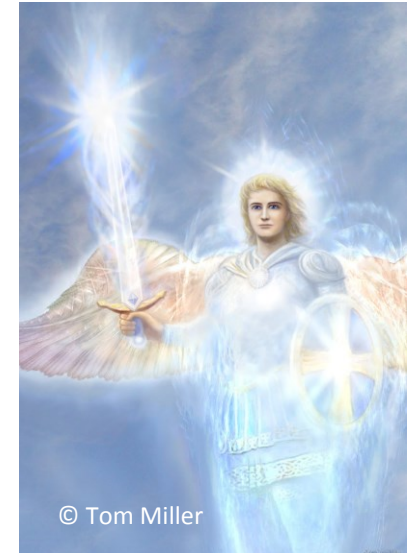
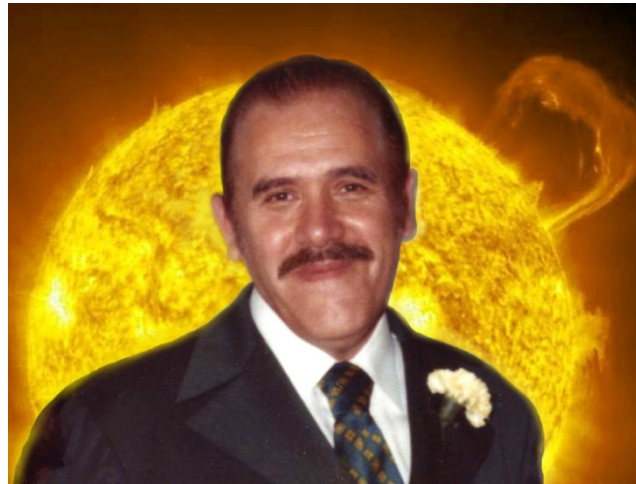


MeruUniversity.org

Living Our Inner Truth

The purpose of this course is to reflect upon what is our Inner Truth, how to attune to our Inner Truth, and tips on how to live our Inner Truth.



What exactly is our Inner Truth?

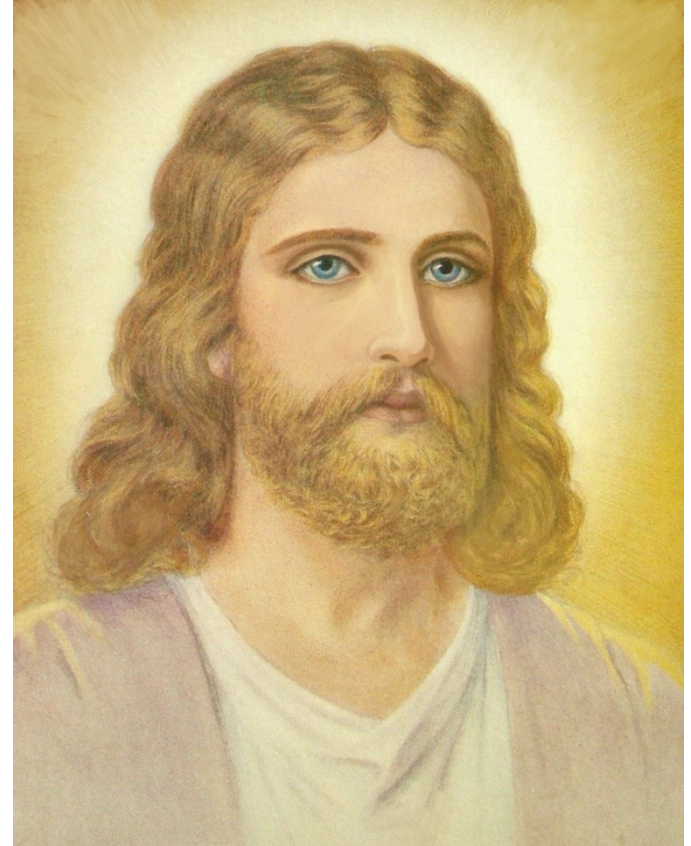
- “For the holy vow that you give is only true when it is backed by that inner truth of your divine person.” – *El Morya, August 7, 2005*
- “Becoming the WORD is a sacred process, an unfolding of your inner truth, a living within Presence with authenticity where you place greater value on the Spirit than on the unspirited nonsense of the outworn mode of your unreality which no longer suits you!”
– *El Morya, February 4, 2009*



What exactly is our Inner Truth?

