

## **Soul, Spirit, Incarnation and the 3D Physical Body we Inhabit**

In all life, there is spirit. You are a spiritual Being. The soul whom you are is the growth of the individualization of spirit.

You and I are souls clothed in both a physical body and identity.

The soul and the spirit are connected, but separable. The soul is the essence of humanity's being; it is who we are. The spirit is the aspect of humanity.

We are a spirit being, we live in a body and we possess a soul. The real person inside of us is our spirit. Our soul consists of our mind, will and emotions. Our bodies are obviously what we live in when we incarnate.

In every moment of your life you are expressing spirit . . . and all spirit is One. Spiritually, you are One with all life, with every person and every living thing. Positively accepting or negatively critical, the way you think is the way you will treat yourself and other people, and it is the way you will create for life to deal with you(ex: if you often are mad, angry, depressed, hateful, loving, forgiving—the Universe recognizes those as your thoughts, emotions, and maybe words and then presents scenarios/situations to you so that you experience those same thoughts and emotions...which means be very careful of what you think, say, and feel because THAT is exactly what shapes your existence.

Every life form in Nature is an expression of spirit, the same spirit that expresses in you. Through spirit you are connected to everything. This is why you can leverage the energy around you. Nothing is outside Self, for Self is a boundless and measureless expression of spirit. When soul withdraws from the body, spirit remains with soul, for just as soul is an expression of spirit, so is body an expression of soul. Spirit cannot die, life cannot die. All that happens at so-called human death is that consciousness/spirit/soul withdraws from the physical body, continuing as a metaphysical Being of Love and Light on a non-physical level of expression. You are an eternal Being of Love with the freedom to express Self in whatever way you care to imagine. Your imagination is creation; whatever you continually imagine you will eventually experience. As mentioned before, be careful with your imagination. Look on imagination as meaning; the inner images you create will invariably be part of your life. Imagine yourself as a Being of Love and Light. That's wisdom!

Body dies, identity clings, and spirit/soul continues forever. Our life is actually the continuity of soul, using one body/identity after another to continue our journey of soul growth, of expanding consciousness, of Self-awareness.

## **Relationship between the Divine Heavenly Father and Each Planet's Sentient Being and Energy**

The Earth's physical and biological processes are intimately connected to form a self-adjusting, essentially sentient, system. I believe the Earth's sentient being is called Azna. Azna, the Earth, acts as a single system and there is a connectedness of all things on the planet.

If you could view the Earth over the course of a year you would notice a "breathing" rhythm that occurs as climate changes, and Earth comes alive and appears to breathe –in and out, in and out, as ice cover grows and melts.

All things (the universe, the Earth, us, EVERYTHING) is energy and functions on a frequency. The Divine Source (whatever you call the higher divine power that guides you to your best and highest good, to never intentionally harm yourself or harm another living thing), is a perfect energy which portioned part of its energy to begin creation (like that of our Universe). Each bit of that energy follows a blue print to 'co-create' and has free will and a consciousness as we do; so each can fragment its own energy to co-create (like Mother Nature creating new trees and mothers creating babies). Our spirit/souls are pieces of energy from that bigger Divine energy, the source. The source created earth and created us. Earth created trees which are conscious, but do not have the free-will, choice making component we do, but they are alive by the energy that created them.