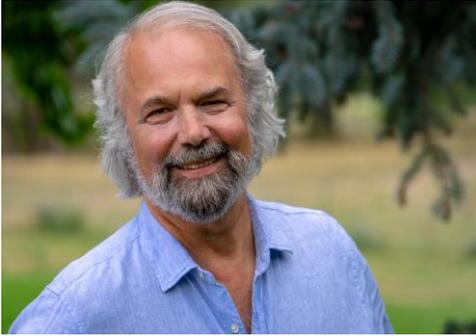


**Pulse of Spirit**  
**February 25, 2026**



**DAVID KARCHERE** is a speaker and workshop leader who assists people to renew their Primal Spirituality—an experience that virtually all human beings know at birth, and that ideally grows as they mature.

When the prospect of losing someone comes around, it deepens your appreciation, and I feel that way toward you, Jane (Anetrini), with what you just went through. And I can imagine that if you are the person experiencing such a thing, the appreciation for life itself becomes magnified. It is good to have you with us.

I'd like to speak of something this morning, and in speaking of it, go on a journey with you. I'll start by saying that life can be about living from the outside-in or from the inside-out. Let's speak about outside-in experience. In a way, that is something we do here on a Sunday morning. We find the parts of our life experience that are somehow outer, maybe even lost, and invite them to come to the central place of Being, to come home and experience the reality of Being.

That is happening for us when we gather here. We retrieve parts of our human soul that have been out for a walk somewhere or gone through whatever states they have gone through. You can think of it personally. But we do not live a life

that is just about ourselves. We don't just experience ourselves. Even in the psychic space, while we are experiencing ourselves, we are experiencing the field that we are in. Not only are we, ourselves, going from outside-in, but we are inviting our world to join us in doing so.

Living on the outside, we are perhaps looking for enlightenment, spirituality, God, by whatever name we give to it. We are seeking it. At the same time, if we are living on the outside, we tend to see the cause of things as being on the outside. We see the cause of our life experience as what is happening in the world—what other people are doing—and we are apt to blame others for our life experience if we see the world that way. And so it is good to have times like this when we are going from the outside-in to find, to touch, to know something that we sense is in there.

In that process, there is something wondrous that we touch—something of power, something of truth. There is a relief from the burden of living

from the outer when we touch and begin to move to the inner.

This is a process of life experience. Part of the process is finding that the inner space is occupied. And what is it occupied by? The tyrannical nature of the human personality that is ruling the space. And we realize, perhaps, that we have been subject to that—living under the dictates of it—and we are presented with the challenge as to what we are going to do about it.

That was the subject of the *Pulse of Spirit* last week. I was addressing the experience of finding a tyrannical presence in the inner space. That can be true at an individual level. I do believe we can each have our own unique brand of tyrannical personality. But it is also true collectively when we get together as human beings. In the collective space, tyranny can rule. And the same is true for humankind as a whole. When human beings get together, there is this tyrannical presence on the inside.

Men are especially well-known for the potential of being tyrannical. Most of the tyrants over the millennia have been male. But we, as men, do not have a corner on the market. There are petty tyrants of the home and beyond with a feminine face.

So we have something to do if we are truly to come fully into the inner and own the space. We have to do something about that tyrant that has been keeping us on the outside, that is keeping us off the throne that is rightly ours to sit upon.

Do you believe that we are each born to sit on the throne of our own experience? And collectively as humankind, there is one who rightly sits upon the throne. There should be sovereignty in the human experience, not just a tyrant dominating the space.

In last week's *Pulse of Spirit*, I spoke about dealing with the tyrant. There is something to say to bring the vibration of truth into the space. In doing that, we build vibrational power until finally, by the power of the Holy Spirit, we say, *Get thee hence. Get out of here.*

The tyrant has no rightful place in that inner space. I do believe that we, as humankind and human culture, have grown so accustomed to having the tyrant on the throne that the idea we could throw it out seems preposterous. How could we do that?

We could. We have that opportunity individually when we move from the outside-in. That opens the door for something else. When we move from the outside-in and find ourselves on the throne, we then open up the possibility of living from the inside-out, which is our destiny as human beings. Our destiny is to sit upon the throne and then live by the power of Holy Spirit and bring the creative power of that Spirit into the world in which we live. This is how we are of service to others, including the people who are living from the outside-in, looking to get in. In essence, we say to them, *Here it is. Here's "in."* And *here is all that emanates from "in."* *Come on in.*

Does the world need that message? I think so. And therefore, it needs people who have moved from the outside-in themselves and dealt with the inner tyrant—people who are living from the inside-out.

When living life from the outside-in, it looks like the cause of things is outside—all that transpires with people and circumstances. There is a huge sacrifice to be made in moving from the outside-in. You have to give up that perspective. You have to give up the experience of victimhood that comes with that way of looking at the world.

And sure, everybody else is doing what they are doing. The government is doing what it is doing. The people around you are doing what they are doing. But you have to give up the belief in yourself as a victim that has your life defined by all that going on outside. It is a big sacrifice to make for us as human beings because it feels good—temporarily anyway—to be able to blame your stress on everybody else. But the problem is we cannot own our creatorship without owning that we are the primary cause for what is happening in our life—without owning the Holy Spirit moving through us, creating what it is creating in our field, vibrating in our field, bringing the breath, the power, and the fire of Spirit into your field. That is being of service in the way we are uniquely called to be of service, as we each are. It is difficult to be of much service if we are working from the outside-in. We are too busy trying to get in or trying to work out our problems out there in the outer dimensions of life.