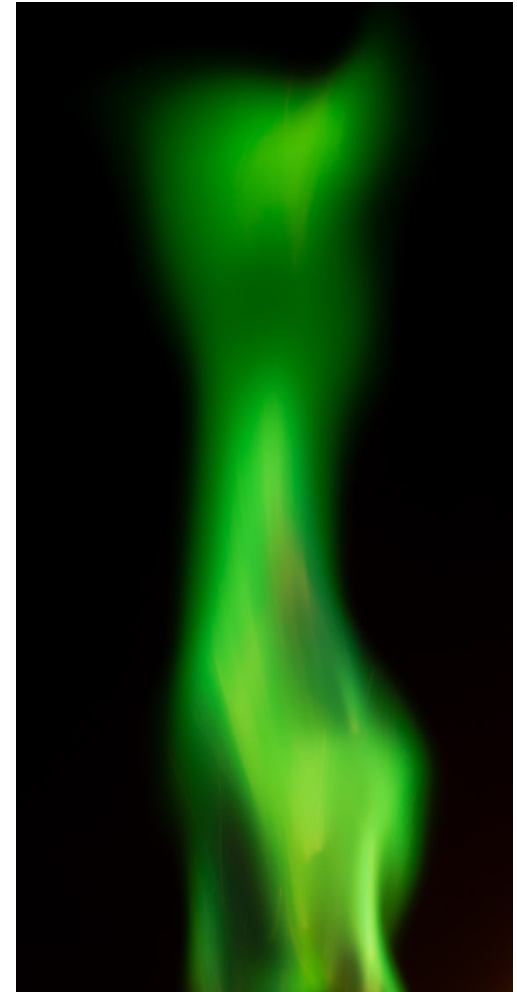
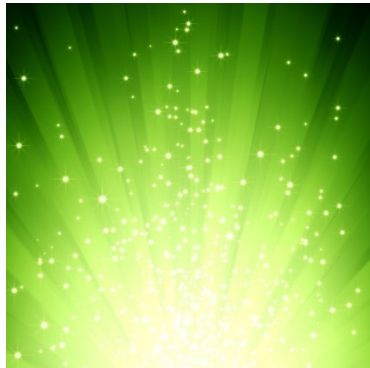
- “And as you refine your own delivery of these truths by continuously involving yourself in the process of purification of your consciousness, your mind, your speech patterns, the use of language and the way in which you convey these truths, then, dearest ones, you may be called by us to deliver both a succinct and a charged message of light that can and will save souls and bring them to the fount of their own inner wisdom, their own inner truth, their own inner Godhood.”

– *Jesus, October 9, 2011*



What exactly is our Inner Truth?

- “The Truth Shall Set You Free”
- Truth is represented by the 5th ray, which is green
- Combination of yellow (Wisdom) and blue (Power) plumes of our God flame
- God’s power expressed mindfully via the infinite mind of God?



The Most Important Thing For All Heartfriends To Do



– *El Morya, February 4, 2009*

Where do we start?



- “Becoming the WORD means to Know Thy Self, to Love Thy Self, and to move from selfhood to Selfhood.” – *El Morya*
- “I and my Father are one.” *John 10:30*
- “Verily, verily, I say unto you, he that believeth in me, the works that I do, he shall do also, and greater than these shall he do: for I go unto my Father.” *John 14:12*

Where do we start?

“To become the WORD means to verbalize only God within. To become the WORD means to enrich yourself only with the divine energies of the Spirit that are the True You that you would fully know, love and move into. If within any area of your life you utilize the science of the WORD to recreate yourself not in God’s image but in another, then I say “WOE!” because you have taken light and turned it to darkness.

“Few fully watch their words and thereby enter into the silence of the WORD within. Few allow only words of encouragement, upliftment, understanding, patience, kindness and a sense of the hallowed life to be spoken. And fewer still have stilled the mind to quiet the voice of the not-self that speaks subaudibly to you through the human personality—unwanted, unloved, unappreciated—seeking your attention, your energy and your untoward words through this ego self-talk.

“Edging God out through accepting the word of the ego is tantamount to becoming a dumb mute where no WORD-ness may reside where you are. And your words become as naught and are devoid of the power of your Presence to seal the reality you seek into the true ID, the identity of divinity.”

Where do we start?

“I AM that WORD. CHRIST fulfills that WORD. KRISHNA lives that WORD. BUDDHA radiates that WORD. MARY sings that WORD. SAINT GERMAIN precipitates that WORD. God within you is and has always been that WORD. In that WORD you may live and move and have your beingness in the essence of the Presence, in picture-perfect love, wisdom and power. In that WORD all words that flow through your consciousness and that you either verbalize or allow to remain too sacred to utter are one with the One WORD.”



Where do we start?

- “Man, know thyself.”



- “Man, know thyself as God.”



- “Man, know thyself as thy God Self.”



https://en.wikipedia.org/wiki/Know_thyself

Food for Higher Thought



As children of God, are we not supposed to grow up to become God?

- “Luminous beings we are, not this crude matter.” – *Yoda, from Star Wars*
- “I said, ‘You are gods, and all of you are sons of the Most High.’” *Psalms 82:6*

Sharing Time

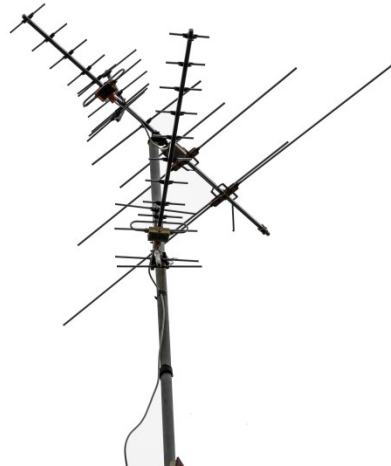


Okay, so really, how do we start?

