

# CLASS 5---CHAPTER 6.

## **QUOTE FROM DAVID HAWKINS IN HIS BOOK POWER VS. FORCE**

- **“In this interconnected universe, every improvement we make in our private world improves the world at large for everyone. We all float on the collective level of consciousness of mankind so that any increment we add comes back to u. We all add to our common buoyancy by our efforts to benefit because we’re all included in that which is life. We are life. It’s a scientific fact that ‘what is good for you is good for me.’ Simple kindness to one’s self and all that lives is the most powerful transformative force of all.”**

# LIVING FROM THE HOW TO'S TRANSFORMS HUMANITY



- Thus, as we move into this New Age with its accelerated vibrations of change, the living of these “How To’s” become the stepping-stones to true Spiritual Global Oneness and restoring the Earth as the Garden of Heaven. **Which “How-to’s” did you consciously practice last week?**

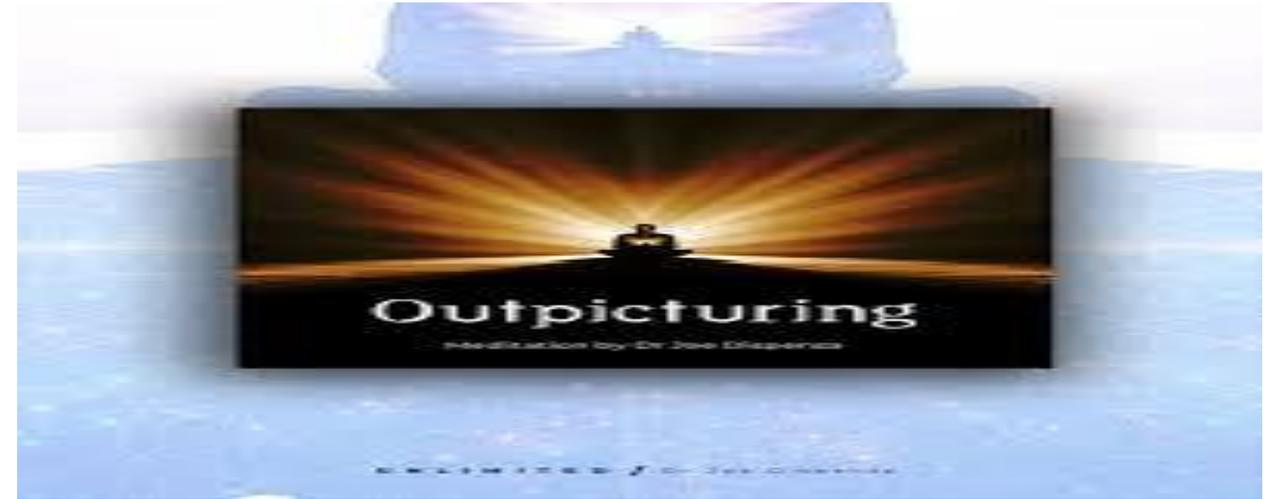
# A FEW PRACTICAL HOW TO'S OF BEING TRANSFORMED INTO A PRACTICAL MYSTIC

*Do not be conformed  
to this world, but be  
transformed by  
the renewing of your  
mind. . .*

ROMANS 12:2a NASB

- **1. I create my life from my awareness of my Oneness with God, Infinite Source. I am Whole, Healthy, Loving, and Worthy of the Infinite Good that flows to me.**
- **2. I deliberately create from my Source of Infinite Love, Joy, and Harmony.**
- **3. I am forgiving and allow all to Be Free. I allow myself to be Freely All that I Am.**

# GLOBAL RESPONSIBILITY WE ARE IN THIS TOGETHER



- **What you are creating in your daily life is reflected in the soup of the whole earth. You cannot separate yourself from the Whole.**
- **Erin tells us that in this “New Age” evolution and manifestations occur much quicker. (Instant Karma) Our life and our world seem to instantly manifest as that which we are. Who and what we are will be out-pictured clearer, faster, and with expanded intensity, reflected in the Whole.**

# STOP FEEDING THE DRAGON



- **It's Wake up Time.**
- **We are quantumly connected instantly. On a global level our thoughts join with the whole to create vibrational patterns of love or separation.**
- **Are we magnifying negative vibrations and creating more negativity or are we creating more Love and Harmony? What does the dragon symbolize?**

