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Who
am I?

**5 Steps to
Discovering
Your Spiritual
Path**

**Learn to build the Bridge to the
Inner World of Light and
become a co-creator with the
Divine Plan.**



5 Steps to Discovering Your Spiritual Path

By Ginny Ross, Esoteric Astrologer & Co-Founder of SoulBridging.com

Approach Aspiration Access Alignment Attunement

Welcome to the journey of your life!

It is said that the Path is one but the roads to it are many. This outline of five practical steps represents milestones in your soul's spiritual journey. I offer them to you in hopes that they will assist you in **Discovering Your Spiritual Path** when you are ready for your next evolutionary adventure in consciousness.



In this program you are invited to explore the invisible side of life, the realm of pure energy. Taking these steps will draw upon all that is good and creative in you but doesn't entail devotion or belief in any particular religion or system of thought.

In the new age that is now beginning, the Age of Aquarius, each of us is ultimately responsible for our own spiritual growth. My intention is to help sensitize you to various beginning stages of the path so when you experience insights or encounter transcendent states you'll understand what's happening in advance.

Gradually you'll be guided to approach the subtle planes by resonance with them, fueled by the fire of spiritual aspiration.

Learning to connect with your inner life is what I call spirituality, the art and science of discovering your true identity, the more highly evolved counterpart to your imperfect personality.

As you live your true identity you learn to blend and unite the inner life and outer life in selfless service. You hear a calling that is your destiny.

You can expect to be transformed as you pass through these **5 stages** into expanded states of awareness. Not all at once, but if you follow the steps with patience and persistence, if you can surrender, forgive and employ humility as your chaperon, the limitations in your life will give way to synchronicity, and you will become a beacon of joy and a blessing to the world.

On this journey it'll become apparent that the reality you experience on a daily basis is the realm of effects. And that the inner world of meaning and purpose, the world of causes, is the plane of consciousness where all creation really occurs. You'll experience the truism that "energy follows thought" and begin to recognize how your habitual and patterned thinking limits you.

Regard this opportunity to approach your inner life as an invitation from your own soul. Prepare to open your heart, expand your mind and learn to listen to the voice of the silence within. You are part of a greater whole that is waiting for your return and your cooperation in the plan of human evolution and awakening.

With great respect and gratitude for the contributions you'll make, please receive this offering of support to discover your spiritual path, build a relationship with your soul and intentionally enter into the work of your soul's purpose.

Yours in the Light,

Ginny Ross

p.s. Please feel free to share this report with others whom you think it may benefit.



Step 1. Approach – Understanding Energy

“When the path ignites a soul, there's no remaining in place.
The foot touches ground, but not for long.”

Hakim Sanai



Energy is the currency of spirituality. It takes a great deal of energy to penetrate into the fields of spiritual reality where you will discover your spiritual path.

It's not the kind of energy you muster on a busy day or the vitality that it takes to hike five miles. It is an escape from the frenzied energy of the physical world altogether and a

complete departure from the passion and stimulation of emotional energy. Spiritual energy transcends the lower mind but uses the higher mind, the organ of imagination and abstract thought as scaffolding.

In the material world you may feel like a fueled engine that revs and runs around accomplishing things. However, dropping into the expansive field of serenity at the doorway to your spiritual path is just the opposite.

It requires that you detach from the familiar patterns that you identify as yourself, your mind, your feelings and surrender into a type of non-being. At first this may seem like a complete lack of energy, but wait, you are in transition and just approaching the gate to unified consciousness.

On the way to discovering your spiritual path by following these steps, you may encounter what feels like passing through a type of portal or membrane that turns your experience of yourself inside out. On occasion you may experience your inner life as being more vibrant than your outer life. This is a significant milestone and while it is meaningful, it can also be temporarily disorienting.

I've found that this perceptual shift corresponds to certain type of brain wave activity and is not directly a result of devotional feelings, prayer or worship. Those practices often express as an outpouring of spiritual aspiration which we will consider in Step 2.



Scientists that measure brain wave activity may identify this experience as slipping into an alpha brain wave pattern where thinking is diminished and a relaxed, expanded state of consciousness ensues. This vibrational frequency resonates with the dimensions of subtle existence and your ability to hold the alpha brain wave state will sustain penetration into non-physical worlds. This type of transcendence is commonly called “getting out of your own way.”

