

How can we be prepared for sonship?

Preparation with help from tutors

Preparation through entering rest

Preparation through soul transformation at different levels

Renewed mind, expanded consciousness, living mindfully

Rom 12:2 Do not allow current religious tradition to mould you into its pattern of reasoning. Like an inspired artist, give attention to the detail of God's desire to find expression in you. Become acquainted with perfection. To accommodate yourself to the delight and good pleasure of him will transform your thoughts afresh from within.

The current religious tradition has diminished the true intimacy of face to face relationship to an intellectual ascent to the truth but with no true mystical experience

Christianity has become reduced to an intellectual, traditional, orthodox prison for the mind

Do we really think God is so limited that He can't communicate with us by the simplicity of encounters?

Or maybe the criteria has been wrong all this time and there is a simplicity to knowing if God exists.

*There is a simple test/question that can pierce through the illusion of external religion.*

*Through the quiet of our own heart are you able to sense another being called God dwelling in you as separate from you?*

*Yes or no? It's that simple.*

*If you have practiced meditation very long, or even had a moment in which you had a genuine spiritual experience, your answer will be yes.*

*You will know God is not "out there" to be studied and determined to be real, but within you to be experienced. - Chuck Crisco*

If we are going to function as mature sons we need the mind of a son and to think like a son

'As a man thinks in his heart so is he'; therefore we need to think like a son of God to be a son of God

Thinking and motivated from our eternal identity and destiny

The whole of mankind is seeking for the happiness of love, joy and peace from all the wrong the sources: religion, relationships, power, position, wealth etc.

Everyone is searching for the truth, mostly in the wrong places

No one can find true rest in a DIY matrix of illusion because an imitation can never restore true sonship or help anyone find their true identity and position and truly connect them to creation

God has created us in His image to be creative; therefore we all have the power of imagination and inbuilt creative potential within our soul to draw on

Soul without spirit or soul without God is always going to be limited, as relationship is always the key

Soul and spirit were never intended to function in isolation from each other or from God as Father but in integrated cooperation, union and oneness

Meditation and mindfulness can help us to re-centre and reconnect in oneness

Meditation and mindfulness are based on good principles but will be restricted if only limited to the soul realm of DIY knowledge

Expanding consciousness can only be fully accomplished by engaging the mind of Christ with a reintegrated soul and spirit

Intellect is limited to DIY knowledge but we also have a creative capacity in us encoded by God  
Many seek to engage celestial planes and other dimensions but most are stuck within the fantasy creations of their own soul or the limitations of the earthly spiritual realms.

Some people have opened the doorways between dimensions but they have only created more problems rather than finding true ascension.

The power of the soul is immense but pales into insignificance compared to the power of the spirit

When the mind and the spirit are in unison then the full potential of sonship's creative consciousness will be discovered.

Destiny can never be fulfilled when the mind is tethered only to the soul and the physical realms.

True identity, position and authority can only be discovered when soul and spirit are reintegrated and whole.

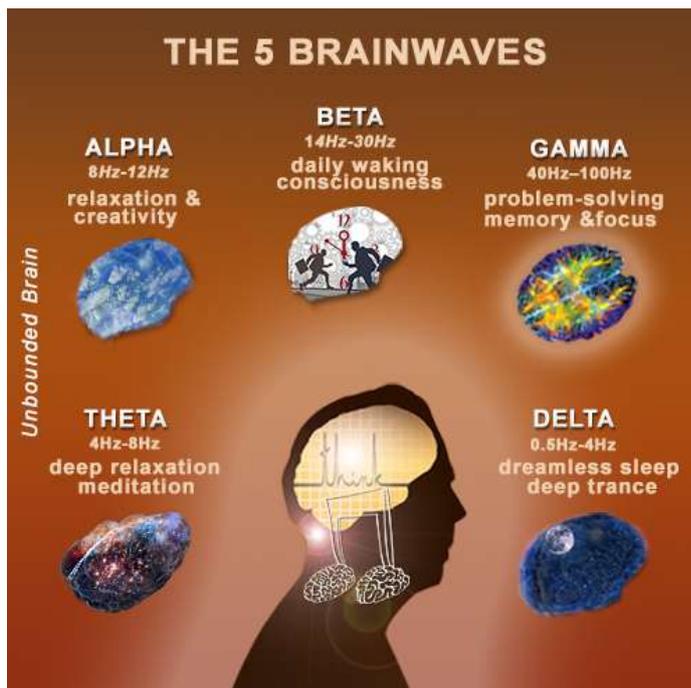
True identity can only be found by ascending the 9 firestones of eternal revelation of sonship that remaps our consciousness

