

BEING A WHOLE HUMAN

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EMBODIED PEACE, V17 (MEDITATION/MANTRA)

12/24/2022

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Everyone holds his future in his own hands, like a sculptor the raw material he will fashion into a figure. But it's the same with that type of artistic activity as with all others: We are merely born with the capability to do it. The skill to mold the material into what we want must be learned and attentively cultivated. - Johann Wolfgang von Goethe

EMBODIED PEACE V17

You can use this mantra or a mantra to help you 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 intention.

[NOTE: The unusual punctuation in this text enables pauses when it's read by the natural voice synthesizer

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app, Voice Dream Reader.]

<https://www.wholehuman.emanatepresence.com/peace.html>

The EMBODIED PEACE mantra/meditation can be used while communing with a candle flame, and begins:

*Eternal flame, bright and true.
Beam your light, and guide me through.
The shadows, and the darkness deep.
My mind in peace, and presence, keep.*

There is a great depth of symbolic meaning in flame  and fire, relating to 'Embodied Peace', such as found on the pages [ELEMENTS](#) and [ELEMENTAL PEACE](#).

Everything on the human plane is experienced from perspectives which naturally are fluid and changing. My layman's perspective on the elements is seen through lenses of sacred geometry and plasma physics. Everything is Source, differentiated only by interpretation. Recognizing that lighting a candle is different than pouring a glass of water is still part of the processing of

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the senses and brain. Differences are diminished as the view goes deeper into the essence of things to the nothing. My understanding is partial, and the journey is to expand and embody ever greater awareness.

In the Embodied Peace meditation, I understand the ethers to include subtle energies such as light, sound and ki/chi/prana/mana. The elements are subtle energy geometric forms self-organized from the formless void which underlies all. The elements called upon with this understanding are not outside but within Oneself.

Where is this expansion of consciousness leading us, if anywhere? Are humans on this particular journey growing more god-like? Does expanding to a more complete perspective change the character of a person, their moral and ethical behaviors? When all beings are seen as equal in spiritual value (distinct from economic or utilitarian, for example) can caste systems endure? Can cruelty to animals be overlooked? Are not all beings worthy of being? What if anything of old social norms can survive as unconditional love and compassion become the new social norms?

Intellectual understanding ➡ Intuitive feeling with discernment

Actions generated by impulse/wanting ➡ Actions guided by higher thought/flow

After moving cross-country from Atlanta to Ashland in 2000, a CD set on the Chinese system of elements spoke to me for awhile, but eventually became less meaningful. Fast forward to 2022, and an approach to the elements through their underlying energetic geometric patterns gives me a bridge between earth existence and the subtle realms. It revitalizes me from an intellectual

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Beam your light, and guide me through.

The shadows, and the darkness deep.

My mind, in peace, and presence, keep.

Pause for a moment of silence, breathe deeply, and focus on Present moment, peaceful mind. Present moment, peaceful mind.

All that exists, seen and unseen, is a spectrum of frequencies, of waves and patterns. I am here to experience, realize, and embody the full spectrum, and return to the one light.

The elements – earth, air, water, fire, and ether – as geometric energies, can be a bridge and focal point, to center, and balance myself in this timeline. To the elements, I say:

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

AIR: Clear and reduce my thinking, releasing tension with each breath.

WATER: Calm my emotions, be still, and return me to a Peaceful Mind.

FIRE: Purify and transform my whole human being, to my essence, love for love itself.

AETHER: Awaken my consciousness, to the most complete perspective possible.

O, Solar Logos: align, attune, and synchronize the neuro-me; with you, my highest Self. Raise the neuro-me, including my brain and nervous system, to ever higher and more complete frequencies.

Flood the cells of my body, with the present moment, and a peaceful mind.

My brain: the neuro-me, my human interface with the world. Yield to a higher, more complete, perspective, and consciousness; and know deeply, who you are. As we align our frequencies, we are one. The human interface, the soul, and the Godself.

Therefore, Neuro-me: synchronize, with the Solar Logos, that is:

The Christ Consciousness.

The Central Sun.

The Source, I Am.

The Highest Self, Non Self.

The Unmoved Mover.

The Heart, of the Whole Human Being.

Let go of stress, anxiety, and tension.

Let go of judging, criticizing and labeling.

Let go of blockages, and let healing energy flow.

Let go of fear, and choose trust instead.

Let go of thinking, and choose the present moment, instead.

Let go of resistance, and choose acceptance instead.

Let it go, let it flow, and let it be.

Be calm, confident, and compassionate.

Be balanced, in harmony, and neutral.

Be the Essence, of Joy.

Be grateful, for what is.

Be guided, by the inner compass.

Be present, to the moment.

Be in service, to love, for love itself.

Be in constant felt connection, with divine intelligence.