The breathing practice provided in Step 3 is a casual form of bio-feedback training and can guide you accross that bridge. Many years ago I took a professional bio-feedback training for four days to learn how to identify and maintain alpha brain wave patterns with electrodes surrounding my head recording the progress. After a few days I found that I could instantly drop into this pattern and maintain it for extended periods of time.

Facility with modulating my brain wave activity accelerated sensitivity to my surroundings and other people's thoughts. I started to become telepathic and experienced periods of timelessness and clairvoyance. I suspected that I had just completed my preparation for the next step in discovering my spiritual path and had a huge breakthrough.

During the last two hours of the training I was asked to relax in an isolation booth and maintain the alpha brain wave state. I did this with fascination and soon was absorbed in an intricate and overwhelming vision.

When asked to return to the laboratory I was given a large piece of paper to draw my vision which I was speechless to convey at the moment.



Although I didn't realize it at the time, I had drawn a picture that revealed the most important events of my life which were about to unfold over the next several years.

This step in approaching your spiritual path is important because you must know how to work with energy as a tool. Energy is the medium and means of transmission of spiritual force.

A spiritual warrior is one who has seized this energy on the inner planes and wields it for altruistic purposes. But be warned, great danger exists for those who would use this cosmic power for personal gain, for the greater the power the more quickly it reacts against selfish disregard for the common good.

We all make mistakes and endure the karma of misalignment with universal forces. Eventually we come to understand that the more fluid

and harmonious we can be within the divine order, the more our lives will flow on the waves of love and meaning.

Cultivating the ability to discern and discriminate between various qualities of energy is a moral responsibility when approaching the spiritual path. There are higher and lower dimensions to non-physical reality. Some lower psychic realms vibrate with a selfish and sensation-seeking quality of energy. They may also be inhabited by non-human entities who try to steal energy from unwary visitors.

There are also higher etheric realms that provide a field of contact with angels, nature spirits and devas. Many people mistake the astral plane of psychic impressions and discarnate entities with the higher planes of wisdom and intuition.



They are not the same. These two dimensions vibrate at distinctly different frequencies and every seeker on the path must learn to discern the difference.

The astral plane is like the pleasure cruise that rides upon the spiritual ocean of inclusive love. It has neither the depth nor the capacity to carry you to the boundless shores of universal life. It does however create distractions and fascinations of many kinds, some of which are disturbing and unwholesome. Some are actually quite dangerous.

Be cautious when you become aware of this super-sensual realm of glamour and illusion wherein, *“Thy soul will find the blossoms of life, but under every flower, a serpent coiled.”*

From The Voice of the Silence by HP Blavatsky

Journey on, my friend, this is not your destination.

Step 2. Aspiration – Desire for change, growth, transcendence

“Out of the one universal flame come the sparks that are the ‘units of life.’ They evolve through form, and consciousness is their reward.”

From Shine Forth, The Soul’s Magical Destiny by William Meader



Aspiration is the spiritual equivalent of desire. Yet there is a subtle but important distinction. Desire expresses on the physical, emotional and mental levels. Its dominant characteristics are attachment, craving, passion and need. Desire longs to receive something that it wants to possess or experience.

Desire is a compelling force and that is also true of aspiration. Both of these dynamics operate as an attractive power, generating motivation, creativity, will and determination.

So how is aspiration different?

On the spiritual level we aspire to BE. The work of becoming that which we are meant to be, our true self, the soul, ultimately recycles us into non-being. How's that for a paradox?

The key to understanding “being and non-being” is found in the resolution of duality. For instance, when the personality becomes aware of the soul and allows its influence to grow and transform the lower nature by contact with the higher nature, a relationship develops.

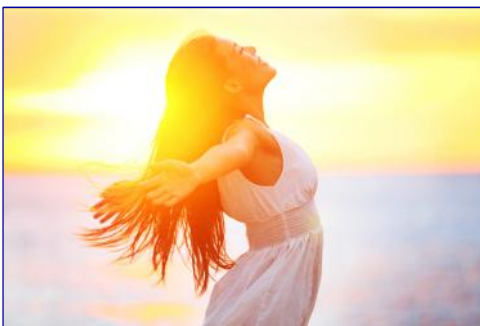
The soul begins to build a bridge to the personality, but the personality must also start building the other end of the bridge to reach the soul. Energetically this is more than a metaphor.

