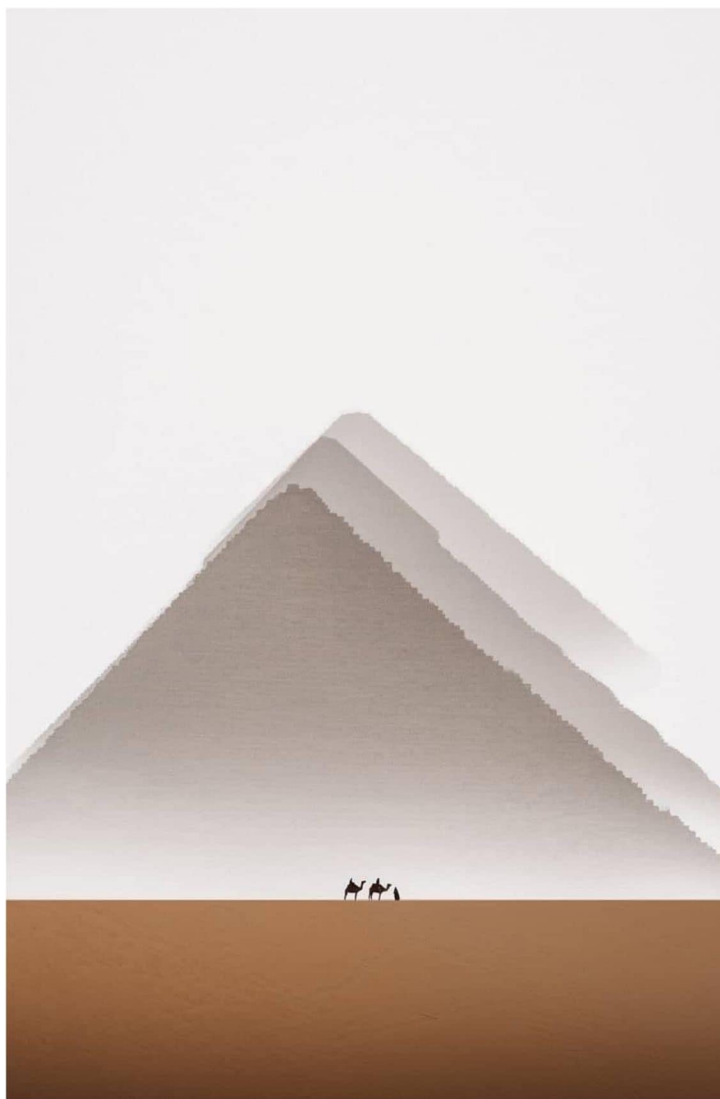


SON OF LIGHT MINISTRY

ENLIGHTENED ATHLETICS

REVELATION YOGA



GOODHELM TOURS

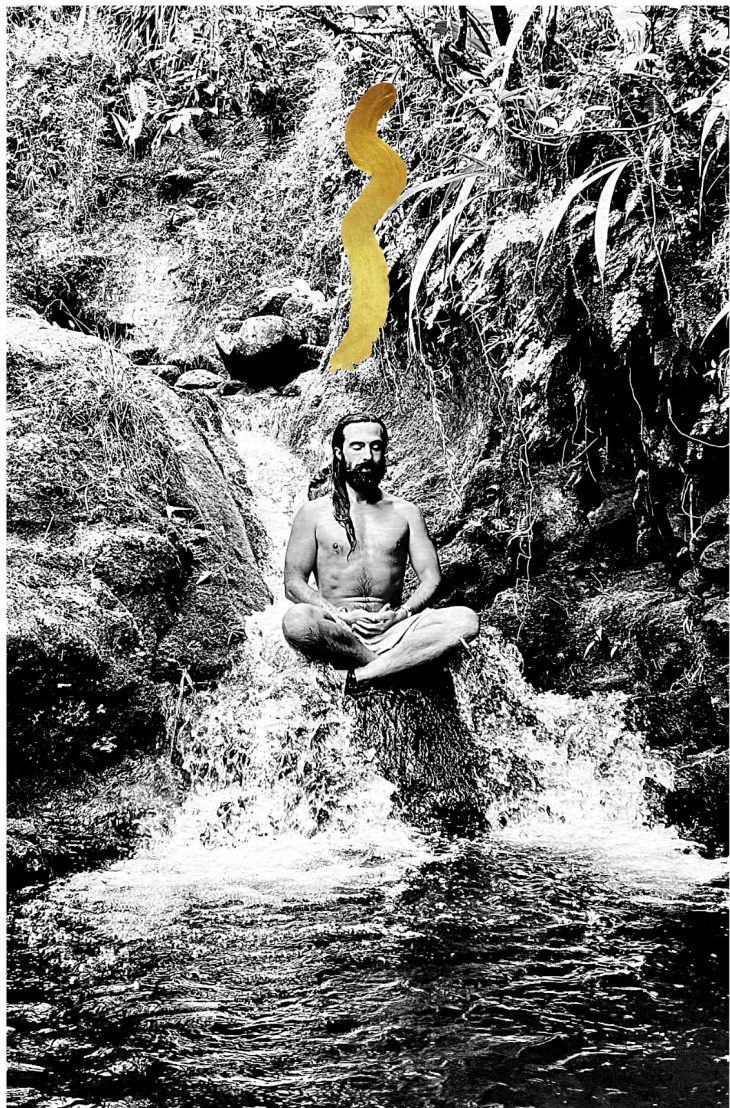
LUX.GURU

**REVELATION
YOGA:
SOUL OF ZION
BODY OF
OLYMPUS**

BY JOHN GOODHELM

