

Happy New Year 2023! - Inspirations

<https://docs.google.com/document/d/1vhWuunOD4dOZy1VaRNMznnPJSyg0YIE20b94LIOsfIU/edit>

Happy New Year blessings!

May the New Year usher in a culture of Peace, Love, Health, Joy, and Abundance!



May the New Year seed the manifestation of the world we know in our hearts is possible; a free, peaceful, healthy, just, collaborative, life-empowering, and regenerative world where we all thrive.

May we abide in peaceful presence, connect with Spirit, allowing for grace and inspiration, cultivate gentle loving kindness towards ourselves and one another, walk the path of gratitude and unconditional love, and dream into being the world we know in our hearts is possible.

Inspired by 7 Days of Rest and Return to Essence, may we rest for 7 days, sense our way into Essence, and hold a sacred field of intention towards a thriving world for all of Life.

Through rest, presence, and deep listening, may we be open to the guidance within/of the highest - for our own lives, in conceiving the world we know in our hearts is possible, and in amplifying the field for the emerging global culture of peace.



Details of 7 Days of Rest and Return to Essence

Purpose: *Co-creating a global field of intention and experience for the Healing and Replenishment of the Planet and all its inhabitants*

<https://www.7days-of-rest.org/>

7 Days of Rest & Return to Essence offers a shared sacred space for consciously attuning to the nature of essence and the essence of Nature. Shedding the noise and distractions, we slow down and listen to the whispers of our heart's calling. As we follow the path of essence, we remember our original encoding and restore our experience of kinship and communion with all of Creation.

Together we seed the New Year with clarity, courage, and commitment to live lightly and lovingly, cultivating that which is most essential for the thriving of all Life.



7 DAYS of REST & RETURN to ESSENCE

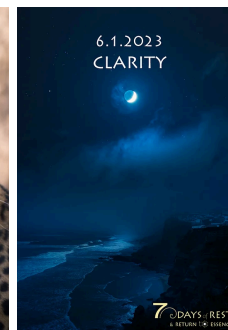
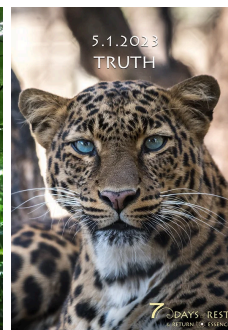
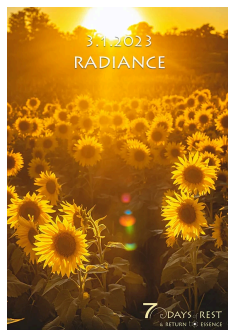
JANUARY 1-7, 2023

Together we seed 2023 as a year for cultivating
that which is essential and nourishing for all of Life.

DAY 1 ~ PRESENCE
DAY 2 ~ RESONANCE
DAY 3 ~ RADIANCE
DAY 4 ~ GRATITUDE
DAY 5 ~ TRUTH
DAY 6 ~ CLARITY
DAY 7 ~ KINSHIP

*Reawakening
to the Nature of Essence
and the Essence of Nature*

To join please visit www.7days-of-rest.org



During the first 7 Days of 2023, we unite in seeding the New Year with a sacred field of intention and action towards a thriving world for all of Life. Through rest, deep listening, wisdom sharing, ceremony, and co-creative offerings, we amplify the emerging global culture of peace, health, cooperation, and wise governance.

All are invited and encouraged to contribute to this document as well as contribute dreams and visions as inspired at:

The World We Know In Our Hearts Is Possible

The Ideal Universal Society

If needed, see [Google doc instructions](#).

If interested in exploring joining a team initiative in co-creating the world we know in our hearts is possible, contact Margaret at msarndt@verizon.net.

In loving service,

Margaret



Day 1: PRESENCE

An invitation to commune with the *Essence of Presence* and the *Presence of Essence*



Go to <https://www.7days-of-rest.org/day-1> - for reflections, practices, and offerings (especially Reflections & Practices: Offered by Shelley Ostroff, also below under “Invitations for Daily Reflection”)

“At the deepest level of Being, (we) are one with all that is.” - Eckhart Tolle

“When we are in the present moment, our work on Earth begins.” - Reshad Field

“Quiet the mind, and the soul will speak.” - Ma Jaya Sati Bhagavati

“To align with the power that manifests everything in the universe, take time to be silent, to just be, to sit alone in quiet meditation, to commune with nature.” “In that field of pure silence is the field of infinite correlation, infinite organizing power, the ultimate ground of creation where everything is inseparably connected to everything else.” - Deepak Chopra

Being is our primary purpose. *Doing* is our secondary purpose. As we practice present moment awareness, presence, beyond thought, we allow for an evolutionary impulse to prompt, move, inspire us into “awakened doing” (vs. “efforting”). Eckhart Tolle, [A New Earth](#)

“(Our) state of consciousness is primary, all else secondary.” — Eckhart Tolle, *A New Earth: Awakening to Your Life's Purpose*

“As soon as (we) honor the present moment, all unhappiness and struggle dissolve, and life begins to flow with joy and ease. When (we) act out the present-moment awareness, whatever (we) do becomes imbued with a sense of quality, care, and love - even the most simple action.” - Eckhart Tolle

“The beginning of freedom is the realization that (we) are not ‘the thinker’.” “The moment (we) start watching the thinker, a higher level of consciousness becomes activated. (We) then begin to realize that there is a vast realm of intelligence beyond thought, that thought is only a tiny aspect of that intelligence. (We) also realize that all the things that truly matter – beauty, love, creativity, joy, inner peace – arise from beyond the mind. (We) begin to awaken.” - Eckhart Tolle

Day 2: RESONANCE

An invitation to commune with the *Essence of Resonance* and the *Resonant field of Essence*



Go to <https://www.7days-of-rest.org/day-2> - for reflections, practices, and offerings (especially Reflections & Practices: Offered by Shelley Ostroff, also below under “Invitations for Daily Reflection”)

Emergence Process Meditation

“...it is essence that gives rise to consciousness, that gives rise to mind, that gives rise to matter.”

