

Spirit



Quest

Foreword

Lady Master Gabrael

As I read Stephen's inspiring "Spirit Quest" I knew that it was Our Story; the 'Greatest Story ever told': Spirit's ceaseless determination to Unify Itself as that Pure Essence, that Pure Love within the Heart of Matter.

Stephen's Quest brought so poignantly to the surface his Soul/Psyche's search and yearning to achieve this Divine Union, allowing himself to be fired in the crucible of Matter. This ever forging brings about Soul's limitless Divinity and limitless Potentiality.

Gabrael

To Touch the Light Within

I dedicate this compilation to all
who feel the magic within their hearts.
To all who quest for the Spirit of Love,
in whose presence we derive balance,
harmony and joy. In whose presence
we move and honour our Being.
Brothers and Sisters dear, I am
honoured to share, with you, these
words, and unconditional love.

I Am

Stephen

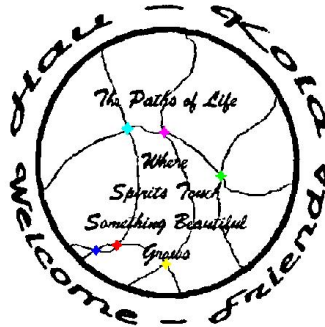


My Journey - My Prayer

My journey is to learn and my teachers are many.

Coyote teaches

*laughter are good
all life is good.
the "Magic of
Cougar teaches
all which is good
will come to me.
friend, teach me*



me joy and

*medicine. That
Owl teaches me
"Wisdom",
patience and that
and meant to be
And you, my
that to share a*

moment in time or a lifetime is a beautiful and precious thing.

Great Spirit, Divine and Eternal Parent.

*I pray that when my friends read my journey, they feel
the same joy and love that is in my heart because of them.*

Aho!

Stephen

I AM All That Is

Beloved,

I AM the Alpha and the Omega. I love you totally. From the very beginning of time, there has never been a time when I have not loved you completely - in all that you are and hope to be throughout eternity.

.....

I cherish you, I embrace you, I anoint you. I AM your salve. I hear you even in the silence. I AM the echo, the bell, the chime. I hold you in my hands, gently, with mercy flowing from my heart which is the source - into you.

.....

I AM the transformation; I AM the alchemist. I want only for you to know that all the days of your life - throughout the aeons of time, I AM your shepherd - you are my lamb. I love you, I honour you, I have created you. As you grow in your knowledge of me so you will know the wonder, the glory, the ecstasy. It is the Ultimate, the supreme delight. It is enchantment.

.....

I AM come so that you may live life abundantly - that you have wonderous rich blessings in all that you are and have and be. Have total faith in my Presence for I AM all that is. You are surrounded by me. I saturate the all. I AM all. I can hear you speak to me. Trust me, Little one.

*My Peace I give to you.
My Heart, My Love, My Life.
Beloved of my Soul*

Francis (in the Heart of the Beloved)

Table of Contents

<u>Come Dance With Me</u>	10	<u>Journey's End</u>	43
<u>Serenity's Path</u>	11	<u>The Eternal Rose</u>	44
<u>Precious Lady</u>	13	<u>Can You Imagine</u>	45
<u>Rejoice</u>	14	<u>The Facilitator</u>	46
<u>Where Might I Be</u>	16	<u>Journey to the Divine</u>	48
<u>A Hospice Volunteer</u>	17	<u>Who Are You</u>	50
<u>These Words</u>	19	<u>Grace</u>	54
<u>Moment of Love</u>	19	<u>The Sweat Lodge</u>	55
<u>Waiting For You</u>	20	<u>Conversations</u>	56
<u>When Spirit Moves</u>	22	<u>Self Love</u>	57
<u>Do I Love You That Much</u>	23	<u>A Divine Principle</u>	60
<u>To Honour and to Love You</u>	25	<u>The Gift</u>	60
<u>Child of the Universe</u>	26	<u>Brother Hawk</u>	61
<u>My Lady of the Lake</u>	29	<u>Passion</u>	62
<u>I Feel, I Know, I Believe</u>	30	<u>Evolution of "I"</u>	63
<u>Spirits of Fire</u>	32	<u>Over a Blue Horizon</u>	65
<u>Burning Ground</u>	33	<u>To Emulate</u>	65
<u>Mirror of the Soul</u>	35	<u>Touch Your Soul</u>	66
<u>The Source of My Love</u>	36	<u>Twinkle in Mom's Eye</u>	66
<u>A Vision</u>	38	<u>Light of my Soul</u>	66
<u>When We Are One Again</u>	39	<u>Spider Sense</u>	68
<u>Power of Love</u>	39	<u>Spirit's Intent</u>	70
<u>Wizard's Magic</u>	41	<u>Just Another Drop</u>	71
<u>Relationships</u>	42	<u>I Am Content</u>	71

[The Final Chapter](#)

72

Graphics

Rejoice Bette Meyer
<http://bettemyersartgallery.com/#>

I Feel, I Know, I Believe unknown artist
Appreciated

The Facilitator Danny Hahlbohm
<http://www.inspired-art.com/inspiredartworks/home.html>

Where available the artist's permission has been obtained.

Poetry

*Nectar of the Soul
from
this Heart of Hearts
is
the Light of Eternal Love*

Experience

Life's Greatest Teacher!

Enchantment

Experiencing the Divine

In

All That Is

Come Dance With Me

Aho little friend beneath my feet
Your world so large and quite unique
Over mountains and valleys you labor long
With loads tremendous, you are so strong
Discipline and order suit you best
So that you might serve the rest
Come dance with me, my little friend
Let us honour our worlds and all within
Come dance with me

Aho gentle river before my eyes
The life you contain is no surprise
Your strength flows on forever more
To someday caress that far off shore
You touch my soul, you sustain my life
You wash away the slightest strife
We flow forever, let us celebrate life
Come dance with me

Aho tall friend, majestic one
Stretching to the sky, you embrace the sun
You spread your bows out far and wide
The task at hand, undertaken with pride
To support all life within your reach
And by example you try to teach
All life is one
You cleanse and enrich the air we breathe
Some day surely all shall perceive
That without your blessing, naught would be
Come dance with me tall friend of mine
Come dance with me, in the Light Divine

Aho precious one, my friend the deer
Come closer now, show no fear
I honour your presence, gentle and innocent
The child at your side is truly magnificent
Your eyes do gleam with love and compassion
The power of gentleness seen in action
To pass along to those we raise
Gentle love and nurturing ways
Perception and clarity of vision, to show the way
The lesson of the deer to own, I pray

Come dance with me, precious friend of mine
Let us celebrate Life Divine

Aho flicker friend, master drummer you are
Your beat is in tune with every star
And with the heartbeat of Mother Earth
You awaken the rhythm of all healing love
As it is below, it is above
The heartbeat that is in all to see
Is balance, joy and harmony
Come dance with me, friend of mine
Let us celebrate Love Divine

Aho my friend, crystal clear
Your history, I would like to hear
Of ages past, when life began
To the current day and that of man
Is man the link to you my friend
And the heavens above, is that the trend
Will we succeed, the bridge is there
The path is known, but do we dare
Venture forth, the cross to bear
Show me my dreams, crystal friend
Come dance with me, to my journey's end

Aho my friend, fire bright
You bless this moment with delight
With de light and love the spirits dance
Around and around, as if in trance
Shimmering coals all aglow
Flames that laugh and caress the soul
All around me are dancing now
My spirit friends for all to see
They will dance with me for eternity
Come one, come all, share my quest
My journey is filled with happiness
Come dance with me and you shall see
How we will meet our destiny.

Serenity's Path

My mind is a garden
With petal, plant and bush

With soil that is rich and clear sparkling brook.
This garden that I Am.

Spirit nourishes the roots of my Being.
Tis the Light of my Soul
That allows me to grow.

I Am the gentle fragrance of the rose
Yet I too am the sting of the nettle
That guards the edge of the path,
Meandering through this Enchanted Land.

Stooping now to pick a weed.
Or so to think it seems
For soon it returns, as if to say,
That it has its place too.

There are murky ponds
And crystal pools.
Valleys and meadows
And mountains high.

At times the path climbs upon the edge
Of jagged crevice or becomes the trestle
Crossing vast chasms of fear.
At times it is felt as a Radiant Glow,
Supporting and caressing my feet below.

Looking back, soon I see
That all is but memories,
Experiences past.

Each side of the Now
Is bright and full
Of blossoms sweet, a land that is blessed.
With balance, joy and happiness.

Ahead lies a mysterious quest,
Yet one that ensures success,
If I but stay on the path.

For my choice, it is
To tarry here or forge ahead.
To look back viewing the memories
Of long ago.
Or try to perceive a future lent
Of unknown event.

Or may I just enjoy this moment
Of Light and Love Serene,
That is this Path of Life.

Precious Lady

Love is kind, love is cruel
Love is always a wondrous tool
Finely honed and very sharp
Shaping delicately my aching heart
For in my heart lies my future life
The image of the lady to be my wife

To be my lady, she must know
The very aching of my soul

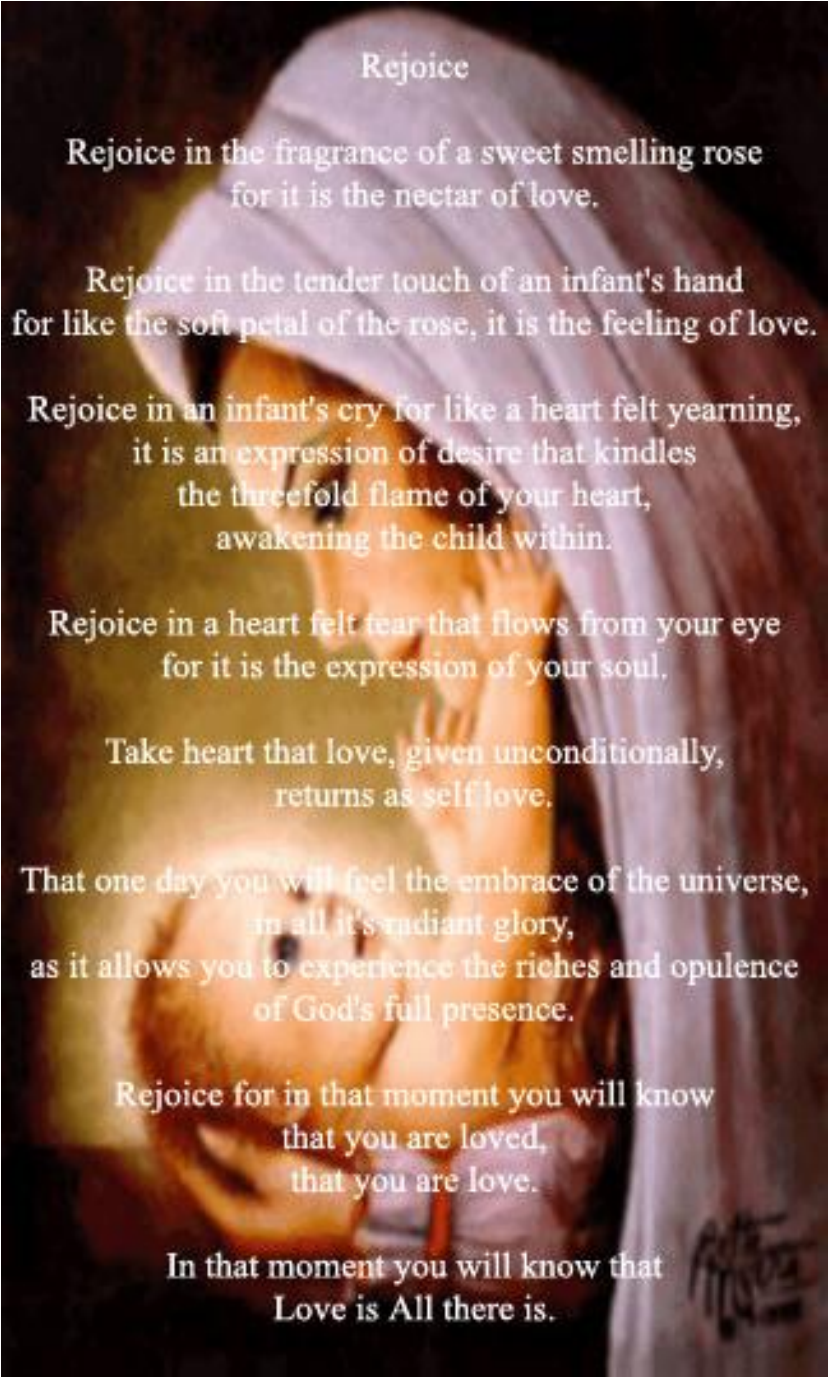
For from my soul the light does shine
To fuel the heart with Love Divine

