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SHAMAN MEDICINE WOMAN

INTRODUCTION

The Eternal Flame Meditations are a compilation of messages heard in the wind and from the flames of the fires. They come from as inspiration and guidance for my own journey; and as I have shared them with others, I have been humbled and honored to hear that they too are soul touched by the messaged.

It is said to touch another soul is to walk upon holy ground. Soul truth comes from the soul compost that is beneath our feet as we journey together. It is hope that these words will be experienced as sacred thoughts to perhaps offer insight and guidance upon your journey as they have for me.

Each one is followed by a thought and a mantra to affirm your walk.



A Prayer

We call upon the Flames of the Eternal Fire

Melt the chains that bind us

Heal the cracks that surround us

Transform the energy into a golden light

Let that golden thread join our hearts in
harmony and love



1

Open to love

Open to pain

They are both gifts of a compassionate heart

A compassionate heart eases the pains of the
Earthly journey

Seek to open your heart to all that you receive
with compassion and without judgment

Mantra

I open my heart to all gifts



2

Be the LOVE that is within you. Regardless of what the state of your human heart and soul, the Divine's heart beats deep without cessation within you.

Seek to focus on the heartbeat within that you feel the Divine Spirit within.

Mantra

My heartbeats in rhythm with the Divine



3

If you seek joy what you will find is illusion. If
you seek truth what you will find love.

Seek the truth in all situations rather than the
illusion of what you experience.

Mantra

I seek truth through sacred Divine



4

The Source of Life is found inside and outside,
above and below, within you and beyond you.

One only need seek to experience it.

Seek to look around all that you see and feel to
see the Source of Life in every moment.

Mantra

I see within, without, above, and below



5

Every soul is changing. Changing in their heart and soul as this is the time of purification. Some feel the ache and grief of releasing those parts of self that no longer serve a higher good. The joy will come. Breathe and know that you are on a journey to your authentic self.

Seek to realize change is simply the process of releasing and purifying your soul to become your authentic self.

Mantra

I embrace change to become authentic self



6

Every spring, the flower bud swells simply because it is its nature to do so. So too does YOUR own happiness and joy unfold itself from the bud of your soul as its nature is to do so. When it blooms, love and joy without cause is the beauty of the lotus flower.

Seek to see the bloom of love and joy in all that unfolds in my life.

Mantra

I see love and joy in all



7

Your heart knows the authentic direction it must go in order to fulfill your divinity in purpose. To find it..... go deep within the silence of your heart and ask. Then, be aware, listen, and trust the whispers of the winds

Seek to still within to become aware of the wisdom being gifted

Mantra

I hear and trust the wisdom within



8

Within every soul there exists an inner world
that holds infinite love and beauty. The real gift
is to view the outer world as a sacred witness
from that inner world. It is then that one
receives the gift of life

Seek to see the world through the eyes of a
sacred witness

Mantra

I see the external through the internal



9

Every step we take towards our authentic truths deepens our own sense of Divinity. The truth of who we are allows our soul to embody itself into the flame of Eternal Love

Seek to take a single step towards your authentic true being and allow the experience of Divinity to flow through you

Mantra

I embody the flame of Eternal Love



10

You are NOT your feelings; feelings are NOT fact. We simply carry our feelings within us. The authentic truth of who YOU are is beyond emotion. Emotions are perceptions acquired over time. Your authentic self is beyond time - it is an expression of Divine Source

Seek to set aside your emotions and perceptions and see life as an expression of Divine Source love.

Mantra

I am an expression of Divine Love



11

A sacred life does not live in compartments; it is within all domains of your life. There are no hidden doors, the time for living a seamless open life is now. Be true to the light within you; not to someone else light.

Seek to walk in a sacred way each step of the journey even in the mundane.

Mantra

I am living a sacred open life



12

Stop judging yourself for those things in life that you cannot change immediately and instantaneously.

Rather, breathe in moment by moment and let the change happen moment by moment. In this way you are open to receive all the teachings that Life may offer.

Each moment in time opens you to love even more, to forgive with grace, and to have more compassion for the rest of life.

Seek to be in each moment, to be open to receive love, grace, and compassion.

Mantra

I am open to be and receive



13

Life's journey will bring you the circumstances that you need to complete your journey through this time and space. It is just like a dance that calls to your soul with the subtle rhythms and heartbeat, every moment inviting you to take the next step in the dance. Will you dance?

Seek to hear the rhythms and dance letting go of judgment and fear that prevents taking the first step.