Surrender



Inner Attunement



Purification



Sacred Surrender

- “You have been given the Ritual of Surrender as a reminder of this dynamic, this soul need. The letting go of the unreal self allows you to be in position to embrace the Real You and to fully become the WORD.”
- “Using and uttering words alone will not secure you in this becoming, this knowing, this loving and this higher movement. Being the WORD through the words that you speak sets up the framework for the WORD to flow through you.”



Sacred Surrender: Ritual of the Divine Interchange

To begin this Sacred Surrender ritual, enter into the sacred space within your heart and allow your mind to be a clean, white and golden sphere of pure energy without distraction. Meditate upon purity within. Ask your angels to surround you with this silent or whispered prayer:

O angels, walk with me. Talk with me. Take my hand. Be with me. Love through me. Work through me. Pray through me. Serve through me.

Opening Prayer

Dear Lord, I give you all. I surrender every particle of my being, my life, my consciousness as you inhabit me at all times. I AM love because your love lives within me. I AM wholeness because you are rich with the eternal spirit of life, and it now fully becomes who I AM. I AM reality because nothing else will suffice for me to know you than to love you with all that I AM, all that I can surrender as my love offering on the altar of your heart. O God, I desire only to know your Presence in me at all times as you work your holy work through me for your purposes. I thank thee, Lord, for hearing my prayer.

Surrender is the art of letting go and letting God. It is choosing the higher over the lower. It is affirming the divine reality in Spirit and in matter. It is the willingness to merge totally with the Allness of Being.

Sacred Surrender: Ritual of the Divine Interchange

I am actively surrendering to you, O God. I am daily, hourly, always rendering my best self to you. My Presence, I am wrapping my best and highest present of my own highest offering to you, my dearest and best friend. I give this holy gift of surrender. I am giving to you what is already yours. All but God I now let go. I am smiling and I am shining with a new spiritual light.

I give you my all, my nothing. Give me your All, your Nothing. I desire your presence with me always. I am yours; you are mine. Illumine my mind and heart so that I can see what I must do to give back your holy love to you. Great God of life, adopt me to yourself to be one with you forever.

As Above, so below, I am experiencing the great interchange of the figure-eight flow. O God, be my reality and the unreal will simply drop away. As God in manifestation, I imitate you, the Divine Giver, mirroring your own gift of Self to me by giving back the all of myself to you. I release all so that I may become the All and then begin a new spiral by releasing the All again and again unto all.

Sacred Surrender: Ritual of the Divine Interchange

Step 1: I Dedicate Myself to Sacrifice, Surrender, Selflessness and Service

I am following the joyful path of sacrifice, surrender, selflessness and service—the first step on the path of sweet surrender. I am one with my divine reality through the sacrifice of the self, the surrender of all through selflessness, the losing of the self to gain the Self, and service to humanity. When I surrender to selflessness, then what will be left of me? What is left is God—of me, in me, as me. I step into the ocean and receive waves of a selfless identity that becomes the All.

I serve you, my dear Lord, in love, humility.

I know the blessed joy of many finding thee.

I surrender daily to my divine calling.

I surrender to holy purpose.

I surrender to the will of God and my own divine reality.

I surrender to the will of the One.

I surrender to the grace of the Beloved.

I surrender to selfless acts of giving my all.

I surrender to the heart of the Father-Mother God.

I surrender to the eternal cycles of God's creative fires of love.

Sacred Surrender: Ritual of the Divine Interchange

I surrender my own heart, one with God's.
I surrender to the greater requirements of heaven.
I surrender to the spontaneity of the Divine.
I surrender to the path of self-mastery.
I surrender to life.

Give your personal prayer outlining the qualities of God that you wish to embrace.

Step 2: I Accept My Divine Reality

I surrender all self-condemnation and accept my divine reality, the second step on the path of sweet surrender. I affirm that God is the goal and I surrender even the slightest sense that I am separate from God in any way. This day I proclaim that I am one with God! God is always with me and inside of me! God is ready for me to embrace the fullness of his Presence.

I open wide the door of my heart and consciousness. The light of God enters and floods me with light and love and washes away all burden, struggle and sorrow. I restore the blueprint of my true Self. I surrender all sense of lack, unworthiness and guilt, and I accept my divinity now.

Sacred Surrender: Ritual of the Divine Interchange

I am becoming my Self. I present a new self to God each day.

Centered in the One I AM, pure beingness in light,
Reality is all I know, now perfect in your sight.

Forever living one in thee, my godhood I decree.
Accepting in totality your essence clear through me.

In joy I give my all to you; now back your currents flow.
Drink me while I am drinking thee; pure love you now bestow.

All unlike God falls away. O Presence, only thee!
Our consciousness now one in bliss for all eternity!

I surrender each time I meditate upon your beautiful face and feel your all-consuming grace, for you love me as I am.

Sacred Surrender: Ritual of the Divine Interchange

Step 3: I Receive the Joy of God's Will

I now take the third step and surrender human will, human ego and human intellect and receive the joy of God's will in exchange. I, once and for all, surrender to the will of God in my life. The glory of the will of God is beyond compare. It is sufficient for all my requirements, both human and divine. The will of God is the first spiral from which I now draw the energy to sustain my pathway home and then burst forth from that eternal home with a newness of cosmic energy to create new worlds of glory.