Energy is exchanged and the density of the physical world starts to feel like a burden. Drama, suffering, fear and pain create such contrast in comparison to the peace and non-attachment of the inner life.

Yet, we have been incarnating into physical form for hundreds, maybe thousands of lifetimes and it is an act of will to make the changes that will raise our vibration. But this is possible and necessary.

Most of us will admit that something is missing in our lives. Something that money, relationships, recognition and religion don't seem to deliver in lasting ways. Sometimes you may even feel fragile and lonely in contradiction to sincere feelings of gratitude.

This illusive something that you long for is that relationship with yourself, your true Self. It is the type of relationship you have always wanted: unconditional, patient and harmless.



In a spiritual sense, it is coming face to face with the higher reflection of yourself that knows the unspoken truth of your deepest longings. It is the real you and finding it feels like coming home.

The real you is your soul! And your true home is the eternal source of your being, a place only perceived by the heart of one whose love cannot be contained. This perfect love is experienced when we radiate it in all directions, and knowing that it was generated from within, we are both giver and receiver.

The fire of love seems to burn like the sun and we are drawn to it, hungry for the nourishment it provides, willing to be consumed in its flames. When the aspiration to merge with all that is love and beauty overpowers our fears, our rational mind is upended.

We come to know ourselves as an indispensable part of a living whole, and once we experience this connection, we know that we are really not alone and it is a relief and a reward. We want to BE THAT.

Transcendence begins to occur when our consciousness expands beyond selfish concerns and embraces the awareness that all life is connected.

In fact, as you progress on your path of discovery, the individual desires that demanded your attention will begin to lose their grip on the personality. Little by little desires are replaced by a longing for freedom from addictions and emotional needs. Aspiration supplants desire.



You eventually arrive at a willingness to surrender all things that sustain the illusion of separateness and courageously accept the transformation that spiritual union demands.

Now prepare to enter a mildly altered state that may offer a glimpse of the beloved.

Step 3. Access – Relax and Let Go



“The soul alone perceives correctly.” Pantanjali

In order to discover your spiritual path, you must first have access to your inner life. If you meditate then you have a head start.

But if you just can't meditate because you are too busy, or can't subdue your busy mind, this step offers some simple guidelines for getting starting on your quest.

The first step on this journey requires a clear intention, determination and a sense of humor. When you make the decision to discover your spiritual path, you will want to put distractions aside. You can read about the path but wouldn't you rather have a direct experience?

Plan some time to sit alone quietly. Disrupt your habitual patterns of thinking. Stop the cycle of worries and routine thought patterns. Use the breath to begin to regulate your mind. Follow the flow of your breathing by paying attention to the quality of your inhale and exhale.

Notice if your inbreath is shallow and superficial or if it is deep and spacious. See if you can breathe into the back of your lungs, the sides of your chest and follow your breath into your belly for a full rounded breath.

Then allow your mind to direct the length of your breath. Slowing down will naturally calm your mind and sooth your nervous system. You may try to regulate your inbreath to a slow count of four, 1-2-3-4.

Use the same measure for the exhale, 1-2-3-4.

Let your shoulders relax and drop down as your chest expands ever so slightly. You might even begin to notice your posture. You are comfortable and at the same time, sitting erect as though a fine thread was attached to the top of your head, lengthening your spine and lifting you upward.

Allow this practice to be effortless. It is just the start of leaving the cares of the world behind so you can begin to explore the subtle realms of the inner life. Thoughts may arise and you let them float by like clouds on the wind. If they persist simply return your attention to your breathing, 1-2-3-4.

When compelling thoughts dominate your attention and you just can't let go, disrupt the persistant repetitive thinking by reminding yourself that the most interesting thing you can do right now is to stay aware of your breath because there is a treasure waiting for you in a silent place.



This is where a sense of humor helps. Rather than becoming frustrated and annoyed because the mind chatter just won't stop, extract your awareness from your body and use your imagination to float up to the ceiling and looking down, just observe.

