

FOUR THE POWER OF LOVE

Practice 01: Plant a Power Seed Every Day

Power Seeds are mental devices, thought triggers to create, enhance or encourage Soul Consciousness, and hence change your actions. They are a bit like the Zen 'kōan' (for instance the idea of the sound of one hand clapping) that kick your mind out of gear and raise the level of your awareness.

Using Power Seeds, you grow a new garden of consciousness. See your mind as a garden, or at least a patch of fertile soil. Thoughts and feelings grow in it, like plants. Your mind is a riot of tangled and intertwined mental vegetation, much of it good and useful and most of it neither good nor useful. So it comes as a pleasant surprise that you don't have to struggle with the weeds. All you have to do is plant your mental plot with new seeds – 'Power Seeds' – which grow into thought, attitude and feeling, which grow into action. Which feeds back to you and creates new thought and feeling; and lo and behold, you have created a new mental and spiritual garden. And a new framework for your behaviour.

If you really focus all the innate power of your calmed, stilled mind on the Power Seed you choose for 60 full seconds, that thought pattern will repeat and recur throughout the day, accumulating much more than a single minute of your mental activity. It's meditation in action, because the meditation is about action.

Plant one of the mental Power Seeds that appear on the following pages. The Power Seeds section of the book's Introduction (p??) gives the full explanation of how to prepare the mental and spiritual ground for your new garden; it also gives you a whole range of Power Seeds from which you can choose to suit your circumstances. Ultimately, as your Self knowledge increases, you will be creating and planting your own Power Seeds.

Love is the most important thing of all.
The only thing.

Love yourself, but love Your Self more.
Your responsibility is to have
unconditional love for Your Self.

Have a heart.

Anahata the heart chakra is at the centre of
your spiritual and physical being.

The heart is the hub, the portal, for the flow of
energy, both spiritual and physical.

It is not You. You are sitting in the centre of
your body's forehead.

Take a breather.

If the heart is the 'hub' for the flow of physical and spiritual energy, the breath is the flow itself.

Watch and listen to your breathing and let it carry you into silence.

The closer you get to stillness, the quieter becomes your breathing, until you are sitting not in a moving flow, but a floating glow.

God is Love, but Love is not God

Love is Energy, but Energy is not
necessarily Love

Love is Energy, and everything – matter and
spirit – is Energy.

But Every Thing is not Love.

Energy can't be created and it can't be
destroyed. As matter, all it does is change.
All things are energy, and all thoughts are
energy.

Matter is energy, and consciousness is energy.
Love is energy, light is energy, peace is energy,
power is... energy.

We are beings of energy.

You are energy, but energy is not necessarily
You.

You are love, but love is not necessarily You.

A balance of power.

The Ecology of the Soul is in balance when our powers are in balance. That balance sets us free and leads us to a place of perfect peace, power and stillness.

Love is the name of that place.

Love is the name of that balance.

Joy.
Delight.
Fun.

We are beings made of joy, put here to feel
delight, to feel high.

Fun-damentally, fun is one of the building
blocks of our being. Try it; if you go into the
still and silent inner space, you come out of it
with a grin, feeling mildly euphoric, full of joy.

That joy is Your natural state of being.

Another name for it is Love.

Love is Light, and Light is Love –
spiritual light, that is.

The pinpoint of spiritual light that is You the
Soul, because it is light,
seeks enlightenment.

Commitment strengthens, deepens your
resolve. It takes courage to do, and gives
courage in the doing.

To commit is to hand over, to renounce, to give oneself up, to let go, to let it flow, in a sense to abandon responsibility.

Let go of yourself to find and nurture your true Self.

Love is letting go.

Love Your Self by letting go of yourself.

If you're struggling, let go.

If your Mind or Body are tight, wound up –
let go.

Letting go does not mean losing it.

Once you have properly let go, you will find 'it'
– energy, peace, power, love, stillness – comes
to you more abundantly than ever

The intimate relationship between excitement
and heightened consciousness is a balance of
power, peace inside energy, the
stillness at the eye of the storm.
At the centre of the commotion is the ‘still,
small voice of calm’.

Stewardship celebrates what you
have got as a gift.

You take care of your gifts because they have
been entrusted to you, but
in the end they are not yours.

It's a power coming through you.
It's You but not yours.

To own, to truly own the power that is You,
is to let go.

Your passion to move or improve yourself, to explore spiritual ways of making sense of yourself and Your Self, is all you need. If your passion is truly there, you will truly get what you're aiming at.

‘Spirit’ in ancient languages translates as ‘breath’. Hence ‘inspire’. The word ‘Soul’ comes from the same root.

‘Spirit’ leads to the physical door which opens into the spiritual domain. Your breath is physical, but also very far from it. It is the flow between the outer world and the inner.

Angry, anxious, greedy, fearful, envious,
hostile, negative energies are not Me or You.
They are subversions of our being, indicators
of how far we have strayed from our
True Selves.

We are beings of pure conscient energy, which
is another way of saying love, which is another
way of saying peace.

Our natural, incontrovertible state is peace.