Immersed in timeless joy and peace
When lovingly I seek your will
Above my own, all struggles cease.

Sweet surrender allows me to always remain tethered to reality, for as the pathway to God becomes steeper, it takes both courage and humility to continue on the way. O divine will, I am as you would have me be in heart and consciousness this day.

I surrender the not-self
And experience the Real Self.
I surrender the human will
And glory in the divine will.

Sacred Surrender: Ritual of the Divine Interchange

I let go of the human ego and I am that which I was created to be in the very beginning: a being of light, fully equipped with the beautiful characteristics of my Father-Mother God.

Step 4: I Embrace Cosmic Surrender

As my final step in sweet surrender, I make the ultimate surrender to my Divine Presence. O God, I surrender everything that blocks the flow of your Spirit into and through my heart, my soul, my life.

I affirm that love is the key, love is the way, love is the light of true surrender. I lay down my life through love. I am one with God. I am the One.

I AM raised up hour by hour, day by day. I quickly ascend every rung of the ladder. By thy grace, I mount to the pinnacle, surrendering all that is less than thee. I am consumed by thy love, O my God, and in that consummation I am only love to all.

Sacred Surrender: Ritual of the Divine Interchange

Surrender, O my soul, to the sweetness
of merging softly into the divine will.
I am consumed in the fire of God's will;
the human will melts away.

Through love, God's diamond will
enters into me, becomes me;
and I am its shining splendor.
Love ignites desire.
Desire propels me into the divine embrace.
I am union; I am oneness;
I am pure desire.

Surrender, O my soul, to joy,
the unspeakable joy of oneness
with the Creator of all.
I AM joy.
I AM the One.

Sacred Surrender: Ritual of the Divine Interchange

I am one with your divine will. I am moving to a new level of sweet surrender—cosmic surrender. I now walk the path of cosmic surrender, following God’s will back to the Source of all life. Even that which I seek of greater attainment and service to life, I first surrender to you, O God. I am cosmic consciousness; therefore, I enter into cosmic surrender. I am the fullness of my own divine reality around me always. I am giving to my Higher Self the total and complete love of who I AM in God. I surrender all attachment to the fulfillment of the attainment that I seek, even all desire to attain to greater heights.

I enter deeply into the heart of God and my entire being is consumed in God; thus only God remains. I am enveloped in cosmic love, the highest love of pure giving of the self unto the cosmic fires of God’s love. I contact your purest love-surrender, O God, and I instantly feel the fullness of your Self in return. I meditate on cosmic love. I meditate on cosmic surrender.

I enter your heart of cosmic joy and my joy expands. I embrace joy and expectancy as I am in the heart of perfect surrender daily, hourly, moment by moment.

Sacred Surrender: Ritual of the Divine Interchange

Closing Prayer

O God, I am your perfect chalice. Your grace in me I extend to others. I am purged and filled with the radiance of your love pouring through me at all times and to all peoples. O Lord, I see in my mind's eye now all those who require your love. Use me as your vessel to give to each one the water of life in the exact portion that that one requires to come home to your heart. This I am according to your will and divine mercy, O Lord.

This day I surrender to my divine calling, knowing that it is more blessed to give than to receive. O God, I surrender to you all that I am and ever hope to be. Come into my temple this day and every day and make your abode with me as I abide in thee. Be thyself in action in me this day and greet all whom I meet with the perfect blessing for each one, so that all may be raised into a greater awareness of thyself in action everywhere.

Sacred Surrender: Ritual of the Divine Interchange

As you go about your day, give the roses of your heart to the Father-Mother God in prayerful moments and silent contemplation. Visualize giving these roses to those you encounter as well, saying:

Here is a rose from my heart. I give it to you, my friend, O my long-lost friend whom I have now met again on the road of life. Know, O soul, that you are precious in his sight and that you can, by God's grace, make it all the way home if you simply love enough.

Recommended Daily Meditation

Take some time each day to fully quiet your mind and heart and simply be still, even if you have only a few minutes of quiet time in the morning or at night before you retire. After a few minutes of seeing yourself enveloped in the pure, white radiance of heaven's grace, see a crystal stairway to heaven and then visualize many angels descending that stairway to be with you. See them standing in a circle of fire around you and blazing forth light rays of sacred fire to envelop you in their radiance.

Sacred Surrender: Ritual of the Divine Interchange

After you are fully surrounded by this cosmic energy, see streams of light pouring forth from your heart to anyone and everyone who requires healing love. See these as glorious rivers of fire, pouring forth across the Earth and engulfing individuals, their homes and entire villages and nations. Hold this visualization for a full three to five minutes or as long as you can maintain the intensity and yet the gentleness of this light within your mind's eye.

See each soul raised in consciousness and all burdens melting away so that that one is happy, healthy and enlivened in this radiant joy. See multitudes of angels surrounding each person, place and condition so that all is simply light, light, light.