Mantra

I hear the call and will dance



14

Practice humility - for it is the way of living in harmony with all of life. To practice, being on one's knees is where it begins. For upon your knees, judgment vanishes from the heart

Seek to shift your perspective in all your actions to a place of humility.

Mantra

I humble myself before making any judgment



15

You were created for a purpose

To be yourself,

To love yourself,

To love life.

Seek to discover ways to be YOU, to love
YOU, and to love life.

Mantra

I love being me and my life



16

With every breath we are in a relationship with all that is – with all of the rest of life. There is no one we are not connected with. We are all interconnected. We have the choice to be a gift or an obstacle in another path; just as we have a choice whether to see another as a gift or an

Seek to make the choice of being a gift and receiving everyone you meet as a gift.

Mantra

I see all people as a gift.



17

When you believe that you are simply leading
an ordinary life, all things seem 'ordinary'.

When you believe that you are leading a
magically divine life, all things seem magical
and divine. How do you see your life?

Seek to see all things as magical and divine,
even in the ordinary and simple

Mantra

I am a magical and divine being



18

When things appear to be unjust, unmerited, and unfair is often our perception on our path. All that is sought after comes to us through our persistence in seeking it. Obstacles are simple part of the journey. They can either serve to separate us or they can teach us to flow in a different direction. The choice of perception is yours to choose.

Seek a new perception by looking at life from a different direction.

Mantra

I see my life from all directions.



19

Open your arms to the world and experience the love within it. When we embrace the world without any judgment it helps the Mother Earth to heal. To see past all that is incomplete, is to know that everything, in every breath, is in a process of growing and evolving

Seek to embrace the world and all that embarks upon her soil knowing that it too is growing and evolving needing your nurturing and loving soul.

Mantra

I am a nurturing and loving soul



20

Mistakes are simply part of the progress of the journey in learning. Did you know that often times we make mistakes in the areas in which we are meant to become the wisest in? The mistake only fuels our motivation and deepens our intention to grow.

Seek to see the progress not the mistake, the passion and intention of your actions not the result.

Mantra

My intention and passion fuel my progress



21

The gifts of awakening can appear to each soul in a different way. There can be that clear outer moment, for others it is a fluid movement within. It all depends upon your soul's purpose.

Yet, they are all gifts of presence. Celebrate each one for the gift it is

Seek out and celebrate the moments of awakening as the gifts they are

Mantra

I am present in the awakening moment



22

Your soul, as everyone's soul, has the ability to express itself as authentic truth and beauty simply because it is a soul. The expression is unique with each soul because the Divine has many faces to express

Seek not to hide behind a mask but allow the expression of the Divine to be the beautiful authentic you

Mantra

I am an expression of beautiful authenticity



23

Did you know that your soul has its very own song and it is sung always deep within the sacred temple of your soul. If you listen closely between each breathe, you may hear it. When your outer self is ready - it is then that you can fearlessly share your music with the world.

Seek to fearlessly hear the song of your soul so that the music can become a song for the world to share

Mantra

I am the maestro of my soul



24

Your imagination creates the material which your mind will weave the fabric of your future cloak. Do you like the tapestry you are weaving to wear?

Seek to imagine your life in vibrant and bold colors full of passion, love, abundance and joy

Mantra

I am the weaver of my tapestry



25

Every soul has its own rhythm and its own path. What is one person's greatest challenge and obstacle is another person's greatest ease and gift. It is all the perception of the soul

Seek to shift the perception of your soul to discover the rhythm of your soul's journey not another.

Mantra

I am at ease with my journey



26

The path to self-discovery is filled with choices that the heart must make. One can choose to remain bound to a feeling because it is familiar or one can set it free and to rise into the unknown to truly discover themselves.

Seek to discover the choices which will lead to experiences in joy, love, and freedom of the soul.

Mantra

All choices lead me to experience freedom.



27

Having the presence of mind is one thing.
Being present in your body in the moment with
the sole purpose of extending loving attention
to another is Sacred Touch.

Seek to be present in the moment to
experience sacred touch and sacred love.

Mantra

I am present to experience sacred love.



28

The beat of my heart tells me I am alive but it is
in the silence between the beats that I know I
am.

Seek to experience the silence between the
heart beats.

Mantra

I am the silence between the beats.



29

To sing and to cry express the joy of love and the heart-fullness of loss. Both the tears and the song are within the truth of the heart. Both are expression of Love. Peace and grief can be experienced together.