When we are joined and one spirit with the creator within the circle of the dance we can rediscover true rest and flow in creativity

Rest is not being inactive but is a state of mind and level of consciousness we are designed to live in

There are different levels of consciousness that operate at different brainwave frequencies

Our brain frequency can be entrained to higher levels of consciousness by engaging and connecting the mind of Christ with our own eternal consciousness



Meditation and mindfulness techniques can help us focus our consciousness  
Delta wave state is not to be confined to deep sleep but is the state of consciousness that is discovered when in true rest, releasing gamma wave frequency creative potential

Brainwave speed is measured in Hertz (cycles per second) and they are divided into bands delineating slow, moderate, and fast waves.

The sequence from slowest to fastest is Infra-low, Delta, Theta Alpha, Beta, Gamma

The descriptions that follow are only broad descriptions – in practice things are far more complex, and brainwaves reflect different aspects when they occur in different locations in the brain. Consciousness is still not fully understood by science

INFRA-LOW (<0.5Hz) brainwaves (also known as Slow Cortical Potentials) are thought to be the basic cortical rhythms that underlie our higher brain functions.

Very little is known about infra-low brainwaves because their slow nature make them difficult to detect and accurately measure, so few studies have been done.

They appear to take a major role in brain timing and network function.

DELTA brainwaves (0.5 to 3 Hz), the slowest but loudest.

Delta brainwaves are low frequency and deeply penetrating, like a drum beat.

They are generated in deepest meditation and dreamless sleep.

Delta waves suspend external awareness and are the source of empathy.

Healing and regeneration are stimulated in this state, and that is why deep restorative sleep is so essential to the healing process.

THETA brainwaves (3 to 8 Hz) occur in sleep and are also dominant in deep meditation.

Theta wave state is our gateway to accessing eternal memory, spiritual intuition and dimensional insight

In theta, our senses are withdrawn from the external world and focused on signals originating from within and beyond.

It is that twilight state which we normally only experience fleetingly as we wake or drift off to sleep.

In theta we are in a dream; vivid imagery, intuition and information beyond our normal conscious awareness, from a spiritual dimension

Theta is spirit communication and we can learn to access this at will

ALPHA brainwaves (8 to 12 Hz) occur during quietly flowing thoughts, but not quite meditation.

They are dominant in some meditative states.

When our eyes are closed we are not as distracted by things around us

Alpha is 'the power of now', being here, in the moment. Alpha is the resting state for the brain.

Alpha waves aid overall mental coordination, calmness, alertness, mind/body integration and learning.

BETA brainwaves (12 to 38 Hz) dominate our normal waking state of consciousness, when attention is directed towards cognitive tasks and the outside world.

Beta is a 'fast' activity, present when we are alert, attentive, engaged in problem solving, judgment, decision making, or focused mental activity.

Beta brainwaves are further divided into three bands;

Lo-Beta (Beta 1, 12-15Hz) can be thought of as a 'fast idle', or musing.

Mid-Beta (Beta 2, 15-22Hz) is actively figuring something out.

Hi-Beta (Beta 3, 22-38Hz) is highly complex thought, integrating new experiences, high anxiety, or excitement.

Continual high frequency brain wave processing is not a very efficient way to run the brain, as it takes a tremendous amount of energy.

We need to live in a state of rest where we can access all levels of consciousness simultaneously

GAMMA brainwaves (38 to 42 Hz) are the fastest of brain waves and relate to simultaneous processing of information from different brain areas (high frequency, like a flute).

Creative rest state enables access to all states of consciousness

Gamma brainwaves pass information rapidly and quietly, the most subtle of the brainwave frequencies. The mind has to be quiet to access gamma.

Gamma was dismissed as 'spare brain noise' until researchers discovered it was highly active when in states of universal love, altruism, and the 'higher virtues'.

Gamma is also above the frequency of neuronal firing, so how it is generated remains a mystery. It is speculated that gamma rhythms modulate perception and consciousness, and that a greater presence of gamma relates to expanded consciousness and spiritual enlightenment.

An analogy is to think of brainwaves as musical notes – the low frequency waves are like a deeply penetrating drum beat, while the higher frequency brainwaves are more like a subtle high pitched flute.

