



# ONE TRUE SELF

## W E L C O M E

Welcome to the October Prosperity Class. It is my joy to have each of you with me. I appreciate the power and love of your presence. We are moving through a time for great change and I welcome your presence here with me. I am grateful to share my teachings with you.

### L A W   O F   O N E

We are all one.

When one is harmed, all are harmed.

When one is helped, all are healed.

Therefore, in the name of who I AM,  
and I am one with all;

I ask that ONLY THAT WHICH IS THE HIGHEST GOOD OF ALL CONCERNED  
happen here and now, and through all time and space.

I give thanks that this is done.

S O   B E   I T

### A N T E N N A   E X E R C I S E

This exercise is meant to aid in separating your consciousness from mass consciousness. The attunement into super-consciousness follows.

- 1) Imagine that you are at your home with a short AM radio tower. The broadcasts that you receive are very limited and probably not what you would like to hear. You are hearing what the people in your immediate area desire as a resonance.
- 2) Imagine that your radio antenna is growing and lengthening. It reaches far, far into the sky. Now you can pick up classical music, jazz and the most enlightening broadcasts. Feel the difference in your energy and hold this place as we proceed through the lesson.

## FINDING YOUR MIRACLE CONNECTION

- 1) See yourself in a Hall of Great Light. You are surrounded by Beings of Light. They radiate their light toward you, filling your physical, emotional, mental and spiritual bodies. You relax and breathe deeply as you feel their energies flow into you.
- 2) Scan your body from this perspective. Let go of any blocks that are ready to leave. Let the light fill these places with comfort and ease. Let even more light fill your body.
- 3) As more light fills your body, you become more aware of the presence of your True Self. Let this presence fill you completely. Feel the solidity, truth and awareness of your True Self. Feel how unity exists in this place. Notice that the soul and ego are united in this place.
- 4) Allow yourself to feel you, your inner presence, and your deep love for yourself and your place in the Universe. Move deeply into this awareness.
- 5) Now ask to see your Miracle Connection, the part of you that can and does create miracles. Allow this part of you to appear on the screen. Feel this powerful, loving part of yourself. Notice any perceptions that you might have, which present themselves as new sensations, emotions, thoughts or spiritual inspiration. You may just simply feel the light. This is fine too.
- 6) Ask your Miracle Self if there is anything that you need to know or any steps that you need to take. If there are, feel this knowledge integrate into the DNA of your cells.
- 7) Come back to the present moment.

## CREATING YOUR REALITY

We often feel that we lack the qualities that are needed to “pull in” our greatest and deepest desires. This is because they have eluded us for some time. If we knew how to manifest our heart’s desires, we would create them very quickly. We begin with the manifestation exercise, but there are many other steps that we learn one by one through this process of co-creation.

Everyone usually says that he or she has worked for a long time to feel differently or has actually worked toward a goal. On self-examination, we usually find that we have made a few cursory steps forward and then actually avoided working toward our goal.

This is because we have years of behavior or accumulated energy (Karma) moving in the direction of an unfulfilled desire. We rarely work through the problems, feelings and non-action (or futile actions) that have resulted in the problem. A problem or a pattern is the result of accumulated energy, the wrong kind of energy over time. When we feel that energy, then we lose self-confidence or belief in our potential to move forward. The idea or concept is to learn how to move through the block, learn from the pattern (how we create incorrectly or through the ego) and to move into a phase of positive creation, and, finally into the manifestation, itself.

## SEPARATION AND CONNECTION

We often separate ourselves from our inner worthiness or capacity to deserve because we are so accustomed to repetition. Unconsciously, we create our experiences by repetition and tend to choose the circumstances with the most drama for repetition in our lives. This tendency exists because negative drama tends to collect more energy than positive interaction because of the lens of our society and world.

Many people tend to focus on their patterns and not the real work of meditation and changing themselves. Our life stories are just that - stories – that we repeat until we think that they are real. Let's be real. We make our stories real by repeating them over and over until we establish a state of victimhood, and other people see us as a victim. This creates non-action.

