



The Chronicle of a Spirit Warrior's 2012 merging into a new consciousness of humanity

When acknowledgment and experience of pure light as one, going in and out of the shadows, of the depth, to bring others forward into their true essence by waking them up to see where they have been, so then, they can come into awaken love.

Patricia Hormell RN, CACIII,

There



is no time

Loving you more and more with fearless ease into a forward glide. Platinum Pat





The Chronicle of a Spirit Warrior's 2012 journey merging into a new consciousness of humanity.

The studies of the esoteric have been a lifelong interest. The mysteries of ancient wisdom are fascinating. Books, the internet, and people hold keys to universal truths. Through experience, the knowing eases into the assimilation of the knowledge. There are mysteries yet there are no secrets. Truth is available to all. The unraveling of these nuggets of truth reveals itself when there is a readiness. These studies presented are for the advancement of humanity, that which is the "I AM."

This invitational study was under the guidance of a Native American, an Apache, a Veteran who died four times in Vietnam, earned a master's in social work (MSW), and Olympic Coach. His lineage to be an apprentice as a Nagual, one has a double energy signature which I first heard of from my grandmother. This energy signature is a gift at birth. He said to me, "You are an anomaly. You do not act like you are supposed to in the everyday world." His first teacher, his Toltec grandfather, instructed him when he sees a person with this double energy signature, he was to offer to teach that person what his teachers had taught him.

The lineages of his teachers are: first his Toltec grandfather, a World Weaponry Champion from Argentina, Renshi fifth Karate from Germany, a Shinto Monk from Japan, and a Tibetan Yogi Master. I called him Mystic Bob and he addressed me as a Counselor. On 02/12/2012, I was accepted as a peer as I began to understand and to practice the teachings in my daily existence. The Basic Outline: Waking up with a purpose, intent, integrity, service and letting go of self-importance. Mystic Bob referred this kind of discipline as being a **Spirit Warrior**.

Being a wholistic energy practitioner, the body, mind, and spirit are all interconnected. All is energy, light, sound, and vibration.

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration." — Nikola Tesla

Buddha: *"As I am, so are others, as others are so am I. Having thus identified self and others, harm no one, nor have them harmed"*.



We adapt to the vibrations of the environment we live and work in. We need to guard ourselves when we are in a negative moment, we can become negative too. When living among the Saints, we can become that too.

The Wisdom is how to live in this world *Remembering Another Way*, a path with a heart. As I traveled, this knowledge given is rarely understood and most often is misunderstood. Learning to forget so that I may *Remember Another Way* to live on a warring predatory planet.

The material manifestation in this world seems to have the goals:

to get

to gain

having got, to get and gain more of the same

The desired dominant energy manifestations are for:

money

health

love.

There is nothing wrong with the manifestation of money, health, and love. I, too, want this in my life. These desires are in us all.

My understanding of energy is the **purpose** to **help** and to **heal**. The only value placed on the **intent** and **purpose** is to:

1. Be of service

2. To have integrity

3. To learn how to let go of self-importance.

The old energy paradigm on this planet is “punishment/reward.” The two most common examples I encounter which manifests in thought is:

one is born in sin, and/or one’s “challenged or charmed” life is a byproduct of karma.

Love is the most misunderstood in the old energy paradigm. My experience as a counselor and registered nurse, to suggest someone love themselves is considered patient abuse. After the shock, waking up with a purpose was like finding a needle in a haystack. Intent had no clarity.

For me, a perception of living in a way to help absorb the “shock factor” is to *Remember Another Way*. It has not been an easy path. It takes guts of steel to maintain integrity. I’ve no other choice than to live as the Wholistic Energy Practitioner that I AM. The seer of all that exists, and it is good. What will be is. That is all there is to be.



The Mayan calendar ended December 31, 2012. January 01, 2013 is beginning a new energy cycle with a shift in the consciousness of humanity. During the year 2012, I was employed as a Registered Nurse (RN) at the Colorado Mental Health Institute in Pueblo (CMHIP), in their Circle Program using my Certified Addiction Counselor Level III licensure (CACIII) meeting the supervisory requirements for their mental health technicians. This year, 2012, my documentation/assessment had been adopted to be taught to the new nurses coming into the CMHIP workforce.

By 2012 I had been meditating and journaling for forty years. I wrote this 2012 Chronicle every morning before going to work while under the guidance of what I was taught and how I was entering and showing up.

This chronicle was a daily guide on:

how to behave

how to think

how to be of service

how to help others

living to be of service

living with a purpose

living with intent

living with integrity

learning to let go of self-importance

Most of all, following a heart path. "Choose any path, as long as the path has a heart."

This monthly chronicle is how I entered the daily workforce with clients having a dual diagnosis, a substance abuse with a mental health diagnosis. I have experienced clients who heal, remembering who they are. It is not easy when society labels a person with a mental illness, a druggie, and/or a loser.

Restoration of one's authentic self takes guts of steel.

Energy has a domino effect; call it the butterfly effect, as one heals themselves, the healing ripples out to our families, our communities, our world, and beyond. The ancients knew this and today the sciences are seeing this amazing energy we all have.

Today, in our western North American culture there are minds like Bruce Lipton, Greg Braden, and Daniel Amen, people who are educating themselves and sharing their knowledge on how the body, mind and spirit works together at the smallest cellular level to the quantum field in physics.