Like a symphony, the higher and lower frequencies link and cohere with each other through harmonics.

Our brainwaves change according to what we're doing and feeling.

When slower brainwaves are dominant we can feel tired, slow, sluggish, or dreamy.

The higher frequencies are dominant when we feel wired, or hyper-alert.

Through mindfulness and meditation research, neuroscientists have come to recognise the emotional and health benefits of a clear, balanced and centred mind.

By training a quiet and clear mind, the more subtle and complex thoughts and spirit flow come into awareness.

We become more resilient, more connected, more ourselves; allowing intuition and inspiration to flow.

Our thinking is renewed, true reality is revealed

We start to think with the mind of a son of God, reconnected to our true eternal spiritual identity and destiny

Any process that changes your perception changes your brainwaves.

Chemical interventions such as medications or recreational drugs are the most common methods to alter brain function; however spiritual meditation is a much better and healthier choice.

That state of consciousness can be the normal state that has access to beta, alpha and theta wave states where quantum possibilities of Gamma waves can create a reality that is tuned and aligned to the rhythm of My heart's deepest desires framed in love.

In 2018, neuroscientists used a classic branch of maths in a totally new way to peer into the structure of our brains.

What they discovered is that the brain is full of multi-dimensional geometrical structures operating in as many as 11 dimensions.

The results of this study could be the next major step in understanding the fabric of the human brain – the most complex structure we know of.

Going beyond the usual 3D way we view our minds to open the potential for a different reality

The team used algebraic topology, a branch of mathematics used to describe the properties of objects and spaces regardless of how they change shape.

Science is discovering the amazing complexity of our creator God expressed in creation

They found that groups of neurons connect into 'cliques', and that the number of neurons in a clique would lead to its size as a high-dimensional geometric object (a mathematical dimensional concept, not a space-time one).

There are tens of millions of these objects even in a small speck of the brain, up through seven dimensions.

In some networks, they even found structures with up to 11 dimensions.



**MIND-BLOWING QUANTUM THEORIES ABOUT THE HUMAN BRAIN**

**The mind exists as a field surrounding the brain in a parallel universe.**

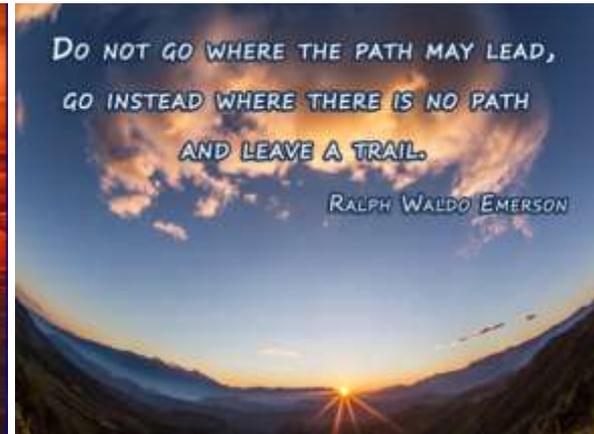
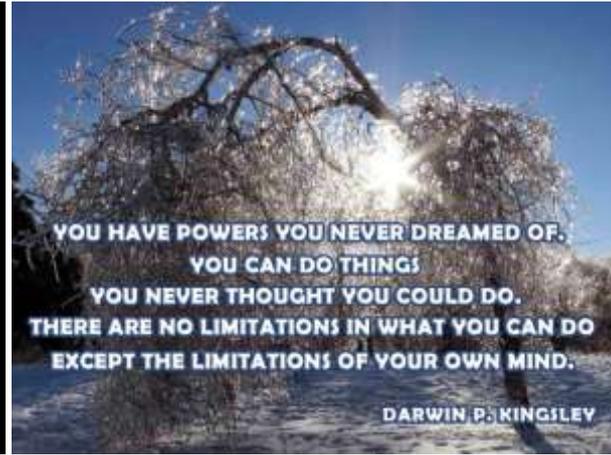
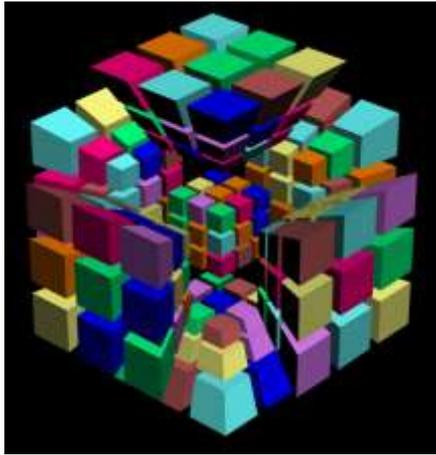
**You create a universe by perceiving it and this is your conscious experience of the world.**