After a few more minutes, gradually see the vision recede and the rivers of light diminishing until you are once again centered in your own aura of light. Thank the angels for this sacred service to life and then gradually open your eyes. Take a few deep breaths and then return to your work in prayer or in service to life.

Other meditations



- The beginning of *Unveiled Mysteries* (Green Book) by Godfre Ray King on p11
- Chapter 3 of *Advanced Studies of the Human Aura*, bottom of p15
- MU 1703, *Awakening through the Spirit of Stillness and the Sounds of Silence*
- “The Master asks that you meditate us you listen to the song ‘Alchemy of Love.’ Listen to it with new ears to hear the inner message behind both the words and the melody, which can sing within you.” *Saint Germain on Advanced Alchemy, Ch. 33*

Alchemy of Love, song 57

When you're here beside me and your face is glowing,
All else seems illusion; space and time stop flowing.
All eternity is captured in the Now that is your smile.

When we walk together and I hear your breathing,
Every moment's heightened in this sacred feeling.
Perfect alchemy of wonder in the beauty of your form.
All eternity is captured in the Now that is...
Within the Now that is your smile...
Smile of love.

Interlude

Can our souls be woven in a mystic union
And our hearts be bonded in this sweet communion?

Pure geometry of vision in the radiance of your eyes
Perfect alchemy of wonder in the beauty of your form,
Form of love.

Alchemy of Love, song 57

Can you feel this fire, this gift from above
Binds our souls together forever in love?

I have always seen you as a crystal rainbow.
I have always loved you. Now I feel my heart grow.
Sacred energies unbounded are released to us this day.
Sacred energies unbounded are released to us...
Released to us, released to us this day...
Day of love.

Food for Higher Thought



The part of our body that we call our chest contains our greatest treasure: God! Look within and see what you find!



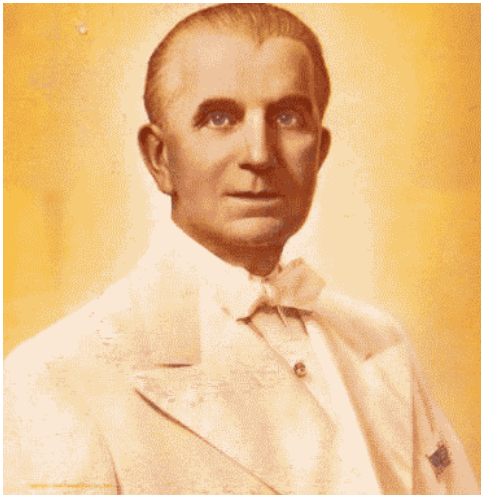
“The kingdom of God is within you.” *Luke 17:21*

Sharing Time



Purification

“For I believe in miracles
as I’m *attuned* and *pure*.”
*Decree 10.020 “I AM God
Free”*



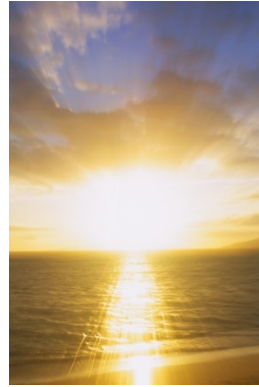
“And as you refine your own delivery of these
truths by continuously involving yourself in the
process of *purification of your consciousness,*
your mind, your speech patterns, the use of
language and the way in which you convey
these truths” – *Jesus*