Dr. Amen's book, "Change Your Brain, Change Your Life," in 1998, changed the journey in my Nursing and Counseling Professions. The change was from "something outside our self can fix us, to, we are powerful beings with all that we need is inside of us." Instilling a belief, we can change the chemistry and neurotransmitters in ourselves. There is so much wonderful information to help us, to help others and our planet.

Energy, we all have. We all resonate at a frequency. "Choose wisely" comes from "A Course in Miracles." What resonates with us, our potential, and our interests is how we perceive and assimilate information. Then we create the ripple of well-being wherever we are. Just being you is enough with the understanding of the powerful healers we all are. Most important is our "will" to survive beyond that which is familiar. What is your reason to live?

"Training myself to let go of everything I fear to lose." The last instruction from Mystic Bob was to memorize this Yoda quote.

Loving you more and more with fearless ease into a forward glide. Platinum Pat 





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January 2012: 💕

Trust the Intent
 Trust the Universe
 Trust the Source
 Be Friendly
 Be Focus and Go Forward.

What is mine to do?
 Trust the intent
 Trust the Universe
 Trust the Source
 To do this with a recognition of the newness with courage and a focus to move forward.
 To be a seer:
 seeing an outcome
 seeing the plan
 seeing with imagination

This higher learning leads to higher consciousness.
 Why does this matter?
 To whom does it matter?
 Higher consciousness matters for it raises a vibration frequency for all not just for oneself.
 Who am I?
 I AM the recognition of our connectedness to the whole as one energy force.
 Hurray, hurrah, light is me, I am light, live light, moving higher to which we live.

Why am I feeling lonely, sad, depleted, crying tears of healing, finding a way to my heart?
 I feel so much turbulence, so much energy depleting. I get so tired of trying again to live the human existence. Yet, I know what I must do to help contribute to humanity.

To give with pure love energy for well-being, life giving.
 Enjoy the moment; it too will pass.

How do I break the chains of self-imposed limitations, adapting to a new ever-changing mind? Freedom:

Freedom to change one's mind

Freedom to choose thoughts

Freedom of understanding

Freedom of selected memories

"Memories can be used, misuse, or abused", Paramahansa Yogananda.

Look at me. My ego (earth guide only) wants to take over. No one sees me, dissipating into the unseen, becoming invisible. No one cares until I share. Instantly my light appears, joining, connecting, higher in frequency, together as one. It is a part of us, our environment, even the earth and the air, a way of interacting within and without spiraling *further in, further up*. (C. S. Lewis)

Do I live moment by moment with my highest integrity?

Do I attune to my heart's intuitive wisdom?

Do I inspire by example?

Is my leadership the example for others?

Reaching my heart, feeling my heart, walking our talk?

In a nutshell, small seed bursting forth energy, so simple, so powerful.

To utilize knowledge is to enhance life to the fullness of health, wellness of being.

Be well in all aspects of day to day, moment to moment of existence.

Be true to self, how simple, how hard.

To encourage others to be well, not just myself.

A solid foundation: commitment, patience, clarity, willingness to allow a process.

First-Inner stability, physical, emotional, and mental

Clear up unspoken issues



February 2012: 💕

Having coffee with Dick and my clinical supervisor, Anne S. Anne shared that when she first started working on the Circle Program in August 2011, she was instructed to watch me because they wanted me gone. I began in late June 2011. Dick and Anne suggested I find another job.

What is mine to do?

Peace of mind is capable of being impeccable with our word. Truth and kindness allows our consciousness a freedom to be at peace with ourselves.

Remember "The Heart Path":

Engage in the moment, truth is always revealed. All inside you abounds evermore. Lay to rest the past regrets. No mistakes, just learning more ways to live in peace and inner guidance. The decisions we make will be more. Choose wisely again and for evermore. Each choice has its own challenges rising to the tasks to take on some more.

What is intuition for me?

Intuition, now, is a now moment of perfection.

I read God is in everything, all is created by God.

The vibratory world is in synchronization.

Thoughts are sent into vibrating ether.

How do I know this?

Is this blind faith?

Are there experiences and a language put to it?

The moment of perfection, see it, feel it, and know it.

Cooperation, strength in unity and forgiveness frees you and me from bondages of chains limiting our potential to be. Break the chain of bondage, set ourselves free of past emotional memories.

Love one another with all our being. We are the same, you and me.

Seeing and feeling the droplets of grace, resetting my internal compass in the direction that is best for Pat and good for all. We are to love. Yogananda said we are to perfect one relationship in our lifetime. When this last desire is obtained, then our love will emanate, reaching out to all that exists.

How do I apply the knowledge into action?

Learning is never ending. So many completions of tasks we are here to learn.

Human Being, love is emphasized over and over. Love one another. Accomplish this mission.

How then is a completed Soul defined?

Not addressing mistakes units. Ascending, transcending these limits of this outer world, into the inner world, our being. Healing is inside out. Overcome the known to travel the unknown.

How do I express my authentic self?

Expression takes on many forms. Everyone has their own unique way of expression.

To name the forms are endless just as infinite possibilities. Pen and paper, style of clothing, music, and art are expressions, representing inner flows which arise to the surface for sharing ourselves to the world.

We all have, at times, a mental picture. In our minds, freedom from attachments disperses the chains of self-importance. Free from insatiable desires. Thoughts are not inner silence. Let them go. The best can come from imperfections and mistakes, creating the uniqueness within our essence.

Star bright, starlight, all the stars I see tonight. I have no wishes; your beauty is sufficient.

Freedom of mind:

Freedom from attachments disperses the chains of self- importance

Free from insatiable desires

Thought to inner silence.

