



**MISSION STATEMENT:** “One World Heart’s mission is to lift humanity up “onhi” and our planet Earth (Gaia) through education and promotion of the new Aquarian Spirituality, according to the Creator’s Will and Plan.”

**Abundance (a-bun-dance):** Affluence; Fullness to overflowing.

*‘Abundance is not something we acquire. It is something we tune into.’*

**Wayne Dyer – Author**



*‘Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.’*

**Brian Tracy - Author**

## CREATING ABUNDANCE

What would you think if you were able to have spiritual abundance, abundant wisdom, emotional abundance, and abundant health?

Abundance is manifested by focused intention in manifestation, etheric clarity, and your heart’s ability to humbly receive more.

Creating spiritual abundance combines the ability to create harmony, peace, and joy in our lives and in those of others. It involves a strong re-focus to being intuitive and connecting to our Angels, Guides, Higher Self, and the Universal Source. During times of chaos, people frequently "react" with frustration, anger, and self-criticism. These are always moments of spiritual challenge and they remind us of the need to achieve self-mastery.

What if we became understanding and compassionate toward our emotions, our thinking, and our body? What if we became consciously compassionate even to the tiny cells within our body? Being enlightened is more a state of being fully present or completely aware at all times to what is going on within and around us. This absorption into the Now is necessary for the soul, as we learn something from each experience.

### How will I manifest abundance?

- We can pray instead of complaining of need.
- Open our thinking capabilities to new possibilities.
- Release positive expressions of energy instead of negative "limiting expressions."
- Build a strong connection with our highest power.
- When we fall into negative thinking or automatic reaction, divert your thoughts toward the positive, and energetically lift the situation to our highest power.
- Practice "putting out there" what we want.
- Practice balancing our emotions by breathing practices.
- When we direct chaotic energy outward, we intensify what is already present, and in turn, we increase resistance even more.
- Use plant essences, nature, and vibrational healing to help balance us in achieving better harmony.
- Release blocks to your abundance by using prosperity laws.
- Use affirmations and keep yourself open to learn.
- Meditate and always use a journal to record things you have consistently done to attract abundance.
- Give creatively and unconditionally by making someone else’s life better (i.e. visit a sick friend, give someone a smile, send a letter to someone that may need to be

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## Creating Abundance

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### Affirmations manifesting abundance:

- My mind is open to abundance and prosperity and I accept Infinite supply.
- I GIVE joyfully; I receive GRATEFULLY.
- I AM what I think, feel, believe, and do.
- I AM empowered by new abundant life.
- I AM focused on my life's purpose.

### A prayer for balance, peace, and harmony:

By Dr. Carlo DiGiovanna, Religious Science Senior Minister

"I let my whole being now, my thoughts and feelings, my consciousness, be open to the influx of God as peace – as harmony. I realize that in opening myself up to this experience all that is unlike Good (God) is released from my experience. I do not hang on to or make claim to the possession of any thoughts about any person, place or thing that disturbs, agitates or conflicts with my True nature."

### Ten Keys to Active Mastery

By Deepak Chopra – *Ageless Body, Timeless Mind*

1. Listen to your body's wisdom.
2. Live in the present.
3. Take time to be silent.
4. Relinquish your need for external approval.
5. When you find yourself reacting - redirect, relinquish anger, heal yourself, and cooperate with the FLOW of the universe.
6. Know that the world "out there" reflects your reality "in here."
7. Shed the burden of judgment.
8. Don't contaminate your body with toxins.
9. Replace fear-motivated behavior with love-motivated behavior.
10. Understand that the physical world is just a mirror of a deeper intelligence.

**TO AN ABUNDANT LIFE**  
*In Love, Light, and Joy,*

*Lady Angel Ina*



## Patience

**Patience (def.)** - *steadiness, endurance, perseverance, the will or ability to wait or endure without complaint.*

**Synonyms:** - *fortitude-resolute endurance resulting from firm sustained courage. Waiting calmly for something desired.*

To have patience is to surrender the little self's expectations of timing into the Authentic Self's Divine Timing. It is to Trust and KNOW that a force greater than the self is creating the outcome, the goal, the desired result. One of life's most challenging lessons is the mastery of patience. Personal transformation and growth occur as we learn and use this quality every day.