Purifying the Body and Soul



Sleep



Sun gazing



Nature

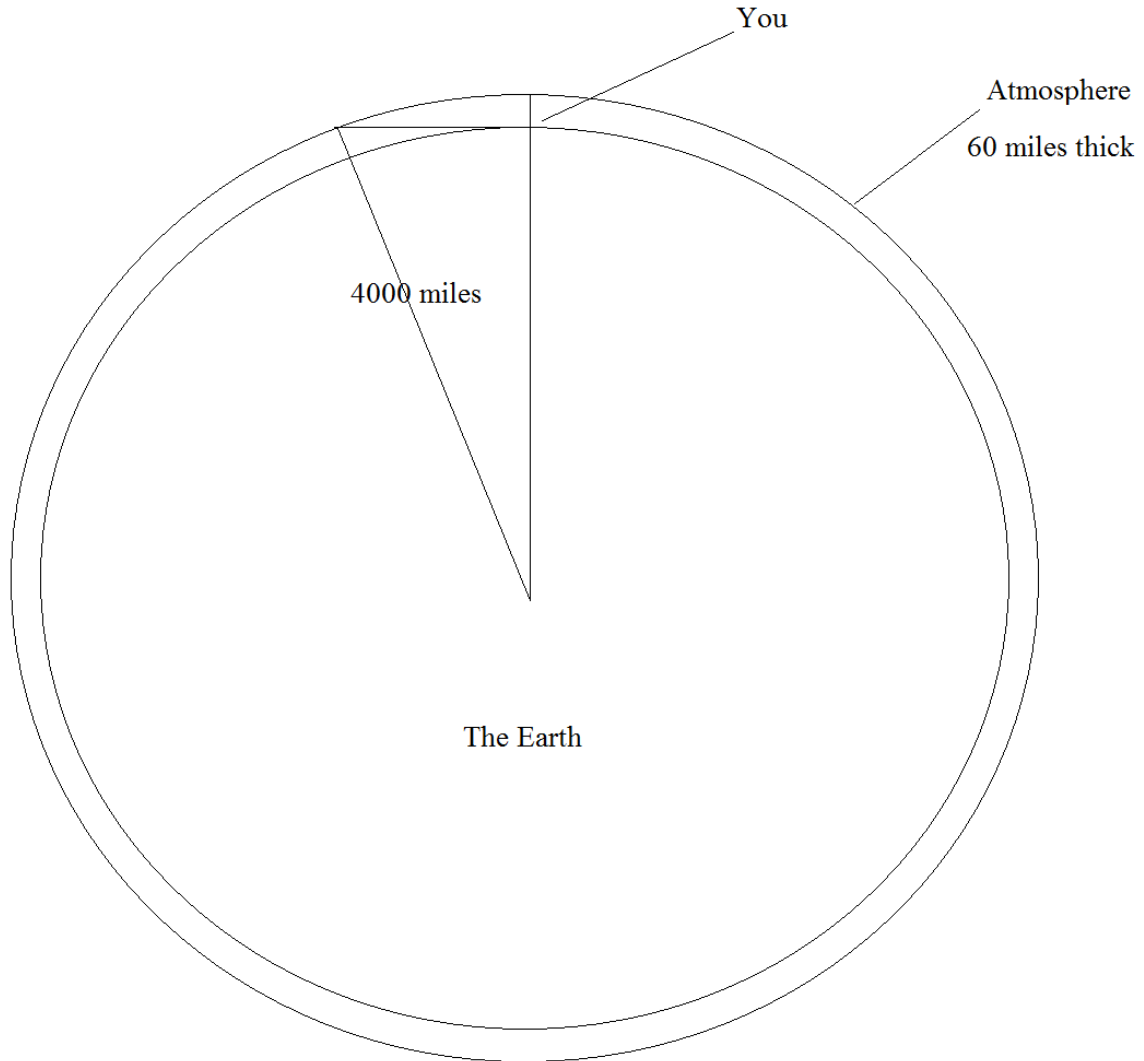


Fresh air and exercise



Fresh food

Sungazing





Taking Care Of Our Physical Bodies

“Michael would like to address us briefly regarding our health and well-being through exercise. He says that initiates who love themselves take care of their body temples and defer to their Higher Self in all decisions regarding diet, exercise and compliance with the laws of God. If we truly desire to be initiates of the highest order, we attend to the details of life, which include reverence for our bodies and acceptance of the initiations that come through our bodies. And that means that we are ready for these initiations by being strong and full of virya, vim, vigor and virtue.

“This requires that initiates care about themselves enough to exercise, move their bodies, strengthen their bodies. This is all about self-love, the highest aspect of self-love. If we let ourselves go and we are not invested in the total path, we can justify overeating, lack of sleep, not drinking enough liquids—especially pure, clean, unadulterated water. We can justify eating all manner of things that we know in our hearts, as initiates, we shouldn’t be eating, including things with sugar, refined sugar, lots of gluten, things that are fattening to our body (although there are good fats) and those things that take us a little bit off of the pure trajectory of our ascension.”

– David Christopher Lewis discourse with Archangel Michael, March 20, 2016

Taking Care Of Our Physical Bodies



“There are many diets and many theories about the correct diet. And yet we know that there is not one diet for everybody. However, we know that refined sugar, especially white sugar, is the biggest problem of today. It is the biggest problem for initiates in terms of maintaining harmony and mindfulness, the ability to meditate for long periods of time and maintain a connection with God, and being joyful without mood swings. If you take in sugar, then don’t blame anyone else for mood swings, Michael says.”

– David Christopher Lewis discourse with Archangel Michael, March 20, 2016

SUGAR



Taking Care Of Our Physical Bodies



“Now, you can either choose to ascend with as much karma balanced as possible—hopefully 100 percent—or you can choose not to. The choice is yours, Michael says. Yet if he were incarnate today as we are, he would choose to strengthen his body temple to be able to withstand all that is transpiring on the Earth. He would choose to exercise twenty minutes or more each day, and preferably two or three times a day for ten minutes. In this choice and in this freewill experience, there will be an infusion of light into and through the body temple to allow it to pass its tests and initiations, to be joyous and full of this vim, vigor, virya and virtue so that it can then move forward, ever forward, ever forward on the path.”

– *David Christopher Lewis discourse with Archangel Michael, March 20, 2016*

Food for Higher Thought



We are advised to be prepared at a moment's notice for service! Are you ready?

Perhaps watching the foods you eat, and not watching the foods you shouldn't eat will help!