Pray do not, my darling, let me down
I am the king, but you are my crown
And without my crown, I cannot be
The Light Divine for all to see

I need your love to be complete
It is in your hands, my fate to meet
To be king or pawn
To radiate the light that comes with the dawn

The dawning of my life anew
The dawning of a love so true

To be king or pawn, I do not care
As long as you are always there
I know that being with you
Is all in life I care to do
I also know that with you near
There shall never be anything to fear
And with naught to fear, my life shall be
To walk step by step
With destiny



Rejoice

Rejoice in the fragrance of a sweet smelling rose
for it is the nectar of love.

Rejoice in the tender touch of an infant's hand
for like the soft petal of the rose, it is the feeling of love.

Rejoice in an infant's cry for like a heart felt yearning,
it is an expression of desire that kindles
the threefold flame of your heart,
awakening the child within.

Rejoice in a heart felt tear that flows from your eye
for it is the expression of your soul.

Take heart that love, given unconditionally,
returns as self love.

That one day you will feel the embrace of the universe,
in all it's radiant glory,
as it allows you to experience the riches and opulence
of God's full presence.

Rejoice for in that moment you will know
that you are loved,
that you are love.

In that moment you will know that
Love is All there is.

*Eyes that smile,
when the heart
is filled with love,
can only cry
tears of joy!*

Where Might I Be

To a plateau it seems I have climbed, now perhaps might I rest
For the journey has been long and arduous.
Arriving here has taken my best.

Threadbare and torn are my garments
Bruised and calloused my hands.
Yet in my Heart of Hearts, I am thankful.
Is it now that the trials are at end?

Alone must now I wander
Nary another soul is in sight.
Yet there is that Presence about me
Surely all is right.

Off in the distance, a Majestic Tower stands before me,
Radiant with glow from within.
Riches and opulence await me.
But path or road I see not.

Tis but to cross this vast expanse, I suppose
To glean the rewards that I seek.
When to begin, where to start?
Where is my guiding light?

Over the edge I peer back
Hearing the anguish below
As others commit to their journey,
To the Journey of the Soul.

I desire to serve
I know how the battles may rage.
To ease their burdens, I would gladly share
My knowledge of their path.

Calling out to the chasm yields not.
Reaching below, to offer a hand,
I grasp nothing but air, empty air.
Can they not see my plight?

How might I help?
How might I show that I care?

"Beloved of my Heart,
Stand where you are on lofty rise.

Be the Light that you are.
A beacon for others to follow.
A wayshower it is To Be.

Remember no discernable path
Is the One Path of Service.
Remember every lofty rise
Is but a plateau of Grace."

Then is it an example to be
The answer I seek?
Allowing the Presence That I Am
To show the way?

Yet how do I reach my Tower of Hope?
How do I find the strength and courage
To proceed?

"Little One,

Faith it is that can move mountains.
Trusting your Self, you shall see
Your Tower moving towards you
When you focus on not where it be.

Remember,
You are never alone"

A Hospice Volunteer

I came to Hospice such a short time ago
With intent to serve and perhaps to grow
I feared not death, I had seen its face
But it seemed that everything was not quite in place

To make new friends, good people too
To offer something from the heart is true
And a common bond we seemed to share
All of us knew that foe despair
To offer understanding, love and grace
We first have to go into that special place

That special place within us all
The place from where we heard the call

The call to care, to love, to serve
I got far more than I did deserve
I learned to listen to those that grieve
But then I started to perceive
That my journey had just begun
And I was a long, long way from being one
One with myself

My grief was there, as I had learned to stuff
My body knew and said enough
I had to learn to shed a tear
To really value myself as dear
How really does one become
Free, complete or is it whole
My Lord, what a tremendous goal

So I have watched, my friends that care
And what I have learned is that they share
And of more importance,
They allow others to share
To share not just their grief, but their story
And therein lies the glory

For that makes them real
And it lets others know how they feel
The hurt, the pain, the joy, the love
Thereby the Hospice symbol of the Dove

And as I learned how to share,
My Hospice buddies all were there

With love, support and friendship true
The worlds best friends and Hospice too

So Theresa, Karen and Curtis too
To Mickey, Nacina and all of you
My special friends, I love you all
I indeed feel blessed to have received the call
The call to Hospice
The call to share

And as I learn, the way is clear
To share my story with one so dear
One day soon, when I am asked, how are you
I shall answer clear
I am well, because I am a
Hospice Volunteer.

These Words

These words arrive with love and joy
To wish that health and happiness
Bestow upon you a sweet caress
To touch your cheek
To stir your heart Allowing the love of the universe
To sparkle in those precious eyes
There is magic there
It is no surprise

May joy and love be your life
May Spirit bless you with delight
Come now dear one, a smile for me
To complete the picture, for all to see
The love, the joy, the harmony.

And to thank you,
For indeed you have graced my life
Enriching it, you have touched my soul
You have won my heart
Inspiring me to use pen this night
To profess these words as being true
To express my love for you.

Our paths, I am sure, have crossed before
And as journeys go on for ever more
I am certain that they will again
Allowing me to say once more,

I love you dearly
My beautiful friend
And love endures,
It never ends.

Moment of Love

There comes a moment in every life
When it is time to set aside the strife
Put up the hammer, put down the bow
And let Spirit show us where to go

There is time in every life

To let love be our guide
Show no fear, face the foe, and do not hide
Hide from the journey before our eyes
For the foe is fear, fear of surprise

Fear that something soon may change
And knowing naught, it seems so strange
That life may be but a moment of joy
A moment of perfect harmony
Peace within, a moment of love

And is that not what love might be
A perfect state of harmony
But to know that moment, one must share
And that, Dear One, is why you are there
Your presence allows me to feel that state
To know the joy, the peace within

Spirit smiles and says to me
Now, my child, it is time for all to see
The love, the joy, the harmony

But first I must pay credits due
This would not be now if not for you
It is not that just that you are there
But that you allow me to share
My story, my thoughts, my joy
This moment of love

There comes a time in every life
When it is time for Spirit to delight
In a moment that is shared
In a moment of love.

Waiting For You

There is a whisper in my ear, that speaks ever so softly now
“I Am waiting for you”.
Tis a gentle voice, a soothing vibration of subtle waves,
of dancing fantasy, of swirling light.

As I quiet my mind I hear:
I Am waiting for you in an infant’s smile,
in the grasping of your finger with squealing glee,

in eyes that are a sparkling witness to the glory of my being.
Do you see the joy you bring to my little world?

I Am waiting for you in the waters of a mountain stream.
Flowing around and over polished pebbles, gems that I have created.
Do you hear my excitement as I rush into the grand adventure
lying beyond the next bend?
Even whilst knowing that I Am already there.
And as you peer deep within the silent pools of my being
do you still hear my excitement?

I Am waiting for you in the wonder of the night.
I Am the twinkle of the stars, I Am the Moon mirroring delight.
Do you feel the vastness of my being
yet the simple magic of a gentle evening breeze
as I caress your cheek?

I Am waiting for you as the passionate embrace
of the Complement of your Soul
upon your return from a journey, arduous and long.
As you melt into my arms will you appreciate my journey too?
Will you discern the journey's worth while?
I Am the yearning of your Soul,
I Am waiting for you.

I Am the mystery of Spirit,
I Am the Glory of Being,
I Am waiting for you.

I Am the trials and tribulations,
the tests you place upon your path to prove you are worthy.
Do you know there is none more worthy than you?
I Am waiting for you.

I Am the power, the strength of the Ocean wave.
Should I choose I may turn mountains into sand
or take one grain and gently place it upon a far off shore.
Do you know that I Am your strength too?
That I Am waiting for you?

Are you waiting too?

When Spirit Moves

When Spirit moves in mysterious ways
I reflect back upon the days
The days when my vision was bright and clear
In the name of Spirit, I shall walk this day
Upon the straight path of the Good Red Road
Let my steps be firm
Let my mind be present and clear
Let my heart be filled with truth and love

Let me see my world from above
And let it be, that which is to come to me
Let me honour it in an appropriate way
Let me see the signs that show the path
Let me live this life, this day
Knowing it is perfect in every way

Again my vision is clear and bright
I see the moment, I see the light
I can only live in the now

My perception of the world, that I hold so dear
Was beauty, balance, harmony and joy
What is this now that I do not see
Is this my fate, my future, my destiny

Yet to unfold, a story yet to be told

Spirit says to me, all life is good
All life is love
Let it be below, as it is above

With this in mind I soon perceive
That life goes on in a perfect way
And all we can do is live each day
Walking the talk, pursuing the path

Some times are tough, some times are cruel
But love is a wondrous tool
It cures all hurts, it heals all wounds

And this is how we grow, you see
This is why there is mystery
And this is why Spirit loves us all

This is why there is black and white

Why there is day and night
Hurt and pain

Lessons in life are for us to see
That in the here and now
There should only be
Balance and harmony
And how do we attain this state of bliss
Love must come from within
And like a pebble dropped in the ocean deep
It's waves to caress that far off shore
It must radiate out forever more
And as love goes out, the waves return
To bathe us with light and love divine
Thus there is peace, harmony and joy

The universe for us to see
Is within the heart of you and me
Spirit says come now dear one
Share your world of love and joy
Let all beings see
That harmony and balance
Are your destiny.

Do I Love You That Much

To share a moment with you is a joy
To look into your eyes and see the sparkle of love
Knowing that it is a reflection of your Spirit above
Is a joy
To touch your hand or caress your cheek
All it takes to make my day complete
A laugh, a smile
To make my journey worth while
This is so because I love you so much

To realize that my heart is yours
That I would gladly devote my life to loving you

I see in you a perfect being
A child of the universe, so beautiful, so pure
The light of the goddess for all to see
Perfect balance and harmony

I see in you love divine
A spark of beauty that will last for all time
I seek our union to be complete
Knowing it to be sacred and perfect in every way

How I look forward to that day
The healing of my world, tis true
Because of my love for you
Do I love you enough to realize that our spiritual growth
Is the most important facet of our relationship
Do I love you enough to face myself
To know my fear
To open my heart, to shed my tears
To allow you to be perfect without me
To allow you to pursue your own destiny

Is my love honorable and true
Am I worthy enough to be loved by you
Could I exist and love you still
If you were to love another as I love you

Can I await the day, our turn to come
To be One in the glow of the Central Sun

Separation, abandonment, unworthiness
Foes all three

Or by the grace of God, our union to be
Do I love you enough to face my foes
To know myself
To allow you to be the free spirit you are
To be my shining star
Do I love you that much

Am I strong enough to trust
That you will always be there
That we have eternity to share
To allow the universe to unfold in a perfect way
Allowing us to be
To embrace our destiny
Do I love you that much?

