

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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.**

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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.

# Preparation for Sonship

- If you have practiced meditation very long, or even had a moment in where 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

# Preparation for Sonship

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

# Preparation for Sonship

- 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



# Preparation for Sonship

- 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

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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 physical realms.

# Preparation for Sonship

- 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



# Preparation for Sonship

- 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

# Preparation for Sonship

- There are different levels of consciousness that operate at different brainwave frequencies
- Our brain frequency can be entrained to a higher levels of consciousness by engaging and connecting the mind of Christ with our own eternal consciousness

# THE 5 BRAINWAVES

*Unbounded Brain*

## ALPHA

8Hz-12Hz

relaxation & creativity



## BETA

14Hz-30Hz

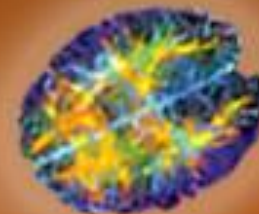
daily waking consciousness



## GAMMA

40Hz-100Hz

problem-solving  
memory & focus



## THETA

4Hz-8Hz

deep relaxation  
meditation



## DELTA

0.5Hz-4Hz

dreamless sleep  
deep trance



# Preparation for Sonship

- 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

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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 scientifically

# Preparation for Sonship

- INFRA-LOW (<.5HZ) brainwaves (also known as Slow Cortical Potentials), are thought to be the basic cortical rhythms that underlie our higher brain functions.

# Preparation for Sonship

- 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.



# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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.



# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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'.

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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.



# Preparation for Sonship

- 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

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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.

# Preparation for Sonship

- Last year, 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.

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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).

# Preparation for Sonship

- "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."



# Preparation for Sonship



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

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

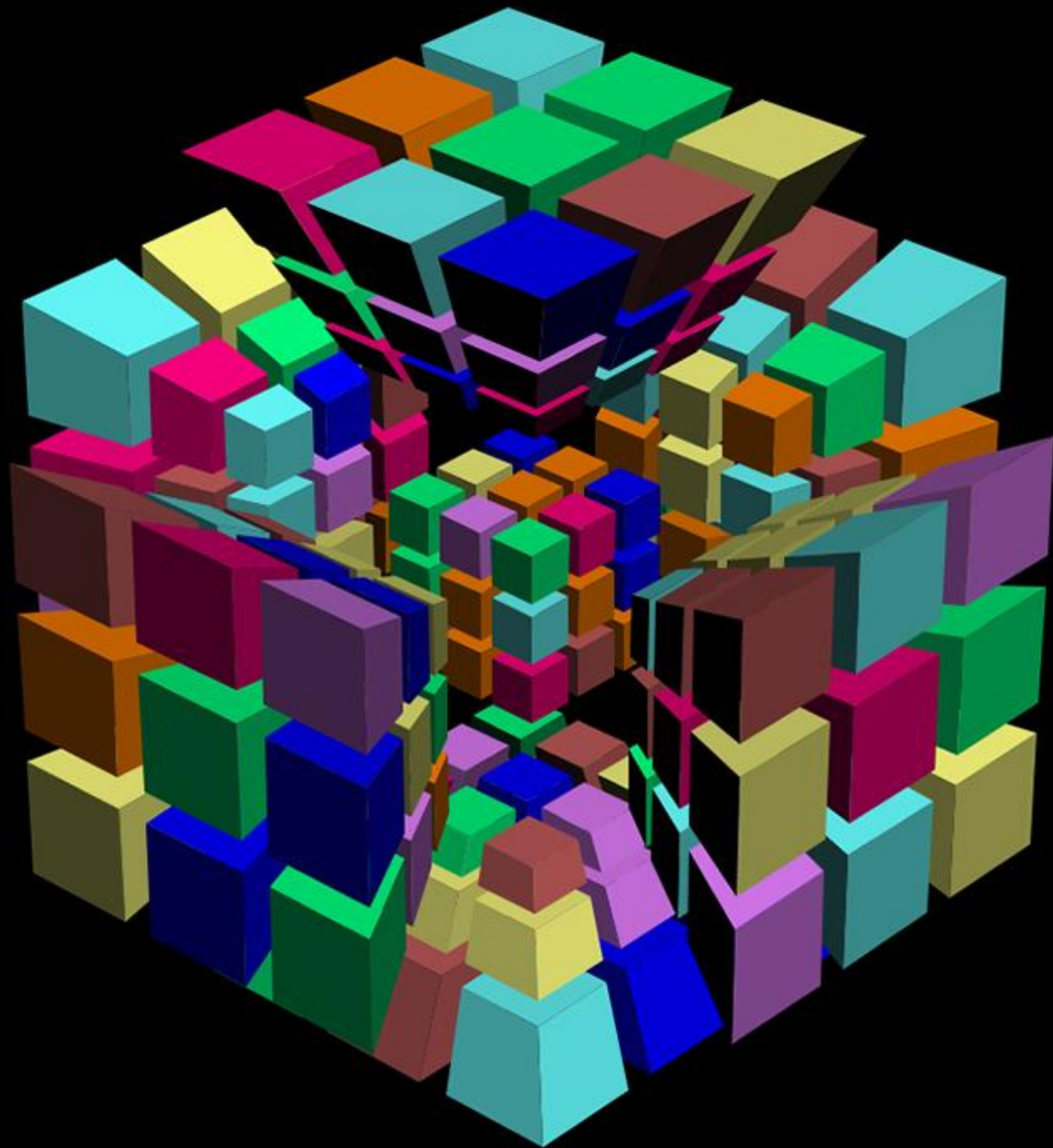
**You create a universe by perceiving it and this is your conscious experience of the world.**