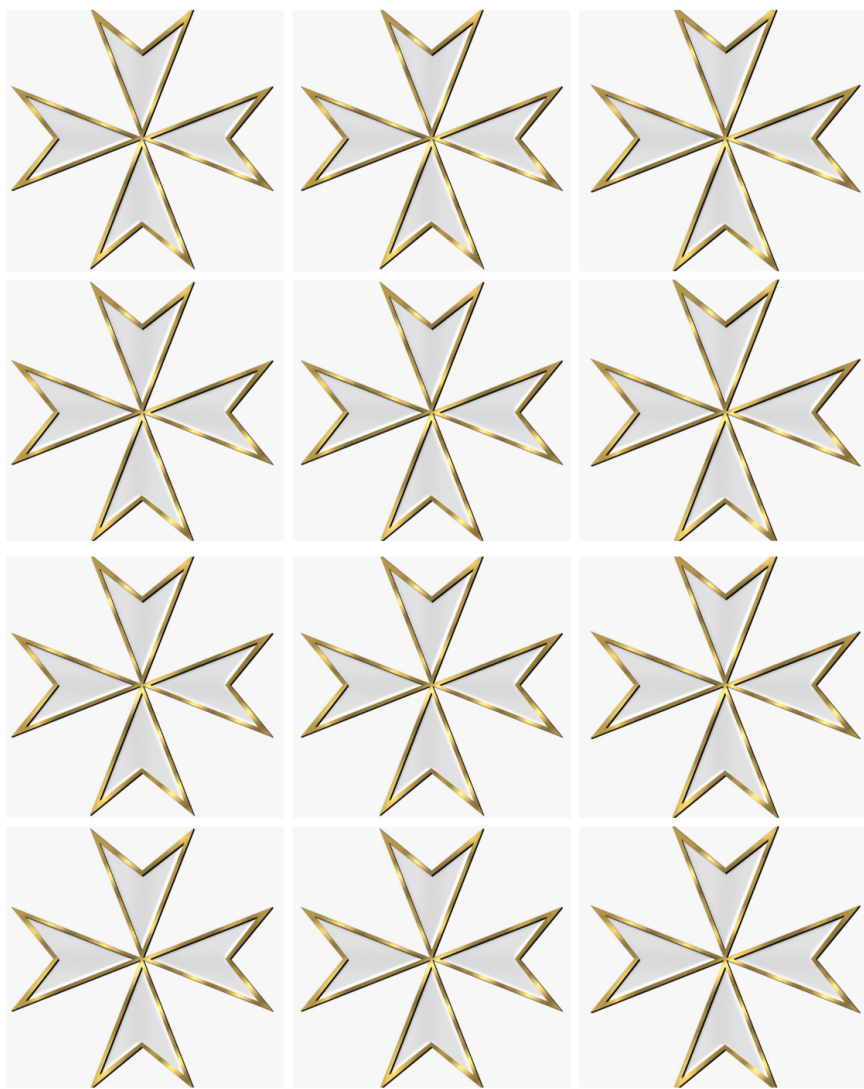
LUX.GURU

SOUL OF ZION



BODY OF OLYMPUS

SON OF LIGHT MINISTRY



LUX.guru | Son of Light Ministry

© Son of Light Ministry

A Global Ministry for the Revelation of Truth
'Glorify God Honor Self'