Seek to experience the expressions of love in all its vastness.

Mantra

I experience love in all its expression



30

The doors to possibility are open, and what you shall become is a choice made in every moment.

Seek out the doors which lead to choices that lead you down the road of possibilities.

Mantra

All doors to Divine possibility are open



31

The Sacred Fire does not need a belief, a ritual, or ceremony to house it. It is within YOU

...

Seek to go within – connect with the sacredness within. Connect with the ancient ancestors. When you align with your soul

You will know the power that is within.

It does not matter if the world knows, even if the world understands, only if you experience.

The power of love does not depend on any God or belief. It depends on you.

Mantra

My life and my journey are sacred



32

Ignite your energy to propel your possibilities

Seek to spark another soul. Through a smile,
a safe place of listening, through gratitude,
inspiration and appreciation, to share love is to
receive love. The perfect mirror of connection

Mantra

My energy fuels my life of possibilities.



33

The true essence of your being is energy.
Your energy field is your essence. Energy is
how you interface with the Universe around
you. It is the way you create your reality.

Every word, every thought, every breathe – we
touch one another.

Seek to be aware of how you create through
your words and thoughts.

Mantra

I create Divinity through my essence



34

Just as the flower must turn itself towards the sun, so too must we turn towards the Source of light again and again to be nourished, healed, uplifted, comforted and made whole.

Seek to turn towards the source of your Divine being in all things.

Mantra

I give all things to Divine Source



35

Life streams from the Unknown to the known.
When you are in the Divine stream, you can
live each moment in the presence of Great
Mystery.

Seek to live within the moment, within the
presence of a Great Spirit

Mantra

I live in the moment with Source



36

When love becomes more important than everything else, it is then forgiveness toward all becomes possible. Remember, forgiveness is something that must be practiced in order to be learned – including forgiving yourself.

Seek to find a source of love to forgive you.

Mantra

I forgive myself as I love myself



37

To be alive, awakened, and aligned with the
Universe is like being at a party of your soul

Seek to find moments of gratitude for all the
small blessings of the day

Mantra

I celebrate my life to the fullest



38

Everything is sacred when it is done with love.
Soul to Soul we share sacred space.

Each one of us is connected to a vast universe
of souls; a family of souls that connect in
authentic love. Can you feel the connection?

Seek to begin a new day, begin by aligning
yourself. Close your eyes, take a deep breath
inward, and listen. Allow yourself a moment to
experience the radiance of the Universe to flow
through you. Become silent to experience
love. You will discover love in the beat of the
heart which can only be heard in the silence

Mantra

I am a Sacred Being aligned within



39

Harmony within ourselves simply means we have the ability to control our thoughts, and to determine for ourselves how any experience is to affect us. Harmony in the world around us must begin with harmony within.

Seek to balance your thoughts and your reactions to find balance in your whole being

Mantra

I am a harmonious within all aspects



40

We are nothing but the reflections of one another.

Seek to begin the day with breathing in the life force energy and feeling your body become energized and relaxed. Feel the power of your energy which flows through you and to you

Mantra

I am a reflection of loving energy



41

Within your soul is the Eternal Flame of Creation. It makes your life perpetually new. It is eternal and always there – when you feel love, joy, and bliss – when you feel fear, hopelessness, and despair. The Eternal Flame of Creation is the Source of love, life, and hope within.

Seek to see life as a new day in a new way

Mantra

Life is anew with love and joy



4

Let go of all that you have held onto. It is when you can let go of all definitions, that you can define YOU. It can lead to Divine Freedom

Seek to release all things that bind you to lack and limitation in life

Mantra

I have no definitions except Divine Freedom



43

Everything that has been created in life is to
bring Consciousness into a form.

YOU are a fulfillment of Creations Love to
create a bridge between spirit and matter. To
be a jewel of the heavens that moves within
the flow of ALL life.

Seek to create a bridge between your inner
spirit and the physical matter of your life

Mantra

I am a bridge to creations love



44

There are miracles happening everywhere, yet most go unseen and unshared. Just for a moment, think of all the things in your life that you take for granted, the love in your life. Love is always a miracle. In any shape or form, love is the greatest blessing in life.

Seek to experience the miracle of loving energy in all its forms

Manta

I am a miracle of creations love



45

It is time to embrace your limitations with the same love that you embrace the gifts from the Divine. They are gifts. I can't sing beautifully, but I can appreciate a beautiful voice. They are both gifts of the soul

Seek to embrace the parts of you which you see as limitations knowing that they too are gifts from the Creator

Mantra

I see all things as Divine gifts



46

Only a soul heart that is free to love is free to receive love. Open your heart to an expansive chalice to receive the infinite blessing of the Eternal Flame of Love.