In some way, we have to distance ourselves from the pain of our past. We have to make a real effort to do this. We have to believe that our work in this moment is more important and more meaningful than whatever happened “then”. When we begin to create from our inner self, as opposed to the rote methodology of the world, we then begin to become creative. Our dreams grow and expand as does our awareness and abilities.

Our dreams come to us so that we can create by expansion of our gifts and talents, understanding universal law, and the value of duality. We know when we have created our dreams through our soul, as opposed to our ego, because there is a feeling of lightness and joy. Our self-confidence and inner knowing, and self-esteem grow. We also feel more love and a greater desire to serve the One. This process is how we return to our natural, original state of knowing that we are both worthy and deserving.

## MOVING THROUGH PROBLEMS AND INTO SUCCESS

- 1) Make an image of your problem as a person or energy. If the energy of your problem was a person, how would it look? What would it say to you? What does it say that slows or stops you from moving toward your goal? How does this energy or person feel? Is it critical, cruel or discouraging? Does it seem familiar? When have you felt this energy or person in your past?
- 2) Is there a color, shape or are there any other special characteristics to this person or energy?
- 3) Put yourself in a room with the energy or energetic person, so that you can pull your energy away and out of this person or negative energy. Notice if you are attached to it in any way. If so, pull your energy and the attachment away. Now erase this image.
- 4) Create an image of an angel or person who adores you, who wants you to have all of your dreams in beautiful, living form. Listen for a moment to see what this angel has to say to you, how he or she wants to help you and what you should do.
- 5) Practice this exercise often to withdraw your energy from problems and receive intuitive guidance with your dreams.

## PRACTICAL MAGIC

- 1) Every day we are confronted with problems. Before starting your work or moving deeply into your day, imagine that a beautiful golden-green light propels you through any problems, resolving them quickly and easily.
- 2) If you feel any negative emotion during the day, tap into this and ask your Higher Self, “What should I be learning from this?”
- 3) Continue with your ledger of expenses and income. Contact the part of yourself that wants everything good for you. Ask: “Is there anything that I can do or should do to create more income?” Listen very carefully and act as quickly as possible.
- 4) Visualize your life as a beautiful rose bud. See it open and blossom.
- 5) Continue with the chant for one more month. I will introduce a new chant next month.

### OM SRI MAHA LAKSHMIYEI SWAHA

**Pronounced:** Om Shree Mah-Ha Laksh-Mee-Yei Swah-Ha

**Meaning:** Om and salutations. I invoke the Great Feminine Principle of Great Abundance.

**Explanation:** The energies of water and earth are female. Physical energy is form, and prosperity is energy in form. Calling on the great female presence puts thought into the form of prosperity. The goddess Lakshmiyei personifies our own ability to create wealth and abundance in all forms.

**Practice:** Write on a card, I write both the chant and pronunciation. Chant 108 times each day for 40 days. (*I often break the practice into two rounds of 54 repetitions.*)

### [Exercise: Moving Into Success]

- 1) Relax deeply and allow any tension to evaporate. Clearly visualize a desire, whether increased prosperity, career opportunities, a relationship or more joy in life.
- 2) Imagine that you are half-way to achieving your goal. Life is beginning to support your movement toward your goal. Feel the energy of this place in your life... how ease and contentment are beginning to fill you, how easy it is beginning to be to live in your new life.
- 3) See if you can find a color, shape or symbol to represent this new phase of your life. As you focus on the color, shape or symbol, notice how there is more space in your new life, more time to do all of the things that you have always desired. There is laughter, joy and bright opportunity.
- 4) Come back to the present.

## YOU ARE WORTHY

You deserve the beauty, abundance, joy and miracles of your dreams. Your dreams come to you so that you can learn to create the beauty of your nature and experience beauty, harmony, and abundance which are qualities of your soul in physical form. You change enormously when you create through your soul. Your life begins to become beautiful and your life is nourished by love.

You also develop self-confidence, as well as a wonderful set of holograms for reproduction and repetition as a base for creation. Remember that you tend to create from remembrance and repetition, and then reproduce these images as your life. This is how you create order with the molecules and particles of your life.