Purifying the Mind

- Not suitable for children

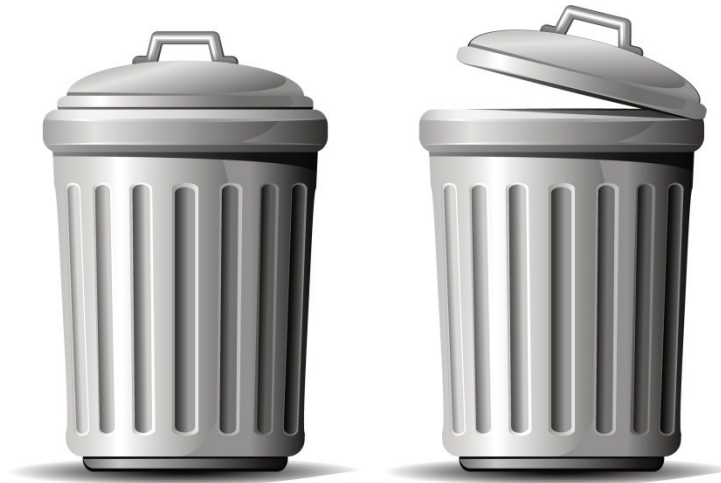


- “Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven.” *Matthew 18:3*
- “Get these things hence!” *John 2:16*

Food for Higher Thought

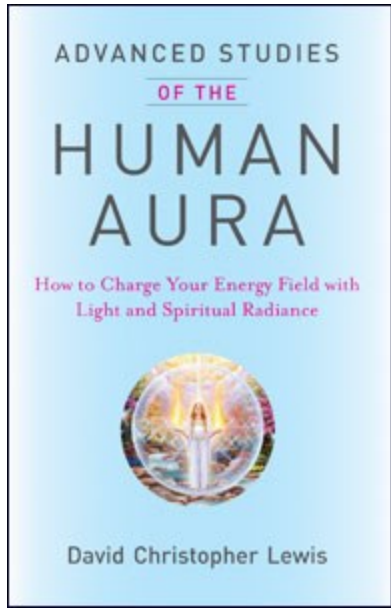


Once you put it in, you have to clean it out!



GIGO: Garbage in, garbage out.

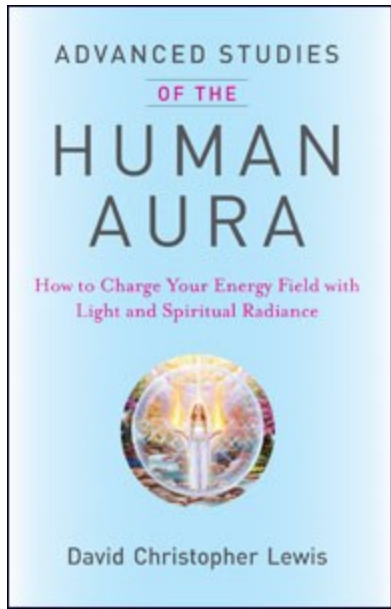
The Importance of High Vibratory Music



“This heart rhythm is truly the most sacred of all sonic patterns throughout the cosmos, for without love manifest within this process no life could exist. It is the quintessential music of the spheres right within your own being whereby there is a continuous turning of worlds within worlds and a replenishing of the sacred beingness of God moment by moment.” – El Morya



The Importance of High Vibratory Music



“Some infants experience the cacophonous sounds and rhythms of dissonant music that are not in alignment with the heart. Many forms of rock, rap, and reggae music, for example, are jarring to the soul and its divine unfoldment. Their lyrics exact the drama of the human personality and their beats anchor souls to the lesser, carnal self. The vibrational quality of what many of these musicians emit creates a magnetic field that is in step with the astral world. When discordant sounds are continuously fed into the ears of youth and adults, their chakras are closed off and their auras washed out. The earth’s own auric field is weakened by these dissonant wave patterns.”

“The darkness infiltrating the Earth and the minds and souls of her people through this music must be transformed and uplifted if we are to give birth to an enlightened age of true love and compassion. The way to prevent this from progressing is to educate people about what occurs energetically when various types of music are played, focusing on music’s influence on the soul and the auric field. As a result, we may once again create a culture of light such as those Earth hosted in ages past in India, on Lemuria and on Atlantis, to name a few.”

The Importance of High Vibratory Music



“Depravity is no longer an isolated condition—not since the breaking through of the astral plane of the drug culture, multiplied many times over by the rock beat. I would remind you that for the protection of the very souls of the people, there is needed in your home an instrument to play perpetually the music of Beethoven. It is in the nine symphonies that you will find the power of the three-times-three to neutralize the rock beat that is continually playing on this planet, gaining momentum on the airways from satellite, through television and radio, on stereo systems, in headsets, vibrating through the very marrow of the bones of the people as newer and more perfected forms of technology allow these sounds to resonate to the very core of the cell.”