Your inner child might be having a temper tantrum. The voice of your parents may be scolding you. Your inner critic might be redirecting you to get back to work. It may look like an imaginary 3-ring circus lit up by the dazzling colored lights of your flaring aura. Laugh if you can see it.



You'd have to be a rodeo star to lasso all these parts into submission, but what you want to do is to put them at ease. Accept that you are helpless against your addiction to ceaseless mental activity and admit your willingness to surrender to stillness. Then go back to the breathing and counting. 1-2-3-4.

Use this practice as a body-mind centering routine. It is not really a meditation, but will help you prepare for meditation when you're ready. It's also an excellent tool to calm you and help you to feel more content and at ease in any situation. Oh, and don't forget to drop back into your body when you're done at the circus.



Step 4. Alignment – Making Contact



“It should be remembered at the outset, that the very urge to meditate can be taken as the call of the soul to the Path of Knowledge.”

AA Bailey

In rare and precious moments, as your consciousness begins to merge with the invisible side of life, you’ll exchange doing for pure being.

You’ll touch upon the Oneness, a unified field within, where your true nature resides. The luminous life force that has condensed into the animated personality that you knew to be yourself is suddenly revealed. And it is an awe-inspiring shock when you encounter this reversal of identity.

All relationships demonstrate a magnetic affinity that either attracts or repels. This is also true of the meeting between your personality and your soul. It is a process of shifting polarities.

The personality wants to stay in control and so the higher self, your soul, patiently waits for opportunities to inspire you to explore the vaster scope of your potential and discover your spiritual path.

Building a relationship with your soul takes time but it occurs in timelessness, a place your personality cannot enter. But you can build a bridge where they can meet.

The work of building this bridge is fueled by aspiration, the fire that ignites dauntless courage and commitment. The planks of the bridge are acts of service and expressions of love, bound together by gratitude and humility.

The mechanism for this connection is clearly described in this quote from esoteric astrologer, Phillip Lindsay.

“The etheric body is a medium of transmission between the soul and personality, hence Gemini is known as a sign where the antahkarana (bridge) is built between the ‘brother whose light is fading’ (the mortal personality) – and the ‘brother whose light is waxing’ (the immortal soul). This bridge-building is affected by Mercury the messenger, keeping the two ‘brothers’ in dialogue! ...

Above all, the mortal twin needs to learn stillness and silence, not necessarily by not speaking, but the quietening of the ‘monkey-mind’ in order to maintain its impressionability to the immortal twin, opening to impression via the etheric body.”

Soul contact happens when we are at peace, silent and open, and yes, this is most often achieved by meditation. There are many kinds of meditation and there is classical training that you can attend or read about, and it is up to you to do that.

The more you study and practice meditation, the greater will become your skill in accessing, maintaining contact and creating from the inner, causal plane.



You yourself must establish an alignment between your personality complex (which includes the physical, emotional and lower mind) and the higher mind and soul.

The higher mind is the link and the doorway to the spiritual plane of souls. Spiritual studies and contemplation feed the higher mind and strengthen that part of the bridge.

Selfless service is the toll that must be paid to cross the bridge. Giving to others proves that you apprehend the oneness of life and understand interdependence. It further affirms that you have garnered the truth that your soul is one with all souls, and that humanity is a collective which is ensouled by one great consciousness.

There are many styles of meditation, some with mantrams and others that employ invocations. The most important point I want to share is that meditation is a discipline.



No one can do it for you. You can't pay someone to do your meditation and transfer the benefits. That's the safeguard.

Patanjali's Yoga Aphorisms is the classic and most comprehensive meditation training in my opinion. It provides the means of spiritual union, the rules of relationship that bond the soul and personality.

Some versions of this book are expanded by interpreter's explanations which help to discern the subtlety of these Raja Yoga teachings.

They lay out the steps of the path to the beloved, the sacred within. Systematic and technical guidance is offered if you have the awareness to perceive it.

But there is no happy ending at this stage. The periods of peace and joy are intermittent because the prize is not yet won and the quest must continue.



The power of love rules the heart, arousing the courage to attend to the relief of suffering. And that is your job, your soul's purpose, to find your unique path to relieve the suffering in the world and replace it with joy, starting with yourself.