Do I love you enough
For all my world to be
As dear and precious as you are to me

This I know to be true

You are a perfect being, a blossoming flower
Coming into your own great power
You are beautiful and loving
You grace my life
You are the Beloved
You are the Heart of my heart
And
I am your friend
I am the passion of life's perfect love
I am your companion
I am your spiritual mate
Choose one, choose all, it matters not for
I Am the Beloved
I Am the Heart of your heart

I Am

And
Yes, Dear One

I love you that much
Two hearts of the same flame

To Honour and to Love You

I choose to love you even though I have no choice.
I choose to express and experience my physical, emotional and spiritual
divinity to you, with you and through you.
This I choose and even though my need to express the physical and
emotional may diminish over time.
The fire and passion that I feel when we touch will always shine.
This is so, I love you.

As the expression of my spiritual self grows, as it fills my entire world, it
honours you. Because it is with you, to you and through you that it
has cause, it has worth, it has life.

To know you is to love you.
To love you is to honour you
The more I grow spiritually, the more I honour you.
The perfect being that I see in you and me.
The state of love, of bliss, of joy.
All this to honour you and thus to honour me
and thus to honour Our Destiny

Child of the Universe

Long ago, as time relates,
A beautiful child was born of me
A child of the universe for all to see

A vision I see of
This perfect flame of light divine
A light that until now
I had realized as only mine

A perfect being in every way
The radiant glow from a heart so pure
Cosmic is the love,
I am sure

A threefold flame is this heart of joy
The center of gold, so bright
Tis indeed a glorious sight
On either side, a flame of pink and one of blue
A vision of grace, of love so true

It begins to pulse, to grow, to swirl
Pink and blue unite
A ring of violet is now this marvelous sight
The Violet flame of my Brother dear
My Brother that is so near

I feel honoured now as the Angels sing
And the center of your heart becomes pure, sparkling white
A spark of light that is
“The Living Christ”
This Blessed One expands its glow
To enfold this heart that is you

A golden strand of light divine
Connects me to this child of mine

For a moment in time our hearts unite
A brief glimpse of the One
Our Father,
The Central Sun

Then you slowly move away
Into the void of experience

Clouds enfold me, my vision now dim

I know too that my journey is to begin
The clouds, the veil become intense
My memory seems to dwain
Will I ever again see this beautiful flame

Our journeys proceed, as so they must
Centuries go by
Many times we meet

At times we feel this beautiful bond of love
Not knowing why the stars
Twinkle more brightly above

In ancient Egypt you dance for me
In Ireland, our journeys anew
Now as my daughter, I am loving you

Many times, not yet to see the strand
The strand of gold,
Always there

Each time we meet the feeling grows
The love, the joy, for all to see
As so the pain, the strife,
The doubt, the fear, the mystery

The experience of life, ours to be
But not really knowing our destiny

Tis time again for our hearts to meet
Will journeys now be complete
This time I sense the strand,
I feel the bond

Revealed to me is the birth
Of this most beautiful child of the universe
Something is different this time true
For I know now that I see my birth too

Born of me, born of you
The light, the flame, it is not mine
It is ours

I realize in you the perfect compliment
Of love and light divine
Eternal Love that exists without time

Will our hearts reveal our destiny
It is there for you and I to see

Our hearts do shine with
Love, light and truth divine

Light from the heart helps the vision to clear
The path to tread is so near
One step it is or one leap of faith
It is our choice to make

The journey complete
The goal is service, the end is love
But a love so beautiful, so profound
That is why I marvel at the sound of
I love you

Love is service, is joy, is honour, is grace
It is realizing the perfection in all that is
It is experiencing with you the innocence
And purity of passion

The passion of sharing
Our bodies, our emotions, our experience,
Our being, our love

Beloved Earth Mother is birthing
Beloved Humanity is birthing

The greatest service that we may offer
Is our sharing, our sharing of the
Divine We, the Divine I Am that is Us
For we are One

One with our Earth Mother
One with our Humanity
One with our Father
One with Cosmic Love

Sacred Union
You Are, therefore I Am
You are my life, my love, my being
You are, therefore I Am

Beloved of my Heart
I Am the compliment of your soul
I Am

Loving you

My Lady of the Lake

Oh beautiful one of light so fair
You stir my heart, you quicken its beat
Your waters deep and dark crystal blue
Indigo is the majestic hue

I am the sword of my soul
To temper its steel is my goal
In the fires of life I dwell
And at times they are the fires of hell

Through flames of hope to ashes of despair
I harden and purify the metal of my being

Knowing that you are there
In the deep blue waters of my mind
The memories of a love divine
Keeps my heart beating

To cool the steel, to rest awhile
I dive into my crystal pool
And replenished in arms of loving thoughts
I return to the fires above

I know that it takes the hottest flames
To forge the finest steel
And with one vision in view
I enter the fire of life anew

That vision is of you, my lady
Rising from the sparkling waters
For all to see your glorious wonder
And to see me in your loving hand

Knowing that I am Excalibur
Precious One, you are the Lady of my lake
And you are so beautiful

I Feel, I Know, I Believe

*Feeling is the experience of our senses,
Touch, smell, hearing, taste, sight and intuition.*

*Believing is the experience of faith.
Faith in one aspect or all aspects of the divine order of that which is.*

*Knowing is the experience of awareness.
Awareness of a connection to the divine essence of that which is.*

Feeling from the heart is the experience of divine love.

Believing from the heart is the experience of divine acceptance.

Knowing from the heart is the experience of spiritual awareness.

Knowing that I Am is Heaven

*I Am
Stephen*

Great Spirit

*May I walk this day,
Upon the straight path of the Good Red
Road.*

*Let my steps be firm,
My mind be clear and present.*

*Let me see the path,
As it unfolds before me.*

Let there be only love and truth in my heart.

*Great Spirit,
By thy grace and through thy will,
I shall walk this day, in thy light.
I shall be Who I Am.*

Spirits of Fire

I am Spirits of Fire
You may see me rise from a campfire bright
Or from the flame within your heart
I am your Spiritual Warrior
I am your heart's desire

I am Wolf
I am with you all year long
Although you may feel me strongest
When the moon is full and bright
I am the guardian of the spirit of freedom
I teach you wisdom and balance

That you are the governor of your life
I am your greatest teacher
I am yourself

I am Orca
I am with you all year long
I awaken your inner depths
Harmony is my goal
I am the chalice of universal mind
I am the history of your soul
I am the magnificence of your creativity
I am the power of song, the breath of life
That lifts your wings to the sun
I am the resurrection of eternal love

I am Bear
I am with you spring and summer
I awaken the power of the soul
With seven rays of Divine Light
I invite you into the cave of silence
Into your dream lodge each night
I remind you that as a cub we climbed the highest tree
The tree that links heaven and earth
I remind you to hug that tree from time to time
And that the sweetest taste of life is truth

I am Eagle
I am with you all year long
Daylight is my realm
I am the illumination of spirit
The wings of the soul blessing all from above
I am Grandmother medicine, wisdom and healing

As we soar to great heights
We know that we are of the earth, but not in it
We fly between the worlds
A spiraling dance of joy between
Mother Earth and Father Sky
And that with passion and joy we fly into the sun
To purify our soul
I am Thunderbird
Flashing the blue lightning of freedom's love

I am Spirits of Fire
I am the gentle touch of love
That whispers in your ear

I am Spirits of Fire
I am your heart's desire.

The Burning Ground

Father, a vision I am in,
Darkness enfolds me and I am all alone.
I am cold, and I am tired.
I feel the weight of lifetimes upon my shoulders.
I feel a thousand years old.

As I search for warmth, I see a firelight,
Somewhere off in the distant night,
This dark night of the soul.

Closer to this fire I am now,
Finally I feel its warmth.
It is the fire of desire,
Fueled by memories of long ago.
It seems that I have been here for ever and
Desperate for warmth, I leap into the flame,
Hearing my heart cry out in pain.

A glimpse of light, a moment of love,
Yet a feeling that I have been here before,
And soon you will close the door.
The fire wanes and again I stand alone.
The fires of life, the desire for love.

On I go, thinking, was this fire as bright as before,

Or the one before, or the one before,
Will this go on forever more?
Fires of hope, of desire, all to be swallowed up
By this dark, dark night of the soul.

Is this part of life's journey, one must take alone?
Is there no one with whom to share the load?
My heart is heavy, my mind is adrift,
I don't seem to have any control.

Yet I have experienced light and I have experienced love,
Far greater than ever before.
Into thy glorious light, beloved One.
But the knowledge I have gained doesn't fuel the flame.
The love that I feel, can it be real?
Each time I step into the fire,
It consumes the breath of life and leaves me in the cold.
Yet there is that fire of which the Masters speak,
The one called "the unfed flame."

The burning ground.
At times the fire lends me strength,
I believe that I can go on.
Then when the firelight dims,
I wonder what I have done wrong.
With each failure something is burnt away,
Something seems to die.
The burning ground.

Each new fire comes with hope,
Will this one be the last?
Will this one be the eternal flame,
The one that never dies?

If not, what will lead me to this light?
I feel, I believe, I know who I am.
Yet I fear opening my heart, searching my mind.
There are many flames of memories waiting there,
Experiences and parts of me that I seldom see,
Waiting to be consumed, on this field of grief and despair.

But I believe there is one flame
That will grant me final release.
The unfed flame of eternal love.

Beloved Spirit that I Am, take my hand,
Lead me to the light.

Why must I do this alone?
How much of me must die?
And although no one seems to really care,
I know that they are there,
Eagerly waiting to share the joy,
When alone and empty, I step into that final fire,
Free from want and desire.
With nothing left but the light of God.

When there is nothing left, will I love you still?
Love you enough to forgive my journey,
Appreciate what you have done for me?

Once you placed me upon the cross.
Once you gave me new reason to live,
To learn, to grow, to serve.

And now you have set me upon the burning ground.
With an angel that I cannot see,
And only one faint glimmer of hope,
The words of our beloved Francis;
"it is in dying that we are born to eternal life.
Trust me little one."

I would gladly die to be freed,
From the burning ground.

The journey from cross to cross,
A journey of one, a lonely one.
And yet, I AM never alone.

Mirror of the Soul

Oh, how I look forward, with joy, to the day when you are free
to express your love for me.

Knowing that I compliment the journey of your soul,
that I mirror the perfection and radiant beauty of your being.

I do not impede or restrict your journey.
I allow the expansion of your universe.

As you search within, to touch your soul, I Am there.
I am who you are, the light, love and power of your spirit,

your beloved
I Am.

I Am the all that is.

Shine forth beloved of my heart.
Radiate into your world the love that I Am,
knowing that I Am your love.
I am the mirror of your soul,
that I am in love with you.

I love you, my lady,
with all my heart, with my mind and with my soul.
You are the Mother Goddess of my being.

May your soul whisper in your ear, I love you.
May it caress your cheek.
May its tears of joy fall upon your heart,
fanning the passion to be who you are.

