation of human consciousness. In this spiritual metamorphosis, we come to understand that the kingdom of God is not a distant realm, but a state of being that is accessible here and now, through the gate of a purified mind. As we embody the I AM, we realize that we are not separate from the divine; we are expressions of it, and our lives are the canvas upon which its beauty is revealed.

In essence, we're discussing true baptism. Baptism serves as a metaphor for the spiritual purification of the intellect and consciousness. It signifies the transformative influence of the Divine Spirit, which liberates individuals from the confines of sin and represents the initial stride toward grasping the essence of Divine Truth. When the sanctifying essence of spiritual teachings is applied to a focal point within one's awareness, it effectively disintegrates all corporeal or worldly thinking. Through this process of sanctification and refinement, a person is prepared for enhanced spiritual perception and discernment.

There are two pivotal stages in the metaphysical journey of inner growth, symbolized by the baptisms referenced by John and Jesus, which embody the concepts of renunciation and acceptance (water), respectively. The first, John's baptism, involves the invocation of the divine word to efface the material-minded aspect from one's awareness, thereby purifying the mind and setting the stage for the subsequent phase. The second baptism, associated with Jesus, activates the generative principles of divine affirmation through the ultimate Consciousness. This divine spark (fire) ignites at the core of one's being, elevating both soul and spirit to greater levels of refinement, a transformative experience known as regeneration.

The baptism by the Holy Spirit is an invigoration of one's spiritual nature that manifests within both thought and the physical form. It embodies force, affirmation, and positivity. As the second baptism, it aligns with the Christ consciousness and is among the most hallowed gifts bestowed by the Divine. This gift is promised to those who ardently pursue the realm of the Divine and embrace righteousness. The assurance of this gift is encapsulated in the scripture: "He will baptize you with the Holy Spirit" (Matthew 3:11), and it is bestowed upon those who earnestly seek divine connection and alignment with the highest spiritual principles.

In this chapter, we have explored the profound significance of being born

again through the purification of thought through the exposure of psychological truth.

This truth can only be provided by Jesus who comes in the form of your savior. We have seen how this process creates the conditions for the I AM to enter our consciousness, guiding us toward a life of greater love, wisdom, and unity. May this understanding inspire us to continue our inner work, allowing the divine light within to shine forth and illuminate our path.

And thus, the pathway of purification is not only the way to personal salvation but also the road to collective transformation. As we each lift up the I AM within, we contribute to a world where the divine consciousness is not merely a concept but a living reality, embraced and expressed by all.

## **CHAPTER 8**

### **THE BLOOD OF JESUS: THE VEILED COVENANT**

***“And Jesus said to them, I assure you, most solemnly I tell you, you cannot have any life in you unless you eat the flesh of the Son of Man and drink His blood.”***

Within the realm of theological discourse and the fervent proclamations of faith, the concept of the "blood of Jesus" has been enshrined within the annals of Christian orthodoxy as the literal lifeblood shed on the cross, a physical testament to the historicity of Jesus' sacrifice. Yet, this focus on the corporeal has obfuscated a profound spiritual truth, one that transcends the mere historic event and the attendant dogmatic rituals that have emerged in its wake.

My book in its entirety seeks to illuminate the misunderstood depths of biblical concepts especially the "blood of Jesus," proposing that the narrative provides not just a historical account, but also a metaphysical gateway to a transformative spiritual principle—an elixir for the soul that when truly comprehended and internalized, can lead to the purification of the collective race mind and the healing of both mind and body. It is my intent to reveal that the "blood of Jesus," rather than being a relic of past sacrifice, is a living, dynamic principle that continues to infuse humanity with the potential for profound spiritual awakening and regeneration.

The blood of Jesus, as traditionally taught, represents the sacrificial act of Jesus Christ dying on the cross to atone for the sins of humanity—a cornerstone of Christian belief. However, this chapter posits that there is a more esoteric and profound dimension to this concept that has been overlooked or veiled by literal interpretations. The "blood" is not solely the physical substance that flowed from Christ's body, but rather an allegorical representation of a higher spiritual principle that was introduced into human consciousness through the life and teachings of the purified Jesus.

This spiritual principle encompasses pure ideals such as unconditional love, forgiveness, and redemption that, when embraced and internalized, have the power to transform the individual and collective psyche—what is termed here as the "race mind." The race mind represents the collective mental and spiritual experiences of humanity, which are often burdened by lower vibrations such as fear, guilt, and aggression. The "blood" of Jesus symbolizes the transcendent energy that can purify these collective experiences and elevate the consciousness of humanity.

When "the blood" is "rightly appropriated," it becomes a metaphysical tool for personal and communal transformation. This appropriation involves a conscious realization and integration of the divine qualities that Jesus embodied and transmitted

through his teachings and very essence. By engaging with this principle, individuals can experience purification of the mind and healing of the body, moving beyond the confines of ritualistic practice to a direct, experiential understanding of divine love and power.

Therefore, let's further explore how the "blood" as a spiritual principle is not bound by time or historical events, but is an eternal, accessible source of spiritual nourishment and renewal. The evidence of this principle's efficacy is found in the countless individuals who, across the ages, have tapped into this divine current and have witnessed profound transformations in their lives, thus proving that the "blood" is much more than a historical footnote—it is a perpetual spring of spiritual life, available to all who seek its purifying and enlivening essence.

Building upon the elucidated spiritual dimensions of the "blood of Jesus," let us delve further into the metaphysical significance ascribed to this concept by extending our understanding through additional biblical terminology. The "blood of Christ" within this metaphysical framework is construed as the vital essence embedded within the Divine Logos—the Word of God. This essence is not a physical substance but a form of spiritual energy that acts as a purifying and redeeming force within the human experience.



When one engages with this divine energy, it infuses one's life with a higher, purer vibrational current, which in turn cleanses the inner recesses of consciousness. This cleansing from "dead works"—that is, actions and thoughts rooted in the lower nature—empowers one to undertake service in alignment with the living God, free from the stains of past errors and illuminated by divine intention. Further, the "blood of Jesus" represents the principle of unending life, the vivifying agent of divine existence. Through his own spiritual evolution, Jesus amplified the vitality within his corporeal blood, demonstrating its sublime potential.

This act transmuted his blood into a conduit for spiritual force, thereby contributing to the spiritual life of humanity at large. It is through this elevation that the "blood" becomes universally accessible, allowing individuals to metaphorically 'drink' from this source of eternal life. The ingestion of this spiritual sustenance is what imbues one with true life, as suggested by the profound directive in John 6:53, which calls for an intimate and transformative communion with the essence of the Divine as made manifest in Jesus.

Lastly, the "blood of the Lamb" signifies the pure, unblemished life force—the original and most sublime state of Being—that Jesus revealed and made available to all who embrace him as the embodiment of God the Father's pure life. This primal life force

is innocent and undefiled, standing in stark contrast to the flawed conditions of mortal existence. Those who align themselves with this force, as depicted in Revelation 7:14, undergo a process of profound inner cleansing, symbolized by the whitening of their robes in the "blood of the Lamb." This process is not one of physical washing, but rather a spiritual renewal, whereby individuals emerge from their tribulations transformed, their very essence purified by their encounter with the divine innocence and vitality that Jesus channeled.

In synthesizing these perspectives, the metaphysical interpretation of the biblical "blood" narratives invites us into a deeper engagement with the ineffable qualities of divine life that Jesus manifested. It calls us to experience this life not as a historical artifact but as a living, breathing spiritual reality that continues to infuse our existence with meaning, healing, and a profound connection to the eternal. The question becomes how do we apply the blood to our lives? To communicate this concept, we will turn our attention back to John chapter 6.

Metaphysically, Jesus embodies the highest potential or divine Self in all human beings, which exists as our potential to become, fully express, and manifest our divinity. Thus, Jesus' representation as our Savior and as the Living Bread signifies the pure and higher spiritual form that every person is meant to attain.

In John 6:51-57, when Jesus states that his body (flesh) is the Living Bread and invites people to eat his flesh and drink his blood, he is not inviting us to participate in a physical act, but rather a spiritual metaphor that demands we fully immerse ourselves into this vision of our highest potential, as he did. To consume this bread and drink symbolizes our need to fully embrace and embody our divine selves in order to manifest our highest potentials.

To eat of this Bread and to live forever indicates the assimilation of the life-giving wisdom, understanding, and virtues that Jesus personified - compassion, forgiveness, selflessness, and unceasing love. To consume his flesh refers metaphorically to living these values out in our actions and experiences - the 'deeds' of the higher self. This reflects the acceptance of the Christ Consciousness into our everyday existence.

Drinking his blood, metaphysically, is to imbibe in the transformative power of love and divine wisdom. It symbolizes the purification process in the spiritual journey where the mind, heart, and body are cleansed from worldly desires, ego, and negativity.

Through the act of 'eating' and 'drinking', one aligns with the higher Christ

Consciousness and maintains an abiding union with the divine, manifesting it in their life as a continuous practice. This forms a circular relationship, as represented in the verse where Jesus says he who feeds on Me shall live through and because of Me, suggesting the reciprocating flow of divine energy and sustenance.

Therefore, the metaphysical implication is clear. Salvation lies in recognizing, embracing, and embodying our divine potential, represented by Jesus, by living in the principles of love, compassion, forgiveness, and altruism that he exemplified. Jesus' call to 'consume' him symbolically reflects the transformative journey towards achieving our spiritual potential. The invitation is an eternal promise of eternal life, achieved by embodying these principles and aligning with our highest divine self.