Seek to open your heart fully by accepting all of life as a gift to be hold

Mantra

I am a chalice full of infinite blessings



47

Perceptions and opinions are simply thoughts within the mind. They are not truth. They are not reality. They are simply views based upon experiences

Seek to see without perceptions based upon your opinions. Seek to see with the thought that all people, all things are sacred.

Mantra

I see all people as sacred beings



48

A belief can be a lead anchor that sinks and binds you to the bottom of an ocean. Or they can be like flames that rise upwards lifting your heart and soul to the Universal skies.

Seek to examine your beliefs and have the courage to let go of those that bind and limit you.

Mantra

I release all beliefs that bind me



49

Embrace the impossibilities

For they are simply possibilities

You have not realized

Seek to imagine the impossible? When you do
it is no longer impossible. Everything
imaginable is possible to the degree that you
believe in it.

Mantra

Everything is possible when created within me



50

Each of our presences ripple out into the world
in way we cannot imagine miraculously sharing
light on the darkest of places.

Seek, even though healing may still be needed
deep within, to experience that love can
overflow from you as a blessing to all you
meet.

Mantra

Love overflows from my soul to others



51

Even when the future is unknown,

Trust with your heart the light within

That guides your footsteps

Seek to trust within your heart all things to the
Great Spirit that you are divinely guided.

Mantra

Every step is divinely guided by Spirit



52

Regardless of the exact reasons, there are certain changes that need to happen in order for progress to be made. Often one must tear down an existing structure before a better one can be built.

Seek to allow the changes to deconstruct so that construction can begin

Mantra

I allow change to construct my future



53

Within the present of what is- truth is always
revealed.

There is always a choice to make in our
journey, seek to allow self to experience and
grow all things ~ even pain rather than
choosing to harden and contract all life within.

The choice you make can shape your entire
life.

Mantra

I allow soul to experience all emotions



54

If you find yourself in the presence of emptiness and uncertainty about who you are, or are in times of loneliness and pain, trust your heart and the fire in your soul that all is in the Divine plan that you came into this life with.

Seek to remember your authentic true self remains and the flame of Eternal Love still burns within you.

Mantra

All of life within the Divine Plan



55

Absence or lack cannot be created nor attracted into life. Absence or lack does not exist. Absence has no Truth, No Light, and No Vibration. All one can do is reject abundance, repel Love, and ignore Truth.

Seek to accept Truth, Feel the Vibration, See the Light, and Experience the Love.

Mantra

I experience truth, light, and love



56

Innocent, unknowing, accepting, trusting are the qualities of a child. See the world through the eyes of a child, past the outer behaviors of others to see their soul as innocent, unknowing, accepting and trusting. The soul within is always trying to express itself through the purity of a child.

Seek to Mother as though all children are our own.

Mantra

I am Mother to all life's children



57

The pattern of YOUR life is the choice of
YOUR soul. The desire for growing and healing
the soul can create a life of complete joy.

Seek to see the pattern that emerges from an
adversity; but the desire sparks the artist
brush.

Mantra

I recognize patterns to spark life's artistry



58

What is being asked of you in this moment? It is far easier to know what we "want" in any moment than to ask what Spirit wants us to do.

The true meaning of being in 'alignment' means we are one with what Spirit is asking rather than doing what we 'want'.

Seek to experience the truth of alignment in life.

Mantra

I am in full alignment with Spirit



59

What is needed in life to transcend all
limitations?

To live in the ease and grace of Divinity.

Surrender

It is through surrender to the flow of life that
expansion can manifest

Seek to allow love and trust to become the
foundation to break the bindings of limitation

Mantra

I easily surrender all that binds me



60

To express true beauty one must simply find
the stream of life within and feel its essence.
Know that every soul contains beauty within
them. The physical body is simply a wrapping
for the essence of beauty.

Seek to discover the inner fire flow that is the
true Divine gift

Mantra

The essence of beauty is within me



61

All that is needed to create the future is to be fully in the present moment. All things evolve organically. What once was a tiny seed becomes a huge and spreading tree of life.

Seek to become a vessel which transcend and allow a flow an infusion of source

Mantra

I am fully infused with life source



62

It is only possible to be in fear or indifferent to that which is not understood. Once you understand something - it becomes real. Once something is real - it becomes sacred. Once something is sacred, it is impossible to be in fear or indifferent.