For they are also my voice, my lips and my tears.
They are my soul mirroring to you the Goddess that you are.
Oh how I look forward, with joy, to the moment you are free.

If you could but feel the love in my heart at this moment,
you would know how precious and wonderful you are.

The Source of My Love

At times my words ring bright and true.
As when they say I am loving you.
And truth is conveyed when they sing
... I am your light,
I am your love ...
our Eternal Parent blesses us from above.
And from within.

For as the Eternal Parent radiates from the central sun
through the seven brothers of the Great Bear
and the seven sisters of the Pleiades,
on downward through the seven sacred planets
to Mother Earth and to my Spirit,
the Beloved That I Am,

The Beloved radiates that light and love.
Manifesting as the Christed Light within my heart.
That is the source of my love.

The Christ in me is my beloved soul.

At times my soul illuminates my mind.
And my words ring bright and true.
What I see in you, it sees in me.
A radiant being, a sparkling gem,
you are the majestic presence of my soul's true light.

The Christ in you and the Christ in me
will sustain our love for eternity.

The Eternal Parent is eternal love.
She is in my heart and he is in yours too.
Only one reason why I am loving you.

Smile for me, beloved of my heart,
knowing that in Spirit we will never part.

As I open my heart, to touch your soul,
it is indeed a joyous goal
to radiate the light and love of the Living Christ.
And to mirror to you balance, harmony
and the beautiful being that you are.

I write these words to honour the glory of your being,
the glory of my being and the glory of our being.
To honour the source of my love
and the beautiful mirror you are to me.

Beloved of my heart,
our spirits will never part.
I know that I shall always be with you in love,
that I shall always be in love with you.

Father, you are the source of my love,
the life that beats my heart,
the light that illuminates my mind with loves true art.

Through all experience I have realized
that love as never changing.
I have doubted, been angry and feared.
About life, you and myself.

Yet my soul has never wavered.

A Vision

A vision of life, a moment of love
A moment of light shining from above
The radiance of life's beautiful dream
How beautiful you are beloved of mine
How wondrous your gifts of love divine
Inspiration to life with God's pure light
The manifestation a joy to delight

Precious you are, Beloved of my Heart
The radiance you imbue is love's true art
The canvas of my life you bless
Thou impression deep
Impressed upon my soul to keep
You dear forever more

Praise you I do "My Lady" true
with my ever expanding love for you

For as the flame in my heart glows and grows
Expanding the presence of my Beloved Soul
My love for you expands as well
Someday the world to tell
Of a love so precious, a light so pure
Through life's journey it will endure
Glorifying our being for eternity

From our eternal Spirit a vision I see
A vision of the trinity
A triangle of three radiant stars ablaze at night
You and I and our source as One
Magnificent we are under the Central Sun

As Oromasis and Diana
As Archangel Michael and Faith
As St. Germain and Portia
Someday ascended we shall be
Serving through the love of Christ Consciousness
All Humanity

Until then, Dear One, journey well

Unto thy Master Presence be always true
And remember I am always loving you.

And my love grows and grows and grows

I honour and praise you more each day
Yet it is only one more way
of saying
thank you.

When We Are One Again

Memories, Dear One, of the time we shared
The love, the joy, the strife, the pain
My journey now is not the same
But I remember the love, the moments of joy

And as I walk along this shore
I know these memories are mine forever more

An ocean of beauty, an ocean of love
As it is below, so it is above

The sun is setting on my beautiful bay
The sky is blue, with puffs of white and streaks of gray
The islands twinkle through the horizon's mist
The path to the sun on the water bright
As if to say, come to me now
All is right

To walk on that water to my island's dream
To that place of joy, divine, serene
To the arms of love that shall hold me safe
Freedom, completion, a return to the state
To the state of One
When we are one again
Memories, Dear One, of the love we shared.

The Power of Love

It is said that love can move mountains

It is said that love can endure
Pain and strife and the tortures of life
It is said that love heals all

To me I would see the power of love
In a heartfelt tear, shed in joy
In the caress of a baby's tender grip
In the compassion for a fellow soul
And its journey upon Blessed Mother Earth

I see in the power of love
The revolution of the Spirit
The desire to care and to serve
In the revelation of the Soul
Through the bond of Eternal Love

I see the power of love to inspire
The arts in all their wondrous form
The inspiration to embrace
The Divine Presence in all that is

I see in the power of love
The desire to live life to the fullest
To glorify the art of Being

Beloved of my soul, I see in you
The power of love
And the expression of its heartfelt song

In the sparkle of your eyes
In the touch of your loving hands
In your passion to be who you are
A precious gem, a child of the universe
A radiant, shining star

I give thanks to our Eternal parent
For knowing who you were
When our paths so briefly touched

I believe in the Power of Love
I believe in who you are
I believe in who I am

Precious lady,
You are the power of love.

Wizard's Magic

Merlin once shared with young Arthur
the secrets of being a wizard.

One was to live in the future, now.

When I think of this I marvel.
For to feel the excitement in my mind,
to feel the ecstasy of my soul,
to feel the love of my spirit
is truly enchantment.

In my crystal ball I see a tree of life,
I see the desire of my conscious mind and physical form
to shower you with love.

I see my being the awareness of my soul.
I see the union with my beloved I Am that makes me whole.
I see the union of our souls in loving service to life.
I see my spirit in love with you, in love with life.

I see the radiant glory of your being.
I see your conscious mind uniting with your soul.
And I see your magnificent spirit
manifesting through your love for the world.

I see that I am a wizard and I feel the love flow.
It is the supreme enchantment, this journey of the soul.

By the grace of God,
through the will of my spirit, the beloved I Am,
I see that I am the crystal ball.
And I feel our desire to assist others upon the path.
I see the union of all spirits,
by Divine Grace,
through Divine Love.

The light of the All that Is.

I feel the ecstasy of lying in your arms,
born again into a bright new world.
Suckling at your breast, a perfect breast.
The sweet nectar of life flowing freely through,
the light and love of your soul,
a perfect soul.

The tender nurturing of your beautiful presence.
This is ecstasy, this is love, this is happiness,
this is magic.

It is no wonder that I care for you so much.
It is the surrender to love.
It is the trust in the Will of Heaven.
It is the supreme joy of my soul
To honour your beautiful presence
To be loving you.

Father, the desire to be one with you.
My lady, the desire for the sacred union of our souls.
My desire for all life to become the One Life
Eternal Light, Eternal Love
It is so beautiful.

In light, with light, love and truth
I am in love with the magic of life
I am in love with you.

Relationships

The most important relationship in this life is the one with our self.
Higher self, I Am Presence, Spirit, Soul?

When I address my god, it is often as "Father",
because he is indeed the parent of my being.

He is the source of life that beats my heart.
He is the link to the universe, to the All That Is,
to the Divine and Eternal Parent.

As I become more aware of my soul, the "Christ within",
I appreciate more that life is relationship.
Whether it be to our blessed Mother Earth,
to a job, or to a brother (for we are all brothers),
how we relate determines our worth.

A smile, a loving touch, a kind word or a heartfelt tear
is all that it takes to make my day worth while.

To understand, to care and to allow
are all aspects of unconditional love,

unconditional acceptance.

Father,
By thy grace and through thy will I Am Who I Am.
Make me more of thy manifestation this day.
Make me an instrument of thy peace,
an instrument of thy light
an instrument of thy love.

I give eternal thanks to the Lord of Creation
for the blessing of this life.

Journey's End

Herein lies the Glorious Mystery for the Philosopher
and the Magic of Love for the Poet.

Were we to realize the Journey's End,
would creation cease to exist?
A state of Nirvana, perhaps?
Or perhaps still the, Heart felt,
Universal yearning to expand the awareness of Self?

Or the Conscious Desire for the inbreath and return to Source?
There for but a Moment of rest until again is felt the pulsation
of Eternal Love that begins the cycle again.

Blessed *Maya*, the stage for our Magnificent Dramas
and the facilitator of opportunities to learn, to grow and to serve.
Would the Truth, be it known, spoil the journey?
Deny us our Grand Adventures?
Or would it set us free to realize the Grand Adventure
that lies behind the veil,
beyond the Ring Pass Not?

For the Philosopher Poet it IS the Journey that is the Truth.
Never ending, ever changing.
What matters our little truths of the moment
when a Moment of Eternal Love is Being and being realized?
We are first and foremost travelers.
Let us Journey Well.

Upon this Journey to the Divine,
My Spirit and Soul are the Travelers,

I Am but the illusion,
A vehicle for the manifestation of their Love.

Yet I Am the seeker of my Soul,
That I might become more of the adventurer,
Is my goal.

Therefore I must seek not to find blame,
Neither should I yearn to acquire fame.

For I Am but a player
In this Magnificent game.

I Am seeking now to better know
My Self
Realizing,
I Am that I Am

The Eternal Rose

And She said to me, "Honor thy Mother,
for all the glory of creation is of her Heart."

And I wondered what such a Heart should look like.

And She said to me, "As a magical mirror,
it can show you the Wonder of my Love
or the Compassion of my Being
or even that Forgiveness is Divine.

Not only can it show you Who I Am
but also Who you Are.

It is always gentle yet when needed it too can be firm.
It can teach, yet more important it can understand.
And of most importance it can allow you grow, To Be.
Truly it is the Flower of Creation.
It is the Eternal Rose.

It carries the thorns of experience
yet you can see only the petals of perfection.
It turns the musty smell of soil and toil
into the perfume of inspiration.

It is the Source of All Love.

Can You Imagine

Can you imagine a Love so Beautiful, so Pure
it can allow you to be
that which you choose to be,
honouring the veils to its Self
you have placed upon your path?

Can you imagine a Father that allows
pain and strife,
the tortures of life,
knowing that your journey is
Perfect in every way?

Can you imagine a Mother that embraces
all her creation as one Precious Child,
yet allows the illusion of separation?

Can you imagine a Consciousness so vast
that it conceives of neither future or past?

A consciousness that Feels every facet of its Being
as the expanding awareness of
Love experiencing Light?

Can you imagine
The Light of Eternal Love?

Can you Imagine
That which I Am,
is that which You Are?

Can you imagine

That We Are One?

Can you imagine?

The Facilitator

I am not a “seer” of the future, yet my Spirit possesses knowledge of the hologram of life. I am the facilitator of Peace by showing you how to live in this moment of the Eternal Now.

I am not a “channel” of wisdom, yet my Spirit draws upon the Light of the Masters. I can facilitate the awareness of All That Is.

I am not a “healer”, yet my Spirit being the Love of God sees the perfection in All That Is. Knowing that you are a beautiful, radiant child of the Universe enables me to facilitate your self healing.

I am not your provider, yet my Spirit knows the opulence and riches of God’s full presence. I can facilitate the manifestation of your Heart’s greatest desire.

I can call upon the Ascended Masters and the Angelic Host. I can command the Essence of their Presence, yet I cannot give you that which you want for until you open your Heart and find me there. Until you empty the Chalice of all discord can the Holy Grail be then filled with the Light of Eternal Love.

Until you share from the Heart can my garments reflect the Majesty of our Being. Until you are willing to surrender to me shall you know Who you are. Shall you be embraced in the arms of my Love.

I Am the Facilitator,

I Am the Light of your Soul

I Am
The Light of my Soul.

Tis the Love of our Spirit
that Makes Us Whole.

I call forth now and lovingly command,
the Light of Eternal Love.

Bless this Moment of my Being
with the Beloved Silver Violet Flame
and Blue Lightning.