In that profound and enigmatic statement of, "Except ye eat the flesh of the Son of man and drink his blood, ye have not life in yourselves." Are words that are shrouded in metaphorical richness, have perplexed many and stirred unrest among the disciples, evoking reactions of disbelief and discomfort. "This is a hard and difficult and strange saying," they protested, finding the message offensive and unbearable. Their outcry echoes through the ages, resonating with the collective uncertainty that arises when confronted with the profundity of spiritual truth.

Yet, in response to their consternation, Jesus, perceiving their inner turmoil, posed a poignant question: "Is this a stumbling block and an offense to you?" He delved into the very core of their disquietude, challenging them to confront the discomfort that arises when confronted with the mystical and transcendent. He probed their hearts, asking whether this message upset, displeased, shocked, or scandalized them—forcing them to confront their own preconceived notions and limitations.

Such probing questions are as relevant today as they were in the time of Jesus. When we encounter the lofty spiritual call contained within these words, we, too, are compelled to grapple with their profundity. Like the disciples, we may find ourselves daunted by the challenge inherent in embracing the fullness of our divinity. The call to "eat the flesh" and "drink the blood" of the Son of Man is not one of literal consumption, but a symbolic and spiritual summons to partake in the essence of the divine, to internalize and assimilate the very life and teachings of Jesus.

This is not a call for the weak, nor is it a message that can be easily dismissed. Rather, it is an impassioned plea to rise above the mundane and embrace the exalted, to transcend the limitations of the material world and step into the realm of the spirit. It is an invitation to wake up to our true nature, to recognize the inherent presence of Christ that resides within each of us, and to embark on a transformative journey towards spiritual

illumination.

Will you heed the stirring words of Jesus? Will eat the flesh and drink the blood, embracing the discomfort and challenge it evokes, for within that discomfort lies the seed of transcendence. Do not recoil from the profound and the mystical, but instead lean into its mystery, for it is within this mystery that the deepest truths of our existence await. In answering the spiritual call of Jesus, we step onto a path of divine discovery, unfurling the wings of our spiritual potential and soaring towards the boundless heights of our true selves.

## **CHAPTER 9**

### **GUARD YOUR HEART:**

#### **UNDERSTANDING THE INTERPLAY OF MIND AND REALITY**

In the pursuit of understanding the profound nature of our existence, it is essential to delve into the intricate relationship between the mind and the reality we perceive. This chapter aims to explore the symbiotic interplay between consciousness and the material world, a concept that has baffled philosophers, scientists, and theologians for centuries. Imagine reality as a finely woven tapestry, an intricate blend of threads that represent the physical world, our thoughts, emotions, beliefs, and consciousness. These threads, though distinct, are interdependent, each contributing to the overall pattern that emerges as our lived experience. In metaphysics, it is postulated that there exists a deeper connection between the mind and the fabric of reality than what is apparent. This connection suggests that our consciousness is not merely a passive observer but an active participant in shaping our world. It is through our consciousness that we interpret, influence, and in some ways, create the reality we experience.

Central to the conscious connection is the power of belief and intention. Beliefs are the lens through which we perceive reality, coloring our experiences with expectations and preconceived notions. Intentions, on the other hand, represent our directed will, the conscious desire to influence our reality. It is at the convergence of

belief and intention that we may observe the most profound effects of the conscious connection. The narrative of the woman with the issue of blood, as recounted in Mark 5:25-29, exemplifies this interplay between belief, intention, and reality. Plagued by an ailment that persisted despite all medical interventions, the woman's reality was one of suffering and despair. However, upon hearing of Jesus, a transformative belief took root within her—the belief in the possibility of healing through an act as simple as touching his garment.

Her belief was more than mere hope; it was a resolute expectation of a change in her reality, an intention set forth into the world. As she reached out and touched his garment, it was not just a physical act, but a manifestation of her belief and intention. The text tells us that immediately, her condition was remedied. This instantaneous change in her physical state demonstrates a profound connection between her inner conviction and the external alteration of her circumstances. From a metaphysical standpoint, the miracle described in the scripture can be seen as an illustration of the conscious connection in action. The woman's unwavering faith and the power of her intention, her belief in the potential for healing, catalyzed a reality where her ailment was vanquished. This is not to say that reality is purely a construct of the mind, but rather that the mind has the potential to interact with reality in meaningful ways. The principles of faith, the expectancy of outcomes, and the directed will are all components that can influence the tapestry of our existence.



## The Role of Consciousness

Consciousness, in this metaphysical framework, is the loom upon which the tapestry is woven. It provides the structure and space for the interplay of subjective and objective realms. Through understanding and harnessing the power of our consciousness, we can learn to navigate reality with greater awareness and intention. In conclusion, the conscious connection is an intricate dance between mind and matter, belief and reality, intention and outcome. The account of the woman with the issue of blood serves as a profound example of this dance.

Her healing was not solely a divine act performed upon her, but also a divine act orchestrated through her—a collaboration between her faith and the power she attributed to Jesus. This narrative calls upon us to consider the potency of our own beliefs and intentions. It challenges us to reflect on how our internal states—our hopes, fears, expectations, and desires—interact with the external world to shape our experiences. It prompts us to ask: How might our own lives be different if we approached our challenges with the same conviction and focused intention as the woman in the scripture?

As metaphysicians, we must ponder the implications of this conscious connection. Our task is to deepen our understanding of the role of consciousness in the physical universe and to explore how we can consciously co-create our reality with greater purpose and clarity. By doing so, we may not only transform our individual experiences but also contribute to the collective unfolding of a more conscious and intentional world.

Thus, the conscious connection is more than a philosophical concept; it is a call to action—a directive to align our inner world with our outer actions, to weave our beliefs and intentions into the very fabric of our lives, and to acknowledge the power we have to mold our reality. In this way, we become active participants in the creation of our own tapestry, each thread a testament to the power of the conscious connection.

### The Potency of Our Minds as Spiritual Beings

As spiritual beings, the potency of our minds lies in our inherent ability to transcend the limitations of the physical world. Our consciousness is not confined by the physical boundaries that define our material existence; it reaches into the depths of the intangible, the realm of ideas, emotions, and spirit. It is in this expansive space that the true power of the mind is revealed—a power to shape reality, heal wounds of the body

and soul, and connect with the universal consciousness.

The mind, in its most profound essence, acts as a bridge between the spiritual and the physical, a conduit through which the energy of thought and intention can flow. When we recognize ourselves as spiritual beings, we begin to understand that our thoughts are more than mere byproducts of brain activity; they are vibrational energies with the potential to resonate through the fabric of reality.

### Quantum Physics and the Mind

Quantum physics has begun to uncover the mysterious ways in which the mind interacts with the physical world. At the quantum level, particles are not deterministic entities with definite positions and velocities; rather, they exist in a state of probabilities until they are observed. This has led to the intriguing suggestion that consciousness itself may play a role in collapsing these probabilities into actualities—that the act of observation can influence the behavior of particles.

This concept parallels the idea that our minds can attach to like frequencies of

thought. Just as particles can be entangled, sharing a connection regardless of distance, our thoughts can resonate with similar patterns of energy. When we focus our thoughts, we effectively tune in to the frequency of those thoughts, attracting experiences and circumstances that are in alignment with them. This is often conceptualized as the Law of Attraction, where like attracts like, and our mental focus acts as a magnet for congruent experiences.

For example, think of a song that you love. Then imagine what you would have to do to hear that song. You would simply just need to tune into the frequency to enjoy the song. Once the song has been listened to enough times and the lyrics become memorized, those lyrics become embedded in your mind. Not only has that song become memorized, it is now ingrained in your subconscious mind. As a result you will begin to attract the lyrics you listen to. The same goes for things you may watch or teachings verbalize. Anything exposed to the mind over a period of time eventually becomes a belief.

### The Impact of Negative and Pessimistic Mindsets

What I just described in the “quantum physics of the mind” is called conditioning or programming. When our minds are conditioned to be negative and

pessimistic, the impact on our personal lives can be profound and far-reaching. A negative mindset acts as a lens, distorting reality to confirm and reinforce its pessimistic view. It creates a feedback loop where negative thoughts attract negative experiences, which in turn validate and strengthen the original thoughts.

This state of mind leads to self-sabotage, as it undermines our potential for positive change and growth. It blinds us to opportunities, saps our motivation, and can create a self-fulfilling prophecy of failure and disappointment. Our thoughts and beliefs shape our expectations, and these expectations can become limitations that we impose upon ourselves.

When we anticipate the worst, we may unconsciously behave in ways that bring about the very outcomes we fear. We might avoid taking risks that could lead to success, or we may not put forth our best effort because we don't believe it will make a difference. Negative thinking can erode our self-esteem and resilience, making it more difficult to recover from setbacks and maintain a constructive perspective.

Transforming Our Mindset

To counteract the effects of a negative and pessimistic mindset, we must engage in a conscious effort to recondition our thought patterns. This involves recognizing and challenging negative beliefs, cultivating a practice of gratitude and positive affirmations, and focusing on constructive and empowering thoughts. By shifting our mental focus to frequencies of optimism, hope, and positivity, we can begin to attract a different set of experiences. As we change our internal dialogue, we send out a new set of vibrational energies that are more likely to bring about positive outcomes. This mental transformation requires persistence and mindfulness, as old habits of thought are often deeply ingrained.