Seek to see all things as sacred to remove fear and indifference in life.

Mantra

Everything in life is a sacred journey



63

It is through the weight of forgiveness that all
the ancient tribal hatred will collapse. Even
racism and prejudice will simply become terms
of the past. Forgiveness. Simple and begins
within each soul with a choice

Seek to make the choice of forgiveness

Mantra

I forgive all including my soul self



64

If you wish to create unity in the world, first you must seek to become one with yourself. Unity cannot be created out of duality. And so it is to become one with the world, we begin at home within ourselves

Seek to discover the oneness within yourself that you may be a part of a unified world

Mantra

Within me a unified peaceful soul exists



65

Strive to bring the best of YOU to life, it is sacred. No matter how it may seem to your emotional being, CREATION is always holding you in its eternal arms

Seek to feel creation, feel the Universe truly has you cradled in its arms by allowing all emotions to flow forward.

Mantra

I experience creation flowing through and within



66

The Source of all of life exists within you,
outside you, above you, below you, and far
beyond you. If you only seek Source in the
heavens you miss the gifts upon Earth

Seek Source within you; you may miss the gifts
of the Divine that surround you in the cosmos.

Seek it in all things, in all places, on all
journeys.

Mantra

I experience Source gifts in all things



67

Honor this day. Honor it with your heart. Honor
with our soul. Honor it with your hands and
your feet. Honor it with reverence to what is
truth and bless it with your gratitude - for the
day - the Earth you step upon; for they bless
you with every breath.

Seek to honor each day, each step of the
journey, and each breath

Mantra

I honor the breath of the moment



68

When your heart is set free to soar, then life too becomes free to become all that it is meant to be.

Look in the mirror of life. It is there that you will see there what is in your heart.

Seek to look deep within the well of your soul to reveal the true mirror of life. For it is through the soul all experiences are seen and felt

Mantra

The mirror of life is reflected within



69

If you wish to find soul love, you must become soul love. To seek soul love from someone else in order to complete yourself, you become part of a whole. To seek love within yourself to complete one's self, it is then that one becomes whole.

Seek to love self and to be loved by self.

Mantra

I love all parts of my self



70

Life is meant to be engaged; not survived.
Every moment is THE moment to be engaged.
If my action, my thoughts, or my deeds are not
to strengthen my spirit, my mind, or my body,
then they need be released. Cauldron of the
Souls

Seek to release anything that does not feed
your soul so that you may engage in life.

Mantra

I engage life by releasing my life



71

Every soul, including yours, has a unique
destiny - a unique purpose - to bring into being
- it is a sacred destiny.

Each soul is unique. But like the petals of this
flower, each soul is joined with one another at
the center; just a different form and shape that
is unique to the petal

Seek the unique gifts of your soul, your unique
vision of the world.

Mantra

I am a unique gift of source



72

The real secret is how to transform any obstacle into an opportunity - not simply some lesson.

Seek to see every obstacle as an opportunity to propel forward in a new exciting direction.

Mantra

Obstacles serve to propel my life journey



73

When you live as though everything is sacred,
the blessings of life is everything that is gifted
to your soul - no matter what it is that is
presented.

Seek to see everything that is presented in life
as a sacred gift.

Mantra

I receive all sacred gifts as blessings



74

Every soul has the ability and capacity to express truth and beauty simply because it is a soul. The expression of your soul in truth and beauty is an aspect of the Divine Source seeking a form in which it can be shared.

Seek to express your Divinity

Mantra

I express Divinity in all my actions



75

The ego must learn to be able to completely give up its command over the personality in order to serve the soul. Or simply said from a mountain, it must become a small hill.

Seek to look at the personality not in what is perceived as a defect but what can be transformed into an asset

Mantra

All defects are sacred assets in life



76

There are many who suffer as they wait for
someone or something to give rise to hope.
When you share your hope and love with just
one person, you uplift the entire world as the
hope and love ripples outward

Seek to share your love as hope rippling out to
everyone you encounter

Mantra

Love shares ripples of hope to others



77

Reality is created every moment and is determined by what you choose to focus on.

Your focus is like a laser beam. It shines its light to focus upon a single spot and allows all others to remain invisible. Your inner choices determine what you will see and how you will see it.

Seek to watch your inner choices. Your choices in thought, intention, and action to ensure that they are focused on what you wish to create

Mantra

My choices create my reality in life



78

Your body may live in time and space of this world, but your soul is eternal and timeless.

