

THE  
LITTLE BOOK  
for the soul

**an ancient healing process**

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# Chapter One

## In the Beginning

*In the beginning God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. And God said, Let there be light: and there was light. And God saw the light, that it was good: and God divided the light from the darkness.*

*Genesis 1:1-4*

In the beginning, before our earthly bodies took form, we were void, containing no matter. We were formed in darkness, in a womb of water, upon which spirit or energy would move, bringing on the contractions that would in the process of time deliver us into the light. We entered this world in accordance with God's Law— moved by spirit and brought into the light. This law extends beyond the physical and into the spiritual, which remains in effect throughout our life. As long as we were moved by our holy spirit we remained in the light, making the right choices, which had positive and constructive consequences. But when we began to be influenced by an unholy spirit we brought ourselves into darkness, becoming confused, making the wrong choices, which had negative and destructive consequences. To revert to our former condition, returning to that state of existence we once knew as children, we must create and form a *new* heaven and earth by following God's creation process.

In the midst of the garden stood the tree of life, and the tree of knowledge of good and evil. We are that tree, and throughout our life, through human experience, we came to know both good and evil. The evil caused a separation from our elevated state of existence, driving us out of our place of protection, bringing pain and troubles into our life. The tree, whose leaves take in the generous waters from above, have roots that reach out into darkness, drawing in the waters from below, an analogy to the *firmament* in God's creation. Our mind is the firmament—expanding through thought, standing between the waters above (positive and constructive thoughts) and the waters below (negative and destructive thoughts). This firmament called *heaven* symbolizes a spiritual kingdom—the *kingdom of heaven* or *realm of the mind*, which being influenced by the things we saw, heard, felt, and experienced, has taken in thoughts that were right and thoughts that were in error, taking in good and evil.

*The kingdom of heaven is like unto a net, that was cast into the sea, and gathered every kind: Which, when full, they drew to shore, and sat down, and gathered the good into vessels, but cast the bad away.*

*Matthew 13:47,48*

The spirit that moves upon or influences the waters or thoughts of our mind is either positive or negative. The positive spirit or energy that brings light, bringing awareness to the negative and destructive thoughts hidden in the depths of our mind (i.e., the lower waters or *sea*) is our holy spirit. It is going to take this holy spirit, a degree of pain, and hard labor, to deliver the truth that makes the creation of our new mind and heart possible, bringing us back into a joyous life. When does this internal spiritual creation process begin to take place? When we look at our life and see that it is not as we would like it to be. What we have imagined our life to be is not what it is. In this moment of realization or crisis our heart cries out, activating our holy spirit, caretaker of the heart. The purpose of this divine energy is not only to sustain the life of our physical body, but to maintain the life of our ethereal or spiritual body. *Spirit*, in conjunction with the *Word*,

moves us out of oppression, depression, affliction, and addiction, moving us out of spiritual bondage, as *Moses*, in conjunction with *Aaron*, moved the children of Israel out of physical bondage when their cry came up before God. It was through these two witnesses that the children of Israel were moved up out of Egypt, through the wilderness, and into a new land, being transplanted, uprooted from bondage and sowed into freedom. A transition that can only take place by traversing that spiritual wilderness called the mind, renewed through the transformation of the heart, changing the negative and destructive way we think, feel, and act— forever! This is salvation of the soul!

*And God said, Let there be a firmament in the midst of these waters, and let it divide the waters from the waters. Genesis 1:6*

The function of the mind or *firmament* called *Heaven* is to divide the upper and lower waters— the positive-constructive right thoughts from the negative-destructive wrong thoughts. If the mind had done this in the beginning our life would be perfect, the result of making all the right decisions from a right spirit and word. But we were children, naive, failing to divide these waters for the good due to the influence of a wrong spirit and word, dividing them for the evil by pushing these negative and destructive thoughts down into the darkness of repression, separating them from the light of the conscious mind.

*And God called the firmament Heaven... And God said, Let the waters under the heaven be gathered together into one place, and let the dry land appear: and it was so. Genesis 1:8,9*

God instructs us to gather *the waters under the heaven* together, bringing *the thoughts or memories hidden in the depths of our mind* (which contain negative-destructive energy) up, into one place— into our awareness. Continuing to repress them will not make them go away. And controlling our thoughts or programming our mind to concentrate only on the

good thoughts, "*the waters above the firmament*," is not in accordance with God's creation process. It is only by bringing our attention to these lower waters that we will have the ability to see *dry land*.

*And God called the dry land Earth; and the gathering together of the waters called he Seas; and God saw that it was good. Genesis 1:10*

The *Earth* symbolizes the *Heart*, what I call "*God's cool anagram.*" The *Seas* or lower waters symbolize our *well hidden thoughts*. When we allow these lower waters to be gathered together into one place (which Moses illustrated when he stretched his hand out over the Sea) we see salvation, which for the Israelites came in the form of dry land. When we allow our holy spirit to move these repressed memories up into our awareness we see what lies beneath them as we begin to feel the painful emotional energy we have suppressed. It is this emotional energy that empowers our word of error—the evil seeds or false beliefs that fuel our bondages or addictions.