Mindfulness and meditation practices can be instrumental in this transformation. Through mindfulness, we become aware of our moment-to-moment thoughts and feelings without judgment, which allows us to disengage from the negativity that may have a hold on us. Meditation can help to still the mind, making it easier to cultivate a state of inner peace and positivity.

Development of emotional intelligence is also key. By becoming more attuned to our emotions and understanding how they influence our thoughts and actions, we can make more conscious choices about our responses to life's challenges. Emotional intelligence enables us to navigate our emotional landscape with greater awareness and

control, reducing the likelihood of being swept away by negative emotional currents.

Another powerful tool is visualization, where we actively imagine and 'experience' desired outcomes. This helps to align our subconscious mind with our conscious goals and intentions, effectively reprogramming our thought patterns to be more positive and constructive. The impact of shifting from a negative to a positive mindset extends beyond mere personal satisfaction. It can improve our relationships, enhance our health, increase our resilience, and open us up to a wealth of opportunities and experiences that we may have previously thought were out of reach. In essence, by changing our thoughts, we are changing the very structure of our reality. Proverbs 4:23 says,

*“Keep and guard your heart with all vigilance and above all that you guard, for out of it flow the springs of life.”*

This scripture provides a vivid metaphor for the centrality of our inner life in determining the course of our outer experiences. In a metaphysical context, the "heart" mentioned in this verse should be understood as the subconscious mind which is the core of our expression of being, the seat of our emotions, intentions, and beliefs. It is the spiritual and emotional center from where our life experiences emanate. To "keep and guard your heart" is an exhortation to be mindful of the quality and content of our inner

thoughts and feelings, recognizing that they are the wellspring from which our external lives are shaped.

The springs of life that flow from the heart are the manifestations of our deepest held convictions and emotional states. Our reality, much like a spring, can be clear and life-giving or it can be muddied by the sediment of negativity and fear. Just as a spring's water quality is determined by the condition of its source, so too is the quality of our life determined by the condition of our heart—our inner world.

Vigilance in guarding our heart, as the proverb suggests, implies a continuous, conscious effort to monitor and influence our inner landscape. In the context of the conscious connection, we must be watchful of our thoughts, feelings, and beliefs, ensuring they align with the life we desire to lead. This process involves introspection and self-awareness, acknowledging and releasing limiting beliefs, and nurturing thoughts that are in harmony with our highest intentions.

Understanding that our inner state influences our outer reality, the wisdom of this proverb becomes evident. If we allow negative thoughts and emotions to take root in our hearts, they may grow and affect the 'springs'—the outcomes and experiences of our lives. Conversely, when we cultivate positive, life-affirming beliefs and emotions, we set



the stage for a reality that reflects these qualities.

The mind (conscious mind), in this interpretation, is the guardian of the heart. It is the discerning faculty that can choose which thoughts and emotions are allowed to enter and take residence within our innermost self. By training our minds we strengthen our capacity to guard our hearts against influences that could disrupt our spiritual harmony and therefore our life experiences.

Should we apply this interpretation to our personal lives, we gather that the state of our heart—our core beliefs and emotional well-being—is of paramount importance. A heart guarded with vigilance against negativity will produce a more positive and fulfilling life experience. In contrast, neglecting to guard our heart can lead to a life shaped by unintended and often unwanted circumstances, as the unchecked thoughts and emotions create a reality that mirrors these inner disruptions.

Proverbs 4:23 calls us to acknowledge the profound influence our inner world has on our external reality. It encourages us to guard our heart with the understanding that from it emanates the energy that shapes our life's path. By being vigilant in maintaining a positive and healthy inner world, we actively participate in the creation of a life experience that reflects the beauty and purity of our truest intentions. This is not a passive

endeavor; it is an active process of selection and cultivation. Just as a gardener tends to their garden, removing weeds and nurturing plants, we must tend to the garden of our heart, fostering thoughts and emotions that will bring forth the life we wish to live.

The springs of life that flow from a well-guarded heart are those of love, joy, peace, abundance, and creativity. They nourish our reality, creating an environment conducive to growth and fulfillment. By placing the highest priority on the cultivation of our inner selves, we make a conscious choice to direct the course of our lives towards positive horizons.

Therefore, as we contemplate the interplay of mind and reality within the metaphysical framework, let us remember the wisdom of Proverbs 4:23. Be ever mindful of the power of our inner state and the responsibility we have to guard it with vigilance. In doing so, we honor the profound truth that the quality of our lives is a reflection of the quality of our hearts, and we empower ourselves to live with intention, purpose, and joy.

It is important to recognize that this is not about denying or ignoring the negative aspects of life. Rather, it's about choosing where to focus our energy and attention. By affirming the positive truths, being grateful for what we have, and visualizing what we wish to achieve, we empower ourselves to take proactive steps

towards a more fulfilling and meaningful life.

As spiritual beings, we have an incredible potential to shape our reality through the power of our minds. By understanding and leveraging the principles of quantum physics, the Law of Attraction, and spiritual understanding we can align ourselves with the frequencies of thought that serve our highest good. Transforming a negative, pessimistic mindset into a positive, optimistic one is not merely a change in thought patterns—it is a profound shift in our very being that opens up new possibilities for living a life that reflects our true potential.

## **CHAPTER 10**

### **SHAPING YOUR REALITY:**

#### **UNLEASHING THE CREATIVE FORCE WITHIN**

**“NOW FAITH is the assurance of the things [we] hope for, being the proof of things [we] do not see and the conviction of their reality”**

In all that we've discussed so far it's important to have a true understanding of faith because it is the catalyst that shapes our reality. To explain this statement it is also important to realize the different ways in which it is used. Faith is the perceiving power of the mind linked with the ability to mold substance. It represents spiritual assurance and the capacity to achieve what seems impossible. It possesses a magnetic force that attracts our deepest desires from the unseen spiritual realm. Faith is an inner conviction that what we seek is already within our grasp. The biblical verse "Now faith is assurance of things hoped for" (Heb. 11:1) underscores the significance of faith as the foundation of human action.

A careful examination reveals that faith underpins all human endeavors. Jesus referred to a new state for the advancement of humanity, the "kingdom of the heavens," built on the foundation symbolized by Peter (rock), representing faith. This illustrates the close connection between faith and enduring, steadfast forms of substance. Developing the faculty of faith is integral to spiritual realization, as highlighted by the statement

"According to your faith be it done unto you" (Matt. 9:29).

Faith in God constitutes the essence of existence. Having faith in God equates to having the faith of God. It is essential to trust in God as our Father and the source of all the good we seek. Faith transcends mere belief; it embodies the substance of that which is believed. It operates through love. Negative thoughts such as condemnation, enmity, and resistance must be released, and divine love affirmed, allowing faith to work unhindered.

Faith transcends mere belief; it embodies the very substance of that which is believed and operates through love. Releasing thoughts of condemnation, enmity, and resistance, and affirming divine love allows faith to work unhindered. When faith operates within spiritual substance, it achieves all things. This is the kind of faith that harmonizes with creative law. When deeply rooted in spiritual consciousness, faith finds its dwelling place and, in accordance with divine law, consistently yields results that appear miraculous.

However, blind faith, characterized by an instinctive trust in a higher power, lacks an understanding of the principles of existence, making it susceptible to discouragement and disappointment. The center of faith in the human body is the pineal gland, situated in the middle of the brain. Focusing thought on this center opens the mind

to spiritual faith. Comparatively, trust is a weaker form of faith, yet superior to mistrust. Generally, individuals who simply trust in the Lord may not comprehend divine law. With understanding, they would affirm the presence and power of God until the very substance of Spirit manifests.

Faith cure is an alternate term for spiritual healing. The cultivation of faith involves studying the experiences of Peter, the apostle symbolizing faith, to gain insights into developing this faculty. Peter's wavering commitment to Jesus illustrates the progression of faith in someone who has yet to develop this capacity. Faith is strengthened through the rejection of doubt and fear, along with consistent affirmations of allegiance to the divine idea, the higher self. It necessitates having faith in one's spiritual potential and relying on it in the face of challenging circumstances.

The foundation for an individual's faith in oneself lies in the truth that they are a child of God and, therefore, inherit divine nature. It is essential for a person to have faith in themselves, as success in any endeavor is unattainable without such faith. Intellectual faith pertains to faith primarily rooted in the intellect. An intellectual individual places faith in their art, science, or philosophy, which serves their immediate purposes.

The faith of Jesus did not revolve around claiming an exclusive supernatural power ascribed to Him. He delved into the ether energy, referred to as the "kingdom of the heavens," demonstrating an understanding that surpassed that of the average person. However, He asserted that others could perform the same feats if they embraced faith. He urged His followers to emulate His example of faith and harness the power of thought and speech. Divine healing operates under the same principles that Jesus employed. In most cases, He required faith from those seeking healing; and with this faith as a point of mental and spiritual connection, He unlocked the dormant energy within the atomic structure of the individuals in need, leading to their restoration to health and vitality.

*"He that believeth on me, the works that I do shall he do also; and greater works than these shall he do" (John 14:12).*

The prayer of faith entails mentally accepting that which is desired. Jesus proclaimed,

*"All things whatsoever ye pray and ask for, believe that ye receive them, and ye shall have them" (Mark 11:24).*

Faith thinking represents the fundamental power of humanity, the original faculty of creative thought. While all individuals possess the capacity for thought located in the mind, the thoughts we generate can range from positive to negative or indifferent.

