

InVest: 66 – Let God & Let God

As we move into December, we shift our focus from the power of regeneration to its complementary power of **elimination-renunciation**. Following our spiritual rebirth, we review and let go of anything that is left over, no longer needed, still in error, or excess baggage. We let go and let God remove it from our mind, body and soul.

In our physical body, our **colon or large intestine** removes solid wastes (feces) whereas our **kidneys, ureters, bladder and urethra** remove liquid wastes (urine). All that is in excess, is harmful, and that does not serve a healthy purpose gets filtered out and removed from the body.

So, take a few moments now to shift gears. Remember, you cannot always be in a positive, creative, doing mode. Rather, following your rebirth and regeneration, you need to rest, assimilate what has happened, take stock of where you are, see what is leftover, and give yourself time to shed the excess, the toxic, and the unnecessary aspects of your life.

It is not even so much that you have done anything wrong, so much as elimination and renunciation and release is just a normal power and proper function, the next step in completing your 12 steps to Christhood or I Am consciousness. Without change and transmutation, we would become overloaded with ideas, feelings and habits that have served a good purpose, but need to be let go in order to make way for the new.

One way to focus on and work with elimination is to visualize yourself surrounded in a **violet flame of light**. Violet is the color of transmutation and elimination. Envision yourself in violet light, whose nature is to burn away and transmute the dross, in order to refine you and bring forth the golden light of your I Am Self.

Remember, too, that the power of elimination functions primarily on the passive, receptive polarity, as a complement to the active, positive, male polarity of the power of regeneration. In physical elimination, we do actively initiate the process – we decide to go to the bathroom and begin the activity. But both defecation and urination are then primarily a letting go. The body knows exactly how, in what way, and to what degree it needs to work to smoothly, efficiently and effortlessly remove the waste products.

Place yourself in the violet flame. See it all around you, about 2-3 feet away from your physical form, such that it includes your aura. Once you have identified what needs to be released, simply let that thought, feeling, memory or physical habit be in the violet flame. Of yourself, you do not burn it away or transmute it. Rather, Spirit does the transmutation and elimination through you. Overcome the temptation to try to control this or force this or make it happen or resist it. Rather, let go and let God and the agents of God do the elimination through you.

Just as a mother after giving birth releases the placenta or birth sac that is no longer needed, with your rebirth last month now let go of your “spiritual birth sac.” Let it go. Release it. Know that it is eliminated as you have asked Spirit to transmute it. And give thanks to our Father-Mother God.