

# The Soul's Journey Thru Holy Spirit Regeneration

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Encoded in the seed of every soul is the Divine Word, the perfect idea in God Mind, the image and likeness of the eternal life of God. The emergence of this seed was the birth of humankind that was exemplified in its perfection in Jesus Christ, the Word made flesh. "The true light that enlightens every man was coming into the world. ... In him was life, and the life was the light of men." (John 1:4, 9) Christ came to show us the way, the truth, and the life as it was designed to be and express in each individual. His journey in the earth, his life, teachings, and miracles show us the majesty, mystery, and multiplicity of the expression of the Word. His whole life mirrored the promise of a mystical journey of love navigated by the Holy Spirit at the center of Being. In Christ we see a journey of unfolding and awakening, a continual birthing and rebirthing into the fulfillment of eternal life. And he said, "... come, follow me." (Matt. 19:21)

Christ taught us life was designed to be a journey into the unknown that requires faith and trust in the infinite presence of Love. It was designed to be a companioned journey, never alone or caught up in an illusion of separation. It was designed to be a journey into worlds within worlds of the vast ocean of consciousness unfolding greater and greater depths, dimensions, and gifts of Grace. "In my Father's house are many mansions ..." (John 14:2)

Careful examination of the life and teachings of Christ reveals an inevitable evolutionary journey of the Mind and heart into Christ consciousness. Our destiny is eternal life in Christ consciousness. This is our fulfillment. This is the Grace of God unfolding Itself in a world of infinite expression. We can understand the journey better by taking a look at the Soul's Journey Chart and integrating the understanding found here with Kimberlee Kuwica's painting, "*The Second Coming*."

The second coming has been proclaimed for over 2,000 years, and humanity waits in faith for the return of the man Jesus. And who is to say he will not return? Certainly, not I. But when we embrace the totality of his teachings and carefully examine his references to the light of Christ indwelling each one of us, we awaken one morning, gaze into the mirror of our own eyes, and see his promises kept. "... Lo, I am with you always..." (Matt. 28:20) "In that day you will know that I am in my Father, and you in me, and I in you." (John 14:20) "... I will come again and will take you to myself, that where I am you may be also." (John 14:3) "... The Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring to your remembrance all that I have said to you." (John 14:26) The "I" of each individual is the indwelling Christ as it is in Jesus. It is the Light of the world that enlightens every man, woman, and child. It is the single I. And when we see with this single I, in that day will we know we are one. In that day, Christ comes again. That is also the second coming of Christ.

Arriving at that day has proved to be an evolutionary journey and not a one-time event. Again, looking at the life of Jesus, we see his admonition to “come, follow me” as our first clue that the second coming would be a journey into the soul. He was born a child, educated, and taught. He was baptized, and in that baptism the Holy Spirit descended in consciousness to activate a process of temptation and regeneration that served to strengthen his faith, empower him to do a mighty work, and eventually lead to overcoming the last enemy – death. Immediately after being baptized, he was sent into the wilderness to be faced with those states of illusion, those ego states that seem so real. Only after this did his healing ministry begin. His journey is our journey, from birth, to baptism, to temptation, to crucifixion; and then to resurrection, transfiguration, and, finally, into ascension. That journey requires trust, devotion, pure heart intention, and a willingness to surrender all to God I Am. Was this not his journey? Is it not our own? It is a journey through the mountains and valleys of the shadows of death to all illusion and sense of separation. Christ is coming in us, spiraling, climbing, and expanding, making Its way to the throne of consciousness wherein It will rule and make all things new.

To simplify our understanding of this journey, I have identified the pathway of this spiraling journey as stages (or states of awareness) awakening in us through the activity of the Holy Spirit initiated by Grace. The journey takes us from Mortal Mind to the awareness of the Metaphysician, from Metaphysician to the Mind frame of the Mystic, from the Mystic into the consciousness of a Master, and culminating into the ascension of Mind.