If we are raised and shaped according to conventional norms, we may go through life without ever originating a truly innovative thought. Our thinking tends to reflect the recycled ideas of our ancestors, the prevailing beliefs of society, or the well-worn concepts of the mainstream.

This does not constitute faith thinking. True faith thinking is the province of those who have glimpsed the Truth of Existence and nourish their thinking faculty with images conceived in the center of faith. Faith thinking transcends mere intellectual processing and reasoning. The faith thinker does not engage in comparison, analysis, or drawing conclusions from established premises. They do not take appearances into account, nor are they swayed by precedent. Their thinking shapes ideas that emanate directly from the eternal wellspring of wisdom, without hesitation or doubt. Their perception reaches into the spiritual realm, and they possess a deep knowing.

Understanding faith, on the other hand, denotes faith grounded in principle, founded on a knowledge of truth. It comprehends the workings of the mind's law and thus possesses immense strength. Having the certainty that specific causes yield specific outcomes provides a solid basis for faith. Generations without faith refers to a group that lacks the spiritual conviction and ability to perform the miracles Jesus intended, such as curing the sick and restoring sight to the blind.



All of the previous information hinges on Hebrews 11:1-3. For deeper understanding we must focus on the fundamental nature of reality and existence. These verses specifically touch upon the concept of faith and its role in shaping our understanding of reality. From a metaphysical perspective we open the door to the conscious and subconscious roles in shaping our reality according to our faith using the spiritual laws of thoughts and beliefs. The only way to fully grasp this verse is to extrapolate the meaning.

*“Now faith is the assurance (the confirmation, the title deed) of the things [we] hope for, being the proof of things [we] do not see and the conviction of their reality [faith perceiving as real fact what is not revealed to the senses]. For by [faith—trust and holy fervor born of faith] the men of old had divine testimony borne to them and obtained a good report. By faith we understand that the worlds [during the successive ages] were framed (fashioned, put in order, and equipped for their intended purpose) by the word of God, so that what we see was not made out of things which are visible.”*

These verses emphasize the power of faith as the means by which individuals can manifest their hopes and desires into reality. Faith is described as the assurance and confirmation of the unseen, a conviction that transcends sensory perception. It suggests

that faith enables individuals to perceive and bring into existence that which is not immediately evident to the physical senses.

Furthermore, the verses speak to the idea that the worlds were "framed, fashioned, put in order, and equipped for their intended purpose" by the word of God. This is an affirmation of the creative power of divine consciousness, shaping the structure and purpose of existence through the power of intention and divine will. Let's also highlight the phrase "*conviction of their reality [faith perceiving as real fact what is not revealed to the senses.]*" The word conviction communicates a refusal to be influenced by your senses. Meaning, conviction is a feeling or deep knowing that allows one to be certain.

Such a conviction is seen as a feeling or assumption. Once a feeling has combined with an assumption of reality and has been accepted as true, it then becomes realized within the mind as a fact. Therefore, making this new reality almost impossible to be persuaded of anything else. A feeling or the assumption of reality is the result of faith. Which highlights the alignment of an objective thought being emotionally accepted as true or real. Any thoughts that are aligned and are charged with emotion will manifest into material or matter (that which can be interacted with by the senses).

## **CHAPTER 11**

### **THE ARCHITECT OF REALITY: RECOGNIZING YOUR ROLE IN MANIFESTATION**

*“For as he thinks in his heart, so is he.”*

I ended the last chapter on a statement that eluded to manifestation by the alignment of thoughts and emotions. In order for you to understand and be able to apply the laws of manifestation as a creative being, it's important to know what faith looks like behind the scenes. It is also important to know that the invisible parts of faith and manifestation are highly persuaded emotions and not lofty ideals. Ideals are great but how you truly feel about the attainment of those ideals are what manifest. Therefore, in order to communicate this in a way that can be easily understood I would like for you to turn your attention to the following story.

In the fabled lands of the Mind's Dominion, there was a great Architect known throughout the realms for shaping the very essence of reality. This Architect, an embodiment of every individual's inner power, wrought the world not with hammer and chisel, nor with brick and mortar, but with the ethereal substance of Consciousness itself. The Architect dwelled within a grand palace of dual chambers, one illuminated by the light of the conscious mind, a selective and personal realm where ideas were forged like swords of destiny. The other chamber, vast and shadowy, was the subconscious, an

impersonal and accepting expanse that gave form to the conscious mind's creations.

These two chambers, the conscious and the subconscious, were joined by a mystical river of Feeling, flowing between them, carrying every thought, every idea, every whisper of the heart from the light into the shadow. The river was the lifeblood of creation, the medium through which the Architect's will was made manifest. Within the Architect's dominion, the law was simple yet profound: "For as he thinks in his heart, so is he." This ancient wisdom, inscribed upon the very walls of the palace, served as a constant reminder that the Architect's heart - the core of his being - shaped the reality that unfolded around him.

The Architect understood the delicate dance of the chambers. The conscious mind would conceive an idea, pure and resolute, and then, with great intention, impress this idea upon the waters of Feeling. It was only through the warmth of genuine emotion that the idea could travel across the river and be received by the waiting subconscious. The subconscious, ever obedient and powerful, would accept the conscious mind's decree without question. It did not toil with the logic of the ideas presented; it simply brought them to life, weaving the fabric of reality from the patterns of feeling it received.

In this way, the Architect was both the creator and the creation, the dreamer and the dream. His every feeling shaped the bricks of his world, each emotion a stroke of the painter's brush upon the canvas of existence.

But the Architect also knew of the delicate balance that must be maintained. Should he allow the rivers of Feeling to be tainted by fear, doubt, or regret, the subconscious would dutifully reflect these dark waters into the world, bringing forth a reality marred by his own uncontrolled emotions.

The Architect's greatest challenge was to discipline his heart, to choose only those feelings that would construct a reality of joy, abundance, and harmony. He strove to nurture the feelings of health, success, and love, knowing that these would be faithfully replicated in the world outside his palace walls. And so, the Architect became the master of his inner world, carefully tending to the garden of his feelings, ensuring that only the most beautiful and virtuous blooms would be presented to the river, for the subconscious to cultivate in the vastness of reality.

In the great ocean of existence, every thread was a feeling, every color a desire, and every pattern a belief. The Architect of Reality, recognizing his role in manifestation, wielded his inner power with wisdom and grace, creating a world that

reflected the beauty and strength of his heart.

And thus, the allegory of the Architect's dominion teaches us that we, too, are architects of our reality, shaping the world within and without through the power of our conscious thoughts and the feelings we allow to flow into the subconscious . It teaches us that the essence of our lives and the fabric of our universe are woven from the same threads of consciousness that the great Architect used. By mastering our inner world, we can influence the outer world, for the inner and the outer are one and the same, connected by the unbreakable thread of creation.

The Architect's daily practice was one of mindful contemplation and emotional discipline. He knew that every feeling harbored within had the potential to leave a lasting imprint on the palace of existence. If he allowed a rogue wave of negativity to enter the river of Feeling, it would surely find its way into the subconscious chamber, emerging later as a twisted spire or a crumbling wall in the reality he inhabited. Therefore, the Architect was vigilant, always choosing to feel the reality of his desires as if they already were. He did not indulge in the feeling of 'I will be,' for this implied a lack that could mar the palace with incompleteness. Instead, he embraced 'I am,' a statement of presence and wholeness that assured the subconscious of the existence of his desires in the now.

The Architect's mastery was such that he could feel the texture of success on his fingertips, taste the sweetness of joy on his tongue, and bask in the warmth of love as if it enveloped him there and then. In doing so, he made it known to the subconscious that these were the materials it should use to build his world. In the grand scheme, there was no room for chance or accident in the Architect's reality. The conditions of his world were the direct result of the patterns etched upon the river of Feeling by his own hand. His subconscious, the non-selective womb of creation, was faithfully birthing the world in accordance with the feelings and beliefs he held dear.

Thus, the message to all was clear: control your feelings, and you control the world you experience. Your feelings create the pattern, your subconscious follows the blueprint, and reality is constructed. The power lies within you, in the silent chamber of the subconscious and the flowing river of Feeling that connects it to the waking world.

The Architect's tale urges us to remember our divine role as the creators of our destiny. Let us, then, choose our feelings with the care of a master crafter, for in our heart lies the power to construct worlds, to shape destinies, and to architect the very fabric of our reality. Why? Because within the sacred parable of the Mind's Dominion, it becomes apparent that the relationship between the two grand chambers of the conscious and the subconscious is not one of dominance and servitude as ancient texts might have once

suggested. The prophets of old spoke of the subconscious as if it were a bondservant to the conscious will of man, and even St. Paul, in his epistles, likened it to the role of a wife, subject to her husband's authority.

Yet, in the intricate dance and communication between the conscious mind and the subconscious realm, the dynamic is far more harmonious than that of master and slave. The subconscious does indeed respond to the conscious, shaping our reality in accordance with our emotions and beliefs, yet it does so with a nature that prefers gentle guidance to forceful command. It is akin to a cherished partner, one who responds to love and conviction rather than to barked orders and demands.