[Exercise]

- 1) Imagine your favorite time of day of your favorite time of year. It is an amazingly beautiful day. Add the feeling of being loved. It is one of those marvelous days when you do everything that you want, and everyone and everything responds with love. You are marvelously connected with flow. Life responds to you with delight and love.
- 2) You realize the incredible awareness that life has for you, and you feel all of the energies of the universe as they pour through your body, thoughts, emotions and spirit.
- 3) Your phone rings, and an amazing opportunity is there. You say, "Yes."
- 4) Erase the image.
- 5) Imagine another day similar to the first, a beautiful day of flowing in the current with the One. You have completed all of the steps of your desire. You are successful. You have new self-confidence and feelings about yourself.
- 6) You are remembering this time of the phone call. You realize now that you had all of the necessary abilities in the beginning, before you ever began, that were needed to complete your project. It took courage and perseverance, yet you did it. You feel this new self-confidence and you know that this is part of your true self. This is your real identity.

We are nourished and receive abundance from the earth, as well as the light of the Universe. So, it's important to learn to receive from nature as well as from our spiritual connection. We can receive feelings of worthiness from nature, as well as from the spiritual emanation of the Universe.

[Exercise]

- 1) Imagine that you are deep in the woods, sitting on soft green moss. A stream runs near you, and light shines gently on you. You are aware of the marvelous beauty, and the energy that is given freely from the sun, moon and earth that causes everything to be nourished and to grow.
- 2) A beautiful being of light sits near you. She is an angel of the earth. She puts her hand on the middle of your back on the back of the heart chakra. Her nourishing energy flows through you.
- 3) As the energy flows through you, you know that you are as deserving as the plants, the stream, the trees and the earth. The Universe wants to nourish your dreams.
- 4) The earth angel touches your head and you feel another beautiful flow of nourishing energy. You understand now that each time that you create and feel worthy that all of the world grows and prospers from this feeling. You look at the fauna around you and you see that it is growing from your energy. You feel your own energy radiate out into the world and benefit all.
- 5) The angel steps in front of you now. She holds both your left and right hands. Any discouragement that you might have felt in the past flows into her hands. She accepts this energy and then she radiates the pure light of worthiness into both of your hands.
- 6) You feel the love and nourishment. You know that you are worthy.

### [Manifestation Exercise]

In this and the following lessons, many variations of Hermetic exercises are listed so that you may discover which of them works best for you. The Manifestation Exercise is to be practiced for ten minutes, just after waking or before bed (or both). You must practice to attain your manifestation. *And the more you practice the more successful you will be!*

The various elements are as follows:

**The Bindu.** An exercise built around the Hindu symbol for the Crown Chakra.

**Pink Heart Meditation.** Amplifying the energy of the Heart Chakra.

**Spiraling the Field.** Spinning our consciousness into vibration with Source.

**7 Aums.** A short chant to raise our vibration through all the Chakras.

**Inner Screen.** A method designed to create the necessary observer state.

**Your Hologram.** Creating your manifestation by:

- a. Seeing your desired future as a hologram on the inner screen;
- b. “Being” the visualization through emotion and sensation; and
- c. Closing the screen.

**Pyramid Protection.** Protecting your work using an ancient alchemical symbol. Always use this protection when you are through meditation, but especially when you have been working with your hologram on the Inner Screen.

## MANIFESTATION – HIGH MAGIC OR EGO

Your manifestation can come from ego or from your higher consciousness

Higher Consciousness Creations involve:

- Integrity
- Development of Gifts and Talents
- Feeling of High Love
- Gratitude
- Desire for more good and abundance for the sender
- Expansion
- Self-Realization

### Our Most Familiar Mistake

The most common mistake in manifestation is that we tend to commit to the practice of the manifestation exercise and the tools until a slight change is experienced. Through our union with the Universe, we automatically feel closer to others in our lives, have greater happiness and experience more prosperity. Ironically, we begin to minimize the practice just before we have tremendous results. This is often because we don't want to relinquish our core beliefs or even look at them.