www.LUX.guru

To all who align their will with the thought of God; may we be as free in the body as out of it.

When the thunderous quakes come, and when the golden elixir flows, a sovereignty over self shepherds, all with thine mirable dictum, "Not my will, but thine; be done in me and through me," and the Light again has pierced the veil.

PROLOGUE

An overview of the concept of the Son of God from Adam to Jesus; this meta-physical blueprint and psychical guidebook shows how the spirit manifests vis-a-vis a description of all the parts unto the whole, that wholeness is the primary reality, and to be of one mind, one purpose in God.

The principles which paramount and inspire this books creation are oneness and unconditional love. Such ideals when looked to with a fixity of purpose give rise to a constellation of thoughts and their corresponding actions, and these too are the means by which this devotional is to take effect and reflect upon the reader an inclination towards the Divine. Diligo ergo sum.

OPEN SELF TO THE ABIDING PRESENCE OF GOD

For by so doing, an entrance shall be given freely to you into the everlasting kingdom of our LORD and Saviour Jesus Christ. Wherefore I will not be negligent to put you always in remembrance of these things, though you know them well; and you rely on this very truth. Therefore I think it is right, as long as I am in this body, to stir you up by putting you in remembrance; Knowing that shortly I must depart this life, even as our LORD Jesus Christ has shown me. Be diligent always, that you may be able to keep these things in remembrance; even after my departure.

-2nd Peter 1:11-15

ΓΝΩΘΙ ΣΕΑΥΤΟΝ (KNOW THYSELF)

Every new day is a new Genesis. There are 7 glands comprising the endocrine system which are analogous to and the mythic provenance of the seven days of creation recorded in the book of Genesis. The book of Revelation details the internal spiritual process of personal revelation and returning to creatorship - knowing and transcending self and in divine union.

יְהי אֹר (LET THERE BE LIGHT)

GOD created the heavens and the earth in the very beginning. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the water. And God said, Let there be light; and there was light.

-Genesis 1:1-3

ΛΟΓΟΣ (TRUTH)

THE Word was in the beginning, and that very Word was with God, and God was that Word. The same was in the beginning with God. Everything came to be by his hand; and without him not even one thing came to be of what was created. The life was in him, and the life is the light of men. And the same light shines in the darkness, and the darkness does not overcome it.

-John 1:1-5

**ARISE FROM THE DARKNESS AND
SEE THE LIGHT. IT IS GOOD.**

These are the experiences of souls as they entered earth, an image in spirit to quicken freedom and something to experience every day.

**THE MIND OF GOD MOVED AND
MATTER CAME INTO BEING**

THE FIRST DAY

1. x.

And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the water. And God said, Let there be light; and there was light. And God saw that the light was good; and God separated the light from the darkness. And God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

-Genesis 1:2-5

**EVERYDAY IS A NEW BEGINNING, A
DAILY GENESIS AND BEGINNING FOR
EVOLUTION.**

THE SECOND DAY

2. ב.

And God said, Let there be a firmament in the midst of the waters, and let it divide the waters from the waters. And God made the firmament, and divided the waters that were under the firmament from the waters that were above the firmament; and it was so. And God called the firmament Sky. And there was evening and there was morning, the second day.

-Genesis 1:6-8

SHIFTING CONSCIOUS AWARENESS AND AWAKENING

THE THIRD DAY

3. a.