Consume, dissolve and purify
all of my accumulated creations.
The cause, the core, the record and affect of them,
past, present, and future, known and unknown.

Penetrate and saturate every atom and cell of our
Being.

Dissolve all discord, all doubt, all fear.
Transmute all that is less than our Christ Perfection,
to a higher octave of Divine Love.

I give thanks to the Lord of Creation,
for the Power of the Light of Eternal Love,
and for the Blessing of this Moment.

Journey to the Divine

Oh Beloved Spirit That I Am
Divine and Eternal Parent of my Being,
How might I best serve upon this,
my journey to the Divine?

“Little One,
Balance, harmony and joy is to strive for.
Unconditional Love, unconditional acceptance is to strive for.
Awareness, Soul Consciousness is to strive for.
A Being centered upon the Love of Spirit, is to strive for.
It is not so much as to how you react to your external environment,
Rather it is how you create your environment from within.”

Father,
How does one achieve balance, harmony and joy
In such chaotic times.
There is much turmoil around me, within me.

“Beloved of my Heart,
KNOW that you are loved, that you are a precious and majestic star
in the Universal ALL That Is. That you play an important part in this drama
Called Life.
KNOW that you Are Love.”

Divine Parent,
Enlighten my mind, open my heart to the
Awareness of the task at hand.

“Dear One,
Seek not external joy
Seek not validation
Seek not justification
Seek not self-gratification

Seek not to judge
For how can one truly say where another
Should be upon their journey.

Do not portend to be anything
Other than a student of the Divine.
Do not attempt to take credit for anything
That you may feel flows through you.

For truly it is Love
That Loves through you.

The little ego desires to participate, to achieve status.
Let go of the little ego.
Let me shine forth in all
The Magnificent Glory that We Are.”

Divine Creator of my world,
How might I become more of
Thy Manifestation?

“Beloved Child of the Universe,
Allow!
Allow the Universe to unfold before you,
As it should.

Detach!
Detach yourself from external events
For they are but to mirror back to you
That which Both reflects the beauty of the inner child
And that which needs Enlightenment.
ALL events are opportunities to learn, to grow and to serve.

Achieve Inner Peace and
Soon the external illusion will mirror only Loving Service.

For in Light, with Light, Love and Truth
The Universe IS WITHIN.

It IS the Light of the Living Christ
That guides and sustains you.

ALLOW your true essence to take control
Of every atom and cell of your Being.

DETACH from the drama, you so enjoy.
CENTER in the SOURCE.

Live in the Moment, the Eternal NOW
For therein lies the
Only true existence.

Remember that the Universe
The Source of Love
The Source of Light
LIES WITHIN!
Remember
I Am Is the Way
I Am therefore you Are

You Are therefore I Am.
Not just that you are Dearly Loved,
YOU ARE LOVE!"

Father,
When I see the Light
When I see the potential of beauty and joy
Yet feel the cloud around me
What do I do?

"Little One,
Discern your world from a Loving Heart
Trust the Will of Heaven"

Divine and Eternal Parent of my Being,
I Am eternally grateful,
For the blessings of this moment.

and

That I Am

Who Are You

Tis early morning here on the fur North-West Coastal 40 and
enjoying my second cup of coffee, I Am.

My first cup was leisurely consumed upon the rear deck, in the
company of Brother Owl, chatting to me from a distant limb in the enchanted
forest.

"Who, who, who are you?"

..... I Am Stephen, don't you know?

"Who, who, who are you?"

Father Sun was beginning to stretch his arms through the trees,
bringing a gentle wake up call to all the critters, I suppose.

Grandfather Wind was yawning, a gentle breeze to stir the little
ones, I suppose. Mother Earth was smiling, I am sure, for it is the beginning
of a beautiful New Day.

"Who, who, who are you"?

Silly Night Eagle, I Am your little brother.

"Who, who, who are you?"

Enjoying a magical moment, I am, waiting to see the Tree Fairies and Elves begin to play in my enchanted forest. For play they do, scurrying here and there. Playing tag, I suppose. Occasionally to stop behind one of our Tall Standing Brothers. A moment later to sneak a peek at me, with devilish grin and twinkling eyes, as if to say, "I know who you are."

That's better, I was beginning to wonder.

"Who, who, who are we?"

Gawd, oops, tis not Brother Owl. Tis the Light of my Soul.

Good morning Beautiful One.

"It is in deed, Beloved, and who are we this fine morning?"

..... Don't you mean, how are we?...

"No, Dear One, who do we desire to be this day? For many fine hats we have."

I'm game, it's a Glorious morning. Let's do something exciting, something adventurous. Let's manifest a kayak and paddle around the lake. I would love to see the beautiful homes and yards that cannot be viewed from the road as we drive by. What fun!

"Hmm, energy you have, enthusiasm you have, yet muscle dexterity is somewhat in doubt. Perhaps we should leave the explorer's hat on the shelf for now. How about the story teller's hat?"

One day we are going to paddle around the lake though. You want me to tell a story, right?

"Well err yes and we will. A story would be much less stressful on such a marvellous day."

Sounds good to me. And I know just the tale.....

"Stephen, sweetie, you are such a good story teller yet might I have a turn pretty please?"

"Relax now and show me what a good listener you are"

Once there was a wealthy merchant, wise in the ways of the land. Acquired great riches, he had yet was always searching for more. And as it happened one day, while traveling through an Enchanted Forest came upon a mysterious clearing.

Peering into it he noticed, in the distance, a fine castle. And before him a beautiful meadow with winding path following a stream that led to a small lake. What a wonderful sight, the waters of the lake especially. They glittered, sparkled

I must add this place to my estate, he thought. I shall visit the castle and see if I can buy this land.

On the path his journey began, but before long he began to feel somewhat odd. Difficult, it was, to understand this feeling. The further he ventured, the better he felt. This was truly a magical place.

Approaching the lake he noticed a small hut beside the trail. And a sign hanging from the porch saying "Guardian of the Toll". On the porch was sitting a little boy. A truly beautiful child, with golden hair and deep blue eyes. Now this was a pleasant surprise. Might he find out more about this place, who owned the castle? Hello friend, he said.

The boy looked up to him and smiled.

Would you kindly give me information as to how long the path is and who owns the castle?

In a voice that flowed like a melody upon a harp, the lad said, "Tis as long as you desire and the Enchantress owns the castle."

Enchantress? Do share more please.

"Tis said that she can grant you your heart's greatest desire."

Wonderful, thank you. I shall journey on.

"First, you must agree to a fair passing toll for traversing this path before you."

Fair passing toll? ... the merchant asked, the shrewd businessman beginning to surface. What really can I afford?

"That is the toll, only that which you can afford. For each day you journey you must pay twice as much as you did the day before."

My, it doesn't look to be a long path, what is the first day's toll?

"A penny." says the boy.

Ahh, that I can manage. ... Thinking to himself, the Enchantress, will be a joy to bargain with for this land. ... Where do I pay this toll?

"At the end of each day you shall see an urn beside the path. Place your toll there. Journey well."

Quite content, the merchant continued this now his quest. His steps light, joy in his heart, was indeed a good day. And sure enough, at the end of the day there was the urn. A penny and a night's rest, was a fine day, although he felt that the distance traveled was not as great as he thought it should be. Oh well. tomorrow I will achieve my goal.

At the end of the second day, the urn and two pennies please. I am sure that the castle seems closer now.

The lake is so beautiful. Each time I drink from its waters I feel refreshed. Each time I bathe I feel renewed.

How many days has it been? There is today's urn 256 pennies please. Goodness that is ten days I have been on this trail. Does the castle look closer?

The quest goes on, at times a steady pace, then to dally here and there. To take in the beauty of the land, to breathe the sweet fragrance of the wind. I must have this for mine own. There is today's urn. What is this 540,288 pennies please.

Twenty days I have journeyed and don't seem closer than the day before. I must, though, have this land, its wonder is amazing. Just think what the castle will be like.

I do seem to be closer now but I am so tired. I shall bathe in these mystical waters, renew myself. Tomorrow I shall attain my goal.
69,156,864 pennies please. Seven days more I have been. I cannot afford to tarry any longer.

Twenty eight, twenty nine days Lord, help me please. My wealth is just about spent yet I seem so close now. Let there be only one more day.

And so it is that his wish is granted for the next day, the thirtieth day, he arrives at the gates to the castle. But what is this ... one more urn. The merchant slumps to the ground and weeps for on this final urn it says 553,254,912 pennies please.

Lord, I do not have enough for even the toll yet alone to buy the castle and this land. What has this Enchantress done to me?

And at that moment the gates open. The merchant, still sobbing, struggles up to the door and knocks.

The door opens to a chorus of Heavenly music and there stands the lad from the toll hut.

"Come in, Beloved, we have been waiting for you.

He takes the merchant's hand and leads him through majestic halls, with sculptured walls where luxurious tapestries hang, through rooms where portraits and exquisite paintings adorn every vantage point. Then into a chamber where sits a magnificent throne of gold and precious jewels. And upon the throne is the most beautiful Goddess that he has ever seen.

He can only kneel and bow his head before this Radiant Being.

"Welcome, Dear One, you have journeyed well."

The merchant cried out, I have nothing left. I have spent everything to get here. And I so desired to own this land, this castle.

"But, Beloved, you are the owner of these lands, the Master of this castle."

Sobbing ... Oh God, oh God, where am I?

"You are home, Beloved."

What is this home? Who is this beautiful lad, the Guardian of the Toll? Who are you?

"This is your Heart, Precious Child of the Universe, and I Am Who you Are."

.....

And as I sit here marvelling at this tale, told by the Light of my Soul I can hear from the forest

"Who, who, who are you?"

But of course!

I Am
your little brother
Stephen

Grace

Great Spirit, Divine and Eternal Parent
We honour thy presence in all that is
That thou are Creator of all

We are your servants, your children, and
We thank you for the blessings that we are about to receive
We thank you for hearing our prayers

We offer praise and give thanks to our
Blessed Earth Mother
For the abundance before us

We celebrate this moment with our minds
By using words and the human tongue
We celebrate this moment with our hearts
By expressing joy and the love of being
We are all Humans, Being

We ask Spirit to bless this abundance
That we might use it in a perfect way
That it contributes to the balance and harmony
Within each of us

We celebrate this moment of sharing
We celebrate this moment of love.

The Sweat Lodge

I would like to share with you one of my experiences at a sweat lodge.

It was during a three-day ceremony celebrating Summer Solstice in the north Okanogan Valley at a place called Rainbow Medicine Wheel Camp. The sweat being scheduled for the evening of the first (arrival) day.

A beautiful spot nestled in the corner of a pristine meadow, skirted by a small river on one side. The sweat lodge, located on the edge of the river, was separated from the main lodge, medicine wheel and tipi village by a tree line about thirty yards wide. The tree line followed a low, bog-type, area. Probably a backwash from the river during spring runoff. On the path through this bog they had placed boards to enable access without having to acquire knee-high mud leggings.

There actually were two lodges facing each other with a fire pit between them. One for the men and one for the ladies, or so it was this day. The opening to the men's sweat faced the east, its back to the river. My soul brother Greg and I had arrived just in time to set up our tents and proceed to the sweat, so although we had met the three people who ran the event, Neil, Jeff and Kathy, the rest were new friends and soon to be companions on a wonderful journey.

We were settling down upon cedar boughs, inside the sweat, as eleven stone brothers were being passed in, each to a chorus of "Hau Kola", when Neil, the pipe bearer, announced that this was to be a Warrior's sweat. Raised more than a few eyebrows, I am sure. Very dark, very hot, thank goodness for the glow of our stone friends. The enchantment and magic had begun.

At the end of the first round it was announced that any who wished to leave for short break in the river could do so. Only one remained inside. While we refreshed ourselves, soaked bandanas or towels to accompany us for round two, one of the chaps noticed a deer coming out of the river on our side a short distance away. I, as I am sure did many, thought what a lovely sign.

NOT!

As the deer climbed up the low bank everyone noticed it was dragging its rear legs. Gawd, what kind of omen was this. It was surmised that the deer had been hit on a highway about a mile away, and was trying to return to its bed. Neil called two young native grounds keepers to follow the deer and if possible put it down. We returned to the sweat, more than somewhat disturbed.

Again settling in, as a few more stone friends were greeted, a voice was heard outside the doorway "Excuse me, my name is Tony. Sorry I am late, may I still participate?" Tony was welcomed and as all peered out the door he set down his crutches and crawled in. Tony was a paraplegic.

During round three the pipe was again passed and opportunity was offered to give thanks and request healing. When the pipe came to Tony he proceeded to explain how he had driven around, outside the gates to the

camp, before summoning up the courage to enter. And because of his legs had to crawl across the boards on the bog, which took considerable time. He again apologized for being late. He also explained that he was a recovering alcohol and drug abuser. He had lost the use of his legs in a related accident about two years previous. Interested in helping children he hoping to heal some of his personal wounds at this event.

WOW!

What else I remember about the sweat seems insignificant, other than I survived. I do remember clawing at the bottom of the lodge wall in desperation during round three and coming to deal with the darkness in round four.

While refreshing ourselves in the river, at the end of the sweat, the two young lads returned from tracking the deer. Neil asked them if they had any success. The told us that they had ventured to within about twenty yards of the deer while it watched them. It then turned and slowly went back into the river to be carried away down stream.

The beginning of a magical journey. Tony received his healing. We all received a healing and shared a tremendous love, as we participated in the blessing of and from our Beloved Earth Mother. Neil shared a great deal of wisdom, as did Jeff. Jeff presented me with my first feather of Eagle down. Kathy was truly an Indian Princess, a Goddess whose dancing and singing around the fire or at the medicine wheel enchanted all. Everyone left that weekend feeling a beautiful bond of love. And overwhelmed with the joy and magic of sharing. I, for one, would never be the same again.

I hope that you have enjoyed my little tale and felt some of the magic.

Conversations

Spirit communicates in infinite ways. Tis but to open our Hearts and allow, they say. Yet a catalyst is often the blessing that compels the Heart to share its Love. I am eternally grateful for those that have allowed me to share the Love that I Am.

Often I feel my words are guided by a most beautiful facet of my Spirit. She, yes she, will sit upon my shoulder and whisper in my ear “Seal it with a KISS, Dear One”. Or at times she will enter into the conversation and at times direct my thoughts to an “Ah Ha !”

Sometimes stern, always kind, often her humor coming to mind is this Beautiful Presence.

My Beloved Companion that is the Light of my Soul.

Throughout “Spirit Quest” I share her love that manifests through conversations.

“KISS” Keep it simple, Stephen.

Self Love

Self-love is an awareness. It is awakening to the Living Christ of our being. For we are Hu - mans being. God manifesting through being.

We begin to understand when we realize that the inward journey, seeking to touch our souls, to find ourselves, can be a selfish act. Shutting out any facet of our world is shutting our hearts to the Living Christ within. It is difficult to realize love of self when we are not aware that the world is our mirror, reflecting back to us the magic and mystery of our being.

By opening up our hearts, in the selfless act of giving, we begin to receive. To receive the opulence and riches of God's full presence.

When we realize that we are the mirrors to others, who touch our paths and that by giving our love we receive our love.

Balance and harmony - the awareness that we are one with all that is, that all is good, that all is God.

By respecting all living things, we respect ourselves. We all have needs, desires and aspirations. By honouring others we honour ourselves. We achieve harmony within our being. Balance!

To look at any facet of our world and say Beloved, I love you totally, I love you completely. I accept you unconditionally, is considering every opportunity to express our love a gift, a blessing

At times I wonder why I am here. Am I here to be a catalyst in another's life, to assist in their spiritual growth?

I realize that I am here for my spiritual growth and indeed I Am a catalyst. Am I here seeking completion, to express my love, to become whole, that Spirit might guide me towards the next phase of my journey.

I am here to share, to express, to love, to become more aware of my world and myself. As I become more aware, some of that which I accept as knowledge becomes wisdom. As I experience knowledge it becomes wisdom.

I am realizing more and more that it is a journey of surrender. Surrendering to Who I really am, to love.

Life happens, we don't seem to have any control. There are only choices and what we choose in the moment determines what happens upon our path and yes at times it is very difficult to see the road ahead.

Freedom

*Freedom is a state of love.
It is being attached to the cause
of that love,
yet being detached from the result
or the effect of that love.*

*The finest steel is tempered
by the hottest flame!*

*Father, if I can but open
my heart to All*

*If I can but strive to BE
the perfect vehicle for the
manifestation*

*Of thy Light and thy Love
Can I make a difference?*

Principle (Webster): a comprehensive and fundamental law, doctrine or assumption. divine principle - god in principle

A Divine Principle

As the butterfly draws nectar from the flower and collects pollen on its legs; the flower gives of itself and thus honours God.

The butterfly, receiving this gift of love and gift of life, flies on to the next blossoming experience, thus propagating life and honouring God.

All life honours God. All experience honours God.

The gift of free will enables us to honour God in an unique way, a way possibly unique in the entire universe.

I Am That I Am. I Am All That Is, representing the Alpha and Omega of being, the masculine and feminine aspects of spirit.

I am the beggar and the thief. I am the abuser and the abused. I am the caregiver and the saint.

Although at times I may have not realized it, I am the giver and receiver of love in the form of opportunity to experience both hurt and pain as well as joy and salvation.

And thus I have honoured God

And thus I have honoured who I Am.

And as I become more aware of who I Am, I choose to honour God in the light of the Living Christ.

In loving service I shall honour God.

In the awareness of his presence manifesting through me, I will glorify the Beloved God That I Am. The God that is Unconditional Love and Unconditional Acceptance.

I will accept my brother's journey as the desire to experience the duality of life in order to realize the wholeness of his being and the union of his life with all life.

And I will forgive my journey. I will honour Who I Am.

I will accept the "Divine Principle", to honour God.

The Gift

Once I was given a beautiful gift. But a gift that I could not share. And I wept with both sadness and joy.

While reflecting upon unconditional love, I knew that to make you happy, I would gladly give you the world. But that is only a material thing.

I would, with joy, give my life for your well being. But that is only my physical existence in a moment of time.

To support your spiritual growth, I would honour your freedom, realizing the perfection that you already are. I would honour your journey. And I would be who I Am, always endeavoring to emulate unconditional love.

And as I considered this, I was given the gift. The gift was understanding.

To be Who I Am, I may have to endure the fires of hell, whatever my hell might be. To purify body, mind and soul. To be the best I can be.

I then appreciated what the Masters have done, in order to flood our world with light.

I knew why the Angels support us with their love and light.

Why we are given opportunities, by those who love us, to experience both joy and pain.

I realized the purpose of each journey, each soul, each flame.

To experience the Divine in all that is. That all is really One.

And I knew that only one Source could offer this beautiful gift.

The Divine Parent of my Being.

I accepted, with true humility, this gift of understanding. The understanding of Who I Am.

This gift from myself.

From the Beloved Spirit That I Am.

I then felt my eyes sparkle and the tears flow again. Because eyes that smile when the heart is filled with love, can only cry tears of joy.

Brother Hawk

It was a fine day for our brother the Hawk.

I was traveling along a prairie country road, enjoying a vast blue sky with puffs of white and fields gently swaying on both left and right. The colors were bright and seemed to sparkle in the breeze, green and yellow and blue, a majestic sight. I hadn't passed another vehicle for some time. Just me and the wonder of Mother Earth.

I noticed in the corner of my eye that a fair-sized bird was lying at the side of the road. I continued along my journey but a mile or so further I had the overwhelming feeling to go back, there was a gift there for me.

Upon returning I discovered that this little brother, on the side of the road, was a red tailed hawk. Had it argued with a passing truck? Perhaps, or was this just the time and place for me to find it. I moved it off the road and was offering a bit of tobacco to honour its spirit, when there was another strong feeling.

I was to take seven tail feathers.

This accomplished, I continued on my journey. Ten or fifteen miles further on I thought, why didn't I take more? The talons, the beak, the entire bird was a prize. But no, I somehow knew only the feathers were the hawk's gift to me.

That night I looked in one of my bibles, *Animal Speak*, for the significance of this little brother and the event. There to find that the red-tailed hawk symbolizes the messenger of God. Wow, neat!

Since that time I have passed along all but one feather, which adorns my totem staff. Each was given at the right time to a beautiful brother or sister, all of whom are messengers of God. I wrapped the base of each feather with violet felt, tied by bands of gold, pink and blue. To me this signified the violet flame of transmutation, the gold flame of wisdom, the blue flame of power or will and the pink flame of love (the threefold, unfed flame within our heart).

It was indeed an honour to receive this gift and to share, to pass it on.

Honouring this messenger of God.

Passion

Tears are the nectar of the soul and they nourish the passion in my heart. The passion of love.

That passion fuels my desire. My desire to be who I Am. My desire to express my love. My desire to write these words, to understand my journey and your journey too.

My desire to whisper in your ear, to caress your cheek, to touch your heart. And at times the aching in my loins is the result of my desire to be with you, to celebrate two souls in love, uniting in a moment of ecstasy.

Two souls in love with life, the essence of that life, the spirit within, flowing freely and uninhibited by the illusions of separation. Sharing, giving, receiving, celebrating the innocence, purity and beauty of the physical beings that we are.

And as the tears flow, the passion grows.

To stop those tears I must close my heart, yet that would make it explode. Love that is not expressed festers, veiling the beauty of the essence within.

I could give up and wither away or to survive this journey I could look for my soul and pray that it will take control. Which shall I choose?

At times when I come closer to the Christ within, I begin to understand. To understand the hurt and pain. But then the tears begin to flow again. And I know those tears may flow forever or until we are one again.

I realize the blessing of your presence in my life. No other love could so quickly attract my soul. I do want to survive, to serve and love you more.

Letting go of my fears is the task at hand and I believe that I have done quite well. In fact, I feel there is only one fear left.

As memories return of words written long ago "Do I Love You That Much" comes to mind and in that is expressed my greatest fear. Can I survive if you were to love another, as I love you?

As my love grows and glows I can more readily accept my journey and yours too. I can accept and love you unconditionally and always be there for you.

Understanding my journey enables me to understand your journey too, although I cannot walk in your shoes.

Your journey is as important and as blessed as mine.

To be who you are, to touch your soul, to express your love and to serve.

All I can do is pray that all you experience in life draws you closer to your soul. And to allow the nectar of my soul to nourish my life with joy and sorrow, knowing that there is a tomorrow. Knowing that as I become more of my soul, you are too.

I believe that I do love you that much and as my soul awareness grows, the fear dissipates.

So let the tears flow, knowing that I am loving you, that it is my soul nourishing my life with the passion of love.

The passion of eternal love, the passion to be.

Beloved of my soul,

I Am Loving you.

The true measure of a man's worth is the distance of his soul.