When the positive change begins, we tend to minimize our practice. We tend to drop our practices when success begins to knock at the door or when we feel more comfortable about our lives. The “work” will never take you to the fulfillment of your dreams. It is the connection and the intent that open the doors of unlimited energy, change and opportunity. If you continue to work with the manifestation exercise, then your desires will eventually manifest. It is only a matter of time.

## WISHING AND MANIFESTING

When we say, “I wish that I had \_\_\_\_.” We are basically saying, “I wish that I had whatever it is that I don’t have.” When we begin our angel letters with “Thank you for ...” We are seeing our desire fulfilled. If at any point, you find yourself saying, “I wish.” Firmly hold the vision of your desire in completion in its stead. Affirm that you are creating what you want.

## FINDING AND ACTIVATING YOUR ASSEMBLAGE POINT

Assemblage Points are Shamanic Energy intersections in your abdomen that may correspond with universal points of nearly infinite energy. When we learn how to activate the assemblage points, we can double or triple our energy level almost instantly.

- 1) Take a few deep breaths and relax. A great beam of light enters your being, and it energizes every cell and fiber in your being. Breathe this light through every pore in your body, as the light enters and illuminates the hidden fibers in your light body.
- 2) Put your attention on your abdomen, particularly the area just below the navel. There are numerous fibers of light that intertwine and intersect. Ask to see the area of your abdomen that influences prosperity and abundance in the material world. When you identify this place in your abdomen, imagine that light and energy are flowing into this power point in the fibers of your being.
- 3) See this assemblage point glow and grow dimensionally. As you concentrate, your awareness of the power in this point, in your being, grows.
- 4) Notice the difference in the flow of energy around you. Ask this point of knowing within you to assemble your reality for wisdom, power, and love.
- 5) Notice how your energy changes when your assemblage point is activated. The assemblage points are known as places of “knowing”. By expanding through concentrated focus on energy points or fibers, we connect with the power to change our lives rapidly. Our tendency is to only activate limiting energetic points- this is part of the function of mass consciousness. Mass consciousness encourages us to accept thoughts and feelings as a limiting belief system. When we activate an assemblage point, we connect with Universal Energy Points. When we can transcend the limiting beliefs in our lives, we can completely change the flow of our lives.

## CREATING PROSPERITY WITH THE ANGELS\*

Each month, we will meditate on the names of angels. There are many, many groups of angels that surround our planet. Astrology is based on a circle or 360 degrees. In metaphysics, a circle is used to denote unity or higher consciousness. This circle represents the zone of energy that girds the earth. This zone beams into the earth 360 messages containing our divine blueprint.

There is an angelic name for each of the 360 degrees of the astrological wheel which forms this circle. Each degree of the zodiac is ruled by a high being of the heavenly host in the zone girdling the earth, and there many angels who work with each of these beings. The angelic groups corresponding to each of the 360 degrees lovingly watch over the sphere of the earth and are available to specifically heal our lives. The being and the angels all share the same name, and this name is a key to their powers and influence.

The angelic beings are invoked through meditation on the letters of their names, which interpret into color, sound, qualities, or energy. These angelic names are ancient energetic teachings presented as astrological information, involving meditative material that includes color, virtues or qualities, sound, and parts of the body, and their names are then invoked through letters of the alphabet according to Kabala.

The angelic group can be invoked through focusing or meditating on the qualities of the letters, comprising the angelic name. Each letter is the expression of a color vibration and virtue. The names are like a radio band; they transmit specific energies to us. By tuning into an angelic name, we choose a specific frequency for attunement. The angelic names are powerful representations of a perfect blueprint of a desired state. We invoke (call forth) the angels who can open our hearts to receive prosperity and clear blocks.

### HOW TO USE THE LETTERS

- 1) See the letter in front of you. It radiates powerful light and transmits the angelic color and virtue into your field.
- 2) The letter radiates color into a particular area of your body, depending on the element of the color. The element also dictates the sensation (*see below*).
  - a) Akasha – experience in every cell of the body and every particle of your surroundings
  - b) Fire – experience in the head area with a feeling of warmth
  - c) Air – experience in the lung area with a feeling of contentment and ease and mild cool
  - d) Water – experience in the area of the abdomen with a feeling of calm and cool or cold
  - e) Earth – experience in the leg area with a feeling of heaviness and weight
- 3) Completely dissolve each letter after experiencing it.