Seek to remember that though the physical has a beginning and ending – your true story is endless

Mantra

I am timeless in the endless story



79

The comfort of familiarity can cause a person to assume roles in life, rather than to discover their spontaneous self and experience the magic. It is simply a role on a stage - they will all become stagnant and solidify. While the true self, will all its spontaneous magic, will flow like a river into the ocean.

Seek to allow your soul to be spontaneous so that it may experience the magic of birth

Mantra

I am a spontaneous flow of energy



80

Be willing to see yourself and love yourself. It is then that all the doors of the Universe will open. Replace any self-blame with self-compassion. Know that there is no such thing as failure, only a path of perpetual awakening. What you did not know before is now knowable.

Seek to see yourself with love; nurture yourself compassionately and empathically

Mantra

I nurture self compassionately, lovingly and empathically



81

Every soul that is on the Earth is in a process of transforming. Every molecule in the air is vibrating with a different frequency. And every door to possibility is open. What you transform into - is up to. It is decided by every choice made in every moment.

Seek to forge Through the Things that are
Holding You Back

Mantra

I transform blocks into life sustaining energy



82

The depth of your soul is the foundation for a spiritual life. The depth creates an experience that rises up to strengthen your foundation in truth.

Seek to dive to the depths of your soul; do not only seek the surface beauty. It is in the depths that your strength will come from.

Mantra

My foundation strength is a beautiful soul



83

Live simply upon the Earth. Love all creatures. Revere the Creator of life. Be humble in all that you do. Give thanks from your soul for all you are given. These are the simple steps toward a greater awakening to life.

Seek to live simply offering every creature love for the sacred being they are. When you do so you live in a humble and grateful manner that honors the Divine.

Mantra

I live humbly in reverence to life



84

The path to enlightenment is through the open door of your soul within. The journey to find the door may have taken a long and bumpy road, now your only action is to take a step to cross the threshold into the reality you desire.

Seek to take the step to the other side and fulfill your deepest longing of returning home.

Mantra

I purposefully step across life's threshold home



85

Allow rather than do. It is by allowing that your soul will be gifted by the Universe. It is within partnership that you progress spiritually into new dimensions.

Seek to gift people those things that you desire in your life. Gift them your hope, gift them your love, gift them your gratitude and gift them your blessings.

Mantra

I allow all gifts to flow freely



86

Self-knowledge cannot come when one feels
like a victim of circumstance.

Seek self-knowledge as it is based on
responsibility for one's own awareness. It is in
self-awareness that truth can be revealed.

Mantra

My self-awareness reveals my soul truth



87

You are not the roles you play in your life. You are what gives life to the roles. On the surface there are roles to play in the drama of life; there are pretenses and even expectations.

Seek to become still. For when you are still you will find that beneath the surface of these roles, there is the heart beating to its own music giving the part life

Mantra

I still hearing the heart beat music



88

Whatever you send out into the universe for thoughts and feelings will return to you as your perception of your own beauty.

Seek to send out thoughts of love. Feel love. Then what is returned is the experience of love and loving thoughts.

Mantra

I give love freely to all experiences



89

Some may judge their bodies by standards of beauty that only serve to separate the physical from the spiritual. The beauty of your body is that it is the temple for your soul. Your soul is beautiful as it carries the Divine within it.

Seek to see the beauty in you

Let your life be a river of Divine energetic expression

Mantra

Life is a river of Divine expression



90

Creation is an ongoing process that unfolds
and transforms the new in every moment

Seek to be aware of every choice you make
today. You may perceive that you have no
choice, but how you respond to life is always a
matter of choice.

Mantra

I create my life through choices



91

Some people may learn quickly without making any mistakes. But for most of us we learn in an awkward, bumpy way just as a baby learns to take their first steps.

Seek to look at mistakes with the awe and wonder of a baby taking their first steps

Mantra

All experiences teach the wonder of life



92

If you wish humanity to become peaceful, you must first become a peaceful human. Until you change your own consciousness and stop the war within yourself, you cannot create a world without war.

Seek to know the change begins with you.
Become peaceful within

Mantra

I change within to be peace within



93

The only difference between an experience
and an experiment in life is your awareness of
choice and how you apply that choice in your
actions

If you focus on what you cannot do in this life
rather than what you can do - you will create a
picture of yourself that is narrow and
incomplete. Seek to focus on what you can do
and your strengths, so that you will create a
picture of yourself that is expansive and
infinite.

