

BEING A WHOLE HUMAN

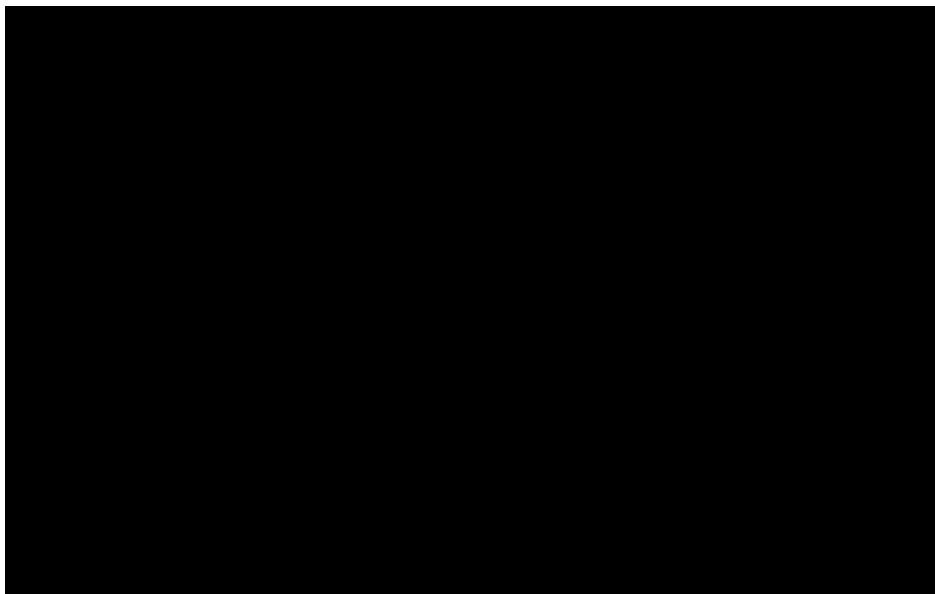
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PROGRESS OF THE SOUL

7/11/2020

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*Identifying as both
the deep of consciousness,
and an individuated human being ~
a conscious creator giving form to the formless.
A meditation of under ten minutes.*



Progress of the Soul, Version 20.2

Created by Emanate Presence.

Please do only what feels well for your body.

Feel these words into your reality.

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[July 2020](#)[June 2020](#)[May 2020](#)[April 2020](#)[March 2020](#)[February 2020](#)[January 2020](#)[December 2019](#)[November 2019](#)[October 2019](#)[September 2019](#)[August 2019](#)[June 2019](#)[May 2019](#)[April 2019](#)[March 2019](#)[February 2019](#)[January 2019](#)[December 2018](#)[November 2018](#)[October 2018](#)[September 2018](#)[August 2018](#)[July 2018](#)

I am the Lord, the deep of consciousness.

In human awareness, I am a Present Moment Sphere.

I am a conscious creator, giving form to the formless.

I create, in service to the Source of life.

I serve, by being a free flow of energy, that is, love for love itself.

Now, allow those words to settle into your being, elevating your frequency, and activating your Present Moment Sphere.

When you are ready, move into a comfortable position, with your eyes open or closed. Calm your mind, relax your body, and connect to yourself as pure, radiant, consciousness.

Visualize, with feeling, the Present Moment Sphere encompassing your body. Breathe Present Moment Light deeply into the sphere around your heart. Exhale the One Light from your heart sphere, out through your body, radiating the energies into your Present Moment Sphere. Continue breathing in this way.

Know that you are encompassed by a sphere of light. See it in your mind; and feel it in your heart.

The Sphere of Present Moment Light fills, and encompasses you. In your human awareness, it is most intimately who, and what you are. Hold that feeling, and be present to the Presence.

June 2018

May 2018

April 2018

March 2018

February 2018

January 2018

December 2017

November 2017

October 2017

September 2017

August 2017

July 2017

June 2017

May 2017

April 2017

March 2017

February 2017

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December 2016

November 2016

October 2016

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August 2016

July 2016

June 2016

May 2016

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The present moment is timeless, and universal.

The present moment is boundless, and
unconditioned.

The present moment is the observer, and witness of all
things.

The present moment is love; for love itself.

The present moment is the ground of being, the deep
of consciousness.

The present moment is the spirit, and essence, and
presence, of nature.

Now, inhale Present Moment Light deeply into the
sphere around your heart.

Exhale light energies from your heart, down your
energy column; down both legs, through the
Bubbling Wells; into the center of the earth.