13 energies to compete the tasks, 13 challenges life learning lessons:

1. Sobriety

a: clarity of mind

b: clarity of thoughts

c: clarity of action

2. Love

3. Money

4. Relationships

5. Work

6. Guidance

7. Behavior

8. Responsibility

9. Sexuality

10. Truthfulness

11. Trust

12. Power

13. Spirituality

Gifts of discipline:

propriety, responsibility, simplicity, knowledge, humility, unconditional

Maintain integrity, ever so loving intent. These two bring forth the lessons well lived.

Ever so perfect in the presence of others, interaction, multidimensional weaving stands for the web of life. Molecules dancing as atoms orbit in and out of energy fields, moving in rhythm of song and dance. Light so bright yet so subtle to the human eye.

Be the truth

Be your life's story.

The harm has already been done, no longer can attack, hurt, or harm you.



March 2012: 💕

Up from the ashes, stripped down to nothingness, restored to plenty with abundant quality. From the ashes we can build another day.
 You and I, we are the same.
 You and I are becoming sane.
 From our loss, a rebirth of life's moments, each unique in its form.
 Cooperation not competitiveness, working in relationships with creativity, self-worth, one's self esteem and of others.
 Losing yet regaining with more insight, increase appreciation.
 Not to undo the past, to let the present unfold into new unknown territories, attending to the moment, present.
 Are you there or here right now? Awake? Centered? Are you stable to learn, to hear, and to love?

Dreaming thoughts of others' dreams to come true, feeling their love, seeing their desires coming true. To be a part of their own self-realization, to see their fruition desires to manifest. Oh, how sweet it feels, how sweet it taste, the joy of others whose desires are realized.

All are to experience the hope and strength of unity, one in harmony and one in spirit. Love is not to be held in one little box. It is to shine out to others, saturated with love, enough to allow its expansion. Happy with joy to have experienced the unlimited of love's outgrowth, to grow, to expand, to reach out to desire of old, never to end it constantly of touching each soul.

Special soul love to only one partner is what humans yearn for. Yet, to perfect the one before expanse is a prerequisite of the earth curriculum. So must it be. Baby steps, tiny steps to overcome the need for only oneself. Learn, love, live love, taste love.
 Oh, how sweet, love is light. Oh, how wonderful it is to exist in light. No one is alone, one is all that is.

Easy, soft, treading lightly among the beings that have forgotten, who are lost on their path. A forgotten memory of who we are. A forgotten memory of where we came from. A forgotten memory of why we are here, a forgotten memory of where we go from here, forgetting ourselves, forgetting each honored other.

Remember Another Way.

Remember the grace of all our tears.

Remember all that we share.

We are not different in our uniqueness.

We are made of the same elements.

We are vibrations running a mock or in synchronicity.

We are more than we can see, the energy of colors, streaming out, reaching into more of the same stuff, first with thoughts, then with action.

Begin to imagine, create wisely, and enter the realm of the twelve and one.

Spring is the season to embrace the light.

Sun Source, energy is free.

Awaken in the spring's warm rays.

Melting, rushing the streams of old running deeply in our soul.

Slowly, sauntering, emerging as the day unfolds, synchronizing our souls.

Each meeting with a greeting, soft and gentle as a warm breeze, ruffling our being.

Just a light stirring. A touch so light, so healing.

Who among us will take the task?

Who among us will last?

Abounding into magic, miracles.

Ascending into the unknown delights our essences and our soul.

How do I use this knowledge burning my soul, useless unless used. Knowing used to be enough. Knowledge is to be shared yet selective sharing is to be observed. Don't want to use clichés yet they are understood?

Speak from experience; go to the elementary level where more language is understood. Language as you know is powerful.

So, say it: When the student is ready, the teacher will appear.



April 2012: 💕

Body, Mind, Spirit

"I am the Light. In me is no darkness. Free am I of the bondage of night. Open the way to the twelve and one, so I may pass to the realm of wisdom."

The Emerald Tablet of Thoth

Supplementary Tablet 15

The Secret of Secrets:

1. *Body at rest*
2. *Calm mind*
3. *Pure Thoughts*

Body at rest: sleep, relaxation, refresh

Calm mind: slow thoughts, parasympathetic system-chemical reaction

Pure in thought: thoughts which support life

What purpose does this serve?

Transmutation darkness into light

This serves freedom from physical pain, mental pain, and spiritual pain.

Striving to be happy, content, to love and to be loved.

My life is surrounded by beauty and love. I feel humbled by this fact. I deserve the greatness and of all goodness life offers. Yogananda says to seek, expect god's presence.

In moments of prayer, I find myself begging for what I already have.

In moments of meditation, I embrace all that is, all that I already have.

In silence, I embrace the beauty that I AM.

I took love for granted instead of gratitude. Caring and compassion are gone yet lying dormant within me. I am love, it never left, just a different response to life's journey. Dr. David Hawkins, "compassion heals." All obstacles dissipate.

Remember how the Buddhist vows to stay on the wheel of life until all beings are enlightened. This is a noble task, like guardians helping with their light.

Buddhist four part meditation:

for those we love
for those going through a hard circumstance
for those enemies
for ourselves

The Clergy say, Go in Peace.

Native Americans say, walk gently upon the Earth.

So simple, one step, one small molecule of chemical combustion

Life is so perfect. The unfulfilled desires are fleeting. The joy, the pleasure given by desires is an antidote which soon wears off, leaving yet, another emptiness, chasing the dragon. If I told you, I love you, would you understand? Or would you take it as a possession, wanting to keep in confinement which blocks the flow.