As you journey through this chart, it would be helpful to begin a journal of your own, divided into sections which reflect each of the stages of your own journey. There will be events, memories, and situations companioned by deep feelings, emotions, and thought patterns that are reflective of each stage. Journaling from the heart of memory is often very beneficial during certain times of the spiritual journey. It serves the purpose of identifying what is real from the unreal or separating the wheat from the tares of reality. It is important to note that movement from one stage into another is not always linear. We often fall back into a state previously traveled while at the same time traveling through a more expanded state. This is natural and as much a part of the designed journey as advancement. Let us begin...

A child is born. I will call this child Mortal Child, reflective of the prodigal son/daughter who has left the Father’s house to discover his/her own way in life. Life in this state is most difficult. Struggle and strife are an everyday occurrence, with the focus being mainly on supplying the needs of the physical. Mortal Child finds Itself awake and aware of Itself as a human being, which derives all of its awareness from a deep feeling and sense of separation from the world in which it lives. Driven by an innate desire to understand the world in which it finds itself, the child begins its journey. For the most part, Mortal Child looks out upon the world and feels controlled and ultimately victimized by it. At this stage s/he seeks to find comfort and stability from the world s/he sees as separate and apart from himself/herself.

Governed by the laws of attraction, Mortal Child mirrors a life reflecting the identical images or perceptions held in the Mind of the beholder, the self. The sense of separation always attracts more sense of separation in manifestation, and Mortal Child is consumed with a sense of separation. Loneliness, striving to possess what is seen, efforting to make things happen, coveting, seeking to be in control, yet feeling everything

is out of control, is the constant struggle at this level of awareness. Judgment is the food for thought consumed and the indigestion of the soul. Here, life is identified as living in sin or suffering. One who stays in this vibrational frequency of awareness is destined to accumulate and experience trials and tribulation, confusion, and frustration, and most of all, a wavering faith and little understanding of the unity of all life and his/her position within that unity.

Mortal Child consciousness is governed by karma, reaping a constant repetitive crop from the seeds sown from the conscious and subconscious levels of Mind. In this stage the child is continually waiting for something to happen, or trying to make something happen according to his/her perception of what life should be and who s/he thinks s/he is. The sense of victimization mounts and gathers memories to prove to the Mind that victimization is a way of life, and feelings less than love are justified.

The concept of a God is usually introduced at this stage, but God is perceived as being “out there” somewhere, anthropomorphic in nature at best. The prodigal son/daughter finally comes to himself/herself, however, with a cry that rises from a heart of desperation, “God help me!” Begging and beseeching become the mode of prayer. But unbeknownst to the one crying, this is the catalyst for awakening. It is the voice of Grace calling from within to come up higher, to know and expand awareness, to awaken more of the fragrance of Being. God hears the call, because no matter how God is perceived, or where God is perceived to be, the truth remains, “I” is God, and I is awakening to Itself through ways and means unknown as yet to the Mind of the Mortal Child.

God answers the prayer by sending a teacher, a voice crying out to us from the wilderness of our despair. It may be in the form of a person, a book, a personal tribulation, heartbreak, or loss. That voice calls for repentance, a change of awareness, a change in the way of thinking, feeling, and acting. Be baptized, be cleansed of the error of your ways and perceptions. Be transformed by the renewal of your Mind. Awaken to the reality that you have a choice and choose God. The journey quickens. Movement is felt within the soul. There seems to be a light at the end of the tunnel. There is something more than meets the eye. For the first time we have the ears to hear, “... Seek and you will find; knock and it will be opened to you.” (Matt. 7:7) And seek and find we do. It becomes the driving force at the center of the will to live.

Unbeknownst to the seeker at this phase of the journey, that which they are seeking is seeking them. This call for help serves as an invitation to the Holy Spirit, and She begins the descent into the depths of the soul to uproot all the illusions of consciousness. This is scripturally referenced as water baptism. It is a cleansing initiated for the renewal of the Mind or a changed way of thinking. Mortal Child is giving birth to Metaphysician consciousness or Meta Child, one who seeks to understand self and find meaning and purpose in life. This will spawn an intense and long period of searching and conscious awakening.