The metaphorical marriage between the conscious and the subconscious, as referred to by Paul, is a testament to the unity and interdependence of these two aspects of consciousness as I have discussed earlier in this book taught by Jesus. They are separate for the purpose of creation, yet they are ultimately one and the same. The conscious mind, the 'male' aspect, may lead with intention and purpose, yet it does so not as a despot but as a devoted lover, whose guidance is borne of deep affection and respect for its counterpart.

In the realm of the Architect, when the desire is held with the certainty of its



existence, the subconscious, like a devoted partner, begins the work of materializing that desire into form. The desires themselves do not find their way into the subconscious until they are worn like a second skin, felt as unquestionably real. It is through this emotional embodiment that the subconscious accepts an idea and sets the wheels of manifestation into motion.

It may be tempting to believe that our feelings are a reaction to the world around us, but the deeper truth is that the world around us is a reflection of our inner emotional landscape. The world we experience is a mirror of the feelings we cultivate within the chambers of our consciousness. The scriptures teach us that we can receive nothing unless it is given from the heavens, and these heavens, these divine realms, are nestled within us. The kingdom we seek, the reality we wish to inhabit, springs forth from within—from the depths of our subconscious.

Our external experiences are but manifestations of what resides within our consciousness. The world we perceive is the world we believe in at our core. Therefore, a transformation of our internal impressions will inevitably lead to a transformation in our external expressions. The subconscious accepts as true what we feel to be true, and in this acceptance, lays the power of our creative force. If we deny this, we deny the power we hold within. Seeking outside ourselves for things we do not believe we possess internally is a futile endeavor. We do not encounter what we desire; we encounter what we embody.

In this realization lies the mastery of self-control, which is the pinnacle of our achievements.

While we strive for this mastery, recognizing that appearances can be deceptive, we can utilize the sanctity of sleep and the solace of prayer as conduits to our subconscious. These sacred practices serve as gateways, allowing us to slip past the vigilant guards of our rational mind and deposit the seeds of our desires directly into the fertile grounds of the subconscious.

Thus, the Architect of the Mind's Dominion teaches us that true mastery lies in our ability to navigate the currents of our emotions and to infuse our deepest desires into the subconscious with conviction and faith. It is in the quietude of slumber and the reverence of prayer that we can most effectively sow the feelings of our fulfilled wishes, ensuring that they take root in the fertile soil of the subconscious.

As we journey through the story of the Architect, we come to understand that the world we inhabit is not merely constructed of stone and mortar, but of the very substance of our thoughts and feelings. The edifices we erect in our external reality are but a reflection of the edifices within our internal landscape. To alter the structures of our lives, we must first remodel the architecture of our beliefs and emotions.

In this way, we become the conscious crafters of our fate, shaping our destiny with the gentle touch of a lover's hand. We must learn to cherish our desires as we would a beloved, nurturing them with the warmth of our conviction until they blossom into the realities we seek to experience. Let us then embrace the wisdom of the Architect, who, through the allegory of our consciousness, has shown us that all power resides within. We are both the sculptor and the marble, the painter and the canvas, the writer and the story. By mastering the art of feeling, by assuming the state of our desires as already fulfilled, we unlock the gates to the kingdom within, and in doing so, we unlock the potential for all creation.

So remember, the world you see is but a shadow of the world within you. Guard your feelings as the most precious of treasures, and choose them with the utmost care, for they are the brushstrokes of your reality. With this knowledge, you hold the key to the Architect's palace, and your life becomes a masterpiece of your own conscious design. And thus, the chapter concludes, not just as a passage in a book, but as an invitation to recognize your role in the grand design of existence. To wield your consciousness with intention and love is to become the true Architect of your reality, shaping not only your destiny but the very fabric of the world you experience.

## **CHAPTER 12**

### **Rewriting the Script:**

#### **Harnessing the Power of Beliefs and Thoughts**

**“This is He Who came by water and blood [His baptism and His death], Jesus Christ (the Messiah)—not by (in) the water only, but by (in) the water and the blood. And it is the [Holy] Spirit Who bears witness, because the [Holy] Spirit is the Truth.”**

In the text of 1 John 5:6, we are reminded of the profound journey of Jesus Christ—He who came by water and blood, embodying the spiritual process of transformation. This passage, a cornerstone for our metaphysical understanding, provides a blueprint for transcending our current limitations and rewriting the script of our lives.

Jesus Christ exemplifies the ideal self, the one who manifests the life we yearn to experience. To emulate this journey toward our ideal self, we must understand the significance of water and blood within our metaphysical framework. Water symbolizes the psychological truth that, when we rest in faith with the Divine Mind, purifies our consciousness. It represents the initial acceptance of divine truth, the baptism of spirit that cleanses our old beliefs.

Blood, on the other hand, signifies the pure ideals that become manifested in both mind and body when we actively live out the truths we have come to know. This is

not just about passive belief but about the active doing—the 'shedding of blood'—that turns ideas into tangible reality. Like His death, we must allow the parts of ourselves that no longer serve us to die, to make room for the rebirth of our true selves.

To rewrite the script of our lives, we must embrace the unity of water and blood. This means we must not only accept divine truth but also put it into practice, doing the spiritual and physical work required. As we become what we imagine ourselves to be, we align with the Christ within, thus resurrecting the true self we aspire to be.

The Holy Spirit, as the bearer of truth, affirms our vision through the inner peace and joy that our envisioned life creates. It is this inner testimony that authenticates our path, providing the emotional sustenance needed to overcome self-sabotage, negative thinking, and low self-esteem. Only through the Holy Spirit can we realize the truth and the joy that comes from living in accordance with that revealed truth.

To conquer life, we must adopt the understanding brought forth in Zechariah 4:6. It is not by sheer might or raw power that we achieve our desires, but by the spirit—the essence of our divine consciousness. We must get into the spirit of the state we desire by assuming the feeling that would be ours if we were already the one we wish to be.

When we capture the state's feeling, we transcend the need for external effort, for the state is already a present reality within us. Every idea has an associated feeling, and by capturing this feeling, our desires begin to objectify in the world around us. This is the essence of faith as feeling, and it is according to this faith that our lives are shaped.

We attract not what we want, but who we are. The biblical adage "To him that hath, it shall be given" reveals this truth: what we embody, we receive. Therefore, assume the feeling of your wish fulfilled, and it must manifest in your life, for you are created in the image of God and are endowed with the creative power that this entails.

Neurologically, the belief that you already have what you desire can also have profound effects. The brain is a powerful prediction machine. It constantly anticipates future states based on past experiences and current inputs, and it adjusts its internal state accordingly. This is called predictive coding. If you consistently believe and act as if you have already achieved your desires, your brain will begin to anticipate a reality where this is true.

Neurons that fire together, wire together. This principle is known as Hebb's

law. Regularly assuming a desired state can strengthen neural pathways associated with the thoughts, emotions, and behaviors related to that state. Over time, these pathways become more robust, making it easier for your brain to access and maintain this state, which could lead to behavioral changes that might help you achieve your desires.

Believe you are the ideal you seek, as Jesus believed Himself to be one with God. In doing so, the works that Jesus did, you too shall do, not because you believe in Him, but because you believe as He believed. When you live in the feeling of being the one you want to be, that reality will unfailingly come to fruition. The analogy brought forth by the biblical scriptures teaches us to embody the state of our desires. It is a profound shift from external striving to internal becoming. By believing in the value of the advice given by the divine example of Jesus and applying it, we establish the reality of success within ourselves.

Jesus did not find it peculiar to perform the works of God because He knew Himself to be of God, to be one with God. "I and My Father are one," He declared, illuminating the path for us to realize our own divine nature. When we align our beliefs with this higher truth, it becomes natural to perform the works that reflect our true identity.

Therefore, to rewrite the script of your life, you must:

1. Accept the cleansing truths, as represented by the water, letting go of past beliefs that no longer serve you.
2. Actively live out your new ideals, representing the blood, by engaging in the practices and behaviors that bring your ideals into concrete reality.
3. Recognize the Holy Spirit's role in affirming your new path through the peace and joy that comes from living in truth.
4. Shift from external effort to internal realization by embodying the feeling of your desired state, understanding that this feeling is the real creative force in your life.
5. Believe in your divine nature and your ability to manifest your desires, not as an external deity, but as the God within you, the Christ consciousness that is your true essence.

By internalizing these principles and living in the feeling of being the one you wish to be, you rewrite your life's script. The external world will reflect the internal changes you have made. Your self-sabotage, negative thinking, and low self-esteem will be replaced by a life of purpose, success, and fulfillment, as you become a living testament to the metaphysical truth that you are indeed the architect of your reality.



As an example, let us look within the allegorical journey of Jacob and Esau from the biblical book of Genesis, we find a powerful illustration of the main idea of this chapter: the transformation of consciousness and the rewriting of our life script through the understanding and harnessing of our divine potential. Esau, the firstborn, embodies the raw, unrefined state of human consciousness—our animal nature that is driven by instinct, immediate satisfaction, and the material aspects of existence. This is the consciousness that many individuals initially allow to rule their lives. However, the spiritual evolution of a person demands that this animal consciousness be transcended.