**Do we really know what patience is?** The real test of how much patience we have IS to notice how we respond/react when unexpected challenges or delays occur. Are we anxious, unhappy, frustrated, stressed out, or are we patient? Pause for a moment and think how you usually respond to these emotions.

[There are many ways to demonstrate patience:](#)

Stay in a relationship when difficulty comes up that could take time to work out.

Accept your own human reversals when pursuing physical, mental, emotional, or spiritual growth.

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## Patience

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Temper your enthusiasm and excitement when you experience an awakening, a revelation, or insight.

Feel peace and satisfaction that you are on the road to personal growth.

Accept that it takes time to overcome the challenges of personal emotional growth.

Release the need for immediate fulfillment or gratification.

Believe and have faith in your ability to fulfill any commitment you make.

Accept that others may not share the enthusiasm and joyousness you have in your own awakening, revelation, or insight.

Know that true transformative change occurs gradually and requires patience.

Be calm and relaxed as the daily schedule of seeming stressful activities or unexpected challenges unfolds.

Believe and Know that each change you make daily is part of the step-by-step process of building a new strong foundation for greater self-esteem and emotional maturity.

Love and accept yourself daily as you move toward better communication and self-actualization.

Have faith when taking steps to break undesirable habits.

**Increasing patience enhances the growth and expansion of our entire being.** As we strengthen certain parts of our personality, the whole of our being becomes more developed and advanced both spiritually and psychologically. Sometimes it is necessary to acknowledge our fears in life, our anxieties, doubts and worries, and the realities of life. When we confront these fears, etc., it helps to remember that our goals take time to achieve. Recognizing this alone helps us release these concerns and helps us ... **Let go and Let God.**



*'Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.'*

Thomas Jefferson

**Our Beloved Creator works with us each step of the way.** By keeping a spiritual perspective in life, day-to-day activities and responsibilities are handled more easily. **Patience** is like silent faith in Creator's Plan. It teaches us courage, faith in a goal, and will to endure. Many people find that patience is one of the hardest qualities to master in life.

**How can we structure our lives to have patience?**

What or who can teach us patience? Are there teachers or mentors we can seek out?

**Life itself offers us an opportunity to learn what courage is, what faith is, what endurance is;** life offers us continuous occasions for change and growth. **Patience** allows us to live life to the fullest. It is awakening each morning with a renewed sense of faith in Creator to answer our smallest and greatest needs, and the key is timing.

**Timing allows for the proper sequence of events to take place before the outcome is reached.** It requires an understanding that each step along the path is important, each step takes time, and each step moves us toward the ultimate goal. Accepting the momentum of timing, sometimes too slow, at times too fast, challenges us to learn this lesson of patience.

**Living life to the fullest means opening to experience the greatest transformation.** Constant change and growth happen with the unfolding process of transformation. **Patience** endows us with a deeper understanding of life and the glory of Creation with its ever present cycles. The cycles of life include rest and activity - thru birth, life experiences, appreciation of the whole and the parts, abundance, endings of life experiences, transformation or death, a return to wholeness, and eventually the birthing of life anew. Life is a gift given to us by Creator. If we wish to honor this gift, then we must also be willing to grow and change.

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## Patience

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**A life of greater abundance is experienced when the lessons of patience are learned and relearned.**

As patience develops, gradually this part of life helps the whole of our being to experience greater appreciation for Creator's Plan. What keeps us from having patience is lack of trust in Creator's Plan for all Life. How difficult this simple truth is for people to accept. Impatience reflects an internal lack of trust in God... Think about this when change is full of challenge and the mystery of timing appears incomprehensible.

**Nature demonstrates the greatest patience and is in alignment with Creator's Plan and the cycles of life.**

So Nature is one of our mentors in learning patience. Nature demonstrates a perfect example of growth and change. Photosynthesis takes place..... Observe how a seed is planted, is watered, and grows beneath the ground: gradually it reaches for the sunlight, until one day a sprout from the seed bursts forth thru the soil and into the sunlight. Then it begins to grow into a plant (bush, flower, tree, etc.) gradually, step by step. It requires light, water, and endurance. It requires courage to face the challenges all around it. If it is strong, yet flexible, it will survive. If it is strong, it will bear fruit; the fruit of abundance.

