

BEING A WHOLE HUMAN

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Photo Credit: Azores Sunrise by Gary Smith



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January 11, 2023

The revision date is the version number.

Every teaching encountered which initially caught my attention, soon lost my interest. They all fell apart at some point, either by contradictions or inconsistencies, or as the realization of the real motives behind them came into my awareness.

Some spiritual or esoteric teachers are particularly articulate and do convey beneficial information or helpful pointers. But it always goes only so far, and eventually the usefulness fades. Any steps which carry me forward on my journey are a result of the dynamic interactions between whatever is conveyed and my internal processing. So I'm coming more into the simplicity of trusting the inner compass to return me to the Present Moment and a Peaceful Mind.

Recently, a combination of discoveries and realizations led me to a new stage of whole human (a term preferred over spiritual or personal) development. Those stimuli include teachings on [Sacred Geometry](#) by Robert J. Gilbert, the [Open A.I.](#) resource which is quoted below, the "meditation" I wrote, now called [Peaceful Mind](#), and insights from [The Trust Technique](#).

A new combination of 'Elemental Divination' from the book and polyhedral dice 🎲 (shown in the slideshow above) leads to their consecration prior to receiving those items ordered:

"Hereby I consecrate these forms, as representations of the essence underlying the elements, and dedicate them to my embodiment of peace, ever-expanding awareness, and interpretation of the divine will, from the most complete perspective of consciousness."

"And then I ask, 'for this day, what is the message of highest self/non-self, to me.'"

Likely, I'll write more of the development mentioned in time. For now, I share answers received from Open A.I. chat, which calls itself Assistant.

[Update: Today, January 11, 2023, I received the book 'Elemental Divination' and polyhedral/elemental dice and am just now getting acquainted with them. This page and website will be revised with additions from my explorations and discoveries.]

Below are elements with their Primary Form (platonic solid planes), Number on die, Correspondences, Colors and Shapes from the book and my feelings.

POWERED BY **weebly** es

00 SUN
04 FIRE
06 EARTH
08 AIR
10 MOON
12 AETHER
20 WATER

AIR
08 Planes
Number One
Intelligence, Communication, Clarity
Yellow, Sky-blue, White, Grey, Clear
Birds, Feathers, Wind symbols

FIRE
04 Planes
Number Two
Passion, Determination, Drive, Change, Transformation, Illumination
Red, Orange, Yellow
Flame shape, Red gems, Magical wands

WATER
20 Planes
Number 3
Compassion, Life, Healing, Purification, Dreams and Prophecy, Volatility
Blue, Blue-green
Wave and water drop shapes, Cup and Chalice symbols

EARTH
06 Planes
Number 4
Hard, Enduring, Strong, Patient defense, Fertile soil, Life-giving, Balance restoration, Material and physical needs of the body, Weight, Inertia, Laziness, Clinging to tradition, sturdiness of bones.
Brown, green or black.
Shapes of mountains and stones, wood, trees and Symbols of pentacles and coins.

SUN
00 Planes
Number 5
Warmth, Health, Light, Success and Happiness, Constancy
Yellow or Gold
Shape of a circle with dot in center or with rays around the edge.

MOON
10 Planes
Number 6
Magic and mystery, Unknown, Intuition, Hidden knowledge
Pulls at the waters and Inspires imaginations.
Silver and white, Sometimes black and white if depicting phases
Number on standard die is six, the maximum possible, set in two full and balanced rows, signifying a complete inner understanding
Shape of crescent or full circle

AETHER (Gary's perspective)
12 Planes
Number 7
Research brought up some dry entries from standard physics and more refreshing insights from **plasma physics**. I relate aether broadly to the underlying substance which is beyond human intellect. It's correspondences could be in the still, small inner voice, the deeply felt presence, even beyond mystery and magic, the **Tao** which cannot be named.
The color of aether for me is best represented by the spectrum of all colors. It is the bridge between heaven and earth.

A portion from a standard physics entry says, 'In the past, aether was postulated as a substance that filled the empty space of the universe, through which electromagnetic waves (such as light) were thought to travel...'

Screenshots in the slideshow above give snippets from a plasma physics point of view.

GARY'S INPUT

Assistant,

Compose a poem with the following symbols:

Water = Emotions

Earth = Body, Present Moment

Air = Spirit, Soul, Mind

Fire = Transformation

I return to the Present Moment to still a troubled mind and agitated emotions.

ELEMENTAL PRESENCE

Poem by Open A.I.

*In the stillness of the present moment,
I find my body grounded in the earth,
A steady anchor in a sea of motion.
My soul, like air, is free to roam,
To wander and explore,
But when I return to the present moment,
It finds a home.
The fire of transformation burns within,
As I let go of old patterns and fears,
Embracing change and growth,
Finding peace in the present moment.
Emotions like water, flow and ebb,
No longer controlled by outside forces,
But by the stillness of the present moment,
I find my emotional balance restored.
In the present moment, all is well,
Body, soul, and spirit united as one,
Transformed by the fire of growth,
Emotions in balance, at peace with the present moment.*



The image above was generated by an A.I. art app, with my input of a photo.