Jacob represents the second state of consciousness—the mental, the intellectual, and the spiritual. He is the "supplanter," the aspect of our being that must rise to take the rightful place of leadership within our psyche. Jacob is not just a character but a symbol of the I AM identity, the divine spark within us that can inspire and guide all faculties of the mind. In the script of our lives, we often begin with Esau at the helm, pursuing pleasures and responding to the immediate demands of the body. Yet, as we evolve, we encounter the need for Jacob—the higher understanding—to emerge and guide us towards a more enlightened existence.

When Jacob, aided by Rebekah, receives Isaac's blessing, it is not an act of

deception in the metaphysical sense; rather, it signifies the necessary shift from a body-dominated consciousness to one led by the mind and spirit. It is a pivotal point in soul evolution, where we consciously choose to prioritize our mental and spiritual development over pure physicality. Jacob's journey to Haran and his dream of the ladder with angels ascending and descending are profound metaphors for the ascent of consciousness. Each rung of the ladder represents a step towards higher understanding, a realization of truth that elevates our mind and spirit.

This ascent culminates in the recognition of the omnipresence of the divine (Jehovah) and the realization that our body is the temple through which we access harmony (heaven). This newfound awareness transforms our perception, turning our previous experiences (the stones) into sacred milestones on our path. Jacob's covenant with God reflects the enlightened mind's commitment to trust in the spiritual principle for all things, recognizing the law of giving and receiving as essential to spiritual growth. The eventual reunion of Jacob and Esau marks the harmonious integration of mind and body. This is not a mere truce but a profound unification, where the mental consciousness (Jacob) lovingly embraces the physical aspect (Esau). Through humility and surrender, the mind and body join forces, allowing the individual to express the fullness of their divine potential.

Thus, in the narrative of Jacob and Esau, we see the blueprint for rewriting our

life's script. We are called to recognize and honor our Esau nature while allowing our Jacob—the higher understanding—to ascend and lead. As we integrate these aspects of our being, we align ourselves with the “Christ Jesus (divine self)”, and our lives become a testament to the spiritual evolution that is our birthright. By embracing this metaphysical interpretation, you can transcend self-sabotage, negative thinking, and low self-esteem. You can rise above the Esau within you and allow Jacob to guide you to your highest potential. In doing so, you will be fulfilling the divine law, embodying the unity of mind, body, and spirit, and truly conquering life with the power of your beliefs and thoughts.

## **CHAPTER 13**

### **PRAYER: INNER CONVERSATIONS**

**“But when you pray, go into your [most] private room, and, closing the door, pray to your Father, Who is in secret; and your Father, Who sees in secret, will reward you in the open.”**

In the quietude of the inner chamber of the soul, where the material world fades like the dimming of day's light at dusk, exists a sacred altar upon which the essence of prayer finds its purest expression. This is not an altar made with hands, but the consecrated space within each individual where communion with the God is unencumbered by the cacophony of the external world. It is in this sanctuary of stillness and solitude that the words of Matthew 6:6-7 resonate with profound significance, beckoning the seeker of truth to enter into a covenant of silence and secrecy with the Creator.

The inner room, as referenced in the scripture, symbolizes the most intimate aspect of our being, where our truest intentions and desires can be laid bare without pretense or facade. It is here, in the absence of the world's gaze, that we find ourselves at our most vulnerable, yet also at our most powerful. For it is in the seclusion of this sacred space that the practice of prayer transcends mere petition and becomes a transformative act of faith.

Prayer, akin to a delicate dance with the subconscious, mirrors the gentle surrender to slumber. As we withdraw from the sensory stimuli that perpetually vie for our attention, we enter a receptive state, allowing for a permeable barrier between our conscious desires and the subconscious mechanisms that work to manifest them. The art of prayer lies not in the verbosity of our entreaties but in the unspoken language of belief—a silent symphony of conviction that what we seek has already been granted.

To pray effectively, one must therefore embrace the role of both petitioner and recipient, embodying the very essence of the desired outcome with such totality that the subconscious is left with no alternative but to actualize it. It is as if one must step into the future and live from the fulfillment of the wish, creating a bridge between the present moment and the envisioned reality.

The discipline required for such an endeavor is not one of rigid control but of harmonious alignment, where every thought and feeling is intentionally curated to resonate with the frequency of achieved desire. The disciplined individual understands that consciousness is the canvas upon which reality is painted, and thus, they carefully choose the colors of their emotions to match the masterpiece they wish to create.

Conversely, the undisciplined mind often falls prey to the illusions cast by the senses, mistaking the transient for the eternal, the shadow for the substance. Such a mind struggles to believe in the unseen, to trust in the reality beyond the physical. To counteract this, one must temporarily sever the ties that bind them to the tangible, creating a cocoon of faith wherein the whispers of doubt cannot penetrate.

The essence of prayer is surrender, not of defeat but of acceptance—the acceptance that the wish is not impending but already present. It is a delicate balance of effortlessness, akin to the poised stillness of a seed beneath the soil, containing within it the certainty of a bloom yet unseen. In this state of relaxed expectancy, the mind can drift into the realm of the wish fulfilled, painting vivid images upon the canvas of consciousness and imbuing them with the breath of life.

In your private moments of prayer, as you close your eyes and ease into the embrace of this sacred communion, let yourself be lulled into the liminal space where thoughts take on the texture of reality. Whisper to yourself, "I release my desires into the universe, knowing that they are already woven into the fabric of existence. I surrender my will to the flow of divine timing, trusting in the unfolding of events according to God's wisdom which is higher than my own. I open myself to the abundance that surrounds me, recognizing that all that I seek is already within and around me, waiting to be realized."

As you breathe in this state of surrender, allow gratitude to well up within you, for gratitude is the fertile soil in which the seeds of desire take root and flourish. Feel the warmth of appreciation spreading through your being, infusing every thought and emotion with the radiant glow of contentment. Let this gratitude expand, encompassing not only the objects of your longing, but also the journey toward their manifestation, with all its lessons and blessings.

In this sacred space of surrender and gratitude, let go of the need to control or manipulate outcomes, and instead, surrender to the divine orchestration of life. Trust that the universe is conspiring in your favor, weaving together the intricateness of your desires with threads of synchronicity and serendipity. Embrace the unfolding of each moment as a step toward the realization of your dreams, and allow God to surprise you with His creative and abundant ways.

And as you emerge from this contemplative state, carry with you the gentle knowing that your prayers have been heard and are already being answered in ways seen and unseen. Walk through the world with the quiet confidence of one who knows that the universe is infinitely benevolent, and that every step is guided by the hand of grace. Surrender and acceptance have become your allies, and in their embrace, you are free to

live with open-hearted expectancy, knowing that the fulfillment of your wishes is inevitable, for they are already present in the infinite expanse of possibility. The acceptance of the end automatically wills the means of realization.

One way to assist with reconditioning the mind for prayer is being intentional about the time when it's most susceptible to influence, which is sleep. Make no mistake about this. If, as you prepare for sleep, you do not consciously feel yourself into the state of the answered prayer, then you will take with you into the chamber of your subconscious the sum total of the reactions and feelings of the waking day; and while asleep, you will be instructed in the manner in which they will be expressed tomorrow. You will rise believing that you are a free agent, not realizing that every action and event of the day is predetermined by your concept of yourself as you fall asleep.

Your only freedom, then, is your freedom of reaction. You are free to choose how you feel and react to the day's drama, but the drama – the actions, events and circumstances of the day – have already been determined. Unless you consciously and purposely define the attitude of mind with which you go to sleep, you unconsciously go to sleep in the composite attitude of mind made up of all feelings and reactions of the day. Every reaction makes a subconscious impression and, unless counteracted by an opposite and more dominant feeling, is the cause of future action. Ideas enveloped in feeling are creative actions. Use your divine right wisely. Through your ability to think and feel, you



have dominion over all creation.

While you are awake, you are a gardener selecting seed for your garden, but “Except a corn of wheat fall into the ground and die, it abideth alone; but if it dies, it bringeth forth much fruit” [John 12:24]. Your conception of yourself as you fall asleep is the seed you drop into the ground of the subconscious. Dropping off to sleep feeling satisfied and happy compels conditions and events to appear in your world which confirm these attitudes of mind. Sleep is the door into heaven. What you take in as a feeling you bring out as a condition, action, or object in space. So sleep in the feeling of the wish being fulfilled. Refer to this verse for context.

Job 33:14-16

“For God [does reveal His will; He] speaks not only once, but more than once, even though men do not regard it. One may hear God's voice in a dream, in a vision of the night, when deep sleep falls on men while slumbering upon the bed, Then He opens the ears of men and seals their instruction.

One must envision sleep as an ethereal juncture. In this nocturnal realm, our assertive, conscious mind recedes from the material, moving towards a clandestine rendezvous with its deep-seated, subconscious alter-ego. In this matrimonial harmony of

consciousness and subconsciousness, a metaphysical tryst is kindled. The subconscious is a devoted lover; it seeks not to alter its conscious partner, rather, it loves the waking state with unaltered passion, projecting its reflections accurately in the physical realm.

In the theater of existence, your experiences, the facets of your life are the progeny borne from your subconscious imprints engraved during the tranquil silence of sleep. These metaphorical offspring are designed from the deep recesses of your sentiments, forging a mirror image of your feelings with an aim to unfurl the hidden dimensions of your true self.