**See how this might parallel with the patience we must learn in life to grow,** to change in order to survive, to learn and understand greater truths, to have faith that it IS possible to live according to our Creator's Will and Plan. As patience increases in our lives, greater wisdom unfolds. Often the still small voice within offers comforting words of guidance and awakening. Regardless of existing challenges, we can certainly move forward in our lives if we are committed to a higher perspective and deeper understanding of the cycles of life.

*Patricia of Ariel*



*'You can imagine it,*

*You can achieve it;*

*If you can dream it,*

*You can become it.'*

William Arthur Ward

## Divine Oneness

**Imagine the following scene:**

**The Creator and you are walking down the street together, side by side.** For much of the way, God's prints go along progressively, reliably, hardly varying in pace. Yours however, are confused in comparison – starts, stops, turnarounds, circles, departures and returns. It continues like this for much of the way, until eventually your prints come more into line with God's. This seems perfect, until yours, once carved into the sand next to God's, are now walking precisely in Its. You and God are becoming as One, for inside the Creator's larger ones, are your smaller ones. This continues for many miles until another change appears. The prints inside the larger ones seem to grow larger and then disappear altogether, before reappearing as zigzags, stops, starts and a variable mess in the sand.

Amazed and stunned, you pray for an explanation. Your dream ends.

*"God, I understand the first scene. I was new on the Spiritual Path. You guided me through the storm until I began to learn to walk with You."*

*"That is correct."*

*"When the smaller prints were inside of Yours, I was actually learning to walk in Your steps. I followed You closely."*

*"Very good. You have understood everything so far."*

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## Divine Oneness

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*“When the smaller prints grew and filled in Yours, I was becoming like you in every way.”*

*“Exactly.”*

*“So, God, was there a regression, for the prints separated and became worse than at first?”*

God answered with a smile, *“That was when we danced.”*

The focal point for this spiritual evolvement until we expand our awareness and externalize our Divine Aspect into form requires a manifestation of varying aspects of consciousness within ourselves. Through the action of the Holy Spirit and the Universal Christ we express as our Creator intends: “As Above in God, so below in humanity.”

Each one of us, as a magnet of God-desire to become without all that which is within, attracts from God above to humankind below, the creative essence of the Universe; each one is a nucleus of Reality; a force field of faith, hope, and charity. These creative energies of Beauty and Truth, when flowing freely and coalescing in form all that which is pure, noble, and the activator of Light and Love, and unlimited potential, transforms the world of the microcosm into a macrocosmic marvel, and facilitates a *dance* of ecstatic joy.

In order to allow our individualized God Presence to follow this model, and in order that our beings be filled with the creative energies of the Holy Spirit, we need to assume responsibility for this transformational development and for the ultimate determination of our own destiny. This requalification requires that what we embody in the matter is in alignment with the One Absolute Creator and in compliance with Divine Will. In keeping our sacred covenant with God, we admit to our sphere of consciousness only impressions of this Divine Real Image. As we plant in our unconscious and subconscious mind the **I-Mage** or **real-eye magic** of our soul, we bring forth purpose through super-conscious reality. This expression of cause in our world of form, or **solar** consciousness, as a precipitator of Light, Love, and affirming Life for and on behalf of another part of life, then repels from the microcosm all that which opposes our True identity. Knowledge and the power of the **sword (sacred word)** as to how to draw down these Macrocosmic energies, as well as invocation to the Holy Spirit, defines this evolution into Infinite Perception. Commitment and determination are transitory steps. Purity of thought and emotional maturity begins this personal change and our eventual externalization into Spirit and the Divine.

In this context, the entire material cosmos is the womb of creation into which Spirit projects the energies of Life. Matter acts as a chalice for the kingdom of God and is the abiding place of evolving souls who identify with our Creator and with our Holy Christ Self. In this way, God is expressed impersonally in the outworking of Its immutable Laws, all of which are consequential to the one great Law of being in Cosmos.