It is important to recognize that movement from one level of awareness into the next will always be precipitated by a paradigm shift of Mind or heart or perhaps both. At the core of the shift is the movement of God’s Grace through the Holy Spirit to awaken the son/daughter into the awareness of the Essence of Being. Oneness being the only reality, God stirs to quicken that awareness within Itself as You! In Mortal Child awareness, the cry, “Help me, God,” is the catalyst for that movement. In Metaphysician

consciousness, the innate desire to know, to seek, and to find the truth is the quickening agent or the paradigm shift of Mind and heart. Every new stage of awareness is birthed by an impulse of energy from the Holy Spirit. Each impulse may appear to be different and unrelated to the previous impulse. But, in truth, each is genetically initiated from the spiritual DNA of the soul to will the will of God to a meaningful end, a new life in Christ. We will be able to openly see these subtle movements of energy from the Holy Spirit as we continue in the journey. In other words, what I am saying here is the cry, “Help me, God” and the impulse to seek and find serves the same means to an end, knowing oneness in God. It is all for good and for the destined awakening of the soul.

A child is “born again.” The Meta Child is now in hot pursuit of the truth. In this stage the child learns the power of positive thinking, of holding loving thoughts of forgiveness and oneness. The searching soul turns inward seeking to find the indwelling Spirit. There is a consciousness shift from victim to venturer which impulses the child into the many worlds of Mind. The child is becoming a conscious creator, and for the first time begins to see there are no victims, only volunteers through the gift of freewill choice of thoughts, feelings, and actions. Within, there is a new birth into the infant stages of being responsible for one’s life. But unbeknownst to the Metaphysician, who now feels so enlightened, the journey has only just begun. There will be many mansions of the soul to be explored before full responsibility for life experiences and the unity of Christ consciousness will be accepted. There are ancient manuscripts written in the halls of memory to be read and reevaluated. Wisdom, as the complete workings of the creative process in the individual, will remain an unsolved mystery for yet a long time to come. “Who done it?” is still up for speculation on this turn of the path. “Why is this happening to me, or to me again?” is still a continuous question to the mind of the Meta Child.

This is usually a time of exploring many types of meditation, of holding affirmations of truth as a practiced focus. It is a time of study, taking classes, workshops, and seminars. There is an insatiable appetite for reading and digesting truth. Like a dry sponge, the seeker soaks up every spiritual teaching that is thrown his/her way. S/he may even flit from one church to another or one philosophy to another as if s/he were garage sale hopping. The analytical mind works overtime trying to fit spirituality into a neat, little, tidy package. It craves an explanation for everything and sincerely desires to understand. It wants to get a handle on this “truth thing,” be right, and have the one and only answer to the mystery of life and self. Intellectual knowledge is valued above all else, the pearl of great price at this point.

“Do-do do-do” fascinates the exploring Meta Child. The unexplained, the paranormal, out of body experiences, near death experiences, flying saucers, space beings, crop circles, crystals, astrology, all fascinate the Meta Child. Anatomy of the spirit, soul, and body, the chakra system, vegetarianism, yoga, Reiki, massage, chanting, sound therapy, and on and on we can go listing the endless possibilities of exploration. Like the child who has found new freedom to walk, talk, and choose for itself, the Meta Child is out to experience it all. Nothing’s wrong with this. It’s natural, evolutionary, educative, and enlightening, but it won’t satisfy the deeper yearnings of the soul to know God. And if the Metaphysician is not careful, too much of this type exploration can lead to more illusions and a greater sense of separation than before. This is the “John the Baptist stage” of enlightenment that can lose its head.

You may well ask, “What purpose does this stage serve?” It quickens the Meta Child to the awareness of freewill choice and responsibility for the consequences of the choices of thoughts, feelings, and actions. It reveals the first clue that will lead to the portal of the inward journey of the prodigal’s return home. The journey and the destination are inward. It awakens the mystery of the All-in-All and Its manifestations, and it grants glimpses into the unity of the soul with all life. The path of the Metaphysician also provides a period for developing ego strength and self-awareness that will be necessary companions in order to venture deeper and deeper into the chambers of the heart.

