

Life guidance for our time

Lecture series for increased life
mastery and enjoyment of life

Course instructor: Per Hjalmar Svae

Session 9: Deepening Soul and Spiritual Connection — Living from the Soul

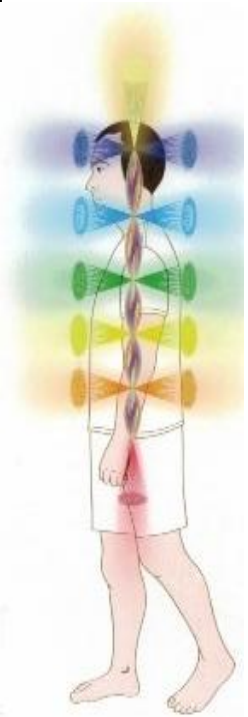


Heart Room Self-development School

hjerterommet.no

We Are on This Earth to Develop Our Maturity as Souls

Level	Maturity	Visual Color Scale	Guide status	Chakra with The Same Color
6	Highly developed	Dark blue-violet, radiant light	Master	7. Crown
5	Developed	Light blue, gradually traces of violet	Senior	5. Throat
4	High intermediate	Dark yellow, gradually traces of blue	Junior	
3	Intermediate	Pure yellow	None	3. Solar Plexus
2	Low intermediate	Off-white, gradually traces of yellow	None	
1	Beginner	Clear white	None	(1. Root - Red)



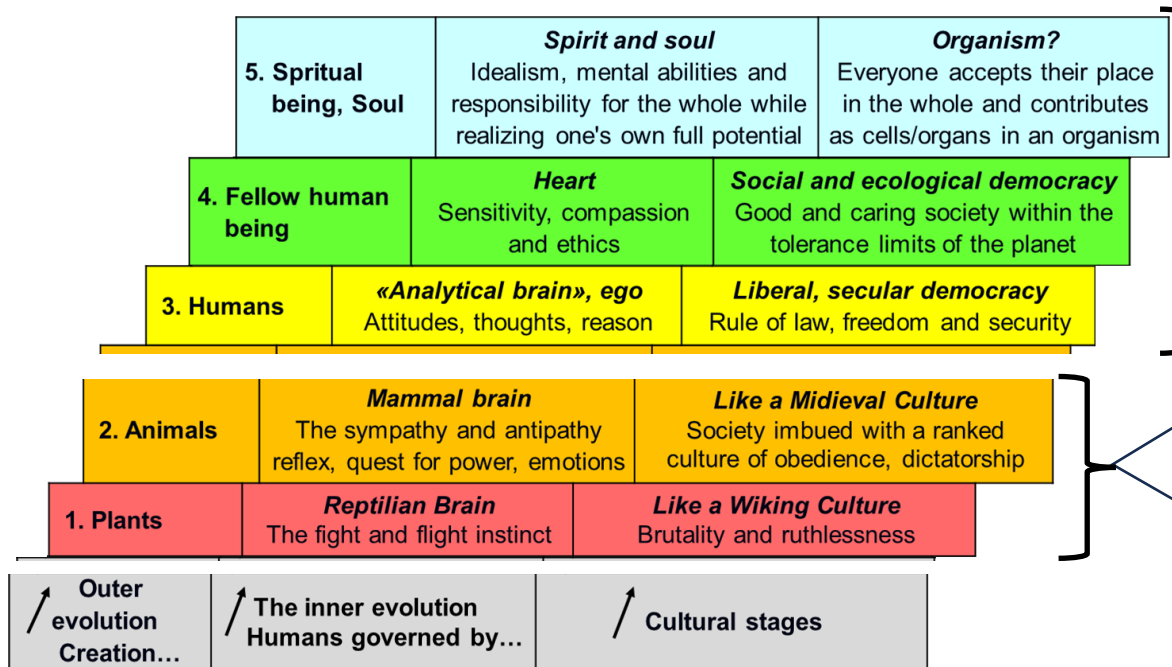
Source: Michael Newton: *Journey of Souls – Case Studies of Lives Between Lives*.

Source: Barbara Ann Brennan: *Light Emerging – The Journey of Personal Healing*.