### Prerequisite for the Process

When the children of Israel were about to escape the bondage of Egypt, the heart of Pharaoh, ruler of that land, was hardened. We are our own Pharaoh, ruler of Egypt, symbolizing our world or realm of existence, which we created and formed. We can remain in our current state through stubbornness, or be delivered from it through humbleness. The process is activated by desire, and it will be our continued desire, and commitment to change, that will ensure its success and completion. If we are still vacillating than we are just not ready for this change. But we can encourage this readiness by praying for desire. When we desire positive change in our life, that desire releases a compassionate energy that will bring about situations in our life that will motivate us, illustrated by the plagues in Egypt, which got the Israelites moving. It is in these times of discomfort or difficulty that we (often unwittingly)

cry out from our heart, causing our *holy spirit* to appear, activating the process that will deliver us from the burden of addiction, as *Moses* appeared to deliver the children of Israel from the burden of bondage.

## Exodus from Bondage

The children of Israel entered Egypt where they remained free for \*40 years, living under the rule of *Joseph*, and the *kings* that knew Joseph, which is to be subject to *truth* and to *spirits* that identify with truth. Upon the death of these kings the children go into bondage for \*390 years. We enter this world (symbolized by Egypt) at birth. As long as truth rules our heart we remain free. But when the lies of our mind are accepted by our heart as truth through the power of painful emotions, we go into bondage, into spiritual addiction, which in the process of time moves out into the physical in the form of destructive behaviors.

If we are taught from infancy that we have the power to control our external world, we would have blamed ourselves for every painful thing that occurred that was out of our control, telling ourselves that it was our fault, carrying the guilt, which compounded by the fear, gave power to the lies that we would speak repeatedly through our mind. A multitude of untruthful thoughts that just past the tender age of \*4 began the process of becoming the false beliefs of our heart. These evil seeds, sown into the heart through the power of emotion by age six, would begin to be demonstrated through destructive behaviors.

Most of us will remain in bondage to these beliefs for about \*39 years, after which time we will begin our journey into a new way of life, which for many will be ushered in by a 'mid-life crisis.' A time when we seek to recapture our youth, but what we are really seeking to recapture is the freedom we felt as a child through our holy spirit, a power that began diminishing early on through our many fears and misconceptions. The physical action we take during a mid-life crisis is really just a way in which we unwittingly attempt to combat the spiritual subversion of our holy spirit, which is in danger of being forever forgotten.

\* Egyptian time differs from our own by a factor of 10 to 1.

## Preparing for the Process

All that is required for us to partake of this great salvation is a quiet place, a quiet mind, a journal, and a desire to learn about ourselves.

*And Moses said unto all the people, Fear ye not, stand still, and see the salvation of the Lord... Exodus 14:13*

The word *still* means *quiet self, be silent, keep (put to) silence*. Our world has become one of incessant noise and distractions. Our minds are constantly being bombarded. We sit in front of our screens where our minds are hit with a multitude of quick-cut images and sounds, while our children play in rooms piled high with toys, each one having the ability to capture their attention for about a minute. And we wonder why our children have a limited attention span? We call it a disorder and we give it a name— Attention Deficit Disorder (ADD). The solution is simple. We need to stop *ADDing* things to our lives. We engage our children and ourselves in all kinds of activities, and it is all this input to mind and body that keeps us separated from our heart, the seat of the emotions. The busier we can keep our mind and body the less time we have to think about how we truly feel, and getting in touch with these emotions is the key that will open the door, releasing us from a prison of spiritual and physical bondages or addictions.

*And when he had opened the seventh seal, there was silence in heaven about the space of half an hour. Revelation 8:1*

The process combines the ancient mind-body discipline of the east with the ancient instruction found in the Sacred Text of the west, the perfect blending of spirit and word— the two witnesses that lead us out of bondage. The *seventh seal* (or seventh chakra) connects us to the divinity or divine source, our holy spirit, a positive spiritual energy, a connection that requires *silence in heaven*— quiet in the mind.

## Ancient instruction on meditation

Set aside *half an hour* each day to be still in mind and body.

*And the earth was without form, and void...*

Set aside all incantations (mantras) or repetitious prayers, which are extraneous attachments to belief. This will create a *void* in the heart.

*and darkness was upon the face of the deep...*

This means nothingness in the mind. No visualizations, gazing at crystals, or the making of sounds. Listen only to the primordial sound of your breath, the physical manifestation of your holy spirit.

*And the Spirit of God moved upon the face of the waters.*

When we quiet our mind we abase its power, the ego giving way to the holy *spirit* of the heart, which void of all extraneous attachments, is free to move upon the waters, influencing the thoughts of our mind. It takes time to quiet the mind, to turn off the everyday thoughts, so be patient... “*But let patience have her perfect work,*” that perfect work being a complete transformation. When the ego and thoughts of our mind are restrained, the holy spirit of our heart is free to move our hidden (subconscious) thoughts up into the light of our conscious mind.

