

# **Ten Elements for the Unfolding Lotus: A Guide for Walking the Inner Path to “BEing”**

(May 9, 2005)

**1) Know thyself as God and that His Kingdom is within you.**

“I AM an Individualization of God. I AM One with God. I AM God.”

**2) Maintain unwavering attention upon the Flame within the Heart.**

“I AM forever keeping my attention on God, as the Flame within my Heart.”

**3) Develop within oneself the perfect harmony of Alpha and Omega.**

“I AM the perfect harmony and balance of Alpha and Omega within. I AM Alpha and Omega Incarnate.”

**4) Listen to (and obey) the Inner Voice of the Higher Self.**

“I AM attuned to my Holy Christ Self. I AM God-Obedient.”

**5) Live in the Eternal Now.**

“I AM living and serving All of Life in the Eternal Now.”

**6) Master the vehicles through which energy is expressed.**

“I AM responsible for, and in control of, every erg of energy that passes from me. I AM perfect thought, feeling, word, and deed.”

**7) See All of Life as One.**

“I AM constantly aware that All of Life is One. What I do to others, I am doing to myself. Therefore, I AM always treating others the way that I wish to be treated.”

**8) Hold the highest vision for every part of life.**

“I AM holding the highest, and most perfect, vision for every part of life.”

**9) Impart unconditional love while serving the Christ in All.**

“I AM always expressing unconditional love toward All, so that everyone may continue to progress on their spiritual paths by transcending themselves.”

**10) Apply the spoken word for adoration and transformation.**

(All of the affirmations listed above are an example of this.)