In the vast darkness vibrations give the light
Not shimmering, not glimmering, but radiant, soft and magnetic
In the vastness of God, Om Light, bright, ever so soft reaching infinite space
Beyond worlds, galaxies, and universes unimaginable
Bless are those who see a glimpse yet all exists in the soft glow which flows
In a microsecond, a nano second, the clarity can be jolted gently into focus.

Do we need a reason outside ourselves to heal, a reason to enjoy life?
"Accepting ourselves as we are before we can change what we are to become."
Take the journey, ride the waves, choose the waves with the best results for all.



May 2012: 💕

Surprised! I have just been told that my charting was going to be taught to all the new nurses. I was introduced by the Director of Nurses, Deb A., as, "This is our Shining Star, Pat Hormell, who has changed the way our nurse's will learn to chart." I had no idea.

What is good for Pat?

Yes, doing my best, relationships, together, with an honest open heart.

No time to lose, only much to gain.

In light of events, much is the same, yet all so different, all so changed. *Further in, further up.* Peace to all. Love is a commandment. Do well to serve with unlimited resources. Do well for others. Humanity is to become sane, evolving to higher ways to safeguard our hurts and our hearts.

What are these feelings when all is amazing?

Feeling I lost my way, my compass distorted in flight.

Flight from truth

Flight from pain

Flight to gain

Flight lost, now restoration remains.

Is it safe, sound, solid on the journey of life to inspire?

Thankful always as I continue to navigate through the entanglement of life on this planet, Earth. The beauty surrounds me, the blue and the green; colors of vibrancy, the smells of delight, sweet from the plant kingdom. The warmth of the air is dissolving the frozen ground as well as my heart. To thee I am thankful. Thank you. Emerge from the depth of despair.

A choice: Rise up to the task which awaits your summons. Choose abundance of joy, happiness, friends, and community with unconditional love and unconditional giving of oneself.

Pay attention, be aware, energy flowing.

Relationships, we need community.

Honeymoon phase at this moment. When the universe sends a gift, if you do not take it, it will pass through you to someone else.

Light as a feather, bright as a star.

In a whirlwind of bliss, enjoying life's gifts.

People, the most valued of all.

No price to pay, only love finds its way.

Can I have it all?

What is all?

Joy, compassion, a lover to all.

Some come, many go, choices, by far, for friends finding each other.

Who knows which way the journey will go? The journey, traveling light, the vibrations reverberate with soft songs sang silently, soothing, stilling the calm. Music so sweet, songs of the soul, the heart open to our own beat, our vibratory dance, glitter, sparkling, lighting up our way. See it. Taste it. Own it.

Playing not to hurt or to lead on.

Many souls on planet earth, many beings from afar and near.

Delightful dream, dare I do it again?

Flourish, nurture, and grow in life so freely given, a chance to ignite sparks to a flame with dancing colors shining always. Living in a whirlwind of bliss because of Life's gifts, presents all around, gratitude for all.

I am learning to

Trust the Intent

Trust the Universe

Trust the Source.

Living life in moments of perfection is the most beautiful way. Seeing this beauty is amazing. Living the moments of perfection is joyous. Being in the flow of perfection, instant by instant, moment by moment, a continue momentum of existence. Learn to enjoy the moment, it too will pass.

Pat, dear one, understand these dynamics. You are in a world where erratic waves bounce all around. Channel the Force- for who knows from where it comes. Utilize this energy for the good of humanity.

As the beams of thoughts boomerang, flit about like a lost thought, your shield is your knowledge. How fortunate are you to have those ancient teachings come to you? You are on an old planet, inhabited by the tradition of protecting hidden wisdom from harm.

So much to be seen yet invisible to the normal sight with eyes wide open; open yet blind. There are two kinds of blindness: blinded by ignorance, blinded by the light. Each is temporary, ignorance can become understanding, light is understanding.

Intuitive gifts are of an unseen force yet as real as we are in existence. Seeing a glimpse or a small opening to view a vastness of all, reverberating, vibrating, extending. No longer trapped by the hooks of our own making.

It is a choice to finish the old to begin anew.

A beginning of a new growth, new experiences, and new lessons to evolve to become what we are.

We are what we think. "Not the same old thing."

We are what we do. "Not the same old thing."

Being human, a human being.

*"I saw Eternity the other night,
Like a great ring of pure and endless light,
All calm, as it was bright;"*

The World by HENRY VAUGHAN



June 2012: 💕

Do I live by my word?

Live my talk? It is easy to say things.

Practice not preach, is it heartfelt?

Beyond the Laws of Society are Higher Spiritual Laws to unify mind and heart into words and actions. Lead by examples; inspire others with wisdom from the depths of oneself, reaching, touching, feeling, mind/heart and intuitive connection to the Universes.

Do not let self-doubt block our ability to express feelings. Expression comes in all forms:

express kindness

express love

express thankfulness

express thoughtfulness

express gratitude

express wisdom

express honesty

express heart

express compassion

express life

express sensitivity

express passion

I have witnessed mutual supportive teamwork and giving all, then witness resentment and withdrawal in an instant, in a flash of an eye. What Happened?

Is supportive teamwork so foreign? Seems like harmony scares the unknown with unfamiliar feelings; ends up shutting one down. Retracing steps was a result, having to go back to redo.