– Archangel Michael, July 11th, 1982

Sharing Time

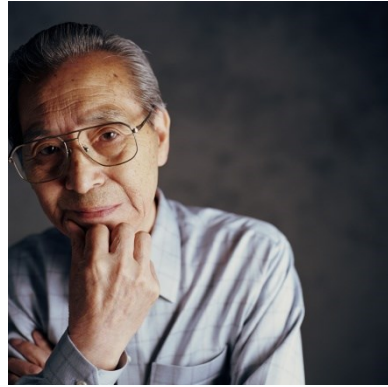
time to
SHARE

Walking the Straight and Narrow



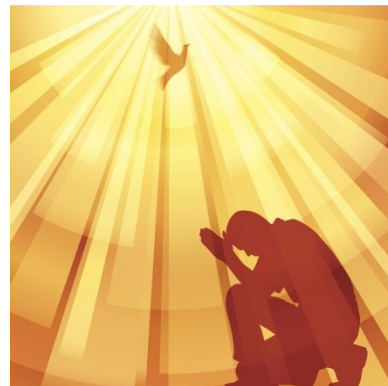
- “There’s a difference between knowing the path, and walking the path.”
– *The Matrix (movie)*
- Let go, and let God.
- You do your part, God will take care of the rest.
- “I don’t believe it!” said Luke. “That, is why you fail,” responded Yoda.
– *Star Wars (movie)*

Food for Higher Thought



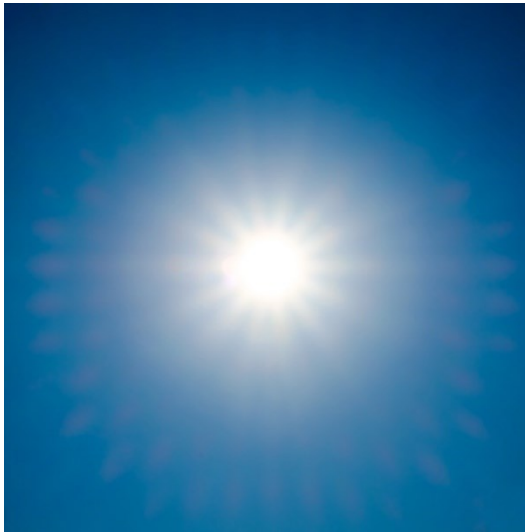
God is *always* there for you.

Are you for Him?



Walking the Straight and Narrow

“Lead me not unto temptation, for I can find the way there myself!”



- “Turn your face toward the sun and the shadows will fall behind you.”
– *Maori Proverb*

Walking the Straight and Narrow



“I’m rich beyond my wildest dreams, I AM, I AM, I AM!”



Walking the Straight and Narrow



Fun!



Uplifting!



Challenging!



Embrace the Real You

Walking the Straight and Narrow



Take a breather



Tired?



Hungry?



Fresh air?



Nap time?



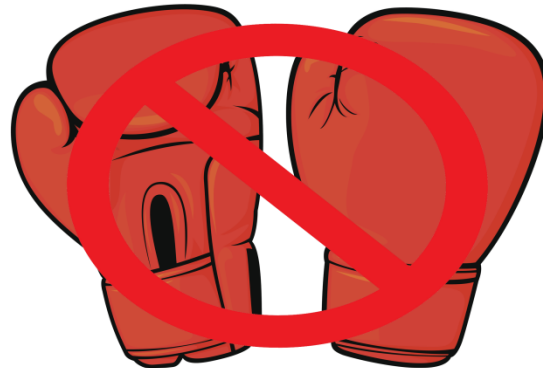
Sleep?

Food for Higher Thought



When you're tired, your barriers may be partially or all the way down.

Those things off the path may appear more appealing than normal!



(More) Food for Higher Thought



It's not how many times you fall that counts.

It's how many times you get back up!

Sharing Time



Living Our Inner Truth



Sharing Time



Final Food for Higher Thought



God is the doer of all good things!

Remember to remain humble!





Sharing Time



Summary

- Becoming the WORD
 - Be mindful of what you speak
 - We are Drops from the Great Sea of God, alike, and yet unique
 - Know yourself as your God self
- Three tools to use that are like a team: they work best when used together
 - Surrender
 - Sacred Surrender, Prayer 9.006
 - Inner Attunement
 - Meditation, visualization, being silent
 - Be mindful of the glass darkly, shatter it if you can
 - Purification
 - Body and Soul
 - What we ingest and do not ingest, physically and otherwise
 - Sungazing
 - Observe how your bodies respond to what you ingest
 - Exercise
 - Mind
 - Not suitable for children
 - Garbage in, garbage out

Summary

- The importance of high vibratory music
- Walking the straight and narrow
 - Let go and let God
 - Turn your face toward your Sun and the shadows will fall behind you
 - Large wad of money in your pocket
 - What would Jesus do
 - Be mindful of your actions, and the condition of your barriers throughout your day and night
 - No boxing gloves
 - What matters is how many times you get back up
- Living Our Inner Truth
 - If you don't already know, be still and ask
 - You get what you expect in life
 - God is the doer of all good things! Remember to remain humble!
 - A visualization to stay in the Light



Complete a Survey

Thank You

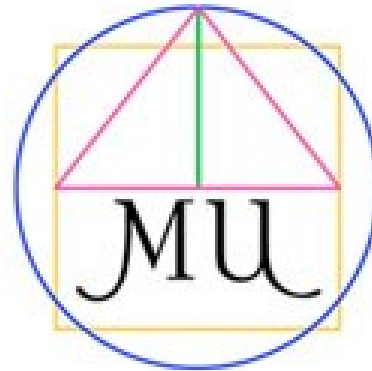
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