**The brain is full of geometrical structures operating in many dimensions.**

**As the TV does not create the program nor does the brain create consciousness.**

**We are pure consciousness currently focused on a physical dimension.**

 <https://unboundedbrain.com>



The biophotons our brains produce are affected by quantum entanglement; there is a link between these photons, our consciousness and the reality of accessing other spiritual dimensions

If there is a correlation between biophotons, light and consciousness, the implication is that there is more to light than we are aware of.

Our consciousness is radiating light energy used in dimensional communication and travel

Many texts from many religions since the dawn of human civilization have reports of saints, ascended beings and enlightened individuals having shining circles around their heads.

This shining circle of light reflects the higher consciousness they operated with, hence a higher frequency and production of biophotons.

Maybe these individuals produced a higher level of biophotons with stronger intensity because of their enlightenment



There is a correlation between biophotons and consciousness.

Even the word enLIGHTenment suggests that this higher consciousness has something to do with light.

Isa 60:1 "Arise, shine; for your light has come, and the glory of the Lord has risen upon you."

John 8:12 Then Jesus again spoke to them, saying, "I am the Light of the world; he who follows Me will not walk in the darkness, but will have the Light of life."

2 Cor 4:6 For God, who said, "Light shall shine out of darkness," is the One who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ.

Matt 17:2 And He was transfigured before them; and His face shone like the sun, and His garments became as white as light.

Light can be released from within the cells of our bodies

The implication of our brains being able to produce light is that our consciousness and spirit are not contained within our bodies.

This implication is completely overlooked by scientists but means we are trans-dimensional beings

Quantum entanglement says that if one of two entangled photons is acted upon, the other is affected without any delay, no matter where it is in the universe.

Soul and spirit living in dual realms and multidimensional realms is a form of quantum entanglement

As we exist as light beings within the light, then no matter where you are in the universe the photons of consciousness can act as portals that enable travel and communication between different dimensions

Our spirit and consciousness communicate with our bodies through these biophotons. And the more light we produce, the more we awaken and embody the wholeness of our consciousness as sons with the mind of Christ

This can explain the phenomenon of why the state of a photon is affected simply by consciously observing it, as it is proven in many quantum experiments.

We can choose and create our own reality in alignment with the heart of God

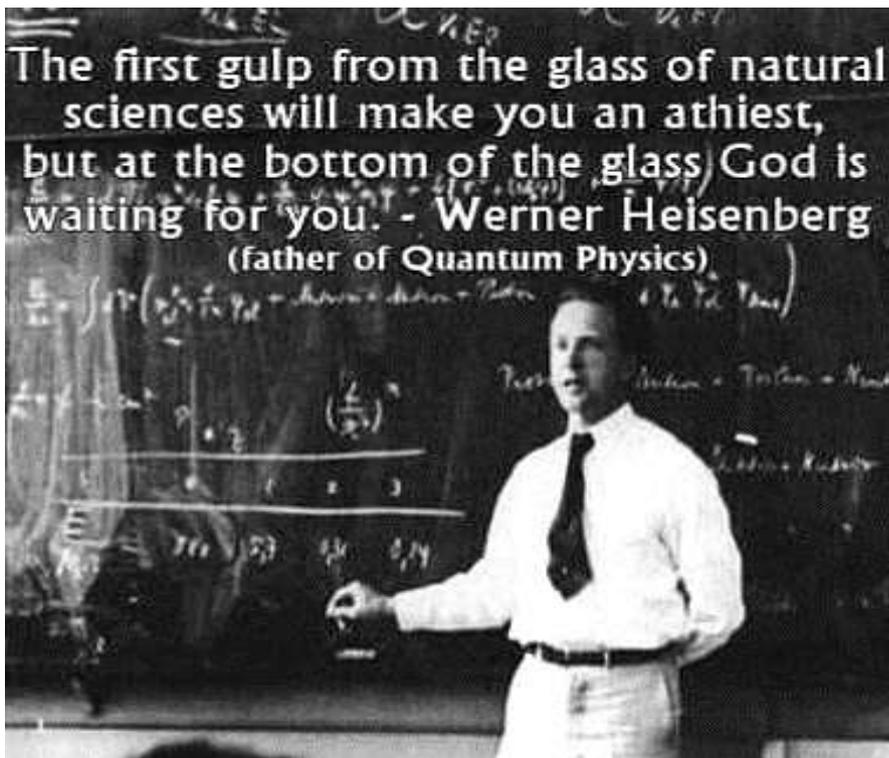
Our observation communicates information through our biophotons with the photon that is being observed, in a similar fashion as quantum entanglement, as the light is one unified substance that is scattered throughout our universe and affected through each light particle.



