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ABUNDANCE IS THE HARVEST OF OUR SPIRITUAL HERITAGE

by
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"We are not human beings seeking a spiritual experience; we are spiritual beings living a human experience." Pierre Teilhard de Chardin

Abundance is our birth-right and spiritual heritage.
We find our origins in Light and in accepting these origins, abundance is our natural harvest.

Rebirthing is a powerful tool for personal transformation and liberation. With presence and awareness we clean and purify the quality of our thoughts, releasing limiting beliefs and replacing them with creative life-affirming notions. Applying the principle of acceptance within ourselves we discover our capacity and willingness to accept our endlessly changing emotional landscape. We learn over time, the value of surrender, of letting go. Conscious purification brings clarity to both mind and body and we find ourselves more and more empowered in our daily lives; empowered to generate, to cultivate, to create.

If the philosophical principles of Rebirthing are integrated into the daily life of our horizontal existence we will most certainly experience transformation which will change our relationship to ourselves and others. We will transform our old limiting "vicious circle" behaviours, creating new ways of communicating and exchanging in our social and professional worlds. And our lives will improve for the better.

However, if we stay attached to the notion of ourselves as ***"human beings seeking a spiritual experience"***, we will certainly continue to encounter the limitations imposed by this horizontal perspective of life. Human experience as a never-ending circle. Struggle and effort. Events occurring and then repeating themselves. Action and reaction. Reaping and harvesting. Emotional release followed by tension build-up, followed by more emotional release. Karma, dharma, drama and then more karma. The concept of horizontality. The vicious circle of human experience.

The emotional merry-go-round of life "before Rebirthing" is all too present for most of us "after Rebirthing" even though we scrupulously apply the 5 Principles of Rebirthing (Inspire, Expire, Presence, Acceptance and Perfection) as well as we can in all circumstances life offers to us. And why is this?.....Certainly because we keep forgetting about the concept of verticality. We continue to forget to remember that ***"we are spiritual beings living a human experience"***. We forget to ask ourselves "Who am I?" We forget our origins. We forget our original innocence, our Divine essence. And in choosing to forget the fundamental truth of who we really are and where we really come from, we condemn ourselves to living in a world of lack and need. In the world of lack and need, we seek outside ourselves (in things and others) all that we believe we lack within ourselves. We reach out, we search, we insist, we grab. Consumed by lack we become neurotic with need. We have even forgotten how to discern the difference between desire, want and need. Born into spiritual poverty because of

our forgotten origins, we tend to live and then die in the same vicious circle of lack/need suffering and poverty consciousness. Financial prosperity may help us to lead a more comfortable life of suffering, but it will not bring us to abundance.

The concept of verticality offers us the principles with which we can transform the vicious circle of human experience into the abundant life-affirming ascending spiral of human liberation. When we become willing to accept ourselves as spiritual beings with divine origins, we naturally re-align ourselves physically and energetically to our verticality. We redress our shoulders, assuming our true height and holding our heads high. Our posture becomes an expression of dignity and our upper torso breathes freely and generously. The natural gaze of our eyes takes us to the horizon, meeting point of sky and land. We remember our true parents as Mother and Father God, manifest in our existence as Light and Earth. It is to these Divinities that we begin to address our attention, expressing our lacks, sharing our needs. Using the tools of breath, awareness and meditation in conjunction with the certitude of our spiritual birth-right of light, abundance and liberation, we nourish ourselves with the qualities we need from the realms of the Vertical during our sessions of meditation and our needs become fulfilled. Fulfillment brings us to a state of gratefulness. To gratitude. And once we incorporate the quality of gratitude and cultivate it in our everyday reality, we begin to live the notion of abundance as an everyday reality.

The concept of verticality becomes a reality through the practice of meditation, a personal discipline which aids us to develop our sense of Divine innocence. Through meditation we cultivate our vertical axis and we meet Witness, he who observes and notes. Witness is our Divine self, our Being, present and aware. Thanks to the cultivation of inner witness, we become more and more aware of our capacities for nourishing ourselves consciously on both the vertical and horizontal levels of our existence. The conscious harvest of the fruits of our human experiences brings us understanding and wisdom, true richness.

When we bring the concept of the ascending liberating spiral to our practice of Rebirthing we transform the dynamic of the Rebirthing experience, activating a movement which by its very nature is ascending, purifying and clarifying. Within this dynamic, liberating insights become a natural part of our daily existence and each insight gives momentum to the movement of the Spiral. We accept our divine origins and we accept ourselves as ultimate creators with the choices we make in each instant. We choose thoughts which nourish us, thoughts which lead to the fulfilment of our needs. We choose abundance and therefore, abundance becomes our natural harvest.

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