Mantra

I transform experiments into experiences of
wisdom



94

Though the small voice of the ego may fear
growing larger, when you let go of the ego and
step into your soul it is then you reveal your
true beauty.

Seek to let go of ego so that you may truly step
into your authenticity

Mantra

I easily release ego for soul authenticity



95

We must begin to embrace the world with a heart of tenderness, the same way a mother embraces her child. It is only then that the Earth can endlessly give the support and love in return.

Seek to embrace the Earth – embrace all her children

Mantra

I embrace Earth's children as my own



96

We are not entitled to be angry. We are entitled to oppose any wrong behavior but not to resent or be angry with the person doing the behavior. Anger is really an act to empower self when we feel helpless.

Seek to trust the Divine to guide, as it is only then that we are no longer helpless, thus no longer needing anger

Mantra

I trust Divine guidance to release anger



97

Let go of the burdens of the past and release
them. If you hold onto them, they will weigh
down the wings of your soul and you will not be
able to soar into the heavens

Seek to release with ease and grace all the
burdens of the past

Mantra

I release all burdens of the past



98

In order for one to remain steadfast in the presence of the darkness of despair, you must remember that Divine light is stronger.

Seek to stand in the Divine light. Ask the Divine to shine the light upon you so that you may experience it

Mantra

I stand in Divine light radiating outward



99

If you say you wish to change - you must be willing to change. Transformation through change cannot occur unless you completely let go. If you cling and claw onto the past - you cannot allow creation of a new future happen. Your future will be a reflection of what you held on to.

Seek to discover the willingness to change; the willingness to let go.

Mantra

I am fully willing to let go



100

Your perceptions and opinions can be influenced by society's perceptions and opinions. Your inner self holds the reality of your authentic self. This authentic self is the experience that reflects your Divine soul. It is this soul being that you are meant to be a reflection of. Not the external outer view of society.

Seek to see without perception and opinion of the world around you. Seek out your own experiences without what society experiences

Mantra

I experience my own reflection of life



101

We were conceived in love, and borne in love,
and birthed in the radiance of the soul's beauty
and love. It is our Divine destiny to become all
that we can be and all that we were created to
be, beings of Love.

Seek to share the love you extend to others
with yourself today. In loving self with love all.

Mantra

I experience love as a loving being



102

The power of your thoughts is a gift of the Divine. There is a responsibility that comes with thoughts as it creates what is. You are a creator.

Seek out your thoughts – discover what they are really creating. Right them down, draw them, express them and discover if what you are creating is really what you desire.

Mantra

I express thought power in all ways



103

"We are the source for all creativity. We simply need to be silent when we ask." So my question is then why is it that we tend to struggle with hearing what the Divine has to say? The answer: "It is quite simple. Within each of us there exists a shadow side which represses and projects.

Seek to pause and listen to the source of all wisdom within. Do not allow the shadows to rise up in fear and projection drowning out the whispers

Mantra

I hear Divine wisdom within the silence



104

When the illusive delusion of duality is crossed into unification of the soul, it is then one comes home and the simplicity of the Eternal Flame is understood. (Cauldron of the Soul)

Seek to step outside duality and see life as a unified experience. Do not look at black and white but see all as mere shades of one another

Mantra

Shades of the rainbow lead to unification



105

If fear should arise, release it completely into the light of the fire. Trust within the light of the fire can replace the fear and the Eternal Flame of Love can replace the separation. Let your life be an expression of your oneness with Spirit.

Seek to acknowledge fear in your life so that it can be transformed into something useful. It is when we refuse to acknowledge that we strip our own power

Mantra

I acknowledge fear and easily release it



106

Humility has been my best teacher~ it's taught me to be silent and listen, taught me my place in this universe, and to let things be as they are to unfold and emerge in their own timing –with Faith and Trust.

Seek to discover humility through faith and trust in the Great Spirit.

Mantra

I have faith and trust in Source



107

Courage is the willingness to face a challenge;
the greatest challenge and the greatest gift.

Seek to make the choice to take off the mask
that you hide behind and stand in the open to
be seen and heard.

Mantra

I courageously remove the mask of fear



108

Practice being present in the moment - you can never experience this exact moment again....

Breathe

Seek the experience of being in the moment.

