

AWAKENINGS



HEALING heARTS Community Center

BREAKING GRAVITY

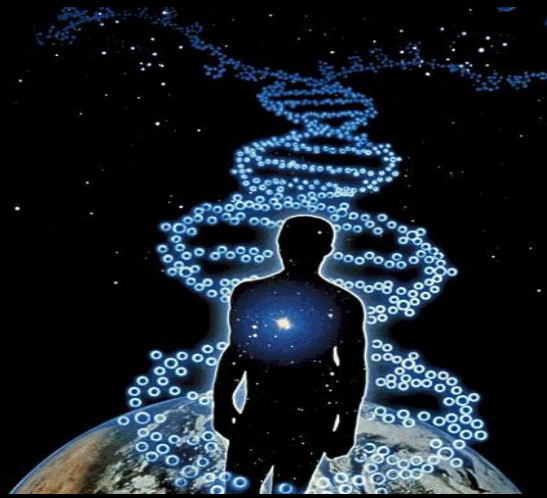
THE CHAINS THAT BIND YOU

I saw the Man of Steel this week. You all know that information from the Collective is embedded within all forms of media. This is what the movie said to me.



The movie is about Kal-El growing up, learning about who he really is, and choosing who he wants to be.

Within Kal-El, just like all of us, is the Codex. The Codex contains all the programmed genetic information of all the Kryptonian tree.



It means we carry within our blood access to ALL aspects of being.

On Krypton, people didn't have a choice of who they were going to be. They were preprogrammed with a specific purpose. Kal-El was different...he got to choose who he wanted to be.

We all come here preprogrammed to behave in specific ways and to have particular experiences . It can be found in our Astrology, Numerology, Enneagram and a myriad of other places.

It all has a purpose.

Until you out grow the current
Plan...Hologram...Game

Once you have outgrown it then what?

Well that is given in the movie too!

Kal-El was told by his **FATHER**
to test the limits...to push himself!



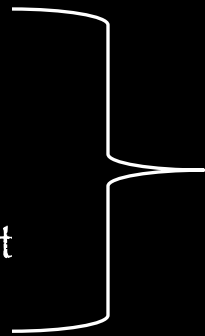
At first he can't fly, but through effort...by
pushing himself he learns to **FLY!**



Kal-El's father is dead and only appears to him as a hologram. Kal-El is given guidance, but he must do the work himself. This got me to thinking about the Five Stages of growth.

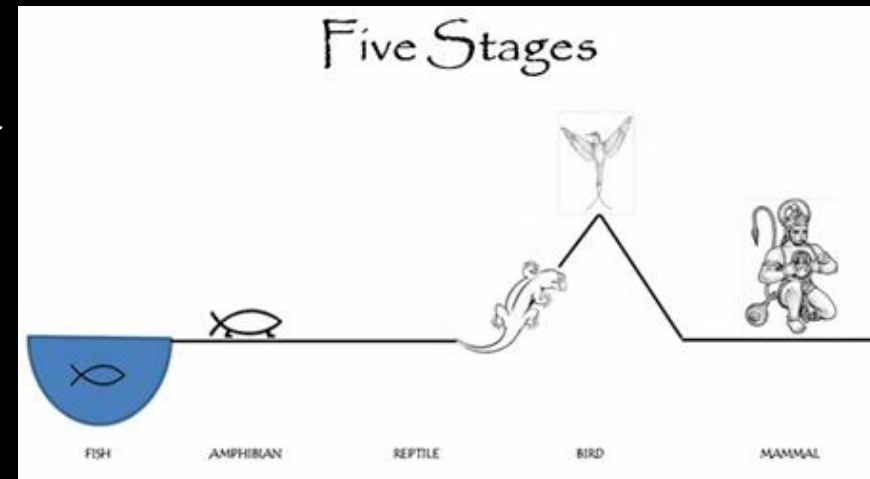


Infant
Child
Adolescent
Young Adult
Adult



It is the same in our spiritual life as it is in our human life. With each stage we become less reliant on our parents.

I go over this in some detail in another one of my YouTube videos entitled **Spiritual Evolutionary Steps**. Search for it and check it out!



Kali-El grows by pushing himself...by pushing his limits.

He discovers the kind of being he wants to be. He progresses with effort to the point that he can not only fly, but he also can defy Earth's gravity all together. He is even able to overcome inertia when the force of gravity is being increased by an outside force!