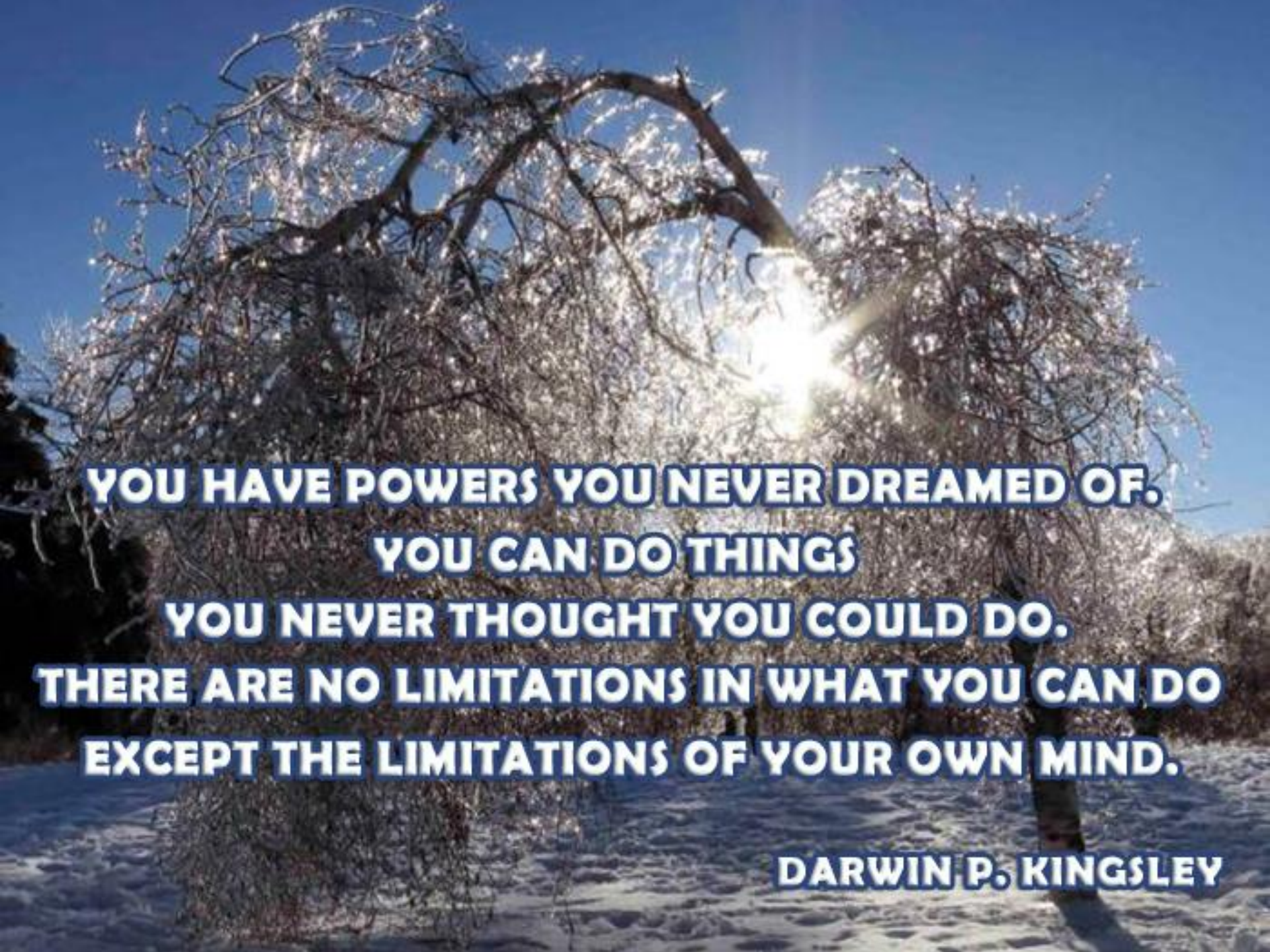
**The brain is full of geometrical structures operating in many dimensions.**