"Divine will is a template or pattern for the great evolutionary plan of humanity and the universe. This template is alive, pulsating, and constantly unfolding. It has a powerful, almost inexorable feeling of will and purpose. To experience it is to experience perfect order."

- Barbara Ann Brennan in Light Emerging

"We are the faucet, not the water." - Marianne Williamson

"Life is the dancer and you are the dance." — Eckhart Tolle

"I myself do nothing. The Holy Spirit accomplishes all through me." - William Blake

"There is a soul force in the universe which, if we permit it, will flow through us and produce miraculous results." - Mahatma Gandhi

"Seek the Infinite, for that alone is Joy unlimited, imperishable, unending, self-sustaining, unconditioned, timeless. When you have this joy, human life becomes a paradise; the light, the grace, the power, the perfections of that which is highest in your inner consciousness, appear in your everyday life." - Swami Omkarananda

<https://www.contemplativelife.org/about>

<https://www.7days-of-rest.org/the-vitality-code>

Introduction to Purpose, Vision, Mission (PVM) - as a way to create alignment and resonance. *"We live in an energy-dynamic universe that responds to our thoughts, intentions, dreams, and actions."* - Margaret

Resonance - when we allow for and follow our compass of joy.

Day 3: RADIANCE

An invitation to commune with the *Essence of Radiance* and the *Radiance of Essence*



Go to <https://www.7days-of-rest.org/day3> - for reflections, practices, and offerings

(especially Reflections & Practices: Offered by Shelley Ostroff, also below under “Invitations for Daily Reflection”)

Affirmation: *We are loving radiant beings, living in presence, co-creating heaven on earth.*

Emergence Process Meditation

Our Deepest Fear by Marianne Williamson in *A Return to Love: Reflections on the Principles of “A Course in Miracles”*

On Beauty, by Kahlil Gibran <https://www.poetryfoundation.org/poems/148571/on-beauty-5bff0f2d45329>

The Poet, by Kahlil Gibran <https://www.poemhunter.com/poem/the-poet-viii/>

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” – Albert Einstein

Margaret’s Insight Seminar II Affirmation

“I am a loving radiant being
Living with trust, gratitude, and joy,
Purpose and vision.”

Now I walk in beauty
Beauty is before me
Beauty is behind me
Above and below me
- Traditional Navajo

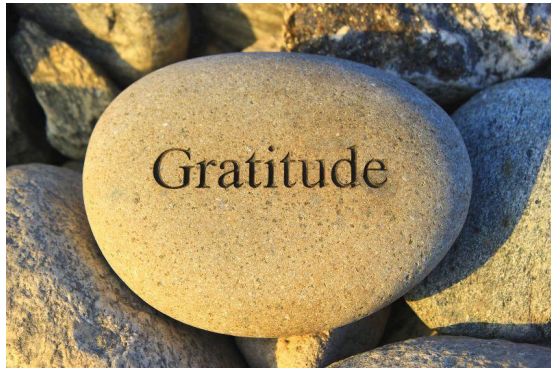
Morning Verse, by Rudolf Steiner

*I look into the world
In which the sun is shining
In which the stars are sparkling
Where stones in stillness lie
Where living plants are growing
Where animals live in feeling
Where Man, within his soul gives dwelling to the spirit.*

*I look into the soul that lives within my being.
The world creator weaves in sunlight and in soul-light.
To Thee, Creator Spirit, I turn my heart to ask
That blessing and pure strength
For learning and for work
May ever grow within me.*

Day 4: GRATITUDE

An invitation to commune with the *Essence of Gratitude* and the *Gratitude for Essence*



Go to <https://www.7days-of-rest.org/day4> - for reflections, practices, and offerings (especially Reflections & Practices: Offered by Shelley Ostroff, also below under “Invitations for Daily Reflection”)

What we appreciate appreciates.

Gratitude is the key to creation. It is a gateway to transmuting energy, attracting good in our lives, and providing momentum to what we choose to create and manifest.

Being grateful for all our blessings and for the results we choose to create conceived in faith creates an energy field that attracts what we choose.

Thankfulness in advance before and for the creation is the key to creation. Thankfulness as an affirmation, even before divine intelligence has answered, is the most powerful statement to the divine. For when being thankful in advance for that which we choose to experience in our reality, we in effect acknowledge its existence. The idea and thought spoken and acted upon from an awareness that results have already been produced sets into motion and brings forth the experience. - From Neale Donald Walsch

"There is a calmness to a life lived in Gratitude, a quiet joy." -- Ralph H. Blum

Prayer of Thanksgiving

Thanksgiving Prayer

We return thanks to our mother, the earth, which sustains us.

We return thanks to the rivers and streams, which supply us with water.

We return thanks to all herbs, which furnish medicines for the cure of our diseases.

We return thanks to the moon and stars, which have given to us their light when the sun was gone.

We return thanks to the sun, that has looked upon the earth with a beneficent eye.

Lastly, we return thanks to the Great Spirit, in Whom is embodied all goodness, and Who directs all things for the good of Her children.

- Iroquois Prayer, adapted

*Hail Mother, who art the earth,
Hallowed be thy soil, rocks and flora
That nourishes and supports all life.
Blessed be thy wind that gives us breath
And thy waters that quench, bathe and refresh
All living things.
Holy Earth – as one – we praise your majesty,
Grace and wonder.
- Bill Faherty*

The Secret of Saying Thanks

*The heart that gives thanks is a happy one,
For we cannot feel thankful and unhappy at the same time.
The more we say thanks, the more we find to be thankful for.
And the more we find to be thankful for, the happier we become.
We don't give thanks because we're happy,
We are happy because we give thanks.
-Douglas Wood*

“Life doesn't happen to you, it happens for you.” - Tony Robbins

Day 5: TRUTH

An invitation to commune with the *Essence of Truth* and the *Truth of Essence*



Archangel Uriel, the angel of wisdom and truth

"You know what to do. Trust your inner knowledge."