Are you up for that challenge, can you subdue your desires, conquer inertia, stop complaining and step up? O noble one, savior of mankind, will you give up football and shopping and gossip? Well it rarely happens all at once.

However, if you start by dedicating 10 minutes each morning to meditation, you are on the way. You bought the ticket and when you build the bridge and cross it, you will finally feel free and fulfilled.

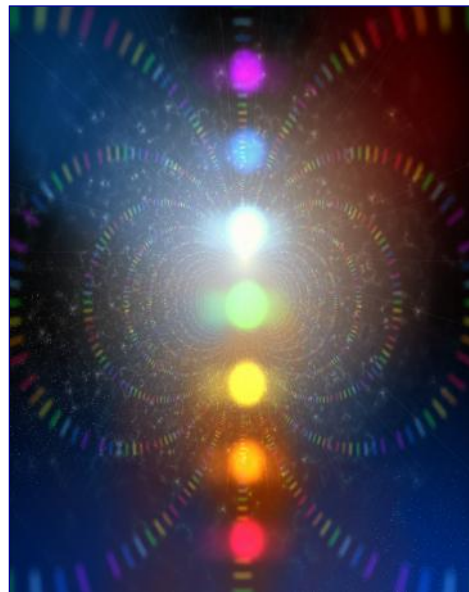
You'll look back and realize that your investment was worth it and what you gave up were the very things that kept you in misery.

Over time you can develop skill in centering, approach, alignment, meditation and spiritual contact so that you can depend on it. Your life will seem to flow more gracefully.

Synchronicities occur more often and you may notice a more comfortable willingness to change. A sense of wonder returns with playfulness and joy and contentment tolerates uncertainty.

Following is a user friendly **Alignment Practice and Beingness Meditation** which is a lovely start to exploring the inner world that you seek to know. It is one of the more delightful practices and invokes wonder and expansion.

Learn how to sound an OM if you don't know how. It is the magical sound that declares that you mean business. It is the sound of the universe, the one song.



Use your imagination to experience alignment and enjoy this simple meditation. You may wish to add this to your regular practice if you have one, or start here and surf the internet for classes or group meditations that invite participation.

Meditation, especially in group formation is an act of service. When two or more come together in meditation (in person or by intention) it creates an expanded, radiant field, like the difference between one star and a constellation, and the vibe of the meditation reaches out into the world as a blessing.



Meditation is especially powerful at the time of the Full Moon, a time when you can most readily contact spiritual forces as well as experience a heightened resistance to it. So just notice what's up and needs to change, and change it.

Now I give you this simple matram as a reminder that “you’re the one you’ve been waiting for.” It’s spoken by spiritual disciples around the world every day at noon.

Set an alarm on your phone as a reminder and develop a rhythm for this daily practice, it will expand your heart with compassion and generosity.

**I know, O Lord of Love and
Light about the need.
Touch my heart anew with love,
that I too may love and give.**

5 Steps to Discovering Your Spiritual Path

Alignment Practice and Beingness Meditation

Sit comfortably with your spine erect. Say a silent OM with each step of this alignment.

Imagine a pole of light radiating just behind your spine. Feel yourself grounded into the Earth below and also extending above your head reaching toward the love of your soul. Center your physical/ etheric body in this light and let go.

OM

Now visualize a translucent bubble surrounding your body, see the scintillating colors of your auric field soften and blend into a pale glow within that bubble. Center your astral/emotional body within this gentle field observing as it becomes calm and receptive.

OM

With your inner eye imagine a brilliant radiance behind your head extending into the heavens. This is the light of your mental body and it brings you in rapport with your Higher Self. Allow this brilliant light to connect with your heart and feel the Oneness of your Being, blending the inner and outer, the head and the heart.

OM

Contemplate the following series of seed thoughts for about a minute each.

Beingness is not within the body, it is the other way around.

That Beingness reflects itself.

Inhale infinity in all directions.

Everything is in everything else.

An unbroken field.

Instant accessibility.

Let it be.

Meditation is about emancipation.

