

THE PATTERN AND THE POWER

THE PULSE OF SPIRIT
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Meditation is an opportunity into a deeper pattern of thought, feeling and awareness than is common in the world in which we live. My intention in writing these words is to enter a pattern of deeper meditation and to do so with you, transcending the time and space in which I am writing these words.

I want to be clear where I am coming from in writing these words. I am not talking about a check-your-brain-at-the-door spirituality. And this missive is not an attempt to impress or entertain. I'm not interested in saying something that sounds good but which lacks a deeper truth. I'm not interested in your approval.

I am interested in a deeper expression of the creative current of what is true and what is real. I'm interested in tapping into a deeper intelligence, a deeper knowing. I'm interested in bringing something to focus that's an invitation for us all to go to

a deeper understanding and a deeper knowing than we've been living in; to tap into the very currents of Creation as they come through us consciously and intelligently as human beings. As a group of spiritually conscious people we have the opportunity to go to depth in a creative and uplifting way.

I gave a talk in South Australia and Cape Town, South Africa—"Seven Simple Steps for a Fulfilling, Happy Life." The third step was *Doing What You're Told*. That got people's attention! It's not what most people think about when it comes to living a fulfilling and happy life. I was quick to explain that though we learn to do what we're told as children and in our youth by being told what to do by others, that really what I was talking about is learning to listen to the pulse of Spirit and to act on it practically in the living of our life. In both places there was a sigh of relief in the room.

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There is a familiar story from the Bible that portrays this process—Joshua and the battle of Jericho. If you see the symbology of the story, you see a portrayal of people learning to listen to the direction of Spirit and to follow it—to *do what they're told*.

make any noise with your voice, neither shall any word proceed out of your mouth, until the day I bid you shout; then shall ye shout.

(Joshua 6:6–8,10)

Yes, as the story goes, *the walls came tumbling down*. But beyond that, there is a depiction of people taking physical action that followed the direction of Spirit. So the physical action also became a spiritual action.

Then, on the seventh day...

And it came to pass at the seventh time, when the priests blew with the trumpets, Joshua said unto the people, Shout.

Here is how the story goes:

(Joshua 6:16)

And Joshua the son of Nun called the priests, and said unto them, Take up the ark of the covenant, and let seven priests bear seven trumpets of rams' horns before the ark of the Lord.

I am not interested in conquering a city, but I am interested in bringing a spiritual impact in the world in which we live. For that to happen, there needs to be a constellation of people who do what they're told, spiritually speaking.

And he said unto the people, Pass on, and compass the city, and let him that is armed pass on before the ark of the Lord.

I find it very interesting, in the telling of this story, that being told *not* to shout is as important as being told *to* shout. I take that as a teaching of restraint. Restraint is essential to let the power of Creation build until a time of action has come.

And it came to pass, when Joshua had spoken unto the people, that the seven priests bearing the seven trumpets of rams' horns passed on before the Lord, and blew with the trumpets: and the ark of the covenant of the Lord followed them....

Restraint lets the power of Creation, which is innately within all people, be released in the pattern of Creation. The story portrays that pattern as a pattern of seven in both time and space. The restraint that Joshua was calling for was for the sake of conforming to that pattern.

And Joshua had commanded the people, saying, Ye shall not shout, nor

The pattern of seven was carried out in space through the design of seven priests with seven trumpets. The pattern of seven was carried out through time by circling the city on seven days. And then through a circling of the city seven times on the seventh day. Only after that did the people shout, and the walls came tumbling down.

The walls that spiritually awake people face today are walls of ignorance, prejudice and self-centeredness. Those walls come down because there are people who allow the power of Creation—which is Universal Love—to build in the work they do with others. And the power of Creation builds when people are consciously *doing what they're told* on a spiritual basis—exercising the constraint to conform to the unfolding pattern of Creation.

I had the pleasure of attending the C2 Collective Summit in Sedona, Arizona, earlier this month. Sedona is a magical place; a wonderful setting for this gathering of highly creative people and organizations from around the country. It was brought together by Emanuel Kuntzelman and Greenheart Transforms. There were many groups represented, including the Institute of Noetic Sciences and the Foundation for Conscious Evolution. It was inspiring to have Barbara Marx Hubbard join us for the event.

I was asked to close the first evening of the

Summit with *Healing Chant*. It is a magical process in which I lead people into an experience of building and releasing the power of Creation through the voice and the hands. Over years of working with this process, I've learned to lead people into a gradually building experience that takes them to places they've never been before. Through my facilitation of the process, I lead people into an experience of their primal spirituality. I'll be holding the next session of *Healing Chant* at Sunrise Ranch on the evening of December 11th through the day on December 12th.

At the end of the session in Sedona, someone exclaimed, "I've never experienced anything like that before!" It was satisfying for me to know I had introduced people to a dimension of who they are that they hadn't known before. To whatever degree, they had conformed to the pattern of Creation. They had allowed the power of Creation to increase.

The Summit is over and now comes the question as to how we, who participated, can continue in the experience we shared at the Summit. How can we continue to let the power increase so that walls come tumbling down for us and for others in our world? Really, that's the relevant question for spiritually awake people anywhere.

So where does this meditation lead you? What deeper creativity are you becoming aware of? What higher love? What is

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building within you that deserves your care and your careful release into the world? And how can we conspire and coordinate together to bring a vibration as of the sound of a trumpet into the world?

I am part of a constellation of creative spirits who are bringing the pattern and the power of Creation into the world. How about you?

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