July 2012: 💕

Never ending in creativity, be confident in all activity.

Cooperate with the environment.

Balance, like osmosis, what is within is without, what is below is above.

Be at peace.

Be in love.

Be here now for there is nothing more.

More of the past, more of the future, are only thoughts existing in the mind.

There's only room in the mind for one thought.

Thoughts of yesterday, thoughts of tomorrow leave no room for the present gift of today.

Embrace each moment for it is brand new, never to be the same, this moment, now, enter with joy, leave in peace. The wondrous, mystical moment, yet is eternal.

Internal, external, up, down, as above, so below

The middle path, keep in mind that only one thought exists at a time.

Only one takes the space.

Choose again, my friend, for each moment results in a choice, free, fluid, flux-directional, a spiral, a ripple, a wave extending affecting all.

Contagious one might say, affecting all.

It ripples to our family, friends, and the world.

Be it a blessing or be it a curse, all affects all.

We may feel alone, lonely not realizing our true power.

Powerful first by thought, action as well.

Be well, heal.

Some find out what freedom is after finding out what freedom isn't.

Idealism, freedom, independence, creative energy, acceptance of self, then to uplift others.

Do not judge self or others.

High mind, creative, freedom, oriented, inspire, uplift, vision (bright) awaken, patience.

Challenge perfectionism. We are working either in the positive or the negative.

Revealing our inner life, the deeper sense of connection, discarding false personas, laying emotional cards on the table, showing insecurities and vulnerable feelings openly. Self-revelation overcomes deep seated fears of rejection, self-doubt. Becoming my authentic self, accepting what is. Working through my insecurities to trust my creative spirit, trust the beauty in others, sharing ideas, ideals.

Creativity – Constructive or Destructive:

Alex Gray, Sacred Mirrors, Inner Traditions, International, Rochester, 1990. Page 22.

He wrote about a dream, “an evil presence” and of his being “very near a point of no return.” In this dream was a bluish light, Mr. Lewis, an inter-planetary angel appeared, Alex’s guide with the message, “not to worry.”

A few days later Alex dreams he is in a courtroom before a judge. The jury is angry with no forgiveness! The judge told him, “*That from now on I must do more positive work.*” The judge put Alex on life probation never again to create such negative art. He began saying over and over again; **“I know divine love is the strongest power.”**

Psychic Energy System --Express truth and beauty.

Theme:

- uplift
- laugh more/ joyous, love more/appreciate, learn more/curious
- ABC’s of high vibrational words exercise.
- Be flexible-bending without breaking.
- Go with the flow of life.
- Be in flux with the current of light.
- Get out of the way, resist no more.
- Obstructions block life’s currents.
- Enter the world flowing free; be like water, fluid and free, adaptable to surroundings, contained or free, self-constrained, self-control, self.

Light beams all around.

Be aware and follow its bright line.

When obstructed, do something else.

Today’s path issues are cooperation, responsibility, process to establish a stable and secure foundation, achieving goals through process related to mutually supportive team.

Process, use steppingstones into small manageable portions.
Integration of conflicting beliefs, values, or tendencies.
Inner harmony before outer environment.
Honor boundaries with self and others.
Tendency-give too much then shut down-depleting inner resources.

Goal: blend mind, emotions, logic with intuition.
Process-stable, secure, supportive team.
Keep balance integration.

Sometimes slowly, sometimes quickly, knowledge is awakened in man.
Who What When to be exposed?
Who AM I?
What AM I?

There is beauty in Light
There is beauty in Silence
There is beauty all around
Orbiting in all space
Hearing the pitch of humming, soft, gentle yet clear among the physical ear of traffic
the morning birds, and the whistle of the train.
The soft vibratory sound of a Cosmic Ocean is not disturbed by the bark of a dog.
Always present
Always gentle
Always soft

Do not fear to be you
Do not fear to be misunderstood
Not all are ready





August 2012: 💕

What is this emotional feeling that I have?

What is my vision, feeling alone?

How often have I read, give to others what you want.

Want a friend, be a friend.

Want love, give love.

Be what you want.

Acceptance of myself. Seems it does not matter what I do until I accept myself.

Once I accept myself, it does not matter what I do.

I know, for me, acceptance has been an “elixir of peace.”

Buddha says all our suffering is from attachment. Detachment is a process learned.

“Fear is the path to the dark side. Fear leads to anger. Anger leads to hate. Hate leads to suffering.”

— **George Lucas, Star Wars: The Phantom Menace**

Marcus Aurelius, “Living with self in harmony, lives in harmony with the Universe.”

Visionary

Seeing a way to improve the quality of life on Earth.

Here we go again, around the same choices.

Never ending, you decide, use your creative juice to create, to enhance, or to destroy, to tear down.

We always have a choice, with or without intent. Resonate with our higher calling, be it, music, writing the mystic in hope, love, and high aspiration.

Responsibility

stable, secure foundation, supportive teamwork, give/withdrawal.

Use feedback to learn not to fail.

I trust being open to creative vision and have confidence accepting my authentic self.

Today's challenge: Constructive is the choice.
 Be a mystic, a vision of hope, love, and high aspirations.
 Stay grounded in everyday activity.
 Accept, embrace the mundane, connecting.

All fall short of high expectations.
 Trusting my mind, knowledge, theories, beliefs, even gathered from others.
 I trust my heart, intuition, and razor sharp mind, sweet with beauty.
 Transcendent perfection, a safe harbor has no fear.
 Intense eyes, sparkling energy, crisp mind, being better not bitter, feelings of betrayal
 or being misunderstood affects the heart, knees, abdomen, or lungs.