Go to <https://www.7days-of-rest.org/day-5> - for reflections, practices, and offerings

(especially Reflections & Practices: Offered by Shelley Ostroff, also below under "Invitations for Daily Reflection")

Truth is found in stillness. Through presence and a return to essence, the truth of how we are to serve life and one another is revealed.

Five core truths:

1. Consciousness begets matter
2. Language begets reality
3. Ritual begets relationships
4. Nature begets purpose
5. Love begets life

These are integral in responding to our challenges, both personal and planetary. By aligning with and ritualizing these principles, we create a foundation for our own transformational work as passers by on earth committed to the restoration of reverence and the beautification and

sanctification of life as a whole. - [Don Oscar Miro-Quesada](#) ❤️🙏

<https://thoth-don-oscar-video.s3.amazonaws.com/2022-tsn-shamanism-summit.mp4>

Sacred truths of each chakra, Anatomy Of The Spirit, by Caroline Myss, Ph.D.:

First (Tribe): All Is One

Second (Power): Honor one another

Third (Self): Honor Oneself

Fourth (Love): Love is Divine Power

Fifth (Will): Surrender Personal Will to Divine Will

Sixth (Mind; Clarity): Seek Only The Truth

Seventh (Sense of Oneness of all Creation; Transcendence; Higher Love): Live In The Present Moment

Other Resources on our life energy fields/codes as the vehicle for the creative process

A Primer of the Chakra System

Barbara Ann Brennan

Five Energy Codes Truths, by Dr. Sue Morter

Regarding living in integrity with our true nature, see [A Message From the Hopi Elders](#)

Truth has different definitions and is ultimately relative and unknowable.

"the property of being in accord with fact or reality"

"the state or character of being true" "conforming to reality or fact"; "real; genuine; authentic"

"sincerity in action, character, and utterance"

<https://www.dictionary.com/browse/truth> <https://www.merriam-webster.com/dictionary/truth>

"a transcendent fundamental or spiritual reality"

<https://www.dictionary.com/browse/truth> <https://www.merriam-webster.com/dictionary/truth>

a truism, a maxim, a principle, and/or a philosophy <https://www.freethesaurus.com/truth>

See [The Gap](#). *"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."* - Viktor E. Frankl. Acknowledging "The Gap" empowers us to take responsibility for our interpretations, choices, and creations, and evolve consciously by choice, rather than unconsciously by chance.

An empowering interpretation, creation, and choice:

We are radiant beings of love and light, the brightest emanation of the divine, the grandest co-creator of our universe, "the Michelangelo of our experiences", the "David we are sculpting", co-creating together in synergistic community a planetary shift towards a new era, the next stage of our evolution, a global renaissance, the world we know in our hearts is possible, a free, peaceful, healthy, just, collaborative, life-empowering, and regenerative world where we all thrive, heaven on earth for the highest and greatest good!

Day 6: CLARITY

An invitation to commune with the *Essence of Clarity* and the *Clarity of Essence*



Go to <https://www.7days-of-rest.org/day6> - for reflections, practices, and offerings
(especially Reflections & Practices: Offered by Shelley Ostroff, also below under “Invitations for Daily Reflection”)

Affirmations:

We are clear beings of light.

WHAT I BELIEVE

*In the infinity of life where I am,
All is perfect, whole and complete.
I open myself to the power of the Universe
That flows through me every moment of every day,
And to the wisdom within,
Knowing that there is only One Intelligence
In this Universe.
Out of this One Intelligence,
Comes all the answers, all the solutions,
All the healings, all the new creations.
I trust this Power and Intelligence,
Knowing that whatever I need to know is revealed to me
And that whatever I need comes to me
In the right time, space, and sequence.
All is well in my world.*

- Adapted from Louise Hay, *You Can Heal Your Life*

"If the doors of perception were cleansed everything would appear to man as it is, Infinite." - William Blake

"You are not IN the universe, you ARE the universe, an intrinsic part of it. Ultimately you are not a person, but a focal point where the universe is becoming conscious of itself. What an amazing miracle." — Eckhart Tolle, A New Earth

"In the creation of our experience, controlled thought is everything ...It is the highest form of prayer... Therefore, see only perfection, express only gratefulness, and imagine only what

manifestation of perfection we choose next...In this formula is found tranquility, in this process, peace, in this awareness, joy.” - Neale Donald Walsch

“The great command that calls forth the creative power is “I am”. Whatever we think, whatever we say after the words ‘I am’ sets into motion and calls forth those experiences.” - Neal Donald Walsch
As we mature and evolve, so does our world. As we heal and become whole, so does our planet. Everyday we have the opportunity to choose anew to evolve ourselves as well as our world: *“the highest thought, which contains joy, the clearest word, which contains truth, the grandest feeling, which we call love”* (Neale Donald Walsch), and the greatest deed, which is love in action.

“Everything that occurs – that has occurred, is occurring, and ever will occur is the outward manifestation of our innermost thoughts, choices, ideas, and determinations regarding who we are and who we choose to be.” - Neale Donald Walsch

Affirmations:

I am the vastness in my heart.

I hold all in the vastness of my heart.

I create all from the vastness in my heart.

May we surrender to the great mystery of life and see all of our experiences and circumstances as lessons of great insight and evolutionary drivers for personal growth.

“Life will give (us) whatever experience is most helpful for the evolution of (our) consciousness. How do (we) know this is the experience (we) need? Because this is the experience (we) are having at the moment.” — Eckhart Tolle

“Alignment is based on trust that everything that happens in your life offers you the opportunity to learn exactly what you need to learn. With such trust, you do not struggle against life. Your inborn intuitive guidance begins to manifest, bringing healing, wholeness and greater wisdom.” – Gurudev

Introduction to Purpose, Vision, Mission (PVM) - for clarity in what we choose to create and manifest.