Pioneering physicist Sir James Jeans wrote: “The stream of knowledge is heading toward a non-mechanical reality; the universe begins to look more like a great thought than like a great machine.

“The mind is no longer appears to be an accidental intruder into the realm of matter, we ought rather hail it as the creator and governor of the realm of matter.”

Scientists are awakening, sometimes kicking and screaming, to a new spiritual reality.

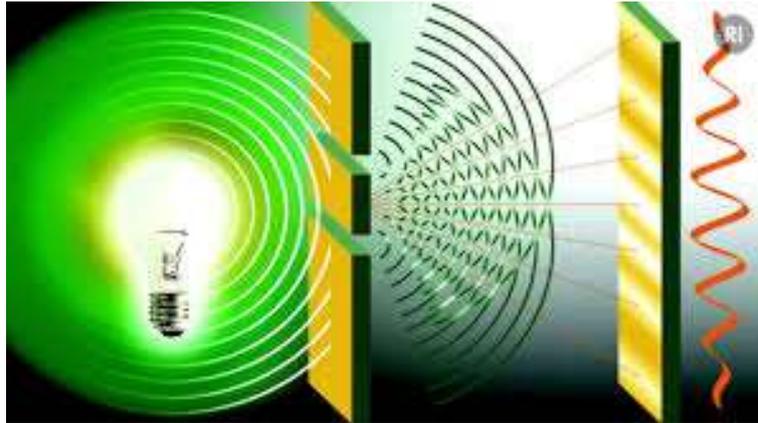


One great example that illustrates the role of consciousness within the physical material world (which we know not to be so physical) is the double slit experiment.

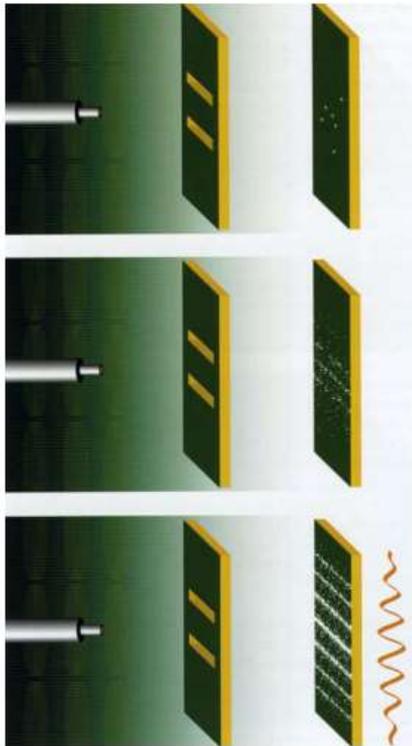
The implications of this experiment have shaken existing scientific notions

A double-slit optical system was used to test the possible role of consciousness in the collapse of the quantum wave-function

Our conscious observation affects the reality of light being a collapsed particle rather than a wave potential