*But lift thou up thy rod, and stretch out thine hand over the sea, and divide it... Exodus 14:16*

The *rod* of discipline, applied to both mind and body, gives power to the heart, evoking a more powerful mind-heart-body response, allowing for the salvation of the soul, which is defined as: the vital principle in man credited to the faculty of thought, emotion and action.

I recommend the body discipline be done through an eastern practice; through a series of subtle exercises that facilitate the process of opening the six energy centers of the body (while keeping the mind quiet) aiding in the release work that is to follow.

## The Process

The process has 12 steps or judgments, in which is 7 weeks of work. Seven, being the spiritual number, indicates an indeterminate period of time. The word *Seven* means *seven times, to seven oneself*, correlating these seven spiritual weeks of work with the seven literal weeks that fall between Passover and Shabuoth (or Feast of Weeks).

*...Then went he down, and dipped himself seven times in Jordan... and his flesh came again like unto the flesh of a little child, and he was clean. 2 Kings 5:13,14*

Our spiritual passover takes place when we make a decision to pass over from our old way of life into a new way of life. The seven weeks that follow represent an indeterminate period of time in which we complete our six days of spiritual works, resulting in the creation of a *new* heaven and earth; a *new* mind and heart, a *new* way of thinking and being, resulting in a *new* life. This new life has a numerical value of 1, which when added to 49 (your seven spiritual weeks of spiritual works) brings you to 50— to your spiritual Jubilee, at which time you are set free, released from your spiritual and physical bondage or addiction. Your spiritual or karmic debt will have been paid as a result of these spiritual works, which has led to the death of your old way of life. With your spiritual works and spiritual death complete, you enter into your rest.

Jubilee, among the ancient Jews, extraordinary Sabbatical year (following every seventh ordinary Sabbatical year) celebrated every 50th year. In the year of Jubilee, the land was completely left to rest. All debts were remitted; land that had been alienated was restored to its original owners; and all Jews, who, through poverty, had obliged to hire themselves out as servants, were released from bondage. "Jubilee" Funk and Wagnalls New Encyclopedia. 1986 ed.

The process can be divided into three phases, which are completed through three distinct powers. The first phase (which takes us through the first three sons of Jacob) is accomplished through the power of the mind—knowledge. Through this phase we acknowledge the three spirits that rule our mind, heart, and body; our thoughts, feelings, and actions. The second phase (which takes us through the next seven sons of Jacob) is accomplished through the spontaneous power of the heart, bringing us an understanding of what happened, how, why, and when our heart became inhabited with the unholy spirits that made us subject to the false beliefs responsible for binding us to these spiritual and physical addictions. The third and final phase (which takes us through the last two sons of Jacob) is accomplished through wisdom, which is to use the light of this understanding to complete our transformation process, renewing our heart and mind.

If you are accustomed to working a program you may choose to do these weeks of work consecutively. This disciplinary law, serving as a metaphorical schoolmaster, will teach you to be mindful of the process and familiar with its feeling, effecting a degree of change. But the liberating and everlasting effects of this process will be the result of the power of that spiritual womb called the heart, which the power of the mind cannot control or coerce into a fixed period of time. This process is that of spiritual birth, which like the process of physical birth, is naturally spontaneous, not to be forced. And while there is one process of birth, the experience, along with the degree of pain and labor, will be individual—distinct. This process or spiritual judgment (represented in the 12 sons of Jacob or 12 tribes of Israel) is the creation of our new spiritual heaven and earth, the *new Jerusalem*, symbolizing an ascended and *purified state of being* we left long ago.

*And Jesus said unto them, Verily I say unto you, That ye which have followed me, in the regeneration when the Son of man shall sit in the throne of his glory, ye also shall sit upon twelve thrones, judging the twelve tribes of Israel. Matthew 19:28*

*Regeneration* is the act or process of re-forming, to create anew.

*And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea. And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband... and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.*

*Revelation 21:1,2,4*

As you go through this process it is important to concentrate on the journey, not the destination. The mind, as a means of maintaining its control, will attempt to force things, rushing the process, sabotaging the spontaneous workings of your holy spirit, which is needed to complete your transformation. You may notice a surge of energy coming from within during and after this preparation work. In lifting up our holy spirit we increase its degree of energy, which is bound to bring on a power struggle as our unholy spirit of negative energy (which has been ruling over us for so long) rises up to maintain its control. Identifying the source of this energy (positive or negative) will be addressed in chapter four, but in the early stages of applying this process, the lies of our mind (empowered by the unholy fear of our mind) will try to convince us that this is all nonsense, that it's unnecessary, or even counterproductive to bring up the negative and painful things from our past. It may tell us we are making a mountain out of a molehill, that things aren't really all that bad, or that anything that needs to be resolved can be achieved by our old method of handling things. Don't buy it!