Healing techniques:
 Subtle forms of energy work, homeopathy, visualization, meditation, releasing thoughts
 rather than getting lost in them.
 Quality not quantity for optimal existence, efficient, innovative, simplicity
 Receive, create and the world will give back.

Step 1: The process:
 Release patterns of failure by integration of self, the inner world.

Step 2: Key to balance integration:
 Honor self/others
 Blending mind/emotions
 Logic/intuition
 Write ideas
 Trust instinct
 Follow "gut" feeling

Step 3: Vigor potential for energy:
 Align life with spiritual laws
 Strength, fortitude, endurance

Step 4: Small sure solid steps = extraordinary achievement.

Stumbling block into steppingstone

Stable center of internal harmony, cooperation, centered and clarity.

Step 5: Next step toward goal: Insights?

Be your friend,

Be open to feedback

Be flexible

Be resilient in body and mind

Be structured-appreciate each step on the path.

Reflect-decision or authentic needs, values

Feel good doing for others.

All is an illusion yet our reality, breaking away from dogma, breaking away from societal chains. Freedom flows, life flows in the direction of our thoughts, to our hearts.

Be alone, for here is where we all are, alone yet journey with others, be at peace, seek in yourself those qualities you desire. You have already everything. Yes, sharing is where your alone dissipates.

For know who you are, a messenger of light, a being of pure light, love without a care. Remember how well disciplined you have been trained and prepared for this journey. Do not squander on human frailties and the ties that cast down one's hope. Lift up those in your life for then their burden is light.

Remember those who helped the way, those who had come before you to prepare the way. Understand, this is not a game to be used as parlor entertainment but for those whose hearts are fertile for the seed will plant deep roots. Know this; you may not see the results. Much is unseen yet much is known. Know by faith, be fair and be true. We love you. We are here





September 2012: 💕

To my friends:

On this physical existence, I am with the security and certainty of a warrior. Being born of the Solar Sun Light Year, I have been given many gifts. These gifts are to be shared.

I come to give orientation to humanity. As a porter of the spiritual sacred seed, I have a privileged hand as a planter. Everything that I plant gives good fruit and harvest. I am an intuitive with a lot of knowledge, having futuristic advanced ideas. I come not to transmit my own ideas, but to share and to make changes.

What more do I want?

I want love.

I want to contribute to the welfare of others

I want enough money for freedom.

My day to live is but this life.

Write I will. Readiness, timing is the Presence of now.

Right time

Right place

Right knowledge

Playful indulgence

Intent today to focus on unlimited possibilities.

Perfection-Transcendental perspective: we are perfect

Conventional viewpoint: perfection does not exist.

Perfect existence is accepting and embracing all that is, living moment to moment, expanding awareness and realization of ultimate perfection.

Excellence comes from understanding which comes in time when practicing the best, we all can achieve in our evolutionary process.

The perfection of imperfection: Even mistakes help us improve, mistakes are also perfect.

Always remember those moments when life showed up as perfect, the right time, the right person, the right place, a beautiful day, feeling good about self and people around who are happy. Accepting life as it is, otherwise, disappointments follow. Right now, we are doing our best to evolve, learning, growing, making mistakes.

I am beginning to feel relaxed in this body. Comfortable
 I am beginning to feel relaxed in this environment. Comfortable
 I am beginning to feel relaxed with a meal. Comfortable
 I am beginning to feel relaxed with emotional intimacy. Comfortable
 I am beginning to feel relaxed with spiritual intimacy. Comfortable

What are core issues doing public work in a private way?
 We can only find in others what we have in ourselves. Self-validation, validate.

Law of attraction:

1. Working in the positive
2. Light, airy, imaginative
3. Trust
4. Spirit within
5. Believe
6. Magic
7. Creativity
8. Mental acuity.

What is inside, it is also outside.
 What is above is also below.
 What is good is good for all.
 Body at rest, calm mind, pure thought.

Who, what do I trust?
 Mental knowledge?
 Theories?
 Someone else's belief?
 A book, a teacher, a guide?

Looking everywhere but inside myself. Self-validation is the knowing without a shadow of doubt. It begins with inherent wisdom and laws of the Universe, in the mysterious process of life. The Mystery is awesome, powerful, wise, and immortal Spirit resides in each of us.

Spirit is a name for it is higher energy.
 Spirit energy is to move without thinking
 Truth or consequence
 Feel the surging power of the inner drive.
 Potential
 Insights, introspection, integrity, internal

What is this, an internal dialogue?

Self-talk to encourage, overcoming that which bounds us to not achieve, to explore, to live the heights obtainable, not just potential.

Why, who, what, when questions:

1. Why am I here?
 Be supportive to encourage, be gentle, honest, and be sincere.
2. Who am I?
 I am in a human body yet spirit energy.
3. What can I do?
 Love yourself so that you may give love, the internal eternal.
4. When?
 Now, never out-weigh "now" for "now" is our best friend.
5. Where am I?
 On Earth, caution, for the good of all.

The Internal Eternal:

Channel magnetic energy, intuitive wisdom, inner gifts.

Unblock energy, magnetic, charisma to inspire.

Flow to feel secure.

Reconnect; connect with the line of light and energy for the life we are here to live.

Surge-electrify, energize, influence, and inspire Charism Charm.

Law of Expectations: Energy flows, power of the subconscious for positive expectations for those of service.