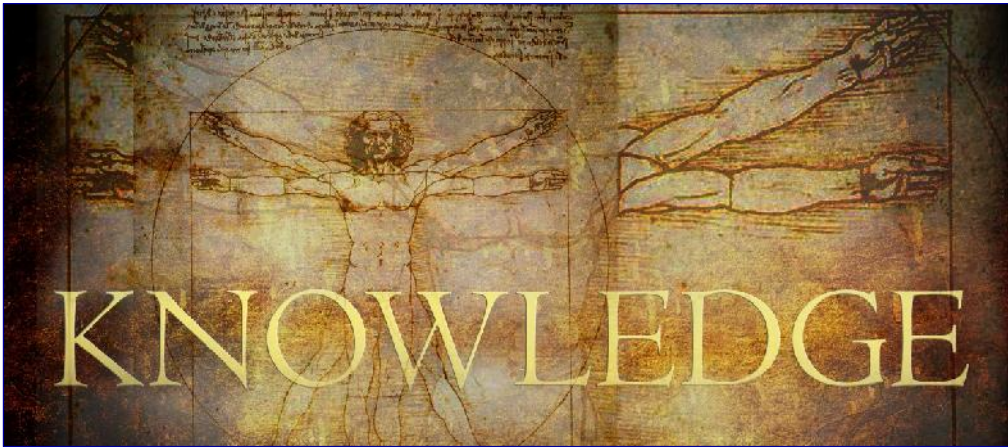
Anything that comes up I just surrender back to stillness, even bliss.

Life sits on the cushion.

Don't interfere.

Every day, clearer and clearer.

Step 5. Attunement – The Golden Keys



*“Mystics are not themselves. They do not exist in selves.
They move as they are moved, talk as words come,
see with sight that enters their eyes.*

Farid al-Din Attar

Cultivating virtue attunes you to the majesty of the spiritual world. As unconscious behaviors are replaced by measured intent, your daily life synchronizes with the beauty and grace of divine love.

Virtues are the golden keys to the spiritual life and this is where patience is so important. You will need the magical keys to enter the subtle world of the soul, the place where intuition reaches the higher mind and self-knowledge is possible. But this takes time and practice.

Treading this path requires the persistent practice of patience. It is a long and transformational journey, often disruptive in its sudden realizations and awakenings. Trust that you will feel lighter, more serene, if you are patient.

Silence is another of the golden keys. Can you be comfortable in silence? Or do you leave the TV on constantly with a computer on your lap and the phone in your pocket? Maybe it's time for a digital detox?

If you can carve out some time each day to commune with nature, watch a sunset or play with a child or animal, it will return you to that which is natural in yourself. Aaahhh.



Stillness is one of the magical qualities that make spiritual contact possible. Serenity is the result of stillness and the garment of silence. Give yourself the gift of stillness, even momentarily, and it will reset your nervous system.

We are one, the more we care for ourselves, the more others will benefit from our presence.

Simplicity is the reflection of clear-thinking. Let your life be simple and sensible. Use this key as a measure of purity.

Study the Ageless Wisdom Teachings, classic literature, biographies of great people. Seek inspiration, meditate and know that every moment you spend in higher consciousness helps uplift the whole world.

Wisdom is the integration of knowledge and purpose. Use your will to determine what you will accomplish to uplift humanity during your life. Then start doing it today.

Respond to the immediate needs at home, in your neighborhood, at work. Join an organization, volunteer, lend a hand, show up, be kind.

Mindfulness is proof of mercy. As your world view is tempered by compassion, you'll come to assert authentic willingness to care for others. You'll naturally be moved to protect the vulnerable and take personal responsibility for the relief of suffering in your midst.

Gradually you will recognize that your higher mind and heart vibrate in resonance with each other creating a field of creative energy, your own resource of will, wisdom and intelligent love.

It will remind you that love is the ultimate truth. It is the willingness to sacrifice for love that annihilates the illusion of separation and loneliness.

Awe and order seem to blend in the mighty presence of universal law, the Law of Love.

It's in such a state that a moment of escape can happen; a moment when the silence is your only reality and you find yourself absorbed in a cosmic embrace.

This escape from duality brings integration and repose. Cultivating this kind of spiritual poise reinforces your ability to access your higher self and draw upon your intuition, to become the soul-infused personality.

You have a right to know who you really are.
You hold the key to the end of suffering.
Dare to use it.



This mantram is a declaration of your eternal nature and when it is repeated each morning immediately upon awakening, affirms your spiritual identity. It also acknowledges that there is a plan for human evolution and that you are a part of it.