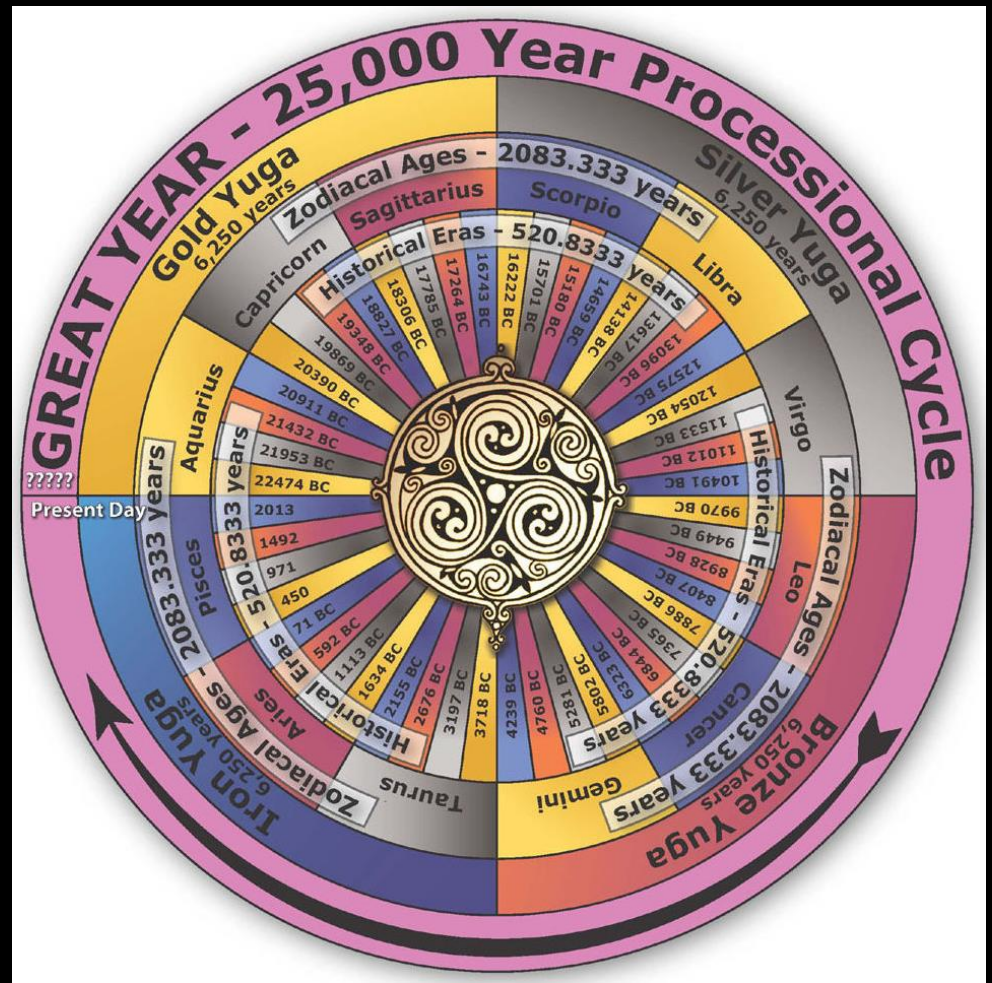
We must push beyond the GRAVITY we experience in this plane...on this planet.

That Gravity is our limiting perceptions, judgments, beliefs and expectations!

These are the things that keep you firmly rooted in this reality, in your illness, unhappiness and in the life you are living... and you will keep coming back over and over again until you build up enough Spirit to get past your own inertia and get off the wheel of life and death!




Have you ever heard of the Great Year? It is a big clock. I'm not going to cover it much here. Basically it describes a 25,000 year cycle that repeats itself. It gives detailed information on how the Earth (the playing field aka holoPROgram) works. The Earth cycles through dark ages and golden ages. This means that the Earth has and will continue to go through dark (ignorance) and enlightenment (complete awareness) time periods. This knowledge bothered me for a long time. This is until I realized that the goal is not to save this planet or the people. They don't need saving. It's all a particular program that people learn by playing.