The precept As in heaven, so on earth evolves into an augmented dimension – As in the subconscious, so on earth. The conscious expressions that envelop you at the onset of sleep extend their domain, permeating through the conscious, everyday reality. The 'heaven' of your subconscious transitions to the 'earth' of consciousness, dictating the very dynamics of your existence, substantiating the sublime interplay of conscious and subconscious realms. These timeless subconscious impressions mold the reality of your life on the tangible earth. This delicate symphony of consciousness leaves an indelible imprint, coloring the landscape of your reality in the canvas of existence. Thus, understanding the magic and mystery of sleep reveals the contours of the dance between the subconscious and conscious. Therefore, both prayer and sleep must be intentional acts.

## CHAPTER 14

### EMBODIMENT: “ALIVE IN CHRIST”

*“I have been crucified with Christ [in Him I have shared His crucifixion]; it is no longer I who live, but Christ (the Messiah) lives in me; and the life I now live in the body I live by faith in (by adherence to and reliance on and complete trust in) the Son of God, Who loved me and gave Himself up for me.”*

In this pivotal chapter, we explore the transformative power of two biblical narratives, unraveling how the journey from Saul to Paul and the resurrection of Jesus Christ serve not merely as historical accounts, but as profound catalysts for personal transformation. As we delve into these stories, we reveal a universal truth: that within them lies a blueprint for our own spiritual awakening, offering each of us a path to discover our truest selves. If you earnestly seek change and long to embrace your divine identity, let these timeless Scriptures be your guide, illuminating your road to Damascus within and resurrecting the Christ consciousness that resides at the core of your being.

In the beginning, God, the Omnipresent and all-encompassing Creator, brought forth from the formless and infinite potential of Divine Mind a unique emanation of Himself - the one and only begotten Son, the Christ. This Christ is not simply a historical figure as some suggest but the eternal ideal of humankind: perfect, whole, and complete, existing within the realm of God's perfect idea.

When we peek into the mystery of Jesus Christ—His life, death, burial, and resurrection—we uncover profound metaphysical truths about our own spiritual journey. The Apostle Paul, in his epistle to the Galatians, captures the essence of this journey in Galatians 2:20, where he declares, "I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me."

This verse is the cornerstone of our understanding. It reveals that the story of Jesus is not merely an external historical event but an allegory depicting the internal spiritual process that each individual undergoes. The crucifixion, burial, and resurrection of Jesus symbolize the death of the ego, the burial of our false beliefs, and the resurrection of our true, Christ-like nature.

Jesus came to earth to redeem humanity, teaching us through His life and words how to return to our original state of divine consciousness. By willingly enduring the crucifixion, He demonstrated the ultimate act of love and self-sacrifice, shedding His blood on the cross for the remission of our sins—symbolic of the relinquishing of our lower nature and the erroneous thoughts that separate us from God.

The burial of Jesus in a tomb located in Golgotha, "the place of the skull," signifies the necessity of laying to rest our limited human understanding within the confines of our own minds. The tomb represents the period of stillness and introspection required for transformation. On the third day, Jesus rose from the dead, marking the triumph of the Christ consciousness over the mortal consciousness. This resurrection within us occurs when we transcend our personal limitations, errors, and mistaken identities.

For forty days after His resurrection, Jesus appeared to His disciples, representing the period of spiritual enlightenment where the wisdom of Christ consciousness ("40 days" symbolized by the Hebrew letter mem, meaning wisdom, and water, representing life) becomes a powerful, guiding force in our lives as a fountain of divine wisdom. The ascension of Jesus into heaven is a metaphor for the elevation of our consciousness to the Christ consciousness, the realm of Divine Mind where God is source, which exists within each of us. Heaven is not a distant location but an inner state of being in harmony with God's thoughts, where the ideal of divine humanity is actualized. As Jesus stated "The kingdom of heaven is within you"

Luke 17:20-21-

*"Asked by the Pharisees when the kingdom of God would come, He replied to*

*them by saying, The kingdom of God does not come with signs to be observed or with visible display, Nor will people say, Look! Here [it is]! or, See, [it is] there! For behold, the kingdom of God is within you [in your hearts] and among you [surrounding you].”*

The Holy Spirit, promised by Jesus and sent after His ascension, serves as our inner guide, the active law of God at work within us, inspiring and directing our thoughts and actions towards the manifestation of our divine potential. To truly experience this inner resurrection, we must reverse the order of the story as it has been traditionally told and begin with the Holy Spirit, which is already at work within us. We must recognize that we are the cross upon which our higher self is crucified, and it is in the tomb of our own consciousness—our own Golgotha—where our Savior is buried, awaiting to be resurrected. Through recognition of our divine oneness with the Father, we begin the process of resurrection.

The three days Jesus spent in the tomb metaphorically represent the three stages of our spiritual awakening. First comes the stage of nonresistance and humility, where we let go of our struggle against divine will. Second, we embrace divine activity, accepting and committing to God’s will for us and denying our own. Lastly, we fully align with God and assimilate and fulfill the divine will, allowing the Christ within to rise in full glory and splendor. We finally become that which we have sought.

1 John 3:1-2

*“SEE WHAT quality of love the Father has given us, that we should [be permitted to] be named and called and counted the children of God! And so we are! The reason that the world does not know (recognize, acknowledge) us is that it does not know (recognize, acknowledge) Him. Beloved, we are [even here and] now God's children; it is not yet disclosed (made clear) what we shall be [hereafter], but we know that when He comes and is manifested, we shall [as God's children] resemble and be like Him, for we shall see Him just as He [really] is.”-*

If our true identity is unrealized, we do not have a future hope. The unrealized identity is akin to Jesus' cry on the cross, "My God, my God, why have you forsaken me?" It is a profound moment of feeling abandoned, which actually marks the precipice of transformation. When we feel most alone, we are on the cusp of recognizing that we are never truly separated from God, for God dwells within us, as us. As we awaken to this truth, the Christ within us is resurrected. This is not a one-time event but an ongoing process of rebirth, where each revelation of truth further illuminates our being. In this light, our life becomes a testament to the living Christ, the divine ideal, as we embody the living presence of Jesus the Christ.

The love story of Jesus is thus not one of a single man's sacrifice but a universal narrative of divine love's incarnation in humanity. God has not merely placed Himself on the cross of man; God has become the cross, the tomb, and the resurrected life within each of us, awaiting our recognition and acceptance. For God's dilemma is that He has placed Himself in man and man does not realize that he is God, "the word made flesh." We and the Father are one. Our redemption is not a past historical event but an ever-present opportunity. Each moment we choose to live from our Christ consciousness, we redeem our human experience, transforming it into a divine expression of love, wisdom, and truth. Through this inner resurrection, we embody Christ Jesus, becoming living beacons of divine light in the world and rising as one divine whole as God (the Elohim).

John 10:34-36

*"Jesus answered, Is it not written in your Law? I said, You are gods? " So men are called gods [by the Law], men to whom God's message came—and the Scripture cannot be set aside or cancelled or broken or annulled— [If that is true] do you say of the One Whom the Father consecrated and dedicated and set apart for Himself and sent into the world, You are blaspheming, because I said, I am the Son of God?"*

Jesus' death, burial, and resurrection provides a blueprint for our spiritual



journey. It invites us to experience the truth of Galatians 2:20—that the crucified Christ lives within us and that our true life is lived by faith in the Son of God, who is our divine essence. As we embrace this truth, we undergo our own death, burial, and resurrection, leading to the ultimate realization of our oneness with God, the eternal source of all being.

The transformation of Saul to Paul, as recounted in the book of Acts, is a profound allegory for the metaphysical journey from spiritual blindness to enlightened sight, from zealous ignorance to humble wisdom. Saul, whose name signifies one zealously searching for God within the confines of rigid religious dogma, represents the human will dominated by the materialistic understanding of life—a sack of blood, or consciousness steeped in the sensuality and lust of material existence. As Saul travels to Damascus, the city symbolizing the pattern of salvation, his intention is to persecute the Christians, reflecting the unbalanced passion of a will that seeks to destroy what it perceives as a threat to its traditional religious paradigm.

This journey to Damascus is emblematic of the process every soul must undertake, where the personal will, driven by sensory desires, is confronted by the divine will of God. Saul's encounter with the light from heaven represents the moment of divine intervention, revealing that even in our most fervent resistance, God calls us back to Him—back to the true essence and path of our spiritual evolution.

The light that flashes around Saul is the light of spiritual understanding, a profound insight that brings the personal will to its knees. Confronted by Jesus, whom Saul is persecuting through his actions against the Christians, we see a metaphor for how we, in our ignorance, persecute Christ within ourselves. Jesus' question, "Why are you persecuting Me?" is a call to self-examination and recognition that our actions against others are ultimately actions against our own divine nature.

Saul's subsequent blindness and his three days without sight, food, or drink symbolize the death of the old self—the ego that is attached to the material world. This blindness is the necessary darkness before the dawn of new understanding. Just as Jesus lay in the tomb for three days, Saul's blindness is a period of transformation and rebirth. The number three represents both judgment and recompense in the process of spiritual unfolding. It is the immediate judgment we feel if we spurn the love of Christ which eventually leads to redemption, indicating that Saul's entire being is undergoing a profound metamorphosis.

Ananias, whose name means "God is gracious," represents the divine grace that is always available to guide us through our spiritual awakening. Ananias' role in restoring Saul's sight symbolizes the external aid and internal grace that help us see the

truth. The Straight Street where Saul is to meet Ananias signifies the direct and unwavering path of righteousness that one must walk to experience true conversion. The laying on of hands by Ananias and the falling away of scales from Saul's eyes depict the moment when spiritual insight is fully received, and the illusions of the material world are shed. Baptism, which follows, represents the purification and commitment to the new life in the Spirit—a life governed by divine will rather than personal desire.