**I am that Self, that Self am I. I am one with the Light
that streams forth from Those Who serve, with love, the Plan.
The Place of Light is the Place of Peace. Within that Light
we take our stand and of that Light we are a part.**

Practicing **The Master in the Heart Meditation** is a significant stage in spiritual training. It helps to develop the inner vision, a sense of purpose and alignment with the soul.

As my gift to you, in earnest hopes that you'll adopt this meditation as a daily discipline, is one of the most beloved steps upon the sacred path.

This meditation, when practiced regularly begins to coordinate the energy centers in the etheric field (chakras) in a safe and natural way.

The meditation is followed by the **Great Invocation**, used by men and women of goodwill throughout the world. It belongs to all humanity, a gift from the Great White Brotherhood to help generate a global call for universal brotherhood and peace on earth.

Many religions believe in a World Teacher or Saviour, knowing him under such names as the Christ, the Lord Maitreya, the Imam Mahdi, the Bodhisattva, and the Messiah, and these terms are used in some parts of the world to call forth enlightened leadership on our planet.

You may choose to invoke the Master or Diety of your choice, or simply use the Great Invocation as a call for the return of Wisdom and Love.

Now you have them, the **5 Steps to Discovering your Spiritual Path** and with a heart full of hope, I invite you to follow these steps, and to build the bridge to the ultimate adventure of your life.

Visit us at SoulBridging.com to find a wealth of resources to support you on your Spiritual Path.

Your friend along the lighted way,

Ginny Ross



Ginny Ross has been a student and teacher of the Ageless Wisdom for almost four decades. She practices astrology and provides spiritual mentoring to serious seekers on the path. Read more about her work at GinnyRoss.com



5 Steps to Discovering Your Spiritual Path

“The purpose of meditation is soul contact and ultimately, union with the soul; its whole object is to become in outer manifestation what one is in inner reality.”

AA Bailey

The Master in the Heart Meditation



Alignment

1. Sit comfortably with spine erect.
2. Breathe easily and normally and allow the steady rhythm of the breath help bring:

The physical/etheric vehicle into a state of **quiet receptivity**

The astral vehicle into a state of **tranquility and quiet receptivity**

The mental vehicle into a **poised state of quiet receptivity**

Pause for assimilation.

3. Attempt to visualize your Higher Self, the Spiritual Ego on the higher mental plane in the form of a beautiful golden lotus flower or as a radiant sun.

Then imagine the connection between you as the soul-in-incarnation and ‘you’, in your identity as the Spiritual Ego on the higher mental plane.

Pause and attempt to ‘feel’ the relationship between the two.

4. Visualize a stream of golden white light and energy descending from the Higher Self 'located' on the higher mental plane into your consciousness as you are focussed on the lower mental plane. Attempt to 'feel' this.
5. Visualize this stream pouring through your lower mental nature, astral nature and your physical/etheric nature. Attempt to 'feel' what it is like to be soul-infused.

Meditation

A. In sensed union with the Higher Self on its own plane, inwardly make the following affirmations and meditate upon them as you affirm:

- a. I press forward towards the goal of fuller service; I am the soul, whose nature is light and love and selflessness. (First Week)**
- b. I orient my mind towards the light, and in that light, I see the soul. I am the Plan, and am at-one with all that breathes. (Second Week)**
- c. I purify my astral life and know myself to be nothing but a channel for the love of God. And, in this potent body of the lower self, naught can exist which blocks the outgoing love of God to all I meet. (Third Week)**
- d. I stand erect through love and strength divine. I manifest the nature of a Son of God. Thus can I salvage those who suffer on the way of life, and lift the little ones. (Fourth Week)**

(After quietly speaking or thinking through the entire affirmation, choose in order one section of the affirmation for consideration each day of the week during the period you are using this meditation)

Pause for assimilation.

Distribution

Sound the Great Invocation followed by the Sacred Word three times, visualizing the redemption of humanity and the healing of our living Earth.

The Great Invocation

From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ return to Earth.

From the centre where the Will of God is known
Let purpose guide the little wills of men—
The purpose which the Masters know and serve.

From the centre which we call the race of men
Let the Plan of Love and Light work out.
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

OM OM OM