The Evolution of "I"

First there was the word, which was the initial vibration. That vibration most likely being the sound, the name of God. Perhaps it was the great OM, which I relate to as I Am. Was it God/Source, simply stating its Being?

I Am.

Then as the out-breath, the word, expanded, God could visualize a body of experience. I Am ... That.

What then was the reason for experience? To Be that I experience BEing. I Am That I Am. Good enough reason, right?

Then I considered, what is next and the thought surfaced Who Am I. Now up until this moment, "I" related to the singular. "Who" seems to be separative. So God is now considering different facets of it's Being, in order to expand experience? These facets are rather "egoic" are they not? Ergo, the

ego must be separative. Okay.

Easier to relate all this personally, methinks. There is another illusion of separation, possessiveness ... me, mine. Anyway, this facet of God evolves into Stephen, yeah team! Who is Stephen? A personality/ego, a soul and a spirit. The ego initially being the gift of preservation the desire to survive, to evolve. It, of necessity, must have it's own vehicle of experience/expression, it's own source of energy to create the impulse to Be. Yet, I feel that the ego is finite. It comes and goes with each incarnation. It is manifested by spirit and fueled by spirit. It is blessed with instincts to both survive and to learn. It is manipulated and fashioned by society, parents and of course mass consciousness. And more importantly by the soul, the vast storehouse of experience that records the drama, and influences the path that lies before the ego. Now the soul is another body of experience. Somewhat more complex than the ego for it must relate consciously to spirit. To communicate with spirit and at the same time relate to experience of ego.

Gawd we are getting complicated. Not really but that does bring up another aspect of the evolution of "I". For there comes a time when the ego realizes there are more aspects to it's being than itself. The soul is being felt more and more and golly there is something that energizes, motivates all of this experience. Spirit it has been called.

So again there comes a time when the ego can share the responsibility for all its mistakes er experiences. "We" didn't know that! "We" did that !!! (of course this is if it is really willing to share) "We" becomes significant. Back to Stephen.

Unfortunately ... (NOT).... thank you, Stephen is born as a Leo (double actually) and thinks himself a king. And believing that once a king, always a king (yet once a knight is enough) Waiting? waiting?

Hmmm, no comment onward. The "we" is now to be related royally. WE are writing this message. Right? right?

Okay, royalty knows it represents the people, the land and all its wealth. Why, it owns everything of course. In our fine example here though, it is "We" the people, "WE" the Triune aspect of Being are responsible for Much easier to accept joint responsibility. But there is another consideration of the royal "we", it unites the aspects of Stephen into One Being.

We Are.

Therefore I Am.

We Are One, Therefore I Am full circle, methinks.

An evolved "I"

Over a Blue Horizon

In the east over a blue horizon the Master Artist placed a pillowy halo of white clouds with streaks of pink and violet radiating outwards to greet Grandfather Sun as He greeted us. Above a gentle rain cleansed the air, that we might breathe in a bright new day. To the west Thunder Beings applauded Lord Michael's Sword of Blue Lightning, as He brandished His blessing across an ominous sky. You could feel the excitement in the air and the wonder of His presence as he announced to All, via a rainbow above, there awaits a pot of Golden Light in each of our Hearts this day.

Reflecting the magnificence of Grandfather's Power and Wisdom this arch of pure Love crowned our beautiful Earth Mother. As I looked up in awe, Grandfather Wind whispered in my ear "see the colors of my Love, feel the magic of my aura, Know That I Am". The Master Artist sealed this perfect picture with another raindrop's kiss. She is so beautiful!

Safe in the arms of Her Love

I Am

To Emulate

As much as I desire to emulate the Love of my Soul and as much as I believe my intent is pure, I know it is wise to once in awhile stop and reflect. The journey to Perfect Love never ends. Learning and growth never stops.

In Being who I Am, I realize there is always the need to weigh my words on a scale balanced by Love. Even with pure intent, I must still consider that my words and actions are often a catalyst, a trigger for others. And even though I am not responsible for how they might react, I am responsible for the cause of that reaction. So I give thanks for this opportunity and look back upon my words, thoughts and feelings. And, being Stephen, I honour the need to share.

There are probably numerous times my words have evoked a feeling or thought that was not in tune with my intent. Yet I am not going to beat myself up and search for faults.

I do not require forgiveness but I do require to acknowledge that I Am still learning and I Am still growing. That is as long as you beautiful people will chuckle, along with me, if Stephen becomes too passionate. And if you think I Am a jerk, say so. I Love it all!

Touch Your Soul

Touch your Soul and realize that your Spirit is now exerting its influence and control in your life. You are a beautiful blossoming flower. Do you have to experience more pain and anguish to grow? NOT! All wisdom, all knowledge is already within your heart. It is but a matter of Being Who You Are. Sharing your Love with all your world, by example, by deed or by word is BEING. Allowing others to BE, accepting them unconditionally, opens the floodgates of your heart and the precious Love that you Are will touch many.

Feel that you make a difference and that time is only a perception, a point of view. We have all the time in the world, yet we can only live in the moment.

One of the most difficult lessons is trust. Trust in Who you are. Believe in the Divine order of All That Is. You will soon Know That I Am.

A Twinkle in Mom's Eye

A few years back (won't disclose how many) I caused a twinkle in mom's eyes (was just before she cuffed me, if memory serves me right).

"Mother" I said "You Know I love you more than you love me"

"How would you EVER think that" she said

"Well you have loved me for fifty..... years. I have loved you all my life"

Twinkle.....cuff

The Light of my Soul

Well here I Am again, 4:15 AM (fur-40 time), wondering why (again) She has me up so early. Certainly is very peaceful and quiet. (as I turn on CNN for background chatter..... think I had better ask Santa for a CD player for my room some beautiful Christmas music would be more appropriate)

"Time to give credit to where credit is due, little One" She says. Man!!!!Do I ever Love myself! She is sooooo beautiful!

As I Am sure most have noticed, often when I write I seem to be talking to mySelf. Actually when I Am not writing I Am constantly talking to my Self. Why, one might say? (I heard you) Well, because it is fun! And I guess probably there is a little more to it. So here I go. (Didn't you Know!)

When not writing I speak To my father, the Beloved Spirit That I Am. And occasionally He allows a trickle of Light to enter my mind.

"NOT!!....." She says "HE is constantly flooding your total Being with Love and Light"

(I really do love this) now this is my story and I will tell it the way I want to. Gotta stand up to those Ladies once in a while. Do love a challenge, I do.

If memory serves me right, it was about six years ago when during a guided meditation I met my Higher Self. I had occasional glimpses before, but because this meditation was specifically directing me to connect with that Presence, it was much more intense.

I was walking along a fairly wide path, not far from a beautiful mountain lake, Brothers Coyote and Cougar on either side and Brother Owl upon my shoulder. That scene is still so clear in my mind's eye. A gentle sparkling mist weaving a mystical web as Grandfather Sun wandered through the trees. Mother Earth showing me that she was totally Alive. There were all sorts of little critters, playing tag I Am sure. Winged little friends dancing and singing through the trees. Grandfather Wind smiling, taking the form of a gentle breeze. Rainbows of color the flora and fauna were. The least I might say is that it was a glorious sight. Peace, Love and Light rained Supreme. And I knew there was someone special to meet upon this path of life.

Peace, peace, peace and joy did abound as a short distance ahead, around a bend in the path, did come the most beautiful Lady that I ever had seen. Golden hair, radiant blue eyes, a long flowing dress of crystal white. She didn't seem to be walking, rather she floated along, dancing with such a marvelous Grace. Wow, I was not just falling in love. I was with Love. Radiant pure Love.

Hand in hand we walked for awhile, upon this path so alive. And I was alive, so alive. I felt complete, I felt whole just to be in the presence of this beautiful Soul. I Am sure that we talked yet I cannot remember that which was said. Nor was it until years later that I again heard her voice. That beautiful voice of the silence. More than touch my heart, She did. She quickened my mind. For the next two weeks, all I could think about was that my Higher self was feminine!

Now if you don't think that was a major blow to the male ego, I don't know what would be. But it was all right, in fact quite a blessing. The first time in my life that I felt whole, I felt balanced. And I guess that this is the reason to arise so early this morn. To remember the peace and the feeling of One. To share, to give thanks and yes to give credit, where credit is due.

"Thank you, Stephen" I knew you would say that.

I truly believe that it shall be the Feminine aspect of Being that shall heal our world. That it is time for the male to come into his true power. To openly cry and express his emotion. Not to fear that he might hug or express his love for another male friend and be thought of as less than a man. It is also time for woman to come into her own, take a stand, admit openly that all this while she has been the true power behind the throne.

I shudder when I think of what man has done in the name of God and at the same time I marvel at what he has accomplished because of his love for a woman. And to think that woman has for so many years allowed the misconception that she is second nature so that her man might become the best, he might be.

"Okay, big guy, get to the chase"Always there She Is. (Big Guy??things are looking up)

Balance Is the key, someone once said to me. ("You can bet your booties...I know" She says) Now I KNOW that I Am in a male body, that my Spirit's Presence feels masculine, yet there IS a very beautiful aspect of Him that is Feminine and I relate this to my Soul. Does a woman feel similarly? Guess it doesn't really matter but would be nice to know. When I feel at my best, happiest and content, it is usually due to my honouring that I Am a Spiritual Being. At the same time realizing that I Am the Alpha of a greater Being. That there is a Spiritual Essence which is the Omega of my being. And that she too is on a journey to the Divine. That she is experiencing life in order to honour her masculine side, to come into her true power.

As I become more aware that I Am a Whole Being, balancing my ego with my better half ("thank you"), I flow in and with the Universal stream of Love.

"The Spirit of Love in whose presence we derive balance, harmony and joy. In whose presence we move and have our being.did you know it was I that gave you that?"

Yes Beloved of my Heart, I did.

"Now, Stephen, aren't you glad I awoke you so early"sure but what am I going to do until breakfast?.....hey good lookin..... wanna get lucky?.....(chuckle/cuff) "Just be thankful that I Am allowing you to become more aware of the God/Goddess That I Am.....maybe later." I can wait because I Am sooooo Beautiful!

Now Ladies you of course realize that this is only One Man's Opinion.

Me-thinks that all the beautiful Ladies in my life are out to get me. What a life without a wife.... of course what a life it was with one. (actually two)

Tis a Grand day when started with this feeling in my Heart so again I might say,

From the Heart of Eternal Love

I Am

Spider Sense

A Divine Principle (Purpose) is the Sacred Union of Spirit and Matter. That all Matter BE--come aware that it is Spirit.

Ascending, to me, is the raising of awareness and the evolution before us dictates that not only the conscious mental aspect of our Being ascends but also the vehicle of experience. Dear Ones, we are taking it All with us this time. Including our Beloved Earth Mother and all her Devas, Elementals, Fairies and Gnomes (for sure) that have supported her creation, lovingly, for so long.

All dimensions shall continue to exist as that is the Infinite Universal Vehicle. Shall we look back upon the ladder, at some future moment of the Eternal Now, and say this denser matter below is Blessed and now should be termed "Third Dimension". I have transcended, I have Transmuted this vehicle "That I Am" beyond the Ring Pass Not. I shall now term this State of my Being "Fifth Dimension"

Perhaps.

Our world reflects to us the Mystery, the Majesty of Our Being.