The transformation from Saul to Paul marks the transition from a personal, dominant will (Saul) to a state of humility and willingness to serve the higher will of God (Paul, meaning "little Christ"). Paul's new path as a devout champion of the humble Christ is a testament to the power of divine grace to convert even the most hardened heart. The symbolism between Paul's conversion and the crucifixion story is rich and multifaceted. Both stories involve a journey, a surrender of the old self, a period of darkness or death, and a subsequent rebirth into a higher state of consciousness. In the crucifixion, Jesus surrenders His life for the greater good, while in Paul's conversion, Saul surrenders his personal will and egoic identity. The three days of darkness in the tomb and Saul's three days of blindness both symbolize a period of deep introspection and the gestation of a new life. The resurrection and the regaining of sight both signify an awakening to a new way of being that is in alignment with divine purpose.

Just as the crucifixion was a necessary step toward the resurrection, Saul's

encounter with Christ and subsequent blindness were essential for his transformation into Paul. The suffering and persecution that Saul inflicted on others were transformed into suffering for Christ's sake, which Paul embraced as part of his mission to spread the Gospel. This is exemplified in our lives when we can still see and feel the hurt we've caused others, making us more loving and empathetic towards others (Christ's sake). This parallels Jesus' suffering on the cross, which was also for a greater purpose—the salvation of humanity.

Moreover, the scales falling from Saul's eyes can be seen as analogous to the veil being torn in the temple at the moment of Jesus' death, symbolizing a new access to spiritual vision and understanding for all. Both events mark a transition from an old covenant based on law (man made religion) and external observances to a new covenant based on grace, faith, and an inner spiritual relationship with God. In both narratives, the transformation leads to a mission: Jesus' resurrection commissions the disciples to spread His teachings, and Paul's conversion initiates his journey to become one of the most influential apostles, bringing the message of Christ to the Gentiles. Both stories emphasize the power of divine love and grace to redeem and repurpose lives for the fulfillment of God's will.

Thus, the conversion of Saul to Paul mirrors the death, burial, and resurrection of Jesus Christ, serving as a personal and collective allegory of spiritual awakening. It

teaches us that the road to salvation is an inner journey from darkness to light, from blindness to sight, and from death to life—a journey of transformation where the personal self is crucified with Christ so that Christ may live within us, guiding us to our true purpose and highest calling in God.

## CHAPTER 15

### OVERCOMER: CHANGE THE STORY

As we close this final chapter, I want to share with you some powerful testimonials that epitomize the transformative power of the stories we tell ourselves. These stories are not mere anecdotes; they are beacons of hope, illustrating that we are all capable of rewriting the narratives that define our lives.

The first story is of an individual trapped in a mindset of perpetual financial scarcity. This person consistently declared themselves "financially broke," a mantra that echoed their broken self-concept. They saw themselves as limited, resourceless, not recognizing that they are, in fact, a reservoir of infinite creativity. This self-imposed narrative stifled their potential, blocking the flow of prosperity and joy that was rightfully theirs. Despite the wealth of information and guidance available, they remained blind to their divine talents and gifts, entrapped by a story of lack and limitation.

Similarly, another person I encountered always claimed, "I'm broken," a phrase that became their shield against the world. This belief in their inability to heal from emotional wounds sabotaged every meaningful relationship they longed to nurture. They

mistook their attachment to pain for love, not realizing that true love starts with the self. They prayed for insight, yet they were addicted to the familiarity of their brokenness. Their subconscious mind was their jailer, always finding new ways to confirm their narrative of pain and incompleteness.

Then there was the individual who feared success, who had every excuse to remain concealed in the shadows of their own potential. Each time opportunity knocked, they recoiled, choosing the comfort of the known over the uncertainty of their greatness. This person's story was one of self-imposed limitations, a tale that kept them anchored in the same spot, yearning for change but unwilling to rewrite their script.

But now, let us turn to the final character, the one who broke free from the chains of self-sabotage. This person was engulfed by depression, teetering on the edge of life and death, believing that their suffering was a deserved fate. Our conversations were deep and heartfelt, sharing the common ground of our darkest moments. I revealed my journey, how I too had to emerge from the shadows by changing my own narrative.

This individual took a courageous step—they chose to stop believing in a disempowering story and instead authored a new one. They began to take responsibility for their life, understanding that while we can't control everything, we can control the

narrative and, consequently, the outcome. This person's decision to change the story they told themselves was the first step toward healing and empowerment.

These narratives illustrate a profound truth: the stories we cling to can either imprison us or set us free. The first three individuals remain where they are not because they can't change, but because they choose to hold onto their limiting stories. But the fourth, the one who chose to take the pen and rewrite their life story, has embarked on a journey of self-discovery and transformation.

As you turn the pages of your own life, remember that you hold the pen. You have the power to narrate a tale of triumph, to become an overcomer. Let these stories inspire you to examine the narrative you live by and encourage you to write the story that leads to your highest self. The story you tell yourself matters; make it one that empowers you to rise above your circumstances and embrace the boundless potential within you.

The passage from James 1:2-8 offers a profound metaphysical interpretation, particularly when we consider the context of trials revealing who we are to become. Metaphysically, trials are not mere hardships; they are opportunities for growth, self-discovery, and the evolution of our consciousness. When we experience pain, it propels us to seek answers, to delve deeper into our spiritual journey rather than



remaining stagnant. These challenges are the crucible within which our faith—our inner knowing and connection to the Divine—is tested and strengthened.

In this light, trials are not to be feared or avoided but embraced with joy, as the scripture suggests, because they are the catalysts for developing endurance, steadfastness, and patience. These qualities are essential for our spiritual maturation, for they allow us to become fully developed beings, whole and complete, lacking nothing. When we lack wisdom, the very substance needed to navigate our trials, we're encouraged to ask for it with unwavering faith, for it is through faith that we access the Divine support available to us.

Connecting this with the narratives shared earlier, we see that the individuals who remain in their limiting stories are akin to those who doubt and waver. They are the ones tossed by the winds of their trials, never quite finding their footing, because they have not yet embraced the fullness of their journey. They have yet to recognize that the venom of their pain can indeed become the serum for their healing.

However, the person who decided to change their narrative embodies the steadfastness that James speaks of. They took responsibility, asked in faith for wisdom, and did not waver in their commitment to rewrite their life story. This decision anchored

them in a new reality, where they are no longer defined by their past but by the divine image of who they are destined to become.

As a life coach and motivational speaker, this understanding has informed my own narrative and my work with others. In recognizing and honoring my connection to everyone, I see the reflections of my own past limiting beliefs in those I coach. We are all interconnected, and as I have elevated my story, I have seen the ripple effects on those around me. The narrative that I choose to elevate is one that raises not just myself but also those who are touched by my journey.

The metaphysical interpretation of James's words underscores the importance of steadfastness and unwavering faith amidst trials. It is this faith that allows us to see the divine image within us, to craft a new narrative that aligns with our highest self. As this new story unfolds, it becomes the very catalyst for change, not just in ourselves, but in those around us. The ending we write is indeed a new beginning, one that breaks the chains of self-sabotage and empowers us to walk in our true power.

By asking ourselves, "What is my new story?" we engage in the creative process of envisioning the end—the revelation of our true self. It is in this vision that we find the power to make the shift now, to believe in the story before it manifests. The story

changes not when we reach our destination, but the moment we believe in its possibility.

And so, as you reflect upon the stories shared and the wisdom of James, consider the trials you have faced as the sacred ground upon which your new story can be written. Embrace your trials with joy, seek wisdom with unwavering faith, and let this be the moment you choose to rise above your circumstances. The end of your story, as you currently know it, is not a conclusion but a bridge to a new beginning—a beginning where you are the author, where the chains of self-sabotage are broken, and where you walk in the fullness of your true power.

In this new narrative, you are not a character shaped by external forces or a victim of your past, but a creator, a visionary, an overcomer. By lifting up your divine image, by embracing the identity of who you are destined to be, you become a beacon that draws others to do the same. Your elevation becomes a collective ascension, raising the consciousness and the lives of those around you. Remember, the tide that raises all ships begins with the individual swell of belief and action. As you elevate, as you rewrite your narrative and embody your higher self, you become the rising tide. You are a testament to the power of transformation, proving that when one person dares to change their story, the world around them shifts in response.

So, as we bring this journey across the pages to a close, let it be the opening chapter of your next great adventure. Ask yourself, "What is my new story?" Let the answer to that question fuel your every step, knowing that the end you envision is the catalyst for a vibrant, new beginning. Your narrative has the power to break the chains of self-sabotage and reveal the magnificent truth of who you really are.

And if you can see who you really are, if you can hold that image in your heart and mind, then you can make the shift now. The story doesn't change when you arrive at your destination; the story changes when you believe it. This belief, this unshakeable faith, is your invitation to step into a life of limitless possibility where every ending is a gateway to a new dawn. In this spirit, let us conclude not with an ending, but with an invocation for beginnings—new stories, new narratives, and the birth of new realities that await your command. May you write a story that resonates with the deepest truths of your being, a story that, once shared, becomes the light that guides others to their own path of transcendence.