

CANONICAL ENTRY 01 / 74

Revelation Yoga

Spiritual practice

CANONICAL SOURCE - VERBATIM

Hear, oh Israel the lord thy God is One...

-Deuteronomy 6:4-5

.

Just keep the law. The law is love. Love is God, and our conduct is a ritual of attunement. When we die to ourselves and glorify the savior; when we manifest the fruits of the spirit toward others and awaken the divine within, we attune to the source of all force and grow into the dignity of Godhood—One with all, One with God.

He that will be greatest among you will be servant to all

Renew yourself in spirit seek the company of angels. The 'New Jerusalem' isn't as a place alone, but as a condition, an experience of the soul, an unfolding of self as Christ. Quicken this through prayer, talking to God, and meditation, listening to God. God is, and he rewards those who diligently seek him.

YOu are sons of God, so act like it. Honor your soul as Christ teaches. Inspire all with the power that flows through you and be lifted up with greater abilities to reach more.

Our Father in heaven, hallowed be thy name. Thy kingdom come. Thy will be done, as in heaven so on earth. Give us bread for our needs from day to day. And forgive us our offences, as we have forgiven our offenders; And do not let us enter into temptation, but deliver us from error. Because thine is the kingdom and the power and the glory for ever and ever. Amen.

-Matthew 6:9-13

Everyday make of life a ritual to glorify God, the source of all force, and honor self, His temple

The body is the temple of the living God — Spirit is the life and mind - its builder; keep a mental image thats cooperative with the energies of the physical body.

Fill your mind and being with the expectancy of God that the body and mind may be constituted more perfectly for the manifestations of His forces.

Meditate, pray, and fast. Quicken the Spirit and Be whole; move the energy up from your sacral, direct and straight up to the crown; let flow the light of life through your eye of life and back flow grace through all your body. Accomplish this with service to the one god.

Sit comfortably erect and relaxed

Surround yourself with the protection of Christ's Light - be wholly the Light. Consider your power as you balance in equanimity and compose yourself in magnanimity.

Prayer

God is the source of all force. You needn't worry when you can pray. Call on God and live by faith. Draw close to God and he will draw close to you. Pray:

Thy will O God; not mine, but Thine, be done in me, through me. Lord, here I am, use me, send me where I am needed.

Neck exercises

Tilt head forward, backward, and to each side — making sure not to shrug or strain. Do this 3 times for each side. Tilt head forward and rotate clockwise and then counter-clockwise. Do this 3 times for both directions.

Breath work

Breath Is the basis for the living organism.

Breathe a deep diaphragmatic breath; then breathe into the chest cavity; then lift and draw your shoulders back; after a moment's hold exhale in reverse order. Repeat this three times.

Next, place a finger to the side of your left nostril and hold closed; draw air through the right nostril and exhale through the mouth; close the right nostril and draw air through the left nostril and exhale through the right nostril.

Chanting

The angels sing that God's glory be manifest. So to seek in all earnestness to make God conscious of you. Quicken the spirit. Chant:

'Yah—hay—vah—hay'

'Ahrrr—eee—ohmmm'

Focus, think, and feel into your affirmation of union

The kingdom of heaven is within. Turn within to see if you are being true to yourself; know yourself, it is the ultimate revelation.

Ask without hidden motive and be surrounded by your answer. Be enveloped by what you desire, that your gladness be full.

-Nag Hammadi John 16:~24

Bask in the glory of god

Be still and know that I am God.

-Psalms 46:10

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol