A Spiritual Technology

Our Father
Who art in Heaven.
Hallowed be Thy Name.
Thy Kingdom come, Thy
Will be done on Earth as it is in
Heaven. Give us this day our dai-
ly bread and Forgive us our tres-
passes, as we forgive those who
trespass against us. Lead us
not into temptation, but
deliver us from evil.
Amen.

By Bodie McCoy
Our Programs

Are dedicated to awakening & honoring the divine inner Awareness of your soul. They are designed to encourage You to open to perceive that which is for the Highest Good in any given moment.

[This program includes 23 audio mp3’s to also assist you on this path.]

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Oracle of the Heart™

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Sometimes it is necessary to ‘un-learn’ what we’ve been taught about something, or someone, in order to discover the truth in our own unique way. In 1982 it had been years since either my wife Barbara of myself had even thought about The Lord’s Prayer. Our experiences with therapy, metaphysics, and especially mantra yoga now enabled us to see The Lord’s Prayer as a system for understanding human consciousness.; a spiritual inner technology.

Below you will see, as we did, how the attunements of the prayer align perfectly with our chakra energy centers. And how the attunements also align with the original roots of yoga. And bit by bit, like assembling the pieces of a puzzle, this spiritual technology of The Lord’s Prayer has continued to became more and more clear. We have discovered a core spectrum of 32 human elements or aspects of consciousness within it.

[See page 8 to see all 32 core elements]

We have described this inner technology as a map or blueprint of consciousness. Imagine a magical mirror for looking within yourself to see how Spirit, the Light, has created you and how it is creating through you to manifest your own unique reality. There’s much we can do with the insightful reflections of this magical mirror but first we must experience it personally as our own reflection. It is also important to experience how these reflections support and assist us with realizing our highest, truest purpose; to see ourselves as we truly are.

The bottom line of all the ancient teachings from which this mirror has been gleaned is that you are The Light, the creator of your own unique reality. We offer a series of simple guided exercises as you go through your program to help you experience how the Light is present within you and how you may easily use your inner Light to balance, to quickly raise your awareness, to enhance your creativity and even begin your own personal healing.
We see these 32 human elements as invaluable keys for deeply fulfilling the highest purpose of the prayer Jesus taught, to move through and beyond our physical sensory awareness into spiritual soul awareness. To help you appreciate and feel the spiritual value of these 32 core human elements let us focus on just the first two as an example; they are ‘receiving’ and ‘giving’.

When we hear these words or think of ‘receiving’ and ‘giving’ what generally comes to mind are images of external activities and relationships, but as you will see, receiving and giving are woven into us in our breathing. Receiving and giving are qualities of our human spirit, our truest selves; essences of our soul.

Receiving and giving are the foundational pillars of Our Creators law, “as you give so shall you receive”. It is said that we are created in the “image and likeness” of Our Creator, which exemplifies that we too are creators. The Lord’s Prayer illuminates, empowers and evolves within us this sacred truth. This awareness enables us to co-create responsibly with our creator for the highest good and this is the powerful spiritual technology embedded in the Lord’s Prayer.

To see how these 32 elements are within you and how they empower each of us, take a moment to feel and reflect on how receiving and giving are present in your breathing. The more you receive the more you can give and the more you give, the more you can receive. And just as receiving and giving are inseparably connected, so are all 32 of the human elements of this system.

To reflect on the higher dimensions of receiving and giving think of a flame. In the bible Our Father is described as the “All Consuming Flame” and “Tongues of Fire”. He is also called “the Father of Lights” and our souls, our pure creator flames, are His children.

You may connect with your inner flame by reflecting on your experiences of receiving and giving. Now once again, breathe deeply, and feel yourself receiving as you breathe in and feel yourself giving as you breathe out. Now simply relax and breathing gentle, inwardly say, ‘I am receiving” and then “I am giving”. As you do this you may begin to feel your in-
ner flame, your spirit, your essence that is naturally breathing you. This is an example of how receiving and giving represent opportunities for moving from your physical external awareness to your spiritual inner awareness. The same is true of all 32 of the elements that form the core of this spiritual technology within The Lord’s Prayer. Receiving and giving also represent opportunities to heal our relationship with ourselves and Our Creator. It is identifying with our physical bodies and our external experiences that denies us our creativity, makes us feel dependent, and feel the need to control everything and everyone in our reality. In other words, it is identifying with our physical bodies and experiences that makes our lives complex and difficult.

By identifying with our light body, our spiritual soul we heal these illusions that separate us from ourselves, from each other and all that we need to live and thrive. By identifying with the pure inner light of receiving and giving we liberate ourselves from all that shrouds who we truly are. And as we have learned, and you will experience, when we harvest memories and put this technology into motion we clear and cleanse our doors of perception, freeing us to be fully present in every moment.

Listen now to the 126th Door of perception: “I Am Loving”

Over the past 25 plus years we have discovered a variety of ways of using these 32 core words that define our human consciousness. I would like to point out that Hu in ancient Sanskrit is a sacred name for God. So the word human is a beautiful portrayal of who we are, God embodied in man.

Our goal in sharing experientially with you what we have developed, derived from our study of the Lord’s Prayer, is exactly that. That indeed we are Spiritual Beings living in physical bodies; not the other way around which seems to be the prevalent experience we humans have. What the Lord’s Prayer facilitates as we say every word is a greater knowing of this divine truth. The stories that we share of how we’ve discovered this technology we believe are deeply revealing as well from the stand point that everyone’s life is a journey of discovery and that every experience, every relationship, every challenge and every opportunity is designed to help us awaken to who we truly are.
You may know from reading some of our other material that during our first three years while we were uncovering these mystical dimensions of The Lords’ Prayer, we were also developing a children's entertainment concept based on **bedtime stories** we made up for our children. We had hoped they would generate a good livelihood to support our growing family. Once we realized that selling this concept was much less likely that winning big at roulette as the competition in the animation and toy industry was fierce, we began questioned the source of the passion that had inspired us initially. Our questioning led us to wonder if there might be some connection between the sixteen animated characters we’d developed for this concept and The Lord’s Prayer that we had been drawn to study. We were amazed at how all 16 characters did align and match energetically with the eight attunements of the prayer and with the eight chakra energy centers as well revealing a much deeper understanding for us of who we humans are.

There were two of these animated characters per chakra revealing how our ‘energy centers’ are energized by the flow of awareness between polar opposites like receiving and giving. In our stories these characters were the ‘friends of love’ and the ‘enemies of love’ also revealing humanities prejudices for the positive ‘friends’ and against the negative ‘enemies’ of love. By attaching to the ‘friends’ and resisting the ‘enemies’ within us we actually interfere with the natural flow of awareness within, which results in the diming of our light, our essence. For example; the character associated with receiving we called “The Greedie” And the character associated with giving we named Princess Terra. Obviously Greedie is the taker and Terra, a gardener, plants the crops that Greedie harvests. Can you see how ones prejudice for Terra and against Greedie, or vice versa, interferes with one’s ability to see, that in truth, they are in co-operation and thrive working together. Of course what we are showing here is a vast simplification of these polarities, but the characters appealed to the inner child within each of us. And a picture is worth a thousand words.

To envision our true complexity, consider the Sun Cross Codex at Temple of the Sun in Palenque Mexico. We saw in this ancient Codex the very same spiritual technology that we see in The Lord’s Prayer. In
each of its four sided glyphs we see a crossing of four polar opposites. In the base chakra for example; receiving and giving are crossed by wanting and letting-go. Wanting or desire is another aspect of Greedie which of course is a wondrous and necessary aspect of our humanness, and letting-go is an aspect of Terra who plants her seeds for love to grow. The consummate giver!

Listen now to the Oracle of Desire Meditation to have a new awareness within you on this base chakra level. [The above meditation is 34:20 minutes and takes you deep]

Now you may appreciate the whole energy system of receiving, giving, wanting and letting-go that energizes your base chakra. You may also appreciate how attaching to or resisting any one of these four elements will diminish the natural flow between them resulting in the dimming of your spiritual essence which of course also diminishes your physical self. Liberating these elements of yourself from these attachment and resistance patterns, also known as our prejudices, will enable you to fulfill your true purpose; to be the unconditionally loving “Light” of the world, expressing here in the physical in your own unique way.

In the codex we also observed how each of the 32 human (God / man) elements that form the eight crosses that energize our eight chakras is also a crossing of four polarized perceptions that reflect the natural flow of seasonal life cycles. [See image on page 8]

The four crossing perceptions of receiving for example are “I am not receiving”, “I am receiving”, “They are receiving” and “They are not receiving”. If you will take just a few moments to reflect on your own experiences and feelings of these perceptions, you may see for yourself how complicated, painful and difficult thinking of yourself as merely a physical, mental and emotional being has made your life. We hope you may also appreciate how liberated you feel when you begin thinking of yourself a spiritual being, a living light, learning to embrace all your experiences and relationships as opportunities for greater loving. For the next 4 days listen to one of the following meditations to assist in clearing and cleansing these doors of perception for greater clarity, relaxation, and peace.

Day One   “I am not receiving”,
Day Two    “I am receiving”
Day Three  “They are receiving”
Day Four   “They are not receiving”

And as you are able, listen to each of the 16 Unity meditations on the following page.

As always, we encourage you to “See Yourself Loving” in every action you take, in every thought that you think, and with every breath. Embrace the Mantra of your soul.

“See Yourself Loving”
The 32 Core Human elements of consciousness align with our 8 chakras. The eighth chakra is known as the seat of the soul; some believe it to be within the pineal gland and others say it is the spiritual heart just above the physical heart.

Each set of two polar opposite’s has a link to a unity of opposites meditation to assist in opening to the light within as we learn to flow with ease back and forth between them. We suggest listening to just one in the morning and then another in the evening as a daily practice, starting from the bottom up.
And “The Soul extends into the lower realms in order to experience the totality of God. In essence, the Soul's purpose is to experience. For the Soul to evolve, experiences do not need to be repeated because the purpose of each experience is fulfilled with the completion of that experience. Therefore, there is no reason to judge anything in your past. You only need to learn from your experiences, forgive any judgments, and move on.”

The Soul: Your Truest Reality
...an article by John-Roger, DSS, Founder of The Movement of Spiritual Inner Awareness (MSIA)

Awaken and know your unconditionally loving soul.

When you have given yourself time to listen to each of the meditative exercises within this program we hope you choose to use it over and over, as a refresher course, to lift and realign yourself to your own divine inner knowing, your soul's divine awareness. You may also like to try one of our other programs!

As you focus on these 32 core elements and use them as a guide to clear and cleanse your inner “Doors of Perception” you activate your Merkabah Light Body and move into Greater balance in every area of your life.

“By Embracing all experiences and relationships as opportunities for greater loving we honor our soul's intent.”

-Bodie McCoy

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