*‘To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to.’*

**Kahlil Gibran**

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## Divine Oneness

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As we determine thus to joyously express the living God, to be peace and purity in action, in thought, word and deed, we need to remember that Life is to be found only in reverence for all that lives. Let us **now** affirm to transfigure our synthetic image and magnetize the Love of the One great Source of Life that unlocks the living, breathing potential of the soul. Let us re-establish and create on Earth our original Divine blueprint, the wonder of our Spirit purpose, the magnificence of our Divine Spark.

*In Light, Love, and Life,  
Lady Nada*



## ABUNDANCE

I claim abundance in all areas of my life—abundant energy in the ability to be, do, have, and create anything which my mind can conceive. I claim copious amounts of money—enough to meet and exceed all my needs, wants, and desires, and to tithe and share with the sources of my spiritual inspiration. I claim loving friends and partners who support and help me to grow, allowing me daily experiences of love, support, and joy. I claim abundant health and the joy of my body serving and supporting me in everything I do. I am able to change and heal and re-create my body according to my desires. I claim peace—inner peace in my life and the peace to react and to respond to anything in a positive, loving, and light-filled way, and through my own inner peace, to engage in activities and actions to increase peace in the world.

No matter what I may observe or hear in the news and from other sources, my light dispels all darkness, lifting those who operate out of the consciousness of differences and judgment to the joy of spiritual oneness, sending light and blessings to our world leaders, to areas of the world with the appearance of war, transforming this to the true knowledge of ONEness.

I claim LIGHT, the light to lift and create a higher dimensional planet that is the galactic norm, no matter what I hear and observe. I exude light, sending light to Planet Earth, to storms, earthquakes, volcanoes, winds, tsunamis, tornados, and any other creations of nature to heal the Earth. I send light and love to Planet Earth, from Earth to all stars, planets and beings of light, and to the crystalline core of the Earth, and to all Inner Earth dwellers.

I claim abundance in my ability to achieve work that supports me intellectually, spiritually, financially, and with people with whom I work in harmony with love and respect.

I claim spiritual guidance at the highest level, and from beings and masters of the highest dimensions, from the Earth's spiritual hierarchy, from angels up to and including the Throne of God. I meet and greet in a multi-dimensional way all in Earth's environs, asking their help and assistance with our spiritual growth, asking prayer from the highest levels of love and light to inundate the grids of our Earth, lifting it.

I claim love and light in all that I do. Yes, I am abundant, and in that knowing, I create whatever I need, desire, and want in my life, surrounding myself with my symbols of abundance, living in joy in my dwelling, enjoying the beauty of surrounding nature, and in the areas to which I travel often—Mt. Shasta and Sedona, to mention a few.

**Yes, I am abundant! I know who and what I am—  
a spiritual being!**

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*'Peace cannot be achieved through violence, it can only be attained through understanding.'*

*Ralph Waldo Emerson*

## Take Me off the Cross

It is time for the world to take Christ off the cross. The book *Take Me off the Cross* (available at [www.EmpireOfTheSunspirit.com](http://www.EmpireOfTheSunspirit.com) from Sunspirit Publishing) "came to me," to write. It is not a researched piece, but an inspiration.

*Take Me off the Cross* explains that Christ taught that we are all one. His original teachings differ from Christian-based religion. Christ would never have condoned war in the name of God, nor would he have taught people to go door to door in an attempt to change one another. Christ taught, "Love thy neighbor as thyself"—he did not say change thy neighbor and then love them.

All Self-Realized Masters taught the same universal truths. They did not complicate the path to God or Self-Realization. They did not ask to be exalted, but rather that we see ourselves and each other as miraculous beings, capable of performing, accepting, and allowing miracles.

Christ was a way shower. He was not the only son of God. He saw us all as children of God, not one less than another, but as equal drops of water in this large ocean, ready for cleansing, figuratively and literally.

It is apparent that we are awakening to a higher consciousness that is spiritual rather than religious. This opens the ceilings to accept everyone and to demolish fences of separation that only fear what is different.

The miracle we are creating is: World Peace. When we start with our lives, with our relationships, with our health and mentality, and when we begin to live a life of conscious harmony, we raise the vibration of the planet. When enough of us do this, we bring World Peace. We cannot create miracles with doubt. We have to throw doubt to the wind and let it be blown far away.