Discernment Resources: [Eco-Governance](#) [Vitality Code](#)

Day 7: KINSHIP

An invitation to commune with the *Essence of Kinship* and the *Kinship of Essence*



Go to <https://www.7days-of-rest.org/day7> - for reflections, practices, and offerings

(especially Reflections & Practices: Offered by Shelley Ostroff, also below under “Invitations for Daily Reflection”)

Ubuntu: *“I am because we are.”; “I am because you are. You are because I am.”*

Mitákuye Oyás’iŋ (All Are Related)

While the Golden Rule calls us to “do unto others as you would have them do unto you”, ultimately, we are thy neighbor, “one” with all.

“We are one, after all, you and I, together we suffer, together exist and forever will recreate one another.”
— Pierre Teilhard de Chardin

“Wisdom is knowing we are all One. Love is what it feels like and compassion is what it acts like.” - Ethan Walker III

As we develop our individual lives and manifest our dreams and visions, we impact the world in which we live. As within, so without. Who we are and what we choose to create is mirrored in our realities and our greater world communities. Our social fabric is a construct of our soul life. Our world community is a reflection of each one of us.

“A healthy social life is found only when, in the mirror of each soul, the whole community finds its reflection, and when, in the whole community, the virtue of each one is living.” - Rudolf Steiner

“...nothing exists separately...By exploring our inner landscape, we also explore the universeBy healing ourselves, we help heal the earth and the universe.” Barbara Ann Brennan, Light Emerging

*“The world’s pulse is our pulse
The world’s rhythms are our rhythms.
To treat our planet with care, moderation and love
Is to be in synchrony with ourselves
And to live in the Great Integrity (The Tao).”*
- Lao Tzu

*Whatever befalls the earth
Befalls the sons and daughters of the earth.
We did not weave the web of life;
We are merely a strand in it.
Whatever we do to the web,
we do to ourselves...*
- Chief Seattle

*The world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting --
over and over announcing your place
in the family of things.*
- Mary Oliver

*"May wisdom shine through me/(us),
may love glow in me/(us),
may strength penetrate me/(us),
that in me/(us) arise
a helper of humankind,
a servant of sacred/holy things
selfless and true."*
- Rudolf Steiner

"Small islands of coherence in a sea of chaos can shift the whole system to a higher order." - Nobel Laureate Ilya Prigogine

"In my dream, the angel shrugged and said if we fail this time, it will be a failure of imagination, and then she placed the world gently in the palm of my hand." - Brian Andreas

All are invited to contribute your dreams and visions to:
The World We Know In Our Hearts Is Possible
The Ideal Universal Society

Resources

Resources on Collective Presencing

Collective Presencing: A New Human Capacity

<https://www.kosmosjournal.org/article/collective-presencing-a-new-human-capacity/>

(with other articles in the Collective Presencing Series at the end)

<https://www.collectivepresencing.org/>

<https://www.presencing.org/>

"Whenever you interact with people, don't be there primarily as a function or a role, but as the field of conscious Presence." — Eckhart Tolle

New Earth Manifesto

<https://www.7days-of-rest.org/newearthmanifesto> and <https://thenewearthmanifesto.com/en/>

Together in Creation

Eco-Governance Ecosystem

Vitality Code

Union Team Overview

The World We Know In Our Hearts Is Possible (TWWKIOHIP); a free, peaceful, healthy, just, collaborative, life-empowering, and regenerative world where we all thrive

Peace Room

Invitations for Daily Reflection

Reflections & Practices: Offered by [Shelley Ostroff](https://www.7days-of-rest.org/)
<https://www.7days-of-rest.org/>

These daily reflections and practices invite you to commune with the essence and vibrations of the theme of the day. As you engage with these essences you are invited to deepen the dialogue with the essence through spontaneous journaling, visual art, sound and movement inspired by the communion. The creative journey with these essences over the week offers a profound portal into the mystery and medicine of "Return to Essence".

PRESENCE:

*An invitation to commune in a quiet space with the **Essence of Presence and the Presence of Essence***
<https://www.7days-of-rest.org/day-1>

- In your imagination, invite the consciousness - the being of **essence** to be **present** with you. What do you notice as you attune to **essence** ? What are the images, feelings, sensations, insights and energetic experiences that arise? What is the **essence** of **essence** revealing to you?
- In your imagination, invite in the **essence** of **presence** to be present and reveal itself to you. What do you notice in your field, and what are the images, feelings, sensations, insights and energetic experience that arise? What is the **essence** of **presence** sharing with you through these experiences?
- What do you sense is the relationship of **essence** and **presence**?
- Bring your attention to the breath and for a few moments and gently following the breath as it breathes through you. Notice how this may shift your sense of being **present** in the here and now. Then bring your nuanced attention to your heart space - perhaps putting one or both hands on your heart, with the intention of bringing your heart more consciously into your experience of being **present** now, and always. Notice what happens - and perhaps offer gratitude to your beautiful heart, inviting it to be ever more **present** in your **presence** with yourself and the world around you.