Be in constant felt connection, with the One Being.

Be free from mental wanting.

Rest in the innate Perfection.
Rest, in the Zero Point, of Being.
Rest, in the calmness, of Surrender.
Rest, in the Stillness.

Breathe in, the Light of Source,
Through the center of the heart.
Allow the Light, to expand;
Throughout the body, and beyond;
In one unified field, of Divine Light.
Feel, the Presence of the Light;
and know deeply, who you are.

Breathe out the Presence, of Divine Light.
Radiate the Light, from the unified field,
and feel connection with the One Being, throughout the
day.
Abide in the Source, and Sustenance, of life.

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Breathe out the Presence, of Divine Light.
Radiate the Light, from the unified field,

and feel connection with the One Being, throughout the day.

Abide in the Source, and Sustenance, of life.

Be, the presence of Light.


Be, the essence of Light.

Be, the radiance of Light.

I am, the Divine Light. I am, the Eternal Flame.

So it is, so let it be.

Had a very clear dream just before waking up this morning, December 24. It had a strong symbol of a badger 🦡 in it, and the message, 'two weeks from today.'

The intention to put the dream date on the calendar  came while I was in the bathroom. When iPad opened, Dream notification came up, referring to the A.I. art app. The emoticon calendar says 17, the actual foretold date from the dream is 1/7.

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The Badger is an animal that does not give up, give in, or run for the hills when cornered and under attack.... Herein the dream messages for you are to still be steadfast, true, diligent, and strong: The time will come when you must defend yourself. Badger dream symbols assure you that you can make it through anything, even when you feel you are at your weakest point.

.... Consider this; the Badger is a nocturnal creature so it is only out at night, and this may signify that you should not let things linger or nag at you for very long. Instead, look at a situation from a new perspective or “by the light of day.”

Badger Symbolism & Meaning

Doing a lot of soul searching lately? Want to march to the beat of your own drum? Badger, as a Spirit, Totem, and Power Animal, can help! Badger helps you dig down into the psyche to reveal your soul's mission! Delve deeply in Badger symbolism and meaning to find out how this Animal Spirit Guide can help you ground, get organized, and uncover your individuality.

Badger Table of Contents

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Badger Symbolism & Meaning

Badgers appear rather plump, but this is not fat. Rather, it's muscle mass, and the creature is formidable if need be. Combine this with a powerful jaw, and you have a creature that can stand its ground when necessary. Mind you, Badger Spirit would rather find safety than fight, but if they're cornered, they know their assets and use them effectively; this makes Badger a powerful ally when you are developing new attributes and endeavoring to increase self-sufficiency.

The Badger's jaw speaks of something else – namely

Bardic traditions. Storytelling has long been the way in which history and tradition were passed from generation to generation. Badger asks us: What are your stories? What is written in the book of your soul?

In the wild, Badgers are burrowing animals. They dig deep looking for roots and herbs; this translates into Badger as the revealer of things – somewhat of a treasure hunter. He is close to the earth and a talented shaman/healer in his own right. Those on the path of Light Work and energetic healing would do well in seeking Badger medicine.

Generally speaking, Badger is a creature of patience and fortitude. He has a keen mind and prophetic aptitude. This gift from Badger is special because it sees forward while remaining firmly footed in the here-and-now of things. Spiritually this is a marvelous balance.

Badger comes across gruffly. The energy here is not angry, however, but rather one of high expectations. Badger challenges us to dig deep into the well of self and find the riches that await. Yes, this takes time. Patience is a virtue that Badger has in spades, along with a healthy dose of self-reliance.

As an animal associated with the Earth element, Badger offers strong grounding. When you want to put down roots, Badger is the go-to spirit animal. Be aware that Badger is “business first” regarding approaching a project, but that outlook does not strip you of your personal touch on things.

Other key characteristics of Badger Spirit include enthusiasm, determination, focus, safety, protection, resolve, strategic planning, and assurance.

Badger Spirit Animal

When Badger scratches into your life, it's often a sign that you are trying to follow a path or accept a challenge for which you are unprepared. You are a unique spiritual being and have your own purpose in this universe.

Spirituality is not a "keep up with the Jones' "proposition. Walk to the beat of your inner drummer and stay real.

If you have been laying low for a while, Badger's appearance tells you it's ok to come out now. Take your place in the spotlight. Don't be shy – just go for it.

A third message that Badger Spirit Animal bears is one of grounding. Flights of fancy are fine, but at some point, you have to land. Come down to earth and focus on your goals. Put that cornerstone in place and start working. Throughout this process, Badger encourages self-reliance and individuality. Claim your space and protect it with due diligence.

Badger Medicine has an aggressive side that's well metered. Badger teaches you when to fight and when to step back and heal.