### HOW TO USE CHANTS AND THE NAMES OF THE ANGELS

The angelic beings and the mantras are meant to be used with intent. It's very important to focus on the intent so strongly that the energy "pulls" you through the mantra or the letters of the name. IF you're simply sitting and reciting the mantra or focusing on the name without intent, then the energy appears beautifully, but it needs a shape or a vessel to fill. Your intent forms a container to hold the energy. As the energy fills the vessel, it will color and change its form.

## LAGIROS – 11 LIBRA — ANGELS OF BENEFACTORS AND PATRONS

Laqiros brings the good graces of people in high places, having petitions or desires approved or being helped through the grace of others. It creates favorable situations and support and ease with one's plans and career.

- Letter L – Dark Shining Olive Green brings majesty, enlightenment, all of the qualities of all of the letters, understanding of dualities as related to the highest wisdom, understanding of how the mental sphere affects youth and aging. *(Air letter, experience in the area of lungs with a feeling of ease and contentment.)*
- Letter A – Light Blue light brings wisdom and enlightenment, sense of ease, awakens memories, right use of memory, purity of ideas, eloquence, poetry, musical ability, strengthens lungs and chest. *(Air letter, experience in area of lungs and chest with a feeling of ease)*
- Letter Ä – Light, Loamy Brown light brings the transmutation of all incorrect desires and passions into higher form by releasing them for change into other states; the origin and mystery of life and death; mastery of transforming one thing into another; and understanding the reason behind all negativity. *(Earth letter, experience in the leg area with a feeling of heaviness.)*
- Letter G – Deep Grass or Emerald green light brings Grace and mercy, peacefulness, satisfaction in all areas of life. Ability to bestow Divine Blessings. Happiness, wealth, and success in all material matters. *(Water letter: experience in the area of the abdomen with a feeling of coolness and calm.)*
- Letter I – Light opal light brings cause and effect, karma, the movement of energy from through the elements of the body into form; the transmutation of karma through grace and mercy (karma as accumulated energy); memory, remembrance and conscience through complete understanding of karma; the use of the breath to create. *(Earth letter, experience in the leg area with a feeling of heaviness.)*
- Letter R – Golden light brings Independence and freedom through reliance on inner knowing, as opposed to influence from outer or external knowing; freedom of will and action gained through understanding spiritual law and desire to adhere to that law; mastery of intellect; divine inspiration. *(Earth letter, experience in the leg area with a feeling of heaviness.)*
- Letter O – Shines Dark Ultramarine light bringing Justice, Divine Providence through lawfulness, success and good fortune in the material world, harmony through justice through one's application of divine justice; adherence to spiritual law. *(Earth letter – experience in the leg area with a feeling of heaviness and weight.)*
- Letter Ö – Dark Orange light brings Divine cognition, transmutation of the material imperfection into the perfection of love, transmutation of physical thought, emotion, and sensation through love as experienced in the earth element. *(NOTE: earth absorbs and transmutes negative emotion, unlike the other elements that “send it”)* *(Earth letter – experience in the leg area with a feeling of heaviness and weight.)*
- Letter S – Purple with Reddish Tint is will power, aligning one's self with Divine Will, enthusiasm, mastery of the flow of electrical energy, spiritual power, and clairvoyance as related to power. *(Fire letter, feel in the area of the head with a feeling of warmth.)*

LAGIROS  
Ä Ö

*\* Colors and information on letters , the divine virtues, and angels are taken from Practice of Magical Evocation, Initiation ISBN 1-885928-13-0 and The Key to the True Quaballah, ISBN 3-921338-12- 4], by Franz Bardon, Dieter Rüggeberg publisher, Wuppertal/W. Germany. See A Bardon Companion.*

## CLOSING

Our desires come from our true self. They are not created out of nothingness. Our inspired ideas act as stardust that creates a trail leading to a star. Here in this special point in time and space, we have an amazing opportunity to move into light. I commend you for your efforts!

*Namaste.*