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

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





A winter scene featuring a large, snow-laden tree in the foreground. The sun is shining brightly through the branches, creating a lens flare effect. The ground is covered in snow, and the sky is a clear, bright blue.

**YOU HAVE POWERS YOU NEVER DREAMED OF.  
YOU CAN DO THINGS  
YOU NEVER THOUGHT YOU COULD DO.  
THERE ARE NO LIMITATIONS IN WHAT YOU CAN DO  
EXCEPT THE LIMITATIONS OF YOUR OWN MIND.**

**DARWIN P. KINGSLEY**



TODAY'S ACCOMPLISHMENTS  
WERE YESTERDAY'S IMPOSSIBILITIES

ROBERT H. SCHULLER



DO NOT GO WHERE THE PATH MAY LEAD,  
GO INSTEAD WHERE THERE IS NO PATH  
AND LEAVE A TRAIL.

RALPH WALDO EMERSON

THE BEST WAY TO PREDICT THE FUTURE  
IS TO INVENT IT.

ALAN KAY







# Preparation for Sonship

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

# Preparation for Sonship

- If there is a correlation between biophotons, light, and consciousness, the implications is that there is more to light than we are aware of.
- Our consciousness is radiating light energy used in dimensional communication and travel

# Preparation for Sonship

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

# Preparation for Sonship

- 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



# Preparation for Sonship

- There is a correlation between biophotons and consciousness.
- Even the word enLIGHTenment suggests that this higher consciousness has something to do with light.

# Preparation for Sonship

- 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.”

# Preparation for Sonship

- 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.



# Preparation for Sonship

- 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

# Preparation for Sonship

- The implication that our brains can 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

# Preparation for Sonship

- Quantum entanglement says that two entangled photons react if one of the photons is affected no matter where the other photon is in the universe without any delay.
- Soul and spirit living in dual realms and multidimensional realms is a form of quantum entanglement