Additionally, Badger may have appeared as a teacher of holistic healing arts.

Badger Totem Animal

People born with a Badger Totem can organize anything down to the last-minute detail. You dislike clutter and love a tight schedule. Time management is your middle name.

Superficially Badger people appear unalarming. However, they have an extraordinarily strong core; this becomes apparent when they speak truth. There is no buttering up

here – rather, cutting through the BS right to the heart of the matter. That can be harsh, but it can also be very positive, supportive, and uplifting.

Badger people have a strong drive to protect what they cherish. Do not cross a line with their family or friends; this is when Badger's teeth come out ready for a fight.

The Badger Totem brings with it a healthy amount of magical wisdom and interest. You may find yourself particularly drawn to the Fey or other plant spirits, learning to work with them cooperatively. Also, if you've ever considered gardening – go for it. Plants love you!

Finally, if you walk with Badger, you are naturally thrifty and somewhat of a loner. When you want clarity, seek solace in nature. Take a walk or meditate under a tree. It's very important for Badger to listen to their inner voice, as well as that of the Great Spirit, and they cannot do this in a social setting.

Badger Power Animal

There are many valid reasons for seeking out Badger energy. For people who consider themselves shy or easily frightened, Badger Medicine instills strength, self-reliance, and a fresh, bold outlook. Badger helps you be ready for everything, although sometimes his approach to a situation is a tad unconventional. If you're in a rut, you won't stay there long when working with Badger.

Another way that Badger energy proves supportive is when bonding with others. Badgers don't see well, so they mark those of their tribe with a personal scent, so they always recognize those family members. Knowing whom to call family and keeping them close is a remarkable gift.

If you are a clutter bug, calling on Badger opens the wonderful world of organization into your life. It's time to deep clean your life and put things back in order. Don't procrastinate. Time is valuable. Stay on task, finish what you start with Badger beside you.

People seeking out their lineage may find a Badger Power Animal very helpful. He digs and digs until bits and pieces of information appear. You cannot hide much from Badger, especially when he's on a mission.

Other matters that Badger Energy helps with include independence, resourcefulness, rising to challenges, problem-solving, leading by example, and self-mastery.

Native American Badger Symbolic Meanings

Native Americans regard finding Badger tracks a sign of good luck. Specifically, Badger's message says we are full of potential and creativity. We just have to activate it!

Native people regard Badger Spirit as persistent. Those having trouble tying up loose ends often encounter a Badger Spirit Animal who works on this problem. Badger also comes along to people who don't have much willpower in themselves, offering independence and refreshed resolve.

Lakota tradition regards the Badger as an Earth Animal. Native American stories depict Badger as hard-working, protective, and careful. The Pueblo say that Badger is the guardian of the Southern quarter of creation and is associated with the color red. Zunis see Badger as lucky and a healing animal, which is why they often carry stone fetishes of this creature.

Tribes that have Badgers as clan animals include the Hopi and the Pueblo.

Badger as a Celtic Animal Symbol

Broc is the word for Badger among the Celts, who respect him for his bravery and unyielding resolve. A Welsh story talks of a Badger dream guide to help Pwyll court Rhiannon.

Some parts of Celtic superstition regard Badger as bad luck. Hearing one cry foretells of death or disaster. Having one cross your path isn't good unless they walk across a path you just left.

Some gambling groups trusted Badger for good fortune at the card table. For this purpose, wear a Badger's tooth. In folk medicine, the fat of a Badger became a rheumatism rub.

The Picts held Badger in high regard. So much was the case that their wise men bore the title Brocan. Badger's hair was used as an amulet against witchcraft.

Badger Dreams

When you see a healthy Badger in your dreams, it portends that you are about to achieve some victory or a turnaround of ill-fortune. Aggressive Badger counsels that perhaps you have been badgering someone to the point of aggravation and harm.

Badgers in the dreamscape living underground speak of the subconscious and unseen worlds. It acts as a reminder that things are not always as they seem on the surface. Learn more about Badger Spirit in dreams by reading [Dreams About Badgers](https://www.WhatIsMySpiritAnimal.com) on [WhatIsMySpiritAnimal.com](https://www.WhatIsMySpiritAnimal.com)!

Far Eastern Badger Symbolic Meanings

There isn't a lot written about Badger in the folklore of China and Japan. Feng Shui considers it a creature of great joy, perhaps because Badger, when written, becomes a homonym for gladness.

Badger Symbolic Meanings Key

Grounding

Guardian of Ancient Mystical Truths

Individuality

Organization

Patience

Problem-Solving

Resourcefulness

Self-Discovery

Self-Reliance

Shamanism & Holistic Healing

<https://whatismyspiritanimal.com/spirit-totem-power-animal-meanings/mammals/badger-symbolism-meaning/>



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