The Meta Child reaches a saturation point within this stage as soon as seeking and searching fulfills its purpose, and only the Holy Spirit can evaluate when that fulfillment has taken place. The seeking journey has not satisfied what now is revealed as a deeper yearning to know. The Meta Child begins to feel hopeless, as though there is no answer, as if there is no “way” to God. There are more questions than answers. What is truth is the question after all possibility of truth has been explored. No practice of Mind or heart has yet revealed what the child thinks Truth is with a capital-T, nor has it revealed the unified state of oneness the sincere seeker desires to know. Oh, s/he has an intellectual understanding by now, but s/he still *feels* separate. “... My God, my God, why hath Thou forsaken me?” (Matt. 45:46) “Wherefore art Thou, my God?”

This feeling of desperation weakens the knees of personal will to the point of collapse. “I cannot take another step. I cannot search further. I give up. I quit. I cannot read another book, take another class, or explore another path.” Then the Holy Spirit stirs again. This energy is felt as a burning desire, an all-consuming fire that quickens the heart’s yearning to the breaking point. And break wide open it does, releasing all the hidden agendas and egoic states that have been suppressed for “a thousand years,” many lifetimes. The devil is loosed and the dark night of the soul floods the Mind and heart. The Mystic Child has been given birth by the fire of the Holy Spirit, the midwife to the Christ. This stage may be a long one indeed, and even feel like lifetimes pass before it has fulfilled its purpose. The pit of subconscious content appears to be endless.

The Mystic Child yearns for God-awareness, and God-awareness only, and any perception that shadows that knowing must be made shadowless by the radiation of the Son. “Mystics are the ones who hunger and thirst after righteousness, as the Bible puts it, the ones who yearn for continued or increased union with the other reality they themselves feel is the real reality—the reality which heals and makes all things new again. Their yearning is their most distinctive mark and has been called by some a ‘deep burning wound,’ because it propels them toward the transcendent nature of life much as a lover is drawn toward the object of his love. The term is also descriptive of the slow and painful completion process of joining totally with, or being in, the transcendent state—a process that should not be confused with psychological development. The latter is a matter of self-understanding, self-acceptance and personal integration. The former involves itself with self-forgetting, the disappearance of the self into mysterious union with God, the Absolute, the Transcendent aspect of reality, the Tao.” OPMM by Marsha Sinetar

The path of the Mystic Child can be experienced as painful and all consuming because of the degree of selflessness and surrender that is required. But it can also be the most glorious experience on the spiritual journey if the aspirant thoroughly understands

the process of crucifixion, integration, and Holy Spirit baptism taking place. When clearly understood and fully accepted as the movement of Grace initiated by the Holy Spirit, this stage of the journey embraces the possibility of being the opposite of the Dark night of the soul. It has the potential to be the one stage absent of all pain and suffering and instead filled with liberation, enlightenment, and instant awakening. What makes the latter a possibility here is integration and application of that which is required to navigate in this stage, total and complete surrender. But by the nature of the process of surrender—which is a letting go of that which is tenaciously held— “the possibility of pain-free journeying through this stage usually eludes the capability of the Mystic Child.

The Mystic Child is being asked to surrender all control, all sense of separation, all concepts of a self-I-identity, and all ego states. I-identity is being stripped naked of all of its seeming self except the I. But since I is the only reality, what is there to release or let go? Pain and suffering, the dark night of the soul, can only be experienced by one who thinks there is something real to release, or give up, or have torn asunder. But since separation does not exist, if there is pain associated with the surrender of this idea, that is a give-away clue that something unreal is being asked to be surrendered, or better yet, that you are being asked to give up the idea of surrender all together. How simple can I make it, my friend? How beautiful can this phase of the journey be? There is nothing to lose, only the eternal reality of who you are to know.