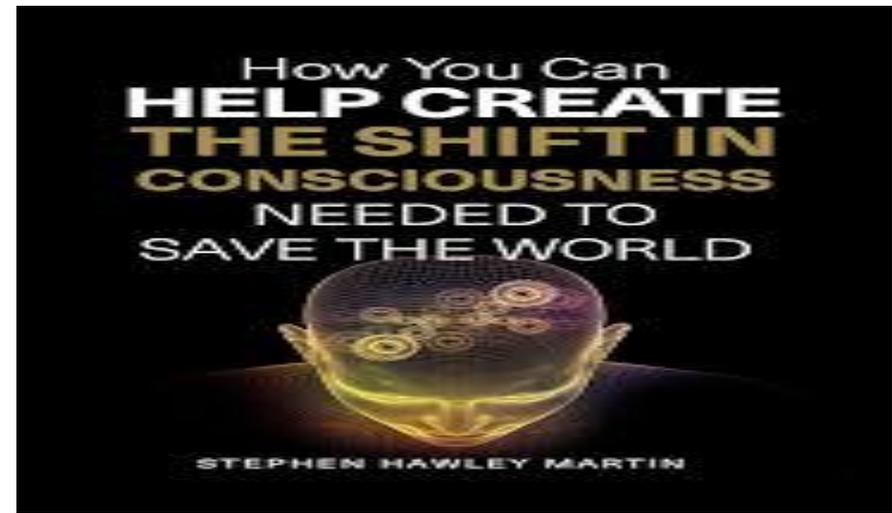
**TRUE HARMONY RESIDES IN  
THE INCLUSIVE HEART**

**THE WAY IS NOT IN THE SKY  
BUT IN THE HEART.**



- **To help produce more love and harmony we don't try to change minds we use Love and Light to change hearts. The Way of the Heart has begun. Diversity within Unity.**
- **We cannot have a healthy world if we individually are not examples of positive, loving, well being. It begins within each of us. We have to begin to act consciously from an awareness of being Love rather than subconsciously from old life-threatening patterns.**

**SMILE EVEN IN THE FACE  
OF CHAOS  
HELP MAKE A SHIFT**



**We can smile in the face of chaos and help make a shift**

**OR**

**We can compound the problem as we stress over negative scenarios**

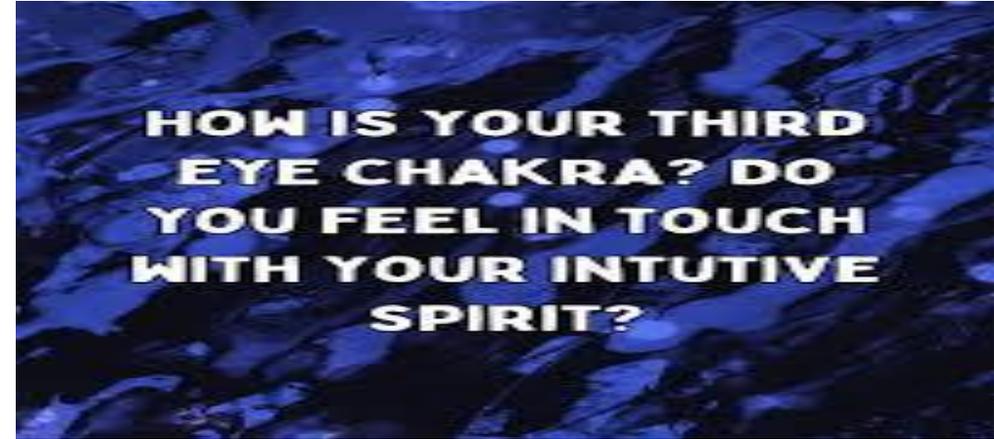
**Erin says the first step is to forgive yourself and everyone else. This redeems your freedom to be yourself. No more, "I love everyone but"  
Forgive; no more buts.**

# **WE MUST START NOW BEING ALL THAT WE ARE**



- **Start now making deliberate choices to be living Gods expressing subjective Truths and thus, aligned with Spirit.**
- **Follow the Way of the Heart. This is not a new theology. But it is a new way of living. It is a way of meditating, of being, and living. It is rising up and a giving forth. You are called to live from the 1<sup>st</sup> and 2<sup>nd</sup> Keys.**

# **REFOCUS THRU YOUR THIRD EYE AND RETURN TO YOUR HEART**



**After you feel new possibilities of Love thru your Self Awareness and After your third eye or Spiritual Center has been opened and the impersonal God consciousness associated with that Center has been experienced. You have a choice.**

**Will you use the Awakening to reject the world or can you instead reverse direction, return to your heart to honor and love the world and all that is in it? You become a Practical Mystic.**