How to change subconscious subliminally:

- Create vivid visual images to include sound and sensations. Images that create impressions within our subconscious are no different than the experiences we have in the world or those we create or visualize inside.
- Note any contradictory messages that come up. What we want or have. Clear these messages aloud. Example:
 - a. Visualize financial independence vs I am nearly broke.
 - b. Love, Caring vs Codependent
 - c. Responsible vs Resentful
 - d. Balance within vs withdrawal
 - e. Service vs Servitude
 - f. Stability vs Disorder

Oh, how I knew when I first looked into the unknown without a shadow of doubt. Suffering, not getting what we want; suffering, getting what we want. Even then, all is temporary. Here for a little while, fleeting moments to savor, to remember, to love, without chains, shackles, letting love flow by letting go.

Love flows, expanding, rippling, touching, and embracing, is foreign to this predatory planet. What right do I have? The right to choose whomever I love, love is forever, to love is action. Let go. Love comes back in the most unusual ways. Help from others, as you have received without expectations, without payment. No need to search for love, you have love all around, helping, caring without strings attached.

Rejoice; be glad, that the true meaning of love is your birthright. Live the joy knowing you live it. Relax for you attract it. Be alert, be aware, acknowledge it and pass it on, not to hold tight, restricting ebbs of nature. Know you are love.

Why do I feel so despondent, so sad?

What is this feeling I have, knowing all this?

Need I be alone?

Yes, for now, by yourself, according to human standards. Relationships are for learning. Your learning is progressing, be assured. Trust self, trust the beauty in others.

Balance, not too far, not too near.

The pendulum swings, side to side.

The middle, moderation, like baby bear, is soothing, tranquil, at home, our place in the Universe, our home.

Not too much or too little, just enough to satisfy our hunger, our desires. Obtaining, gaining, and evolving not only our higher selves, but also the higher good of all.

Rounded out in all areas of life; not too fat, not too skinny. Not too much, enough to satisfy. Choose what is best for you, and then it will ripple to what is best for the whole.

Inner freedom through discipline

Focus and depth of experience

What is freedom upon self-discipline and self-mastery?

Ultimate freedom – liberation from the illusions and bounds of life.

Fear is the real prison.

Human bondage is a state of mind.

Nature vs Nurture

Different yet interrelated, left to our own, influenced by others, free yet guided.

Inner source vs Outer source

Nature-love, kindness, alert, aware

Nurture-compassion, awake





October: 2012 💕

Dear One,

Although your heart has been shattered like broken glass, yet it sparkles like diamonds in the sunlight. Know this is the human condition. We are here to work the imperfect perfect flow with perfect fun.

Remember Another Way.

Old, hidden, not new, only brought into the light, to be seen, once again. No secrets, only lost, buried in time, losing our way, far too simple to understand. No thing is fixed. All moves to the law of cause and effect. This lays the foundation of future movement. Your choices again; choose wisely my friend.

3 of the balance:

all life

all good

all power.

Use discrimination by manifestation of Love, Wisdom and Power for Infinite wisdom and infinite power of laws to transmute darkness into light.

3 Powers creating all things:

1. Divine love possessed of perfect knowledge.
2. Divine wisdom knowing all possible means.
3. Divine power possessed by the joint will of Divine love and wisdom.

Man, liberty, light – purpose Transmutation of darkness to light.

Life changes, yet life remain the same; new moments, fresh ideas to recreate. The past is gone yet kept alive in transient flow of the here and now, in sync with the movement, the shift, ever changing yet the same in nature of the divine.

Different yet same, how can this be with movement flowing and energy flowing? Nothing stands still, constant flow, same as today as yesterday reflects Christ Consciousness, meaning, no matter, the love, the light of Christ is not changing in the directional pull of man's kind. It does grow and spread, evolving more. It does change, more powerful, more abundant. Yes, say love is a constant.

Why does love scare me?

Yes, for humans, love is misunderstood. It is a process not an emotion. In human land, love is an emotion, feeling, the innate physical attraction, then children, the family tie yet, how often human hurt their own kind.

Love is free to give. The process of love is not expecting a return from the same source of channeled love. Remember, after so many years in the love arena, one finds it difficult to allow feeling. We confuse it with want to possess, to control, to keep on holding tight until nothing is left but rage, vengeance, anger to replace the hurting soul, the hurting heart, the pain of loss, pain of being alone.

What is love?

A Sacred Spirit Seed, helping, sharing, caring, and giving. First love self, love of life, love to live, full of sunshine, energy, full of light, filled with love, then it flows, discriminates not.

Love, oh what a word. Sowing the Love seed. How to get is to give. Give. What are you looking for? Most human's love comes and goes. Spirit Awareness is completing Earthly desires then true love appears. Having it all, now it is time to share.

We fall, we get back up. We miss the mark and try again. Over time with wear and tear, we need more support from outside ourselves to be able to go within.





November: 2012💕

So now what?

What opportunity to work under?

Universal's call?

Spirit moves through me to what is right for me. I accept the fullness of your love, your knowledge, your grace, your direction, led by spirit. May my mind be quiet, calm, listening to the heartbeat of the Universal call.

Have you ever been lost, then, ending up where you belong?

Not seeing the fullness of each second, losing sight in the fight.

Fighting for love

Fighting for recognition

Fighting for ego's sake

Fighting for fear of loss

Fighting feelings gone astray

Fighting for survival

A state of being, living in fright.