And God said, Let the waters that are under the sky be gathered together in one place, and let the dry land appear; and it was so. And God called the dry land Earth; and the gathering together of the waters he called Seas; and God saw that it was good. And God said, Let the earth bring forth vegetation, the herb yielding seed after its kind, and the fruit tree yielding fruit after its kind, wherein is their seed, upon the earth; and it was so. And the earth brought forth vegetation, the herb yielding seed after its kind, and the tree bearing fruit, wherein is its seed, after its kind; and God saw that it was good. And there was evening and there was morning, the third day.

-Genesis 1:9-13

**THE DIMENSIONS OF
CONSCIOUSNESS ON EARTH ARE
WITH SEED WHICH PRODUCE THEIR
OWN KIND**

THE FOURTH DAY

4. T.

Then God said, Let there be lights in the firmament of the heaven to separate the day from the night; and let them be for signs, and for seasons, and for days, and years. And let them be for lights in the firmament of the heaven to give light upon the earth; and it was so. And God made two great lights, the greater light to rule the day, and the smaller light to rule the night; and the stars also. And God set them in the firmament of the heavens to give light upon the earth, And to rule over the day and over the night, and to separate the light from the darkness; and God saw that it was good. And there was evening and there was morning, the fourth day.

-Genesis 1:14-19

THE SUN, MOON, AND STARS ARE SIGNS

THE FIFTH DAY

5. ה.

And God said, Let the waters bring forth swarms of living creatures, and let fowl fly above the earth in the open firmament of the heaven. And God created great sea monsters, and every living creature that moves, which the waters brought forth abundantly after their kind, and every winged fowl after its kind; and God saw that it was good. And God blessed them, saying, Be fruitful and multiply, and fill the waters in the seas, and let fowl multiply on the earth. And there was evening and there was morning, the fifth day.

-Genesis 1:20-23

SAVE LOST SOULS FROM ENMESHMENT IN MATERIALITY

THE SIXTH DAY

6. I.

Then God said, Let the earth bring forth living creatures after their kind, cattle, and creeping things, and beasts of the earth after their kind; and it was so. And God made the beasts of the earth after their kind, and the cattle after their kind, and everything that creeps upon the earth after its kind; and God saw that it was good. Then God said, Let us make man in our image, after our likeness; and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the wild beasts of the earth, and over every creeping thing that creeps upon the earth. So God created man in his own image, in the image of God he created him; male and female he created them. And God blessed them, and God said to them, Be fruitful, and multiply, and fill the earth, and subdue it; and have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the wild beasts that move upon the earth. And God said, Behold, I have given you every herb yielding seed, which is upon the face of all the earth, and every tree which bears fruit yielding seed; to you it shall be for food. And to every beast of the earth, and to every fowl of the air, and to everything that creeps upon the earth, wherein there is life, I have given every green herb for food; and it was so. And God saw everything that he had made, and, behold, it was very good. And there was evening and there was morning, the sixth day.

**MALE AND FEMALE ARE AS ONE IN
THE SPIRIT AND SEPARATE IN
FLESH, AND AS SUCH BE FRUITFUL
AND MULTIPLY.**

Aware of duality in matter and the necessity for separate yet cooperative polarities, the Son of God in Adam is described. Later, Adam becomes the more perfect and immaculate concept of the Son of God, and as Jesus Christ is described.

THE SEVENTH DAY

7. 7.

THUS the heavens and the earth were finished, and all the host of them. And on the sixth day God, finished his works which he had made; and he rested on the seventh day from all his works which he had made. So God blessed the seventh day, and sanctified it; because in it he had rested from all his works which God created and made.

-Genesis 2:1-3

TAKE STOCK AND REST THAT HIS PURPOSE FLOWS THROUGH THAT MADE AND PERFECTED IN SELF

But, my beloved, do not forget this one thing, that one day is with the LORD as a thousand years, and a thousand years as one day.

-2 Peter 3:8

**THE EARTH AND THE UNIVERSE
CAME INTO BEING THROUGH THE
MIND OF THE CREATOR**

INTEGRATE, ALIGN, BE WHOLLY THE LIGHT; REBORN IN THE SPIRIT AND ONE WITH GOD

Revelation isn't the end, but the beginning. It is the story of a personal revelation and details the internal spiritual process to align with Christ as a Son of Light. Listed are 7 churches which correspond to the 7 glands of the endocrine system. These glands have a structural and functional correlation and are anatomically located in ascending revelatory order patterned in the shape of a shepherds crook. In this way Revelation is a pattern for self-awareness with holistic insight into the subtle physiology - physically indicated as 7 glands and as an integrated current, as a 'New Jerusalem' aligned with the love of God.