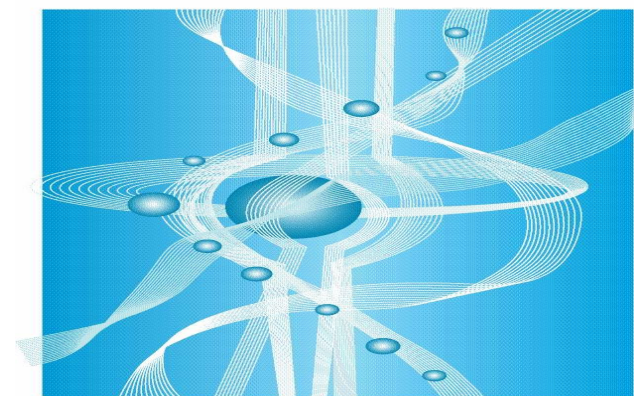
We do this by watching how we think and what we think about, how and what we say, which words we choose to use and not to use, how we hold our energy, and what we do with our time and our bodies.

We cannot afford to live unconscious, unspiritual lives, or to be lazy with our thoughts, words, and actions. We must live guided by our hearts and heal all parts of ourselves that do not know that they are Love. Our neighbors are only a different aspect of ourselves. If they bother us, it is because they reflect something unhealed within ourselves.

Christ taught that men and women were meant to blend their energies and not to be polarized toward either femininity or masculinity. Symbolically, we must put masculinity and femininity into the blender and press pulverize. The outcome then, is that we get what Christ taught: androgyny that has let go of sides. When we let go of gender roles and blend male/female energies, we become whole, integrated beings.

When we are balanced, there are no internal wars. There are no external wars when there is no longer a fight for power. This applies to the old battle of the sexes as well as to battles between countries. When male/female energies blend, we are balanced; we emanate deep inner peace. In such a state, we have no reason for wars. In the word "woman" there is the word "man". Even our language shows hidden potential. When enough of us relearn this original teaching, wars will cease to exist. When enough peace resides on this planet, it influences mass energy. Love leads the planet and fear becomes a concept of the past.

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## Take Me off the Cross

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Christ taught that Love must rule the planet. His original teaching had no religious base to it; it was just simple truth. This equation came to me: “Love multiplied by time plus fear multiplied by time equals Life,” or “Love (time) + fear (time) = Life.” The word Love is an umbrella that encompasses words high in vibration such as: harmony, peace, acceptance, serenity, prosperity, abundance, fun, laughter, etc. Fear is the other umbrella that encompasses words lower in vibration such as: hatred, anxiety, killing, pain, anger, and curses, etc. The amount of time we spend feeling Love energy plus the amount of time we spend feeling fear energy, equals Life. As we live with integrity, learn lessons, and transform, so does the amount of time we spend feeling fear, lessen. Eventually, the time we spend in fear will be zero. Zero multiplied by anything cancels it out. The equation then becomes: “Love multiplied by time equals Life,” or “Love (time) = Life.” All of our time will then be spent feeling and acting from Love. This global, heart-based awareness is the new paradigm shift.

All Ascended Masters teach that we should all awake each day with the question: “How can I be of Service today?” In a balanced blend, we can simultaneously pursue our own joys and help others manifest their joys as well. When enough of us live our life purpose, and in Service to the whole, then it energetically tips the scales, and joy becomes the frequency that this Earth vibrates to.

*Take Me off the Cross*, written by Lara De Ann, a.k.a. Reverend Sunspirit, can be purchased from [www.EmpireOfTheSunspirt.com](http://www.EmpireOfTheSunspirt.com)



*‘The roots of true achievement lie in the will to become the best that you can become.’*

**Harold Taylor**



*‘You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand.’*

**Woodrow T. Wilson**

NEXT ISSUE

**“Manifestation”**

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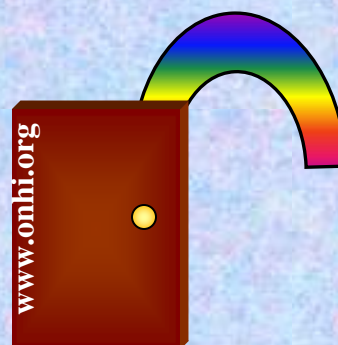
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