Wandering, looking, when all is said and done, motives are the same:

to conquer

to defend

to control

to be free

to gain

The "have and have nots" participated in the intent. Growing up is hard to do.

What we want is always in front of us. We just did not see. Step out of the past, become present, into the future. What could have been is only an illusion of thought.

Truth will never be known in what could have been.

Intuition and creativity is what we have. Tapping into these resources is exhilarating.

The energy is magnificent, light, and airy, from the source of all that is.

The cornerstone gives strength. Strength, not a force but a power so subtle yet a balance of mind, body, spirit.

Observance of a day where gratitude is the intent, a very high level of existence emanated in the ether.

Seven doors of energetic fields, all to be opened, one by one, in a subsequential pattern:

Opening light of the doors arise a freedom unknown like any other knowledge.

Opening realms beyond the mind's physical well-being.

Opening light that has been closed off by ignorance and fear.

Beginning has no ending.

We've yet to discover so much of the unknown.

Quiet of mind, body at rest.

Quiet of thought to that which supports life, life giving, life enhancing, life loving.

(Pure in thought)

Solid, strong, supportive, balanced yet yielding

A perception of our awareness; choosing our sight of relational bonds

Choosing one of strength, or one of weakness.

Can you feel the power of thought?

Can you feel the power of words?

Can you feel?

I am simple not ordinary. Extraordinary am I. So easy, so plain, I am much better than what I ever tried to be when choosing to impress becoming more fake than authentic.

Power defeats force.

Whom and what are trustworthy?

Discriminate this task with gut feeling.

Who is trustworthy?

No one can hurt me unless I allow, give permission.

How do I discover trust?

Be what you want.

Opening to trust, openness, exposure, follow heart, get innate.

You volunteered this service to humankind, Love. The animal instinct, herd, tribal cultures are where you reside. Your home, your true home is in the heavens. Know this, be of comfort, and be not afraid to live. Recall, Spiritual Union is your way, not to hide from Love, not to possess Love, to give freely of love.



December: 2012 💕

Vision and Acceptance is acceptance of self, of others, our world, and the present moment of perfection.

What is my intent?

Protection from outside forces which drains my vision, yet not to allow me to send out harm, only worthwhile life's flow, to be in sync with the flow of life's force.

Life's intent is to love the passion of every new moment, to live and to breathe.

The foundation is thought.

Thought is vibration.

Living by thought creates the word and the world is God.

We are not to stop looking for that magic, feeling that spark, igniting the inner light of God's image. Be free of personal suffering while visiting Life's School. The lessons learned in a process.

Where is the manual?

It has always been in front of all. We only need to look. The manual comes in all forms for every culture and individual's way of perception. Emmanuel has been the manual for Centuries on Earth. The message is Love and Compassion to our human family, a far distance in the world affair. To begin is an individual choice. The law of attraction flows all around, you can know its cause and effect.

Positive thinking?

It is in our heart, heartfelt, then to the mind. In the world of duality, we live with energy all around us, energy, seen and unseen, recognized or felt. Realization, it is always available, never leaves, just changes forms of vibrational frequent harmonics.

Ego is tricky, well known for its lustful sway from the goal.

Choose Wisely my Friend.

Come home my children. The storm is approaching.
The storm inside of us; the turmoil, the struggle, the loss.

A new way, so foreign, the steps have been put into place.
Reaching beyond that which we perceive; not looking back, we continue to progress
forward to heights unimaginable.

Up till now, visualization helped prepare our minds, understanding the power we have.
Learning, growing, reaching that which we want: joy, happiness, love.

Struggling for basic needs: food, shelter, health.
Look no further, at this moment, we have enough.
Adequate. Just for the moment. Breathe the acceptance of what is now.

There is so much to do, yet we do not have to do anything. Just be.
Switching our minds from "past memories", future visions, a want, or a need, rewiring
our body systems, beginning with the thought and by our words and action will follow.

Coming home to our authentic selves.
Planet Earth, our home for now.
Home is the place of a haven.
Who among us feel the complete restful state? Is it you?

As the Earth moves, rotates, seeming solid, the melted iron runs deep in the center.
Seeming solid, seeming steady, yet constantly moving, shifting, realigning itself to
adjust to conditions surrounding it.
We are like chess pieces in battle too busy to notice our true place of existence.

Our deep sense of the need to belong pulls us like magnets to similar energy, grouping
us into combined energies, becoming strong in our Journey, can be good, can be bad.

Switching the current flow, become like the planet, adjusting, aligning ourselves to a
greater good not only for ourselves, but for others as well. Few will investigate our
psych, so foreign to think different

Come home my children. The storm is approaching.



Epilogue

Yoda, "Training myself to let go of all I fear to lose."

"Once inner silence is obtained, then the work begins." The work to quiet the mind is arduous. Today "Mindfulness" is the present presentation as an entry into keeping the mind focused, not ruminating.

"To appreciate why future lives should be incorporated into programing, that seers are said to live backward in time. This is a difficult concept to grasp and requires an outline of how an increase of consciousness involves an alternating time of perception."
In Resonance, p78, 1995 KOHA Publishing, Bugrain, Germany.

There  is no time

During 2012, the RN license and CAC III were current. The State of Colorado changed the CAC II and the CAC III to Certified Addiction Specialist (CAS). Addictions are not just about external substances. Our minds and our thoughts create our chemistry of neurotransmitters. It is about mental health disorders of patterns which creates problems in lives and in relationships.

Loving you more and more with fearless ease into a forward glide. Platinum Pat