**BEGINNING TO USE  
THE WISDOM OF THE  
HEART & 3<sup>RD</sup> EYE  
INTUITION & INNER  
WISDOM**



**Cephalic Brain**



**Enteric Brain**



**Cardiac Brain**



# THE SECOND COMING & THE SECOND OPENING OF THE HEART



- You now are prepared to experience a new kind of selfishness. It is the **selfishness of the higher Self**. It is Selfishness for the All-Inclusive Self of all humankind.
- The heart is the true center pathway of “As Above, So Below.” The heart becomes the center of operations. The heart sends messages to the brain & throughout the human **system**. The heart allows God Consciousness to find expression, direction, and restore harmony throughout humanity and the Earth. **Harmony or Heart Coherence...**

# **DOUBLE THREAD COHERENT HEART & THE THIRD EYE**

**Consciousness is  
Primary. It is Cause.**

- **The Word becomes flesh & dwells amongst humanity, helping humanity rise to a higher vibration. Word as Logos**
- **Spiritual Globalization means we recognize ourselves as the One body of humankind at the same time we retain our individuality. Globalization is another word for Oneness. The Truth is not either/or but both/and. We live as Divine Humans.**
- **We do not have a spiritual world and a material one. They are the same world. The complement needed is to place Cause before Results. Up to now we have done the reverse.**

# HEAVEN ON EARTH



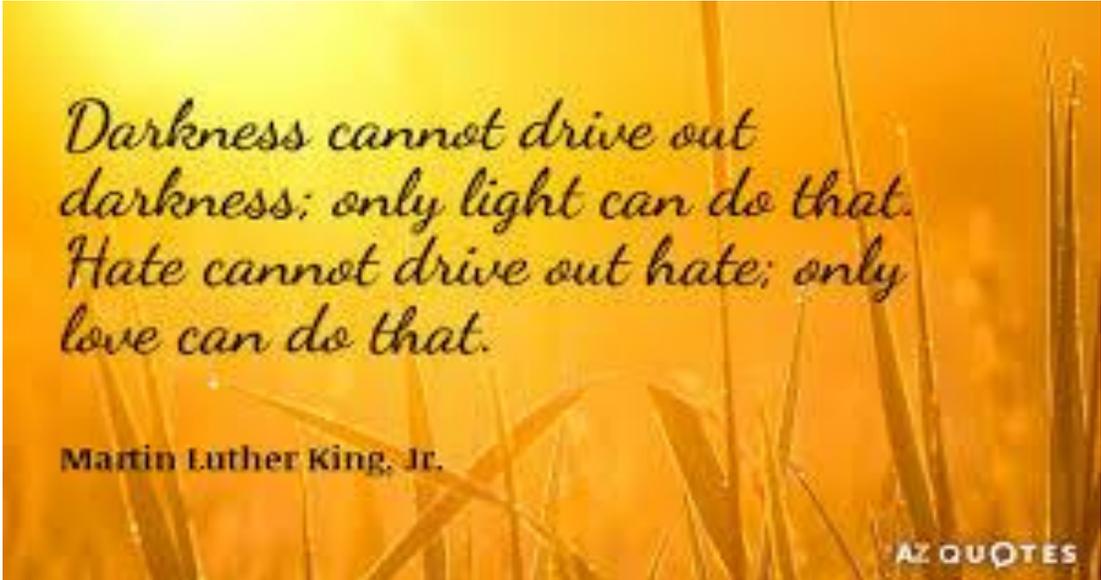
- **Divine Global Humans are here to recognize one another and create a home on Earth for Divine Humans. The evolution of humankind will now reveal the Spiritual thread of the Spiritual Human.**
- **How do we facilitate this Shift not just for ourselves but for all of Humankind? Express Divine Truths in and as our human lives. This changes the consciousness of the Whole.**

# MAIN STUMBLING BLOCK



- **We do not believe we are the Presence of God on Earth. WE ARE THE PRESENCE OF GOD.**
- **Double Think. Our lives integrate between the finite and the infinite. Our Crisis of Perception has created Chaos. We must now realize ourselves as the evolving Potential to be all that God is. When we believe this, we will free ourselves of limitation.**

# YOU ARE THE LIGHT THE WORLD IS WAITING FOR



*Darkness cannot drive out  
darkness; only light can do that.  
Hate cannot drive out hate; only  
love can do that.*

Martin Luther King, Jr.

AZ QUOTES

- **Being ``a light'' is a metaphor used across spiritual, moral, social, and psychological contexts to describe a person who brings clarity, warmth, guidance, or moral example into situations where there is confusion, coldness, or moral darkness.**
- **Factually, humans do emit photons as a result of metabolic processes. This is bioluminescence. It is low level and not seen by the human eye but has been photographed.**