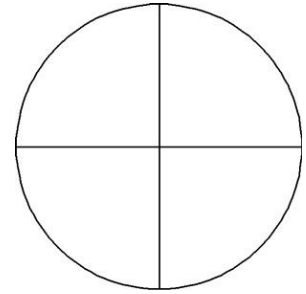
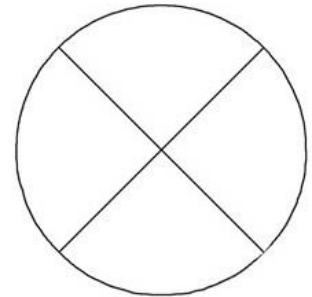


InVest: 68–Flow Forward & Upward

As shared previously, when MariLyn and I were at El Silencio in Costa Rica, I received as a focusing device the image of a **sun cross**, which is a circle with an equilateral cross in it. The circle is for wholeness, oneness, and full I Am consciousness. The cross is for crossing out the mortal to make way for the immortal. Wherever we are and whatever our mission, we are to stay centered at the point where the horizontal and vertical poles of the cross intersect, which is the very center of the whole circle, in our heart chakra. We are to align and keep in balance our four lower bodies: mental, emotional, astral and physical. We are to come back time and again to the four-step matrix of peace, love, cooperation and coordination.



After 3-4 days of concentrating on this cosmic centering symbol, I was instructed by Spirit and the agents of Spirit to rotate it 45 degrees to the right. Amazingly, totally unexpectedly, the cross now took the form of two V's, one whose apex pointed downward, and one whose apex pointed upward. Here was the very V symbol that I had used all year in our 12-step program to *Invest in the I Am Nation!*



Via the downward pointing V, Spirit and the agents of Spirit invest light, love and cosmic life into our four lower bodies. Via the upward pointing V, we focus single-mindedly on, and invest in, Spirit's will, which is to love God and to love our neighbor as our self. Our goal is not only crucifixion but also renewal, rebirth and resurrection, for one and all.

Next came the instructions: Keep the ball rolling forward and upward; go with the flow in working with the four steps of peace, love, cooperation and coordination. No matter what the problem, the place you are or the people you are with, keep on keeping on. Begin with peace, add love, move to cooperation, and finally in the fourth step crystallize and manifest coordination.

When the sun cross is aligned in a vertical and horizontal position, focus on its upper right quadrant of peace. Before you can change anything, help anybody or heal any imbalance, you must be at peace. Once this stillness and calmness is established, the sun cross rolls forward 45 degrees, such that the peace quadrant faces fully to the right, indicating it is expressing itself.

Now, focus on love, which comes down to you from above, down through the downward pointing V, into your heart center. Let yourself be filled with love, which transmutes your separation from others and your unwillingness to have compassion for them and to forgive them. With love in your heart, you openly can address all parts of your past disagreements. When you put this second step of love into action, the sun cross rolls 45 more degrees forward.

Now you concentrate on new ways to cooperate with your friend, family member or former foe, which when established rolls the sun cross 45 more degrees forward. This leads to the fourth step of coordination, which when manifested rolls it 45 degrees, back to its original alignment.

Then, begin with the next problem, the next challenge, the next seeming obstacle. Start a new cycle of moving forward in four steps. On and on it goes until we heal humanity. So be it!