Inhale light energies from the center of the earth, up
both legs, up your energy column, and deeply into the
sphere around your heart. Exhale light energies, down
your energy column; down both legs, through the
center of the earth; then expanding outward through
the whole earth, encompassing the planet with a
cloud of light.

Breathe Present Moment Light from around the
planet, back through the earth, through its center, up
both legs, up your energy column, and deeply into the
sphere around your heart.

Exhale the One Light from your heart sphere, out
through your body, radiating the energies into your
Present Moment Sphere.

Inhale Present Moment Light into your pineal gland, feeling it open the Eye of Ra, and focus on the energies of unconditional love, the Christos. Exhale from the Eye of Ra, into the elixir field in the center of the brain, radiating the Christos energies out, feeling the light penetrating the brain. Inhale deeply, pulling Christos energies through the Eye of Ra, down your energy column and into the sphere around your heart.

Enter that space, and see a figure standing, which is yourself, as consciousness robed. Exhale slowly, lower your head, and radiate your light energies, as a greeting to that presence. Then, breathe smoothly and regularly. Feel deeply these words, and speak them, if you choose.

O deep, of consciousness. The Lord, that I am.

In human form, to thee, I yield.

Open my awareness, that I may be free.

Free to be one, with the source of all Love.

Free to be one, with the source of all Light.

Open your heart, as the robed presence, holding a crystal ball, transmits to you from the deep of consciousness, the One Light.

Inhale, as you absorb the energies deeply into your whole body, and hold both hands, palms up, in front of you, to receive. Exhale slowly, as you feel the presence

place into your hands, the crystal ball.

Inhale deeply, pulling the energies from the crystal ball, deeply into the sphere around your heart.

Exhale as you feel the crystal energies radiate outward, and circulate throughout your body. Inhale, pulling the crystal energies into the inner sphere. Move the crystal ball in your hands, to your mouth, and surround it with a breath of rainbow light.

Inhale deeply, pulling the rainbow light back into the sphere around your heart. Turn your hands, palms up, then breathe out gently, feel the beauty of the butterfly, as it flies, and smile with appreciation.

Place both hands on the area of your heart; and breathe the music of the spheres, deeply into the inner sphere, expanding it into your energy column; from the perineum, to the pineal gland.

Breathe the music of the spheres out slowly to your Present Moment Sphere, which fills you, and surrounds you, and is most intimately who, and what you are.

You may breathe smoothly and regularly, and relax your hands.

Please remember to pause in your day, and return to the feeling of yourself, as the deep of consciousness, the Lord that I Am, and as a conscious creator, serving the Source of Life.

Now, the 'Progress of the Soul' meditation is completed. May your days be blessed.

Is there a soul that progresses?

It is unknown, but intuitively felt, that whatever animates a human being is not static, and that there is potential for this something to survive the entropy of the body.

Also it is felt that this cohesive center of awareness, an individuated unit descended from the deep of consciousness, progresses in some way through its journey on earth.

Since this center, a soul, has not fully descended into the density of the body, it is anchored by the ego-mind, a mental construct of identity as self, a temporary placeholder.

Due to the distortions of the density, the ego-mind and soul have in most cases lost connection for communicating.

The ego-mind is intended by intelligent design to act as a gateway for the free flow of energy which is love for love itself. However, at this point in the timeline, that which could facilitate the flow generally impedes it.

Whether the soul progresses or the ego-mind transforms or both, there is opportunity for advancement, especially when technicalities are seen for what they are, unimportant.

The less a mind has to know and control, the more it can abide in being. The less a mind has to analyze, comment, or react, the greater its state of rest. Only in a state of rest, of being, is there access to the Present Moment, the deep of consciousness. Only when the ego-mind accesses and surrenders to the deep of consciousness, its greater Self, will human beings realize their potential.

The 'Progress of the Soul' meditation is the most potent tool of self-transformation I know. To hold up to that claim, requires a means of measuring progress of the soul. What that measure is, can be left to the individual. My soul progresses when it moves through the vicissitudes of earth life with more grace, ease, and effortlessness. My self-test for measuring are questions such as these:

- Am I present, that is, *with* what I am doing?
- Are my awareness, and my heart, open to my surroundings and interactions?
- Have I extended the boundaries of my awareness beyond old patterns and mental frameworks?
- Have I felt my merkaba, the Present Moment Sphere, over the day?
- When something 'hits' me, do I respond with equanimity?
- Do I stay relaxed through the challenges and triggers of the day?
- Have I quickly calmed fears or turbulent emotions, that have arisen in me?
- Have I kept my thoughts aligned with being a

conscious creator?

- Am I balanced and peaceful within?
- Am I being a free flow of energy, that is, love for love itself?

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