- In quiet reflection space, sense into what becomes *present* for you when you reflect on what is most *essential* and vitalizing for you in your Life. How can this reflection inform your awareness and your choices?
- Sense into the energy field of your *presence* in the here and now? What are you noticing about how you are showing up here and now in this reflection? Scan different situations in your daily Life and sense into how you and others may experience the quality of your *presence* in those situations. How can this reflection support greater awareness and choice.
- In your imagination, bring in diverse people in your life, and notice the way in which you feel their *presence*. Notice how your own *presence* shifts next to them? Notice in what ways you feel more or less *present* next to them. What insights does this reflection offer?
- Bring your attention slowly to your different portals of perception and spend some time with each ~ touch, taste, sight, smell, sound, instinct, intuition, imagination. Notice what happens through these portals as you attune to your experience in the moment ~ in the meeting of your inner and outer worlds. How does this awareness inform your sense of your own *presence* in the here and now?
- Sense into the collective culture and the challenges and opportunities people experience in bringing the fullness of their *presence* into the world. How can we cultivate a culture that evolves in the capacity to live the fullness of our essence, the fullness of our *presence*?
- Sense into an experience where you have felt the fullness of your *presence* next to the fullness of the *presence* of another human or other than human being - *essence* meeting *essence*. What do you notice? What enabled this? How can this experience nourish and inform your pathway forward?
- Invite in, one by one, the *presence* of the foundations of Life, Earth, Water, Fire, Air, Climate, Biodiversity and the Web of Life. Sense into the vibrational quality of each and how they inform your own vibrational field through their *presence* in your consciousness. How would you like to bring each of these qualities into your own field as you cultivate the fullness of your own *presence* in the world?

- As you expand your sense of the interconnectedness of all of Life, and the consciousness of all beings, how would you like to cultivate your own presence in relation to our other-than human kin? Perhaps you have a call to nourish greater connectedness with a specific Tree or Water body, Animal or Crystal. Sense into how you can offer this being your *presence* in a fuller way and experience their presence in a fuller way.
- What do these questions inspire in you, and how can you take some of the insights into your life as you embark on the journey of *Return to Essence*?

RESONANCE:

*An invitation to commune in a quiet space with the *Essence of Resonance* and the *resonant field of Essence**

<https://www.7days-of-rest.org/day-2>

- What does it feel like when you "*resonate*" with something or someone? How does the gift of *resonance* with another feel to you mentally, emotionally, physically, spiritually, energetically?
- In a quiet space, offer yourself an opportunity to reflect on your life at the moment. What makes your heart come alive? What makes you feel more vital and energized? What feels more *resonant* with your inner truth, your *essence* and calling? What feels less *resonant*? How can attending to this compass of *resonance* inform your choices and support your health and evolution and inform your choices?
- What would it look like in your life to make choices that *resonate* with your the core of your being and the wellbeing of the all? What are the stories, the noise, habits and the distractions that need to be shed for this to happen? What practices and behaviors want to be amplified? What wants to be transformed, and what potential pathways reveal themselves as you slow down, simplify and attune to the language of *essence*?
- Sense into how pristine Nature *resonates* with the original codes and integrity of Life itself. What would be needed personally and collectively to "de-noise our systems" and restore this natural *resonance* with our own essence integrity and the wellbeing of all Life?

- Sense into how *resonance* acts as a primary organizing intelligence in Nature. How does the 'vibrational intelligence' of *resonance* guide all aspects of Nature to organize in ways that ensure all parts of the whole receive what they need to manifest their unique potential in mutual nourishment with all of Life (*The Vitality Code*)?
- Spend some quiet time in Nature attuning your vibrational field to other-than-human Nature beings whose *resonance* fields are still held in integrity. As you sit quietly in communion, listen with the fullness of your own being as you extend a heartfelt intention and communication. Notice what happens in the *resonant* field that evolves in this communion.
- In what ways has modern human culture and our ways of engaging with information in all forms undermined our experience of *resonance* in our everyday lives - and what do you sense is the impact of this?
- What would it look like to cultivate your own "*resonance* intelligence" as a compass for nuanced discernment and decision making? How can we cultivate a culture that, from a young age, supports the development of our embodied wisdom and our resonance compass?
- Imagine what it would look like ~ what it would feel like in a world where all humans were living in integrity and *resonance* with their unique essence and the health and vitality of the planet and all its inhabitants. How can we co-create this reality ~ and how can the different offerings and gateways in this *7 Days of Rest & Return to Essence* event contribute to manifesting a world of heartfelt *resonance*?
- Sense into how a collective clear life-serving vision and purpose can create a *resonant* field that acts like a magnetic attractor aligning us in across our differences in service of that which is most nourishing and *essential* for all of Life. What is your Life purpose and how does it *resonate* with the the health and well-being of all Life?
- How does the journey of *Return to Essence* support the medicine of *resonance* personally and collectively?

RADIANCE:

An invitation to commune in a quiet space with the *Essence* of *Radiance* and the *Radiance* of *Essence*.

<https://www.7days-of-rest.org/day3>

- Invite in the consciousness of *radiance* to be present with you. What are the images and sensations that arise? Imagine yourself embodying the essence of *radiance* in the moment - how does *radiance* feel, how does *radiance* move?
- Consider for a moment *Essence*, as a *radiant*, unadulterated primary Life force - a force of pure love. Sense into how that which is essence is luminescent in its simplicity, authenticity, integrity, fertility and vitality. With this picture in mind, in what ways is the journey of *Return to Essence* also a return to embodying and revealing our innate *radiance* that is an expression of our true nature glowing from within?
- Imagine the journey of *Return to Essence* as an intentional process of releasing all that which you have accumulated in your lifestyle, habits, thought patterns, judgments, bodies, and belief systems that is not congruent with the Life Force of your true nature - all that covers and conceals your inner light. What does this reflection inspire in you? What would the first steps of this journey look like for you as you step forward into the New Year, into the New You?
- Imagine yourself living an expression of your fullest most *radiant* potential. What would that look like, physically, emotionally, mentally, spiritually, energetically?
- Reflect on the nature of the *radiance* of the Sun and of the Moon. How do they nurture each other's *radiance* and how can this inspire us to think about the active and receptive qualities of our own radiance in sacred relationship with others?
- Sense into the amplified field of *radiance* of one circulating with the *radiance* of another - seeing and being seen in their *radiance*. Imagine yourself as a clear vessel through which the fullest *radiance* of your essence shines forth. Imagine the clarity of your vessel able to perceive, receive and reflect back the *radiance* of others in mutually nourishing ways. What does this look like - feel like?
- Connect to your light body, that manifests through the density of your physical body. Sense into how your own *radiance* is related to the quality of light that you ingest ~ the food, ideas, sunlight, air, emotions, water, relationships, etc. How do you nourish and cleanse your mental, emotional, physical, spiritual and energetic body as a vessel for your fullest *radiance* to shine forth? What practices are you ready to adopt to nourish and cleanse the vessel of your *essence* - the Life Force flowing and emanating from within?

- Consider how *radiance* is a reflection of right relationship with energy that is reflected in one's state of health and vitality. Pristine Nature processes energy in efficient and vitalizing ways that are in integrity and mutual nourishment with all of Life. Consider how as humans our relationship with energy and fire is disconnected from the vitality code of reciprocal and mutually nourishing energy exchange that creates abundance for all. Sense into how individually and collectively we can restore right relationship with energy as a foundation for our collective healing.
- Notice the cycles in Nature - times of cultivating the light within and times of manifesting this light in the outer world ~ times of incubation and inner illumination and times of emergence and expression. Notice how these cycles support each other are essential in the journey of regeneration and evolution. What can we learn from this about nurturing the fullness of our *essence* and of our *radiance*?
- Sense into how the *radiance* of the Sun - the Source of all *radiance*, enlivens and vitalizes the *radiance* of all beings. Imagine how we individually and collectively can cultivate this vital and vitalizing *radiance* and learn to shine our light in ways that illuminate the *radiance* of others.
- Imagine a world where all of humanity and all of Life lives the most *radiant* expression of our essence, of our heart ~ emanating the light of love for the benefit of all. How do you see the principles of *Eco-Governance* supporting the manifestation of this reality?
- How is the *radiance* of *essence*, and the *essence* of *radiance* an essential medicine in our journey of *Return to Essence*.

GRATITUDE:

An invitation to commune in a quiet space with the *Essence* of *Gratitude* and the *Gratitude* for *Essence*.

<https://www.7days-of-rest.org/day4>

- Invite into your field the *essence* of *gratitude* and notice the feelings, images and sensations that arise as you sit in the presence of gratitude. Connecting to your heart, reflect on what you feel *grateful* for in your life at this time? Allow images

and words to arise as you deepen and expand your experience of *gratitude*. What arises in you as you give yourself to the fullness of the experience of *gratitude*?

- Sense into the different ways in which *gratitude* enriches your life and all Life. Allow yourself to offer *gratitude* to the *essence* of *gratitude* - perhaps through silent or spoken words of appreciation or even a spontaneous dance or song celebrating *gratitude*. How does *gratitude* feel, speak, sing and dance through you? How can you celebrate the many gifts *gratitude* gives to the world?
- Bring into your awareness something that you feel grateful to yourself for - a quality, a behavior, an accomplishment that you appreciate. What does it feel like to acknowledge yourself with gratitude?
- Sense into the creative power of consciously celebrating something or someone - of offering a loving mirror for the essence of another being. Sense into the generosity of seeing another in their beauty and reflecting it back to them.
- How do you experience the relationship of generosity and *gratitude* ~ and how does this relationship manifest in your life? How does expressing and receiving *gratitude* cultivate loving sacred relationship?
- What are your inner perspectives and attitudes that nourishes your experience of *gratitude*? Notice patterns in your own thoughts and behavior that may hinder or support your experience of *gratitude* in your life. How do you tend to receive gratitude from others? Notice patterns in your thoughts and behavior that may hinder you or and those that support you in heartfully receiving *gratitude* expressed towards you? How would you like to honor and cultivate the experience of *gratitude* in your life, and in what ways this would transform your life.
- What are practices that can nourish your capacity to see through the eyes of appreciation, *gratitude* and wonder? Discover and create practices where you focus your attention and connect heartfully, essence to essence with richness and beauty of the world around you.
- Reflect on the mental, emotional, physical, spiritual and energetic experiences and expressions of *gratitude*. How can this reflection inspire us as we consciously bring more gratitude into our lives personally and collectively?
- One by one, offer your loving attention to the foundations of Life, Earth, Water, Fire, Air, Climate, Biodiversity and the Web of Life. Bring into your awareness

the diverse gifts each of these give you. Discover ways of expressing your *gratitude* to each of these as you discern and acknowledge their unique, diverse, essential gifts of Life. Offer this practice to yourself and to the human and other-than-human kin in your life. What comes alive in you in this practice? How can this practice contribute to personal and planetary healing?

- Imagine a culture that is rooted in generosity and *gratitude*? What does it look like? What does it feel like? How do we consciously cultivate a culture energized by the creative force of generosity and *gratitude*? How can the practice of *gratitude* and generosity realign humanity with the mutually nourishing primary codes of Life?
- How is *gratitude* a powerful guide and medicine in our journey of *Return to Essence*?

TRUTH:

An invitation to commune in a quiet space with the *Essence of Truth* and the *Truth of Essence*.

<https://www.7days-of-rest.org/day-5>

- Invite into your field the essence of *truth* to be present with you. What comes alive in you as you commune with the essence of *truth*?
- What does it mean to you to embody the *truth* of your *essence*? As you reflect on the different areas of your life ~ your work, your relationship, your habits, your speech, your behavior - what do you notice about where you experience yourself more or less living in congruence with the *truth* of who you are? What is the nature of your journey in relationship to living your *truth* at this time?
- Sense into *truth* as the vibrational language of Nature - a language where all of the information flow and exchange is true to the purpose of Life and supports the integrity of the part and the whole. What can we learn from this as we *return to essence* and align our practice of *truth* with the integrity of our *true* nature?
- Reflect on the nature of in-formation and the integrity of the information that informs your body and soul - the food that you eat, the ideas you take in. In what ways does the in-formation that you consume and the in-formation that

flows through you back to the world support or undermine the integrity of the wellbeing of your own body and and the wellbeing of all of Life.