**THE INNER FORCES WITHIN THE
BODY ARE SPIRIT IN ACTION. WHEN
WE SEEK TO BE ONE WITH HIM IN
BODY, MIND, AND SOUL WE DRAW
SPIRIT IN THE BODY AND
COAGULATE ENERGY INTO A HIGHER
PHYSICAL EXPRESSION.**

John to the seven churches which are in Asia: Grace be to you, and peace, from him who is, and who was, and who is to come; and from the seven spirits which are before his throne.

-Revelation 1:4

Redirect the senses inward so that layers of transformation with internal balance and integration raise energy up the spine, passing through seven seals (glands), where one sits in Heaven next to 24 elders (cranial nerves). Self-aware do they read from the book of remembrance, a story of a celestial sojourn, and restored to the dignity of their creation do they read from the book of Life, as a Son of God.



These things says the Omnipotent; who holds the seven stars in his right hand, who walks in the midst of the seven golden candlesticks.
-Revelation 2:1

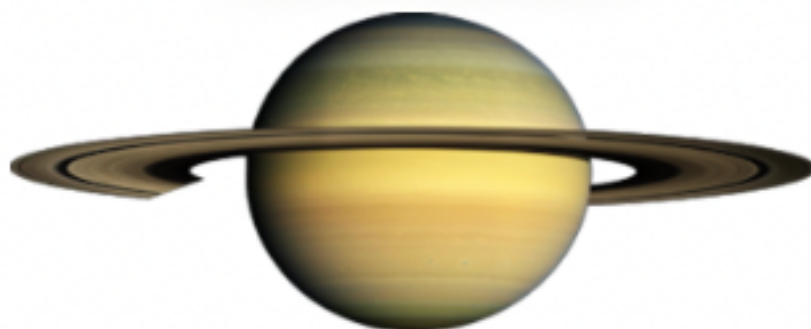
Set the ideal in the Christ, as lived by Jesus, a teacher who was bold; keep the light as your goal. An ideal requires aspiration and trust. All that strive gain. According to your faith be it unto you.

I am Alpha and Omega, the beginning and the ending says the LORD God, who is, and who was, and who is to come, the Almighty. I, John, your brother, and companion in suffering, and in the hope of Jesus Christ, was in the island which is called Patmos, because of the word of God, and because of the testimony of Jesus Christ. The Spirit of prophecy came upon me on the LORD'S day, and I heard behind me a great voice, as of a trumpet, saying, I am Alpha and Omega, the first and the last.
-Revelation 1:8-10



Master the light within as its observed in the 7 churches of the body; the 7 guiding spirits quickening the way to 'Throne of Grace'; and as its reflected in the planetary pantheon, focal points of other dimensions observable in this earth plane; audible as musical tones and seen in crystals, congealed light, which provide orderly vibrations which energetically assist particular to each of the body's centers.

SATURN



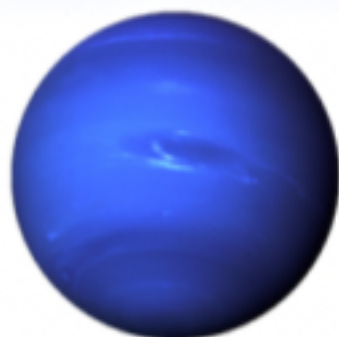
THE FIRST SEAL
EPHESUS—GONADS—DO (NOTE)
RUBY—O DIMENSIONS

PLANETARY  PANTHEON

THE FIRST SEAL—EPHESUS— GONADS—SATURN—DO—RUBY—O DIMENSIONS

Purify the forces and return to the original purpose. Regaining control brings about complete restoration of the law of healing and supply. Saturn teaches us to make the best of the changes that come our way, be it relationships, activities, associations, environments, that all change may be developmental through the choices we make with them, that they may become lessons in patience to temper these changes with a spiritual ideal of Union in God.