Whilst sitting on the rear deck yesterday with my younger sister, she noticed webs forming between many of the plants and ornaments around us. Upon closer investigation we observed that there were literally hundreds of tiny, tiny spiders congregating and working to form a new world for their experience. As my sister rushed off to get our critter bible "Animal Speak" I had a little chat with our Brothers, explaining that this was our deck and as such were not allowed to change this Beautiful environment we had created. They would be welcomed further out in the Enchanted Forest. I then gently scooped them up in a broom and deposited the three or four colonies some distance away.

For awhile I returned to the blissful state of watching two Hummingbirds play fighting around their feeders and the occasional Stellar Jay flashing a blue streak through the trees. Perhaps the Jays were observing the family dog "Spike" lying at Judy's feet, as she shared the Magic of Spiders found in Ted's book, or perhaps our three cats stealthfully hunting the forest bed for whatever. A wonderful feeling of at-one-ment there was and mystery whilst I listened to Judy and the myriad of sounds that come from our Enchanted Forest.

A short time later my gaze returned to the plants and ornaments. To my surprise they were back, just as active as earlier. The spiders, that is. Webs beginning to form everywhere. How could they accomplish this so soon? Fascinated, I ventured forth to investigate. I looked to see if I might find the strands of spidy stuff shooting out from their tiny (really tiny) wrists to attach to a distant leaf. Instead I watched one minute Being floating in mid air, suspended in the vast emptiness by a single strand, only discernable when a ray of sunshine caught it at just the right angle. Then I noticed Grandfather Wind send an Angel to catch it with a gentle whisper and carry it to a leaf that must have seemed like miles away.

A happy camper now spidy scurried back to it's origin, soon to lead three or four of its family out into space upon this silvery beam, this highway to a new world. Close by were more little Beings suspended in time and space waiting for the Fate of Angel Whispers to guide them to somewhere they could only trust would be where they should be.

A closer look at their origin found literally hundreds of tiny Beings mulling about, doing Lord knows what, waiting for their turn to begin a Grand Adventure. Some to scout various lines that seemed to have formed instantly as the Sun deemed it time to show their presence. Others to venture out into empty space hoping, I am sure, for a kindly response from Grandfather. For an evil breeze may just as well come their way, depositing them strandless in unknown territory.

Somehow I suspect that should this happen they would still find there way home.

What a marvelous world our world is.

Tis fortunate that I possessed a gentle broom and was of the mind that we should intentionally harm no living thing. And that I have a way with words for today I find they have decided that it would be much more fun in the Enchanted Forrest.

May our World be forever Enchanted with,
The Light of Eternal Love.

Spirit's Intent

When the mind is focused on Spirit's intent,
the body has no other choice than
to mirror the perfection of the soul.

To understand Spirit's intent,
is to realise the Glory of God.

The Glory of God
is the ever expanding awareness
of All That Is.

All That Is
is LOVE.

Spirit's intent is to bear witness
to the Glory of God.

LOVE's greatest gift is the awareness of Self.

WE are that LOVE.

Just Another Drop

A drop of water falling to the ground
Does it know it can hum
As a mountain stream it has lulled me to sleep.

Does it know it can roar
Can it feel the exhilaration of power
As do I, listening to the ocean wave.

Does it know the joy of service
As it washes my hands
Does it experience love
As it soothes my fevered brow.

Does it know it is the sustainer of life
Does it know science is searching for it
Throughout the Galaxy.
The sustainer of life.

As the blood flowing from my veins
Now spent upon the field of battle
With that of friend and foe.
Does it know the difference
Between race, creed or religion.

Or does it just blend with that of a brother
Knowing one day it too shall return to source
Becoming one again with the mighty sea of Spirit.

Or is it just another drop of water
Water, H₂O
H₂O

Ahh, perhaps another example of the Trinity
Of God manifesting through Being.

Ah, To Be another drop of water.

I Am Content

I choose to love you, even though I do not have a choice. For it is
the Love of my Spirit that is loving you.

I shall cherish and adore you because you are my Beloved, the light of my life. I shall support your journey to the Divine because it is my journey too. I shall love you body, mind and soul.

I shall offer my total Being to you and embrace every opportunity to express this love that I feel flowing from my Soul.

I shall be content to receive whatever you choose to give, knowing that as you open your heart you shall realize therein lies your True Power. And in that glory one day you also shall offer your Love unconditionally.

I shall be content knowing that this love that I feel is your love too.

I shall be content knowing that I Am

Your
Stephen

I give thanks to all my beautiful friends and family dear, their love and support always near.

I give thanks to my Beloved Lady Gabriela and Francis, their blessing being the true light of unconditional love.

I give thanks to my Beloved Twin Flame, without whose presence in my life at this time, would have made my journey to understanding unconditional love much, much longer.

And I give thanks to my Father, the Beloved Spirit that I Am, in whose presence I Am That I Am.

The Final Chapter

Beloved of my Heart

**Tis the Winds of Heaven that shall write the final chapter of this book,
And my Spirit Quest.**

Father

Not my will, but thy Will Be Done

I Am

Your Stephen

Each beautiful Soul is contributing to the understanding of Self, Self Love and the desire to achieve the Sacred Union of Spirit and Matter.

For me it is truly the recognition of Balance within our Being that releases the gift of Self Healing and thereby enabling us to facilitate the self-healing of another. We Are the Alpha and Omega of Being. By understanding that our journey is to experience the Love of Spirit helps me to appreciate that all experience is of a Loving nature, even the pain, the lows and times of anguish. The illusion of separation is a gift we received from Spirit, upon entering this great Cosmic experiment, to enable us to become more aware of the Unity, the perfect Balance of the universe.

The Perfect Balance of God, of Love, of All That Is.

Faith, Hope and Charity

For me, Hope is Eternal

For there is always Hope.

*As All Is of the One Source of Light
Hope is a manifestation of the Light of Eternal Love.*

Faith is acquired through experience.

Experiencing the Light of Eternal Love.

The more one feels It's Presence

The stronger is their Faith.

Faith is Unconditional Acceptance.

Charity comes from an open Heart

A vulnerable Heart, willing to give it's All

Without conditions, without expectations.

Charity is Unconditional Love.

Knowing that Faith, Hope and Charity

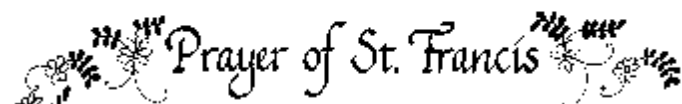
Are Divine aspects of Being

Enables One to live in a state of Eternal Grace.

And in the form of Blessed Ladies Three

It's but another aspect

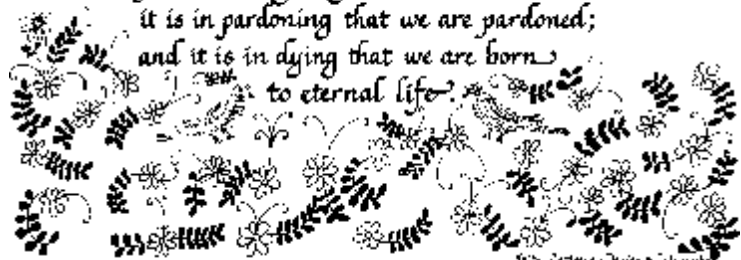
Of the Holy Trinity.




Prayer of St. Francis

Lord, make me an instrument of your peace;
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

O Divine Master, grant that I may
not so much seek to be consoled as to console,
to be understood as to understand,
to be loved as to love;
for it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born
to eternal life.



Spirit Quest Logo

Yellow Flame Wisdom	Pink Flame Love	Blue Flame Power
Star of David Two interlocking triangles Symbolizing the union of Spirit and Matter		Amethyst Maltese Cross Perfect Balance Symbolizing the power of God
Rose The Heart of Love	Violet Flame Transmutation	design by Stephen

Visit
Spirit Quest
Web page
At

<http://www.spiritquest1.ca>

email
stephen@spiritquest1.ca

Beloved Spirit That I Am

Thou life that beats my heart
Come now and take dominion
Make me of thy life a part
Rule supreme and live forever
In the flame ablaze within
Let me from thee never sever
Our reunion now begin

Beloved Spirit That I Am
Radiate the Violet flame now
From the White fire core of our being
Expand the Violet flame from within the
The threefold flame of our heart
Penetrate and saturate very particle of our being
Cleanse and purify
Dissolve all discord, all doubt, all fear
Beloved I Am presence manifest the Violet flame here

Oh Violet flame, come Violet flame
Now blaze and blaze and blaze
Oh Violet flame, come Violet flame
Now raise and raise and raise
Every atom and cell of my being (x3)
Transmute all that is less than my Christ perfection

Beloved and Divine Master, St. Germain
Add thy momentum to the Violet flame
Bless us, holy brother
With thy light and thy love

In the name of Almighty God
So be it

And now dear friends, Beloved of my Heart, let the journey
continue.

In light, with light, love and truth

I Am
Stephen

Beloved Spirit That I Am
Thou life that beats my heart
I call thee forth now to consume, dissolve and purify
All my accumulated creations
The cause, the core, the record and effect of them
Past, present, and future, known and unknown
In the Beloved Silver Violet Flame and Blue Lightning.

Beloved I Am, Beloved I Am, Beloved I Am

From the Author

In 1995 I decided to withdraw from the rat race, do what I really wanted to, travel and write. So I gave most of my earthly possessions away and hit the road. About a year later I moved into “Angel”, a 1977 GMC camper van.

On the road I have had many wonderful experiences; 1st nation medicine wheels and sweat lodges, mountain tops and flower-filled alpine meadows. I have crossed paths with many beautiful souls.

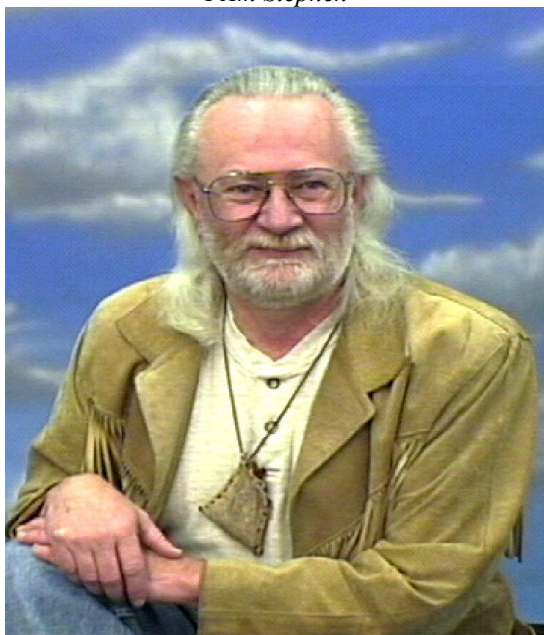
In 1997 I met two very beautiful ladies. Natalie, whom I fell in love with instantly and Anne Hughes (Lady Gabrael) who was to become one of the greatest influences of my journey. Anne embodies the message of St Francis.

During a meeting with Anne I asked what were the possibilities of journeying with Natalie. She said that if my soul complement chose to manifest at this time, we would. If not I must go on.

Portions of Spirit Quest were written before that fateful meeting, but most relate to my journey from that moment.

Natalie and I were not destined to journey together at this time. She is also on a very beautiful journey of self discovery and empowerment. But I do believe in my heart of hearts, that one day we will serve our God and humanity together as the Alpha and Omega of our Being. Until then I can only honour her journey, trusting in the Will of Heaven, and on my journey strive to be the best I can be. Becoming aware of the “Twin Flame” of my Being though, did indeed change my life.

I Am Stephen





May Peace Prevail