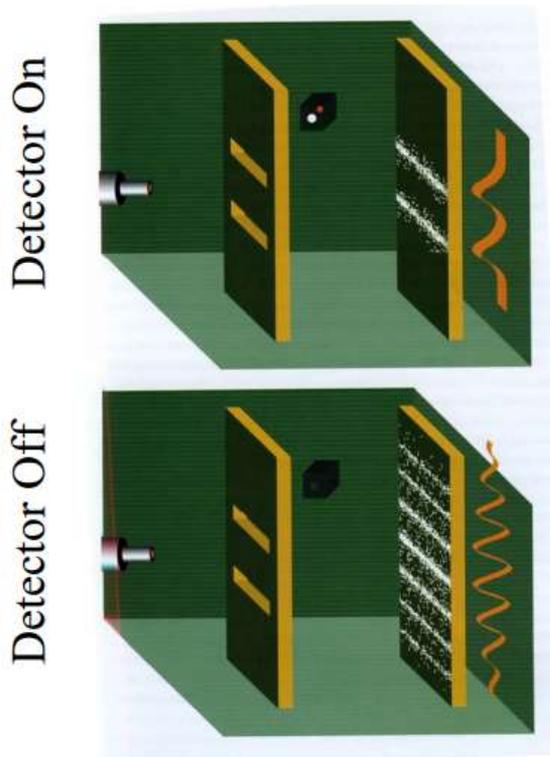


## Wave-Particle Duality



- Individual photons arrive at the observation screen
- Over a period of time, photon detection accumulates in an interference pattern
- Single photon probability distribution is identical to an interference pattern that is formed by classical EM waves

## The “Which Path?” Puzzle



- Knowing which path or slit a photon travels through is a form of measurement
- One way to determine “which path” is by maintaining different polarization states in each path of an amplitude-splitting interferometer (Mach-Zehnder)
- Measuring the photon collapses its wave function
- Particle behavior is observed and the interference pattern fails to form
- If no information exists to link a photon to a specific path, the wave behavior resumes and an interference pattern is observed



Light seems to know and respond to our observation and is affected by our consciousness  
Light is a wave with the potential to become a particle, depending on observation or detection

Feelings, thoughts and emotions play a vital role, quantum physics helps us see the significance of how we all feel.

If all of us are in a peaceful loving state inside, it will no doubt impact the external world around us, and influence how others feel as well.

Studies have shown that positive emotions and operating from a place of peace within oneself can lead to a very different experience for the person emitting those emotions and for those around them.

At our subatomic level, the vibrational frequency changes the manifestation of physical reality  
We know that when an atom changes its state, it absorbs or emits electromagnetic frequencies, which are responsible for changing its state.

Different states of emotion, perception and feelings result in different electromagnetic frequencies  
This fact has been proven mathematically and experimentally

“Son, the battle is for the consciousness, the reality that the mind lives in.

“My desire is to renew the minds of My children so their full potential as sons will be manifested.

“My desire is to remove the conformity to the limitations of the DIY world and religious systems that they are trapped in.

“The language of the spirit is desire-directed thought which has the power to create reality.

“No one can be limitless if the source of their desire is disconnected from the eternal source of enlightenment which can only be found in the perichoretic relationship of I AM.

“When My children only draw from the possibilities that can be seen from the DIY source of intellect or from within their present realities they will always be limited to the spirituality of the earth.

“The earthbound consciousness is limited to the boundaries of the mind of man but those who are untethered and free to live in the realms of heaven have access to the mind of Christ in the eternal now as the true source of limitlessness.

“The restrictions of religion have also disconnected My children from their true potential by tethering them to a system of false beliefs and laws.

“Reconnecting the mind to the omniscience of I AM, to a flow of nonlinear truth, will unlock the power of the consciousness of sonship.

“The mind has the potential of creative thought to shape reality so that creation can become free from its bondage to decay into the freedom of love's light, expressed by My sons who have arisen to take their places in heavenly kingdom government

“The minds of those disconnected by lost identity and religion can only perpetuate the limited possibilities of the natural mind

“Only those whose minds are connected to the divine have ever brought real change because their consciousnesses danced with eternal possibilities.”

The natural mind, however deep it goes, can draw from nothing more than the soulish creative possibilities. It is, and always will be, limited.

Most technological advances were men's attempt to recreate what was once possible through the power of the mind.

These constructs within our minds and consciousness frame our world and what we believe and how we interact

We see the world and God through the lens of our own understanding

That distorted view is false expectations appearing real – FEAR

Meditation helps us to be at rest, being mindful, able to connect our consciousness to a deeper and higher level of reality

Meditation raises our awareness and our consciousness levels

Meditation and Mindfulness is learning how to focus our thinking and access different states of consciousness

Coming into a state of rest which is living in full love, joy and peace

Having a lifestyle of rest not stress

Matt 11:28 “Come to Me, all who are weary and heavy-laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light.”

Come to Jesus and take on His yoke and be connected to learn from Jesus the Truth

Being gentle and humble in heart

Finding rest for our souls

Being mindful, living in a state of perpetual rest

Psa 23:1 The Lord is my shepherd, I shall not want. 2 He makes me lie down in green pastures; He leads me beside quiet waters. 3 He restores my soul; He guides me in the paths of righteousness for His name's sake.