NEPTUNE



THE SECOND SEAL
SMYRNA—LYDIG TISSUE—RE (NOTE)
CITRINE—MANY DIMENSIONS

PLANETARY  PANTHEON

THE SECOND SEAL—SMYRNA— LYDIG—NEPTUNE—RE—CITRINE— MANY DIMENSIONS

The regenerating wheel opens the center, where pure energy rises from the gonads to create mental forms and concepts. Regaining control will mean no regression from partial regeneration. Neptune teaches us to use a quick perception and intuition for mental and spiritual development, and to bring with it peace, harmony, and a more joyous perception. It reveals an urge for excitement, giving attraction to large bodies of water and an affinity toward the mystical, and teaching of the materializing influences of spirit and so inspires worship of the heroic.

MARS



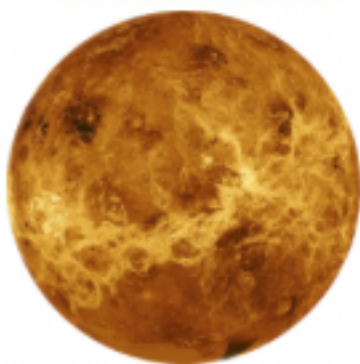
THE THIRD SEAL
PERGAMOS—ADRENAL GLAND—MI (TONE)
TOPAZ—1 DIMENSION

PLANETARY  PANTHEON

THE THIRD SEAL—PERGAMOS— ADRENAL—MARS—MI—TOPAZ—1 DIMENSION

The major source of physical energy, capable of stimulating the body into action; with self control one can release the hormones from the adrenal into the bloodstream and directly cleanse all old patterns of energy and regenerating self at will. Mars teaches us to direct our energies with an ideal that we may judge and keep pure to this ideal our motives, so as to not lead to madness, anger, or a hard-headedness, that they not become expressions of animosity and covetousness, but are instead tempered and so teach patience, understanding, grace, and mercy.

VENUS



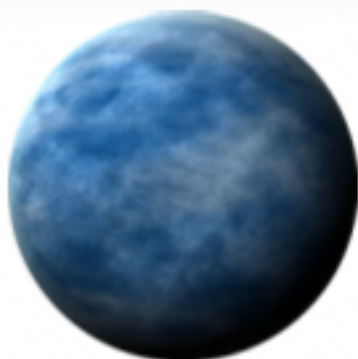
THE FOURTH SEAL
THYATIRA—THYMUS GLAND—FA (TONE)
EMERALD—4 DIMENSIONS

PLANETARY  PANTHEON

THE FOURTH SEAL—THYATIRA— THYMUS—VENUS—FA—EMERALD— 4 DIMENSIONS

Absolute control will be given to that person over all parts and functioning's of the body; a return to the first condition of consciousness; a complete mastery of environment when one remains true to that perfect pattern and purifies against the forces for personal satisfaction. Venus teaches us to express the motivation force of Love and to appreciate all its effects of beauty, art, the home, and all the influences which bring about the bright and cheerful. Through Venus comes the desire for lovely things, conditions, and experiences; this includes a love for the harmonious, romance, and that which makes for an artistic temperament.

URANUS



THE FIFTH SEAL
SARDIS—THYROID GLAND—SO (TONE)
SAPPHIRE—8 DIMENSIONS

PLANETARY  PANTHEON

THE FIFTH SEAL—SARDIS— THYROID—URANUS—SO— SAPPHIRE—8 DIMENSIONS

Opening of the thyroid center releases latent powers of the will. Overcoming this temptation will grant perpetual access to the creative forces. Uranus teaches us of the extremes in action and relationships, and to make practical experiences and applications of the interest in the mystical; to set ideals in the spiritual forces and keep busy; to find our spiritual ideal in Christ and keep active; to evaluate routines and be ever mindful of them.