# Preparation for Sonship

- 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

# Preparation for Sonship

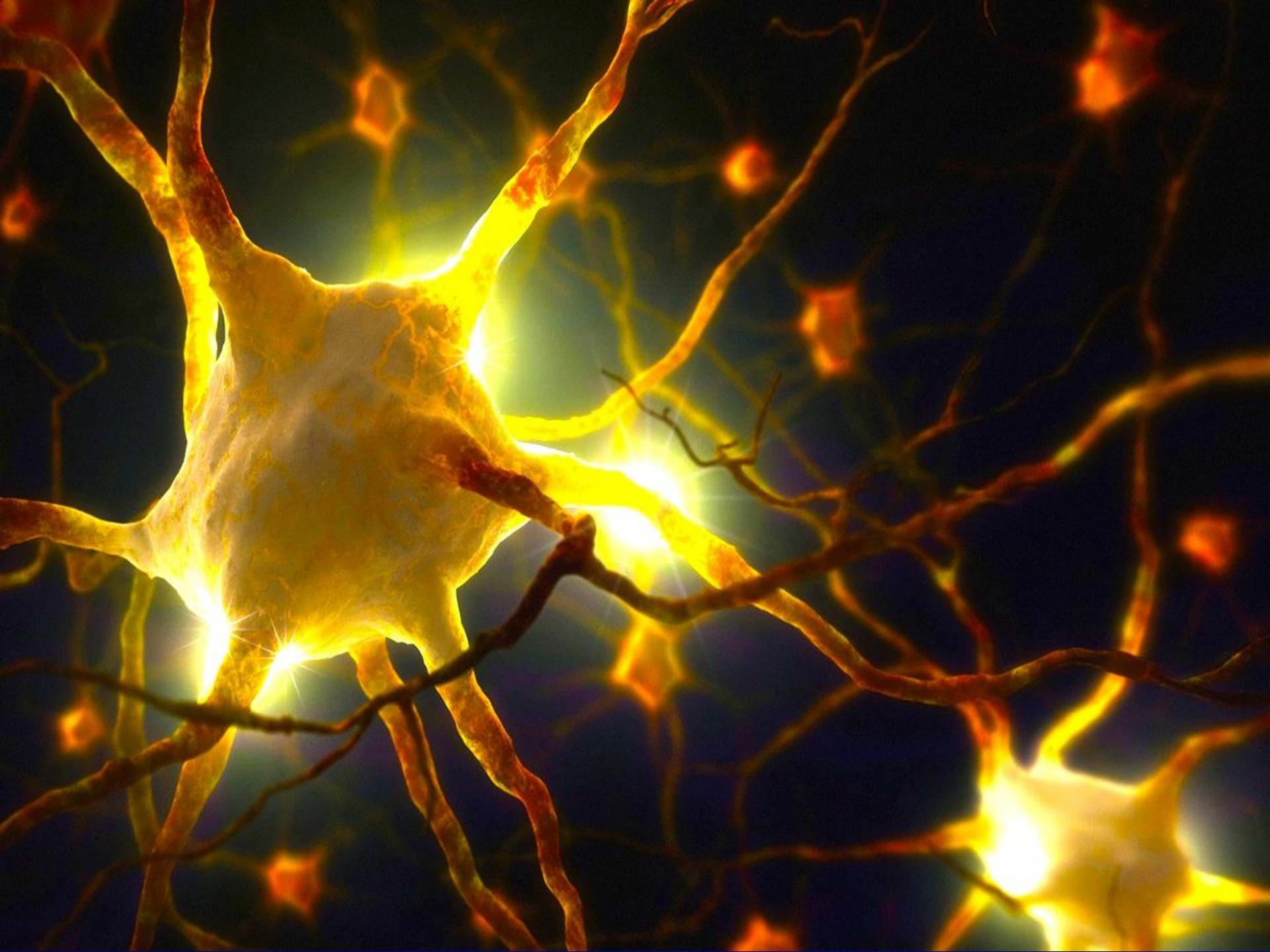
- Our spirit and consciousness communicate with our bodies through these biophotons. And the more light we produce, the more we awaken and embody the wholeness of our consciousness as sons with the mind of Christ

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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.





# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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

The first gulp from the glass of natural sciences will make you an atheist, but at the bottom of the glass God is waiting for you. - Werner Heisenberg (father of Quantum Physics)