- Reflect on the story of *truth* in the evolution of human consciousness? Where and how did we stray from living in integrity and what are the consequences? What have we to learn from this and where do you sense we are in this journey now?
- Sense into the integrity of wild animals and young children whose whole-bodied expressions are in congruence with their inner world. Sense into the disconnect from this integrity and open yourself to this remembrance that is our inner encoding. What comes alive in you as you meditate with this remembrance.
- Sense into the vibrational quality of *truth* that lies beyond words ~ the energetic frequency of *truth* that resonates with the core of your being - with your full embodied knowing. What are the embodied signals that support you in recognizing *truth*. What are the senses that become active as you discern for yourself what feels *true* to you? How can attending to this embodied intelligence support your journey to living more fully in your *truth*.
- Reflect on the relationship between *truth*, authenticity, courage, love and self-awareness. How do these play out in your life?
- Sense into the connection of *truth* and *essence* and how the language of truth is a language that holds the frequency of *essence* - clear of habitual perceptions and judgments. How do you feel and experience the connection between *truth* and *essence*? In what ways is the journey of return to *essence* a journey of return to *truth*, and what does that journey look like in your own life right now?
- Imagine human society where the frequency of *truth* presides. What would it look like? How would it change our social system - media, education, governance, economics, health, culture and so much more?
- How is the return to the *essence* of *truth* a fundamental medicine of our time and how can you be a part of this medicine?

CLARITY:

An invitation to commune with the *Clarity* of *Essence* and the *Essence* of *Clarity*

<https://www.7days-of-rest.org/day6>

- Invite the *essence* of *clarity* into your field. What comes alive in you as you commune with *clarity*?
- Sense into the *clarity* of *essence*. What is it about *essence* that holds the quality of *clarity* and what does that quality inspire in you?
- Sense one by one, into the experience of mental *clarity*, physical *clarity*, emotional *clarity*, spiritual *clarity* and the energetic *clarity* of your entire being. What do these feel like to you as you listen into them with all your senses? What practices do you engage in to bring you closer to each of these in your life?
- Sense into the creative power of *clear* purpose. What role does purpose play in your life? How does purpose serve as a compass for your everyday decisions?
- Sense into the creative power of *clear* intention. What are some of your intentions you hold for yourself for the upcoming year and beyond?
- Sense into the *clear* water and clean, pristine air. What do you feel is the relationship of the *clarity* of the Waters we drink and the Air we breathe with our mental, emotional and physical and spiritual *clarity*, health and vitality?
- What are the different senses you use to come into greater *clarity* in different situations? Bring into your consciousness a situation that you feel unclear about at this time. As you bring the situation into your field, allow your different senses to engage with the situation. Notice how you feel as you imagine yourself choosing among the different pathways presented in this situation. How do you resonate with the different pathways, what does your instinct tell you, your intuition, your feelings, your sensations. Imagine lifting yourself into an eagle's eye-view of the situation, bringing in a fuller panorama of context. What new perspectives come into play? How do each of these perspectives bring you information towards greater *clarity*?
- What would it look like for you to de-noise, declutter, detox your mind and body to enable greater *clarity* of perception and communication? What would it look like for us to de-noise our culture and our environment.
- Envision a world free of the noise that is a result of human disconnect from nature within and beyond us.

- What do you experience as the relationship of *clarity* with presence, resonance, radiance, gratitude, truth, courageous self-awareness, and integrity of heart and mind.
- Imagine what it would look like if we organized as one humanity around a *clear* vision, purpose and organizing principles that served as a unifying and practical collective compass for the benefit of all of Life. In what ways do you feel *Eco-Governance* brings us closer to this?
- Sense into the *clarity* of Nature and the intricacy and precision of the information pathways, flows and codes that ensure that all parts of the whole receive what is needed to take up their unique function in the communication network for the health of the whole. What can we learn from Nature about precision, discernment and organizing principles for discernment in perception and communication. How can the *Vitality Code* inspire this process?
- How do you experience yourself next to ambivalence and ambiguity, and what is needed for you to stay with these and allow the deeper wisdom and *clarity* to emerge?
- *Eco-Governance* suggests four discernment principles that can offer greater *clarity* and well-being as we organize as groups and communities for the health of the whole. The principles ask what pathways are: the most effective, the most vitalizing, the most impactful and the most compassionate. In what ways do you feel organizing around these criteria can support greater *clarity* in our personal and collective decisions?
- *Eco-Governance* is a deeply consultative process that supports bringing in the diverse relevant human and non-human perspectives to ensure decisions are most beneficial for the health of the whole. Imagine what it would look like if we consulted more with all of those who are impacted by our decisions and the diverse human and non-human wisdom keepers.
- "If the doors of perception were cleansed everything would appear to man as it is, Infinite." What does this quote of William Blake evoke for you? What are the practices you can use to cleanse the doors of perception and communication?
- In what ways is the path of *clarity* an *essential* part of the medicine and journey of *Return to Essence*.

KINSHIP:

An invitation to commune in a quiet space with the Essence of Kinship and Kinship with Essence.

<https://www.7days-of-rest.org/day7>

- Invite into your field the essence of Kinship. What comes alive in you as you commune with the essence of kinship?
- What does it feel like to look at the world through the eyes of kinship with all? What beauty and possibilities come into visibility as we greet – as if for the first time – our relatives of all forms, and on all dimensions?
- Imagine extending your sense of kinship to parts of yourself that you have exiled from your sense of self, from your pictures and stories of who you are. Imagine welcoming these parts back into your being as long lost family that you had an argument with at one time, but are now ready for healing. What healing process would be required for this to happen in a good way? What arises for you in this reflection?
- Imagine extending your sense of kinship to other humans - individuals and communities that you have distanced yourself from in your mind - those that you may have judged or situated as "other". Who comes up in your field? What does considering these people as kin feel like? What resistances surface? What healing potential emerges?
- How do you feel your ideas about and experience of kinship have been limited by your culture? How is this transforming for you at this time?
- Sense into your ancestry, going back to the beginning of Creation. Sense into the stardust that we all share as Kin in Creation. Sense into our shared Source. Consider how we share the same DNA with so many other forms of life - how we are all birthed from and nourished by the same Waters, sustained by the same Earth, breathing the same air, informed by the same sunlight - made of the same primary building blocks of creation - part of the same consciousness. How does this reflection inspire your sense of kinship?
- What can we learn from indigenous wisdom that honors and communes with "All our Relatives" - human and other than human relatives on all dimensions?