Allow all thoughts and visions to become present through the simple breath. Focus only on the inhale and exhale of a single breath. In this way we honor the moment by making it sacred

Mantra

I experience breath as a sacred moment



109

As we are affected by nature (the seasons, the weather, the beauty, and the destruction) so is nature affected by us. It is easy to forget that every step, every breath we take has an impact upon the Mother Earth. It is easy to forget how our actions of everyday life make a profound imprint upon nature.

Seek to remember that every thought, every action, and even every breath impacts the world.

Mantra

My imprint on the Earth is sacred



110

At its very core, healing is about connecting the sacredness of nature and self to unite them as one. Nature is within us. The elements are within us. Just as we are within nature and the elements

Seek to experience of nature. Experience it in a sacred way by intentionally stepping into it and allowing all its beauty to permeate your senses

Mantra

I walk with gentle steps and beauty



111

In all of the universes that have emerged, there is only one you. Your heart and soul beats to its own rhythm.

Seek to listen closely you will hear that it is also the heartbeat of the Earth herself

Mantra

My heart beat is a Divine rhythm



112

Allow the magnificence of your inner being
radiate from within and receive with deep
gratitude the blessings of a sacred life.

Seek to allow the fire to awake in your heart.
This is how you can listen to Gods voice.

Mantra

I radiate the fire in my soul



113

Trusting in this very moment that it will unfold
to share with you exactly what you need to
know is the true gift - as it is then that the
external event can transform into inner
knowing

Seek to trust your experience is divinely
designed

Mantra

I trust my designer is my creator



114

Every soul has an inherent desire to create.
What the soul is to create is already known
deep within. Listen, dream, imagine so that you
may discover what the longing within you is
birthing.

Seek to focus upon listening so that creations
can be whispers heard

Mantra

I divinely create my sacred journey



115

A grateful heart is one that has been touched
by the Great Spirit, whether knowingly or not,
regardless of the name you give the unnamed.

Seek to focus on experiencing the Divine
Touch upon your soul.

Mantra

Gratitude fills my heart in every breath



116

Your thoughts are either like a wild untended garden full of stink weed or a cared for and nurtured rose garden. Thoughts are energy. Whatever we give energy to creates life. What does your garden look like?

Today seek to watch your own thoughts and when they are not for the benefit of others or yourself, weed them from your mind. Release them.

Mantra

I am the gardener of my thoughts



117

Intelligence and wisdom are two different things. Intelligence is a function of your mind.
Wisdom is a function of the heart.

Seek out wisdom; seek the perception of the heart. See life with the loving eyes of the soul

Mantra

I see life through a loving heart



118

In order for you to receive, you must allow.
This is true whether it is for positive energy or
for negative energy.

Seek to allow only positive energies for your
highest benefit into your being.

Mantra

I allow the positive to flow freely



119

Never allow another to set the expectations of your destiny. Your destiny is yours alone to create. Your creation is a direct result of your thoughts and feelings. They will either foster a fiery passion or snuff out your candle.

Seek to watch your thoughts and emotions to ensure they only create passionate living experiences

Mantra

I am the creator of my passions



120

Risk being seen. Risk being known. Risk being
cherished. Risking is simply embracing love
with a trusting heart.

Seek to step outside your comfort zone and
risk being seen in the world

Mantra

I embrace love with a trusting heart



121

The soul's journey is a story of light and dark throughout time. What you have read is really just a summary of that history. In the present you can write a new page, a new chapter or even pick up a brand new book

Seek to remember that you are not your body; it is simply a sacred vessel that houses who you really are.

Mantra

I am a sacred vessel for my soul



A Few Parting Words

We have reached the end of our four month journey of meditations and Mantra's. It is my deepest hope that you have discovered your soul's beauty.

The Eternal Flame of Love is of the soul. It is instantaneous. It is Universal. It is never bound or limited. It is endless. Yet - it is a choice.

Although a door may be opened for you, only you can make the choice to walk through and claim the treasures that lie beyond

Keep Your Life Simple -Stop rushing and stop to savor the smell of a rose. You are a direct link to creation of life - the creation of the Universe. Stop and listen. It is within your own journey that the answers will be found.

Every action, every thought, and every feeling is motivated by an intention. Intention is the cause. If we participate in the cause, then we also participate in the effect.

You are a matrix of light. The frequency of your light is dependent upon your consciousness.

Shift your consciousness; shift the frequency of
your light. Light represents consciousness

The time is now to ignite your sacred inner
temple with fire radiating its splendor to the
world through eternal flames of love.

All of my love and I carry you in my soul
sending you the Eternal Flame of Love.

Mwah

Carla