JUPITER



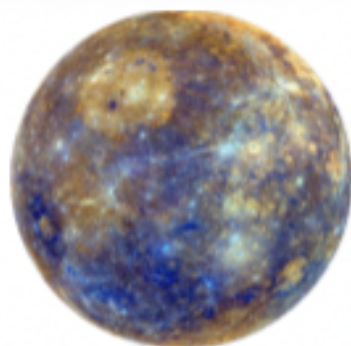
THE SIXTH SEAL
PHILADELPHIA—PINEAL GLAND—LA (TONE)
AMETHYST—5 DIMENSIONS

PLANETARY  PANTHEON

THE SIXTH SEAL—PHILADELPHIA— PINEAL—JUPITER—LA—AMETHYST —5 DIMENSIONS

The cosmic seat of memory which records all experiences and compares them with the perfect pattern within the soul, the ruling force of the Christ Consciousness. Jupiter teaches us to see all as whole and to apply this consciousness towards leadership of the masses. Jupiter teaches us to be cooperative, loving, helpful, and protective; to be soft-hearted, strong, mighty, and powerful; to be benevolent and urge others on.

MERCURY



THE SEVENTH SEAL
LAODICEA—PITUITARY GLAND—TI (TONE)
DIAMOND—7 DIMENSIONS

PLANETARY  PANTHEON

THE SEVENTH SEAL—LAODICEA— PITUITARY—MERCURY—TI— DIAMOND—7 DIMENSIONS

The sounding of the 7 angels reflects purification and the pituitary gland as the regulatory gland of the entire body. Be only satisfied with this highest and master gland in control. It is the union of personality and the superconscious; the combined will of God and will of man flowing from a point at which man merges with the Divine. It releases energy that nourishes the system for healing and supply. Mercury teaches us to direct our thought to think through our problems and find answers; a sense of reasoning, good judgement, and sense of justice. Through Mercury we are attracted to problems not solved by others, and are innately students with great visions and mental acuteness that brings the knowledge to give oneself power to glorify God and honor our selected purposes in life. It is the indissoluble union.

ONENESS

Hear, oh Israel the lord thy God is One...
-Deuteronomy 6:4-5
.

**THERE IS ONLY ONENESS.
INTEGRATE INTO THIS AWARENESS,
FOR WE ARE ALL CORPUSCLE OF
THE ONE GOD. INTEGRATE, ALIGN,
BE WHOLE. LET THIS MIND BE IN
YOU WHICH WAS ALSO IN CHRIST
JESUS**

Reason this within you which Jesus Christ also reasoned, Who, being in the form of God, did not consider it robbery to be equal with God: But made himself of no reputation and took upon himself the form of a servant, and was in the likeness of men: And, being found in fashion as a man, he humbled himself, and became obedient to death, even the death of the cross. Wherefore God also has highly exalted him, and given him a name which is above every name; That at the name of Jesus every knee should bow, of those in heaven, of those on earth, and those under the earth, And every tongue shall confess that Jesus Christ is the LORD, to the glory of God his Father..

-Philippians 2:5-11

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

REVELATION YOGA

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 that's 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. Quickened 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



BE
THAT
WHICH
YOU
PRAY
FOR

ABOUT THE MINISTRY

A Global Ministry for the Revelation of Truth, LUX.guru - Son of Light Ministry and its subsidiaries Enlightened Athletics High Performance Institute, Revelation Yoga, and Goodhelm Tours exist to repattern the physiology for ideal health and higher states of consciousness and by so doing lift every soul into Heaven. As an itinerant ministry offering, Revelation Yoga is brought to all Truth seekers, while Enlightened Athletics High Performance Institute promotes a healthy and fit lifestyle, and Goodhelm Tours makes available health recovery cruises.

For a full list of offerings and to book the ministry for a speaking arrangement, be sure to connect with us on social media and message us at IAM@LUX.guru

[illegible]



DONALD HOWBERT, DPM

SON OF LIGHT MINISTRY

'GLORIFY GOD, HONOR SELF'

ENLIGHTENED ATHLETICS HIGH
PERFORMANCE INSTITUTE

ITINERANT MINISTER, HEALER,
COACH, AND RETREAT HOST

GOODHELM TOURS

REVELATION YOGA

PATTERNING THE PHYSIOLOGY FOR IDEAL HEALTH

SOCIAL MEDIA

AMAZON

REVELATION YOGA

INSTAGRAM

@ENLIGHTENED.ATHLETICS

FACEBOOK

@ENLIGHTENEDATHLETICS1

LINKEDIN

IN/DONALD-HOWBERT

CONTACT

IAM@LUX.GURU

WWW.LUX.GURU

303-898-0744

