

InVest: 45 – Go With the Flow

On July 14, 2010, in answer to my request of Spirit for guidance on my next step in bringing forth healing and harmony, I was shown an image of the following symbol:



When I asked what this meant and how I was to utilize it, I felt impressed to reach both of my hands above and out to either side of my head, like unto the top two points of the symbol. With hands upraised in this manner, I felt “plugged” into Father-Mother God.

Then I drew both hands down in a slow, sweeping motion, following the two lines. My hands came down to the top and side of my head, thereby anchoring the higher or hieronic energy there. In a flowing motion, I continued lowering my hands alongside my head and neck, which guided the energy through this region. Previously, my third eye and throat chakras had felt congested with power, energy and light. Now, this overload released and flowed gently, evenly and powerfully, like a river, through these two centers and down my neck and spine.

At the back of my neck, the energy moved into my shoulders, along my arms and through my hands. As it did so, I felt and aided the process by moving my hands down in a sweeping motion, following the lower part of the outline of the symbol, until my arms were all the way down and my hands were about a couple feet away from my body. This brought a delicious sense of the flow of cosmic, hieronic energy in and through me.

I had to chuckle at this simple, childlike, yet divine exercise. Clearly, I was to go with the flow; to let go and let God flow through me like a dual river of light, energy, power and grace; to see, do, enact, and be this. Keep it simple, sweetie!

Over the next few days, I did this exercise repeatedly, always with the same result of restoring and reinvigorating my harmony, balance and fluidity. It eventually dawned on me that the symbol represented the alignment of the subconscious (left) with the conscious (right), in-between which, flowing down the center, was the superconscious, I Am Self and light body.

Moreover, it portrayed the alignment and equal functioning of the power of imagination/third eye/thalamus and its complementary power of understanding/five minor centers/five physical senses. The disciple Nathanael Bartholomew represents imagination, whereas Thomas Didymus represents understanding. Both the names *Thomas* and *Didymus* mean “twin, conjoined, twain, coupled.” Imagination and understanding complement, supplement and balance the other, such that the I Am Self can flow easily and smoothly through the head.

Visualization & Demonstration: See the symbol)(before you. The top third is above your head. Reach your hands up and to the side of your head, to the top of the) and of the (of the image. One hand links with and plugs into Father God, one with Mother God. Bring both hands down in a sweeping, flowing motion, moving God Force/Creative Energy into the head, down the third eye, into the throat chakra and out the arms and hands. Sweep your arms down and out. Be imagination and understanding linked together as one in the One. See it. Know it. Be it.