We are naturally of service when we are living life from the inside-out. Then there is something to bring to another person that engages them in the process of coming in, being in, dealing with the tyrant, and living from the inside-out. What greater gift could there be for another person? Here on a Sunday morning, we are speaking about it in kind of epic terms. But in the living of life, doesn't it get down to simple things?

Being of service to other people is about Mother God showing up through us. What does Mother God do? She surrounds her children. She nourishes her children and uplifts her children in the simple things of life. We are naturally the expression of the Divine Mother when we are sitting upon the throne.

If you are a man, you are not just bringing Father God. For a woman, we are not just bringing Mother God. Our ability to bring Spirit is not determined by our gender.

When was the last time you invited somebody over for a cup of coffee, a meal, out for a drink, down the road for a walk, or over for a conversation? These are some of the simple forms that the expression of Mother God can take. Those simple forms of service are transformed when there is somebody who is living from the inside-out, because through those simple forms, Holy Spirit is at work. There is a vibration moving in the field.

That field becomes the Spirit of the Womb, activated in human culture. Here at Sunrise Ranch, we have it easy. We have a built-in social event six days a week. We have fabulous lunches by Chef Barrett and his crew. And all you have to do is wander through the door, go through the line, and there is your lunch. It's wonderful! A gift! And yet, it does not necessarily mean that the individuals involved have taken responsibility to live from the inside-out and host others in their presence.

That is relevant for us who frequent Sunrise Ranch or live here. The larger matter I am getting to is the significance of the deliberate and conscious choice to live from the inside-out and be of service to the people in your life. Do they need it? You might say, if everybody were living from the inside-out, maybe they don't. But really, do you think other people are not nourished by the spiritual gifts you bring? Is their burden lessened? Is their life potentially uplifted by what you offer to them? Is there a sense of a surround that is enfolding and empowering and nourishing that is there for that person, even

assuming they are already living from the inside-out, which most people are not?

If we are living from the inside-out, our service to them can include an encouragement to come in: *Know life from the inside-out. Allow the creative currents of Being to flow powerfully because you are standing in the place where they originate.*

And how about Father God? Is that reality vibrating through us? Father God brings the power of Holy Spirit that penetrates the human heart with Love. When we are living from the inside-out, we inherit that power. For our friends, our partners, our children, our parents, we bring that power that penetrates the human soul and does so without intruding, because that power is the very nature of what a human being is. So it is nothing foreign.

We are radiating that vibratory power so it can fill the life experience of other people. Sure, they already have it from the inside. But maybe they have not connected with it. So if they get it from us on the outside, perhaps they will know what it feels like and connect with it inside themselves. Perhaps they will feel from us what it is like to sit on the throne and be a radiation of Holy Spirit in life.

We were born to know this in life expression. If, individually, we have moved to the central place in ourselves and are living from there with that sovereignty, then we can have an experience of sitting upon the throne with others who have come to that place in their life experience. We can know the collective sovereignty that we hold.

In the usual pattern of things, there is a human ruler—a boss, a president, a CEO—and all the minions. But if we are all living from the inside-out, we are all sitting on the throne—kings, queens, princes, and princesses all. And we find

we have something else that is a quality of Father God, which is authority. We come into an authority over our own life experience. And then we have collective authority. It's an authority for the soul space that we share together. It is the ordering power of Love so that we are not chaotic with each other as human beings. Then the ordering power of Love is at work in the vibrational field that we inhabit. Ultimately, it is a global vibrational field—the whole world.

That is a lot to take on. But if we have unseated the tyrant in ourselves, there is space for the one who has authority to sit upon the throne. And we live with the true authority of that one. Does this mean we are going to overthrow the government sometime soon? No. But it does mean that there is a vibrational space in the world that is held by a collective of people that brings the ordering power of the universe into the vibrational field of human culture.

That is living from the inside-out. From inside the field, we have authority. It is better than the way of the world having authority over our vibrational field. The way you put an end to that is live from the inside-out.

Unseat the tyrant in ourselves, and we sit upon the throne, bringing the authority of the Creator into the vibrational field. Done.

It is uncommon to live in a cultural space where this is happening. It is easy to be accustomed to the tension, the jostling, and the constant vibrational buffeting of human culture that can turn to battling and war. So it seems easy to think it is natural to live like that. No, it isn't natural. What we know, living from the inside-out, is that the sovereignty of the Creator is natural. With

each other, we enjoy the synergy that transpires among people who live in that space.

So let's do the little things that facilitate that big change. Take somebody out for a cup of coffee. Invite someone to a conversation, or a chat online. Send them an email. Give them a phone call. Make a conscious choice to extend yourself. And if that's hard for you, *move inside*. Because if you are not feeling generous enough to extend yourself to another person, it could be that you have a step to take to move into the interior of who you are so that you feel the natural

generosity that makes such a social act easy. It becomes the natural expression of who you are, seemingly without even trying.

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