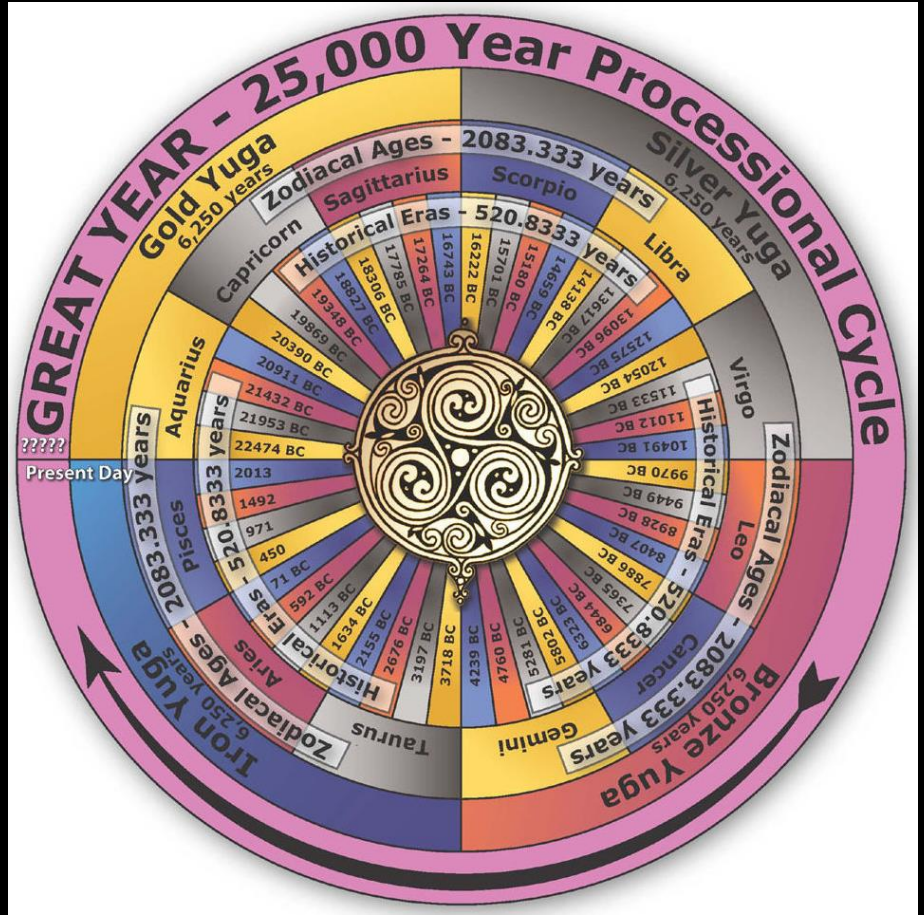


There have been many different civilizations here before... Lemuria, Atlantis and countless others! Maybe saving the world is part of your game, but don't be fooled into thinking you will have done it for eternity. The game-board will reset, so someone else can come along, have the same role and get the experience.

LEMURIA



31.07.12 UK LONDON UNDERWORLD
 01.08.12 UK SOUTHAMPTON JOINERS
 02.08.12 UK EXETER THE GAMERS
 03.08.12 UK MANCHESTER NIGHT AND DAY CAFE
 04.08.12 UK LEEDS COCKPIT 2
 05.08.12 UK KENT HENT FISHING
 06.08.12 UK KINGSTON THE PEEL



So how do we escape our gravity?

What does it take to:

-Get healthy

-Lose weight

-Get out of a bad relationship be it a person, work, food or even money

-Change a limiting belief

EFFORT

It takes effort to overcome our gravities!



Let's say you want to bend a spoon.
Will it take effort to bend the spoon?

Yes of course it will...whether you try it
physically or telepathically.

Does effort have to be painful?

I think so!

For most, the motivation and
effort must involve pain

To a degree anyway.

LOVE and PAIN

are two of the biggest motivators in life!

In the big scheme of things

LOVE and PAIN

are both beneficial...
neither one better than the other.

However, there is a big difference
between a

Negative Motivator

&

Positive Inspiration

and the kind of life they lead to.

Most people need pain to learn. Like getting beaten in a relationship, so the person will learn to love themselves and create a healthy environment for themselves.

Or get a negative prognosis from a doctor that motivates them to change. Ideally, we would love ourselves...our minds...our emotions and our bodies enough to treat them lovingly and with respect.

Until then pain is a great motivator!

Negative Motivation is short lived. Once the negative motivator, like cancer is removed, the old pattern starts again.

You must:

1. Decide who you want to be in Body, Mind, Heart, Energy and Spirit. Let that be your Positive Inspiration.
2. With effort aspire...push towards those goals no matter what stands in your way, so that you can break through to the next level.

No worries though...you have all of eternity and there is no judgment.

I honor that place in you
Where when you are in that place in you
and I am in that place in me
WE ARE ONE!

We are made of the same Star stuff, we breathe the same
Air, walk on the same Earth and drink the same Water.

NAMASTE

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Mind-Body-Spirit Alignment



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