Relationship – rest in God's provision

Lie down = cease activity; by quiet waters, which is a place of peace

Brings the restoration of our soul  
Helps, guides and directs our daily lives to be blessed and successful  
Living loved, loving living, living loving

7 Step Meditation for Rest Exercise

1. Love – feeling compassion
2. Joy – feeling thankful and grateful
3. Peace – Forgiveness and blessing
4. Surrender – Being living sacrifices
5. Engaging destiny – having clear vision
6. Framing life – creating reality
7. Living in blessing and empowerment

God breathed into Adam and Jesus breathed into the disciples; and they continue to breathe into us  
Rhythm of life is the breath of life, the name of YHVH  
Breathe in HEI, Breathe out YOD, Breathe in HEI, Breathe out VAV, Breathe in HEI...



Close your eyes, think about and focus on your breathing and begin to slow down to the rhythm of  
YOD HEI VAV HEI  
Breathe in deeply the breath of God HEI and exhale slowly YOD  
Breathe in deeply HEI and exhale slowly VAV  
Breathe in deeply HEI - repeat

Focus on breathing slowly; be still and rest; listen to God's voice

Psa 46:10 Be still and know that I am God  
Be still and know that I am love

Be still and know that I am joy  
Be still and know that I am peace

### 1. First love – Living Loved

Keep breathing slowly; now focus your thoughts on God who is love  
Think of being loved, cared for, accepted, affirmed by your loving heavenly Father. Feel God's love  
compassion and comfort for you

Rev 3:20 Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will  
come in to him and will dine with him, and he with Me.  
Focus your thoughts on the door within you and picture it

Choose to open that door and invite the Father, Son and Spirit into your spirit to fill you with love  
A river of love begins to flow; be immersed in the Spirit's love  
Jesus and the Father hug you putting their arms around you and you start to sink deeper into love's  
embrace

You begin to feel cocooned, safe, resting in God's arms of love.  
Feel love's warmth flowing into your spirit.  
Feel love flowing deeper and deeper, filling your spirit with love's very essence.

You feel filled to overflowing with love; drink in that life-giving stream, the Spirit of pure love  
Choose to take Jesus' yoke on your shoulders and feel joined to Him as a son and coheir at rest  
Now choose to surrender the control of your life to the Father

Feel love like a river flow out through your spirit into your soul.  
Feel that love begin to saturate your soul, filling your emotions, mind and will  
Choose to surrender to love and begin to feel totally at rest

As you feel love, relax; and begin to feel love flow through your body, bringing it into rest  
Now feel love flow over your body; from your head, flowing down your neck and shoulders to your  
chest, all the way to the tip of your toes.

Now intentionally release that love like a flowing river through you, creating an atmosphere of love  
around you  
Direct the flow of love out to the different areas of your life: family, community, friends, neighbours,  
ekklesia, to the world...

Love is flowing like a river from your innermost being, creating an atmosphere of love that  
overshadows your life  
You are in a state of bliss, living loved  
You are resting in a deep sense of being loved unconditionally

### 2. Joy, gratitude, thankfulness – loving living.

Continue to relax and begin to think of someone or something you are thankful for. Release your  
gratitude.

Think of someone who has been kind to you or blessed you  
Be grateful you are alive  
Thank God for His love, thank Jesus for dying for you etc.  
Feel joy fill you and saturate you

Feel that joy filling your soul  
Feel that joy flowing over your body from your head to your toes  
Release your gratitude as a flow of joy from the inside out  
Fill the atmosphere around you with joy

### 3. Peace, Forgiveness – living loving

Focus on Jesus' words

John 14:27 "Peace I leave with you; My peace I give to you; not as the world gives do I give to you.  
Do not let your heart be troubled, nor let it be fearful"

Think of anyone or anything that has disturbed you, frustrated you, annoyed you, upset you, hurt you.

Now picture them and consciously choose to forgive and release them.

Visualise that person, say to them

"I forgive and release you and bless you."

Hear them say "I receive your forgiveness." Repeat if necessary.

Now think of anyone you may have hurt, upset or annoyed and ask them to forgive you and hear them say "I forgive, release and bless you."

Feel peace filling you, taking you deeper into rest

Feel the peace flow slowly over your body from your head to your toes

Release forgiveness like a flowing river out into the world; create an atmosphere of forgiveness around you.