- With the evolution of consciousness, more and more people are relearning to communicate with other species, with Nature in all her manifestations, and with beings and consciousnesses that exist in the subtle realms. What is your experience with this? How can you be inspired by the different offerings in this 7 Days of Rest & Return to Essence event to deepen your sense of kinship and communication with all of Creation?
- What does "Mother Earth" mean for you? What does She feel like for you? How do you experience the reality that we share Mother Earth with all of Life - that we are of Mother Earth, and that she nurtures and sustains all her children - without privilege or prejudice? What do you sense is our role in relationship to Mother Earth and the home we share with the entire family of Life? What can we learn from other species about living with all our kin in ways that protect and nurture our home, our mother, so that all may thrive?
- How do you think about and experience the subtle senses and vibrational language that is involved in communicating with our other-than-human kin? What practices and opportunities are you aware of that can support you in cultivating these skills?
- Consider how in exploring our kinship with other beings, we naturally attend to that which is essential in the other - that which is of essence.
- As we evolve into this deeper understanding, of interconnectedness with and kinship of all Life - notice what that looks like and feels like to you at this time. How might we acknowledge it and embody it in how we organize ourselves, as one human family with and on behalf of the larger family across time and space, honoring our ancestors and future generations in all their diverse forms?
- How is expanding our sense of kinship with all of Creation an essential part of the journey of return to essence, and nourished by this journey?

Additional Resources and Offerings

2023 = 7 <https://www.number-meaning.com/angel-number-7/>

Astrological Wisdom Offering for 2023 with Pam Gregory

<https://www.7days-of-rest.org/event2022>

<https://www.7days-of-rest.org/event2021>

<https://www.7days-of-rest.org/event2020>

<https://www.7days-of-rest.org/event2019>

<https://www.7days-of-rest.org/event2018>

<https://www.goodreads.com/work/quotes/2567181-a-new-earth-awakening-to-your-life-s-purpose>

https://www.goodreads.com/author/quotes/4493.Eckhart_Tolle

Comments:

Beautiful and inspiring thank you. - The Medicine Walker Brother NorthStar

9:52 AM Today, 1/6/23

My OPOE:Internal Revolution OATH



I, Gregory-Dean: of the Smith Family clan aka Amaru :Polaris-El aka Brother-NorthStar: The Medicine Walker - of The United Washitaw de Dugdahmoundyah Moor Republic: do hereby take an oath to live my life as a promissory note to The All:. I promise and take an oath to uphold the Laws of Nature and its Constitutions and treaties on every front "That All Life Is Sacred " as written by my ancestors in the Dead Sea Scrolls in the EsseneGospel of Peace. My promissory note is the primary way of representing "The Return of the Ancient Ones," An oath and promise to migrate back to the Garden of Eden; to a hydrative way of life of picking , plucking and peeling my food. Taking the seed bearing fruits, melons and berries as my meat and herbs and leaves as my medicine. {Genesis 1:29.} I take this oath of office as theGod = landlord of the trillions of cells living as tenants within my body who are depending upon my God conscious effort to make God-given choice to choose life over death. - To supply them with only the cosmic oxygenating, hydrating, electrical, life giving high octane fuel. To depend solely on the soil from which my body was born and suckle only the seed bearing foods of the trees and vines straight from my Earth Mother's tit and that which was created specific to my body's design. And I promise to uphold all internal and external Constitutions and treaties starting by honoring the God-given intelligence of my self-regulating, self-regenerating self-healing body. I promise to stand strong as a servant to all the trillions of cellular tenants' needs and rights to life, liberty and the pursuit of homeostasis and longevity - I promise to exercise my God/given Holy Spirit of Discipline to transcend all greed, addictions and self sabotaging behavior. I promise to exercise

my God-given Love-Light to transmute all the spells cast upon my body, mind and soul by the sorcerers of death. I promise to exercise my God-given powers of transmutation to dismiss and transmit all subliminal suggestions and triggers to stand as the executor and beneficiary of my estate. And to Thine own Self I will be True and turn my body into the Holy Temple that my heavenly spirit can find an earthly sanctuary. This promissory oath of physiological liberation is not only for the benefit of myself but also for the entire ecosystem and this Enterprise of Life to which I proudly serve. I am fully aware that I can never effectively help to stop the wars and bring peace to the world until I stop the wars and bring peace within my own body. I fully understand that the chakras of my body is a broadcasting station for f The Law of "One." That I am a conductor of frequencies coming from the heavenly dimensions . That I have control balancing the levels base treble and volume by the order of Oneness established within my body. = The Internal Revolution for External Evolution of humanity and our planet. I fully understand that I am the micro of the macro and that the "Oneness" I work to see starts within my body. I will know this "Oneness" with my mind, I will desire this "Oneness" with my heart and I will fulfill this "Oneness" with my body. I Am a living example of what humanity can be. And as I live out my truth upholding the Laws of Nature and its Divine decree that "ALL LIFE IS SACRED " knowing that I Am the Land and the Law of the Land - I will walk quietly, but will do so carrying a big stick:

We Kill Our Enemies by Loving Ourselves

Love is the Law of Life

And Life is the Law of One

One is the Law for One People

One Earth and One Universe in the body of Christ.

The Medicine Walker Brother NorthStar

6:53 AM Today, 1/7/23