Surrender will always feel like crucifixion, and as long as you feel the need to surrender, you will feel pain and suffering. That’s just the inevitable effect of surrender as cause. What I have just offered you is the way of Grace through the Mystical stage of awakening. However, most of us, because of the degree of attachment to our illusions, are not able to escape the dark night of the soul or evade the pain of surrender all together. There is usually a long period of identifying areas of consciousness that present the illusion of separation, but, once discovered, the Mystic Child is consumed by the desire to surrender, let go, and empty the conscious and subconscious phases of Mind of the content of this debris.

It may sound to you as though I am contradicting myself here by telling you there is nothing to surrender and then saying you must surrender all illusions. This is definitely a paradox that needs to be reconciled by the Mind. You surrender and surrender until there is no need to surrender, until something snaps wide awake in awareness and KNOWS what is being released is an illusion, not true, not real. The instant NO-THING is recognized as nothing, the Mind breathes an “ah-ha” sigh of freedom, and it is finished!

Through spiritual practices such as Contemplative Prayer, the Grace Prayer or the S.T.A.R. system offered in other chapters, or any prayer of the heart that yearns only for God awareness, the Mystic Child becomes an empty vessel, purified, and cleansed. The awareness dawns that God is in you, functioning as the Holy Spirit, integrating your Mind and your heart. This integration becomes the new wine skin that awaits the elixir, the new wine of Christ to overflow the chalice of consciousness. The Mystic emerges from the cocoon of darkness integrated as the caterpillar to the butterfly, transformed into the awareness of the Essence of God, transparent in all phases of Mind, and flowing as a vessel of Light, Love, and Life unto the world.

## THE PRAYER OF THE CHALICE

Holy Spirit, to Thee I raise my whole  
being--a vessel emptied of self.  
Accept Lord, this my emptiness and  
so fill me with Thy Light, Thy Love,  
Thy Life...that these Thy precious  
gifts may radiate through me and  
overflow the chalice of my heart  
into the hearts of all with whom  
I come in contact with this  
day...reveling unto  
them the beauty of  
Thy Joy  
and  
Wholeness  
and  
the  
Serenity  
of  
Thy Peace  
which nothing can ever destroy.

(Author Unknown)

The Mystic Child has now become the Master. The baptism of fire is finished. The battle of Armageddon is over. Resurrection has taken place. The soul is quiet. Spirit, soul and body flow as one harmonic symphony of pure, unconditional love. NOW is accepted as all the time there is. From the present moment of now, the Master draws all that is needed, all that is known, and the infinite possibilities of true creation. Having made all things new, Christ now sits upon the throne of consciousness. Christ is victor, and you recognize yourself as one in Christ. The soul is clean. There are no delusions of separation, no bruises left on the soul, no scars in the heart, and no hidden manuscripts. The Mind and heart rest in knowing God is not just in you, God is expressing as you.

The three phases of your Mind have merged, and there is only Superconscious knowing as the Christ Mind revealed. Acceptance is the focus of your peace, and all thoughts, feelings, and movements of action are impelled and compelled by the will of God willing Itself as you. There is no searching, no more questioning, no efforting, no possessing. Desire is instant fulfillment through your heart of acceptance, and God is glorified through your manifestations. The world you see is unified, for it is seen through your unified Mind, the single I. You are in complete control through the empowerment of the will of God in which you rest. Joy is your state of Mind. You have been totally

regenerated and transfigured by the love of the Holy Spirit. This is ascension while still remaining in sweet earth.

How long will the Child of God remain in Master consciousness? Nobody knows. Is there something beyond this? Well, of course. There is and always will be more, more of the Grace of God expanding. What will that look like? God only knows. I can speculate and call it a state of Mind, infinite, virgin Mind. I can I-identify it as the state of Eternal Beingness as God awareness. I can surmise we will be a perfect body of Light, but exactly what form that will take, I have no heavenly idea. But I can assure you there is more, and that the more is your destiny and mine as we continue on the soul's journey of Eternal Life in Christ thru Grace.