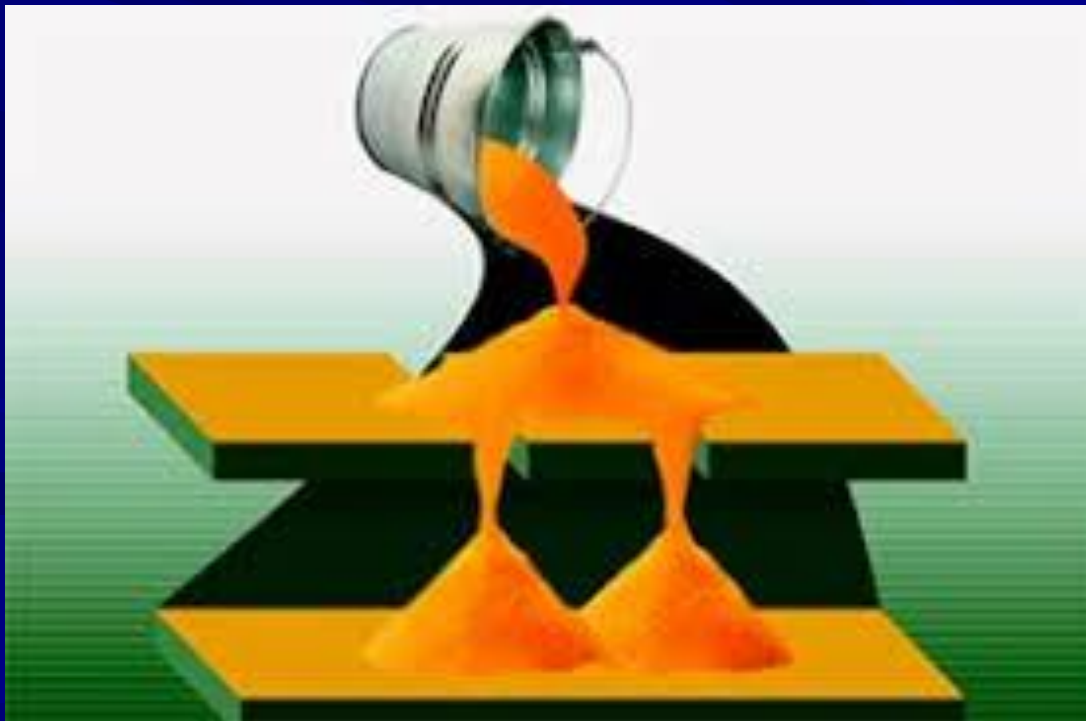
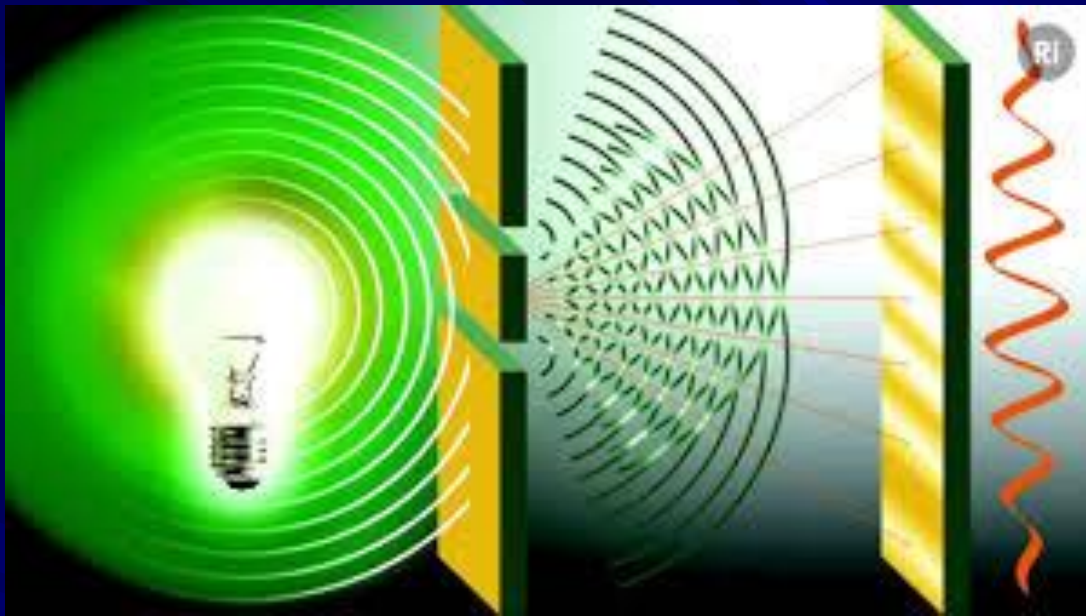


