

InVest: 18 – Double Up & Double Down

In my dream of February 8, 2010 in which Phillel, MariLyn, other light workers and I agreed to purchase a 4th horse, we first discussed the price we would pay for it. Phillel (representing spiritual power) said it would cost 27% of the worth of the first 3 horses. So what did this mean?

“2” stands for doubling up and doubling down. We do this via the **2nd power of strength**, which expresses via our spinal cord & nerves. Via the 2-way channel of the spine, we rise up to our faith/cerebrum and into I Am consciousness; and then we return back down the spine to doubly anchor the higher I Am energies through our nervous system into our heart and circulatory system, which carries love throughout our body. **We double up & double down.**

“7” stands for the 7th step of peace, love, cooperation and coordination, in which we doubly feel the harmony and holiness of our heart. We ride the 4th horse by having a double dose of renewed faith, strength and love. If not, the horse of destruction rides and tramples us. To get on the horse, we double our peace and love; to ride it, we doubly express love in all that we think, feel, remember and do. 2 plus 2 equals 4, a solid foundation of crystallized love.

Begin by doubling your quiet time, wherein you are doubly intuned with the divine. This can be in meditation, listening to music, going for walks in nature, knitting or even cleaning your home. Whatever you do, do it in the silence. Enter into the emptiness. Go into the still hidden cave or deep recess of your heart. Sit there. Be there. Be still and wait upon the Lord's love.

Decrystallize & re-crystallize your cerebrum. My 12/6/08 SPECT brain scan showed multiple areas of damage and dysfunction, the result of numerous minor head traumas, which reflected my soul blockages. Prior to this scan, I had focused primarily on de-crystallizing and crucifying my soul errors, tearing down my mortal temple. Now I concentrated on re-crystallization, resurrection and rebuilding my light temple. To begin, Spirit guided me to double the time I spent in meditation each morning, so I went from 1 hour to at least 2 hours. This was 1/12 of a whole day/night, like a tithe of my time and energy to Spirit. All that really had to be sacrificed was 1 hour of watching junk TV each night so that I could go to bed and get up 1 hour earlier.

After one year, my resting pulse rate during the day had dropped 6 beats per minute. My blood pressure dropped 8-10 points. My headaches disappeared. My moments of insanity diminished greatly, and I felt pervading peace and love I never had felt before. A SPECT scan one year later showed a 50% improvement in most of my previously lowered cerebral centers. **After two years**, Spirit poured out a double dose of hearty holistic harmony into my thoughts, feelings, memories and body. My healing work entered a new octave of being love in action.

Double your quiet time. Start by eliminating any waste of your precious time. Go to bed earlier and get up earlier, and build up to doubling your meditation time. Double the time that you spend walking, gardening or doing whatever it takes to be centered in your heart. Build in this quiet time in a slow, step-by-step, sequential, methodical way, never overloading yourself.

Double up & double down. Trust your heart to guide you, and live doubly from the inside out, from above to below. Ride with love and power. What could be easier than to be doubly divine!?