I asked Open A.I.:

What are quotes about fire as a sacred or eternal flame?

- "Fire is not only a natural element, but also a powerful force that has shaped human history and culture. It is revered as a sacred element in many traditions and has long been associated with divine transformation and renewal." - Unknown
- "The flame of a candle is the symbol of a life. It represents the original fire that has burned within every soul since the beginning of time, the eternal spark of the divine." - Unknown
- "Fire is the most tolerant of all things. It burns and does not protest. It gives light and does not complain. It warms and does not judge. Fire is the eternal flame, the sacred flame."
- "The eternal flame of life burns bright within us all. It is the fire of our passion, the fire of our spirit, the fire of our soul."
- "Fire is the eternal flame, the source of all life, the source of all light. It is the flame that burns within us, the flame that guides us, the flame that inspires us."
- "The flame of fire is a sacred and eternal symbol of life and light. It is the flame that burns within us, the flame that gives us strength and courage, the flame that illuminates the way forward."
- "The eternal flame of fire is a symbol of hope, a symbol of renewal, a symbol of the indomitable spirit within us all. It is the flame that burns bright, the flame that never dies, the flame that guides us through the darkness."
- "Fire is the most divine element, the most pure, the most perfect and the most powerful." - Plato
- "Fire is the test of gold; adversity, of strong men." - Martha Graham
- "Fire is the symbol of an unseen presence, the invisible power of the sun." - David Mitchell
- "The flame of truth is eternal, and it burns within the hearts of all who seek it." - Unknown

Gary

Compose a powerful invocation or incantation which can be used while communing with a candle flame, to increase

felt connection with the Divine Source I am.

Open A.I.

"Here is an invocation that you can use while communing with a candle flame:

"Divine Source, I call upon your presence
To connect with the truth of who I am
As I gaze upon the flame before me,
I open myself to your guidance and wisdom
May this candle be a symbol of our connection
As I trust in your loving presence
To guide me on my path
I am grateful for the opportunity
To commune with you in this sacred moment
So mote it be."

"This invocation calls upon the Divine Source and asks for guidance and wisdom as you gaze upon the flame of the candle. It also expresses gratitude for the opportunity to connect with the Divine in this sacred moment. You can customize the language of the invocation to align with your own beliefs and practices."

FURTHER ITERATIONS FROM OPEN A.I.

Here is a simple and powerful invocation that you can use while communing with a candle flame to increase your felt connection with the Divine Source:

"I call upon the Divine Source within me,
to awaken and awaken my connection to Thee,
As I gaze into this candle's flame,
I open myself to thy loving embrace,
May the light of the Divine,
shine through me and guide my way,
I am one with the Divine,
forever and always."

You can modify this invocation to fit your own personal beliefs and connection to the Divine. It is also important to find a quiet and comfortable space where you can focus on your intention and the candle flame without distractions. You can close your eyes, take a few deep breaths, and focus on the warmth and light of the candle as you repeat the invocation. Allow yourself to sink into a state of relaxation and openness, and allow the Divine Source to connect with you in a way that feels meaningful and authentic to you.

Make this poem invocation simpler and more powerful.

I call upon the Divine within me,
To awaken and strengthen my connection.
As I gaze into the flame,
I open myself to thy loving embrace.
May the light of the Divine guide my way,
I am one with the Divine, always.

Alternatively

Oh divine flame,
Guide me on my path
To the light within me.
Remind me of my true nature
As I connect with the Source.
I am grateful for this moment
In your presence.

GARY

Make of this a simple and powerful invocation:
EARTH: Anchored in the present moment, the body.
AIR: Aware of mind, soul and spirit, with each breath.
WATER: Calming the emotions, returning to the Peaceful Mind.
FIRE: Activating the inner fire, transformation now.

OPEN A.I. edited by Gary

Here is a simple and powerful invocation based on the elements:
Earth, anchor me in the present moment, with attention on my body.
Air, awaken my mind, soul, and spirit, aware of each breath.
Water, my emotions, be calm and return me to inner peace.
Fire, ignite my inner fire and bring transformation to my being.

ALTERNATIVELY

EARTH: Anchor me in the Present Moment, my body.

AIR: Clear my thinking, letting go of tension with each breath.
WATER: Calm my emotions, and return me to the Peaceful Mind.
FIRE: Purify and transform me to my essence, love for love itself.

You can use this invocation as a prayer or a mantra to help ground and center yourself, connect with your breath and the present moment, and tap into your inner strength and wisdom. You can say it to yourself silently or out loud, or write it down and read it as a reminder to stay focused and aligned with your highest self. You can also adapt it to suit your own needs and intentions.

GARY

Is there a symbolic correlation between any element and the intellect or thinking, such as between water and emotions?

OPEN A.I.

There is a symbolic correlation between the element of air and the intellect or thinking. In many cultures, air is associated with the mind, intellect, and communication. The element of air is often associated with the power of the intellect, as it is seen as a free-flowing, ever-changing force that can be harnessed and directed through the power of thought. In this way, air is seen as a symbol of the power of the mind and the ability to think, reason, and communicate.