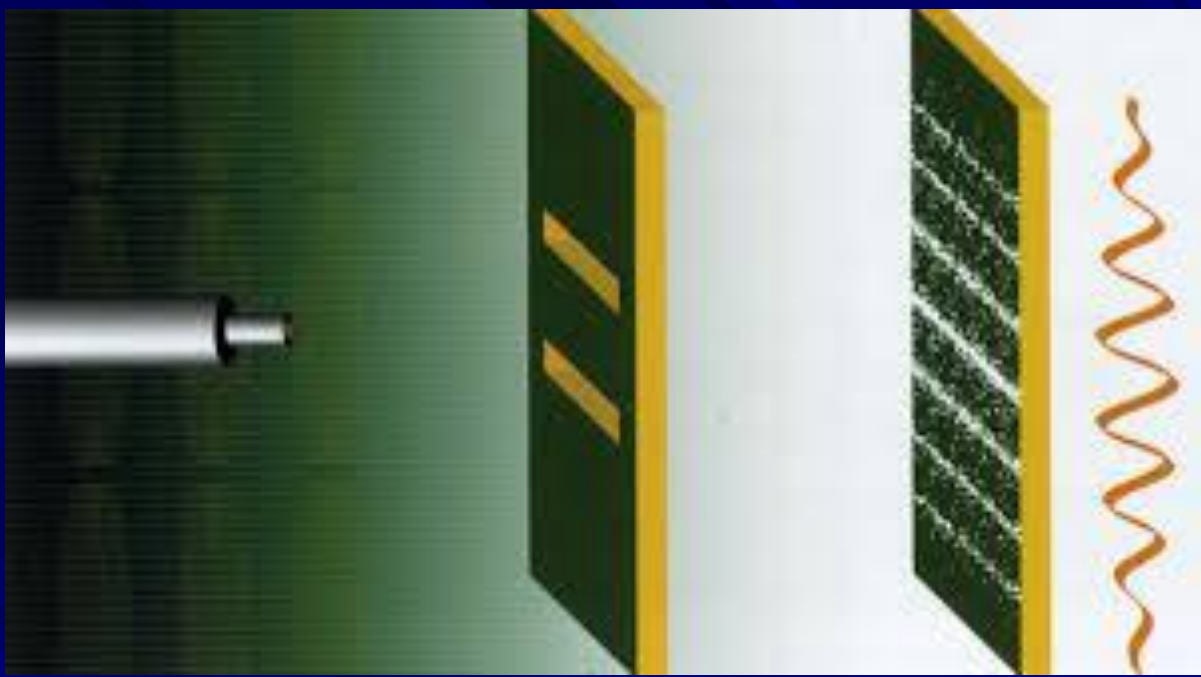
# Preparation for Sonship

- 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

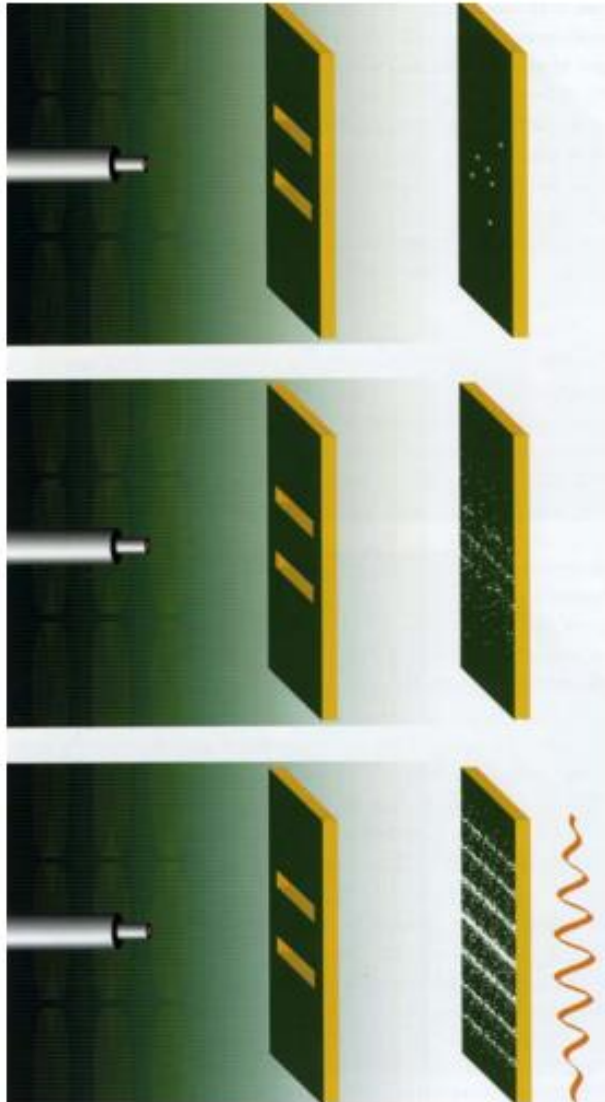
# Preparation for Sonship

- 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

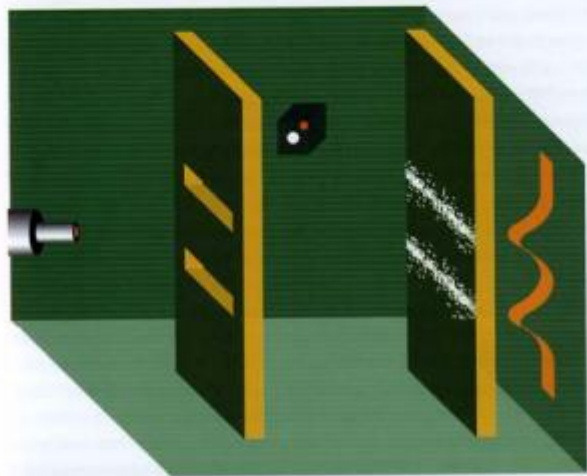


- Individual photons arrive at the observation screen
- Over a period of time, photon detection accumulates in an interference pattern
- Single photon probability distribution is identical to an interference pattern that is formed by classical EM waves

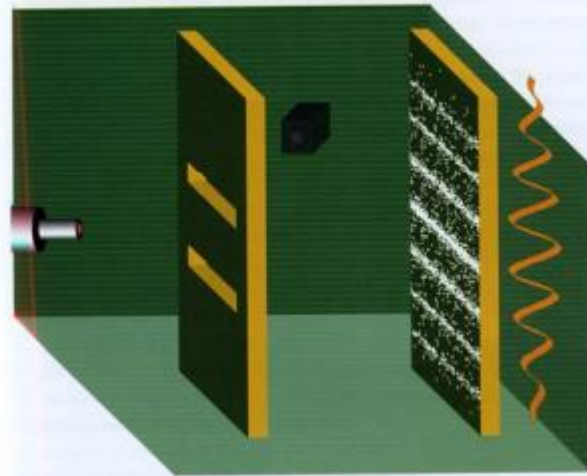


# The “Which Path?” Puzzle

Detector On



Detector Off



- 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



THE QUANTUM EXPERIMENT  
THAT ***BROKE*** REALITY

# Preparation for Sonship

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

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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.

# Preparation for Sonship

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

# Preparation for Sonship

- 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.



# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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.

# Preparation for 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

# Preparation for Sonship

- 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 consciousness' danced with eternal possibilities.

# Preparation for Sonship

- 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.



# Preparation for Sonship

- 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

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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.”

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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

# Preparation for Sonship

- 7 Step Meditation 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



# Preparation for Sonship

- 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



Rest  
Meditation  
Mindfulness  
preparation

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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



Rest  
Meditation  
Mindfulness  
Preparation



# Preparation for Sonship

- 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

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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



# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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

# Preparation for Sonship

- 2. Joy Gratitude thankfulness -  
Loving living
- Continue to relax and begin to think of someone or something you are thankful for. Release your gratitude

# Preparation for Sonship

- 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



# Preparation for Sonship

- 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

# Preparation for Sonship

- 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

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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.

# Preparation for Sonship

- 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