- According to Newton, $\frac{3}{4}$ of humanity are souls at an early stage of development.
- The number of incarnations does not determine maturity — doing the inner work does.
- Souls at the highest level stop incarnating.

Positive and Negative Motivation

The Development Ladder (Explained in Lecture 1)



Positive motivation

At the top three levels, it is ***security, trust and caring*** that govern emotions, thoughts and actions.

→ Create something positive

Negative motivation

At the two lowest levels, ***fear, distrust and greed (egoism)*** control emotions, thoughts and actions.

→ Create something negative

The Map of Consciousness by David Hawkins – Feelings on The Development Ladder

	Level -Feeling	Emotion	What is Created	Energy		Focus
7	Enlightenment	Ineffable	Pure Consciousness	700 - 1000	↑	Being Being spiritual: Motivation over 500 → Increasing spiritual power.
6	Peace	Bliss	Illumination	600	↑	
6	Joy	Serenity	Transfiguration	540	↑	
5	Universal Love	Reverance	Revelation	500	↑	
5	Reason, Wisdom	Understanding	Abstraction	400	↑	Doing Doing your best: Motivation over 200 → The positive will increase
4	Acceptance, Love	Forgiveness	Transcendence	350	↑	
4	Willingness	Optimism	Intention	310	↑	
4	Trust – Positive	Neutral	Release	250	↑	
3	Courage	Affirmation	Empowerment	200	↕	
3	Pride	Scum	Inflation	175	↓	Having Egoism: Motivation under 200 → The negative will increase.
2	Anger	Hate	Aggression	150	↓	
2	Desire	Craving	Enslavement	125	↓	
2	Fear	Anxiety	Withdrawal	100	↓	
1	Grief	Regret	Despondency	75	↓	
1	Apathy	Despair	Abdication	50	↓	
1	Guilt	Blame	Destruction	30	↓	
1	Shame	Humiliation	Elimination	20	↓	

From Outer Religion to Inner Spirituality

		Level of Consciousness	Source of Religiosity	Characteristics
Spirituality Inner religiosity		7. Crown	Constant contact with the universe's source/wholeness	Divine consciousness. Being a spirituality.
		6. Pineal	Ability to connect with the universe's source/wholeness	Divine love. Serving being.
		5. Throat	Spiritual experiences, deeper meaning	Beginning to live from the soul and follow God's will.
		4. Heartful	Unprejudiced search, experience and learning	Search for truth. Love is acceptance and care for all. Makes life and doctrine match.
Religion Priests interpreting holy books		3. Mental	Faith, scriptures, doctrine and liturgy	Liturgy, creed and moral teaching are the core of religion.
		2. Fundamentalist	Authorities, scriptures and rituals	Hierarchy and detailed regulation. Obedience is central. Life and doctrine do not match.
		1. Extremist	Fear, coercion, rituals, hell, sacrifice	Extremism. Brutality is called following God's will.

Awakening – The Stages of the Process

Varighet

Awakening

Spontaneous: A “random” contact with the heart’s depth, the soul, and spirit.

Hours, days,
weeks, months

Ego collapse: Life has fallen apart and you must find a new meaning.

Bliss

The heart is open and guided by spirit. A wonderful experience.

About like a
crush

You feel like a new person, the world is brighter, and everything has meaning.

The Soul’s Dark Night – Emerging from Level 2 and 1 Emotions and Behaviors

Months up to
many years

We’ve opened not only upward, but inward and downward.

Repressed emotional memories surface, and negative karma catches up.

The old ego is dying, and something new is being born.

The Void – Beginning to Function from Heart, Soul, and Spirit

Many years, ev.
mixed with
previous phase

We reprogram the ego to serve the heart and soul.

You become “alternative.” The process seems stagnant, but it takes time.

Grounding – Becoming a Heart-Centered Human, a Soul and Spiritual Being

Many years, ev.
mixed with
previous phase

We learn to endure and handle intense experiences and energies.

We settle into our new identity and consciousness.

Spiritual contact and guidance increase.

Living from the Heart, Soul, and Spirit

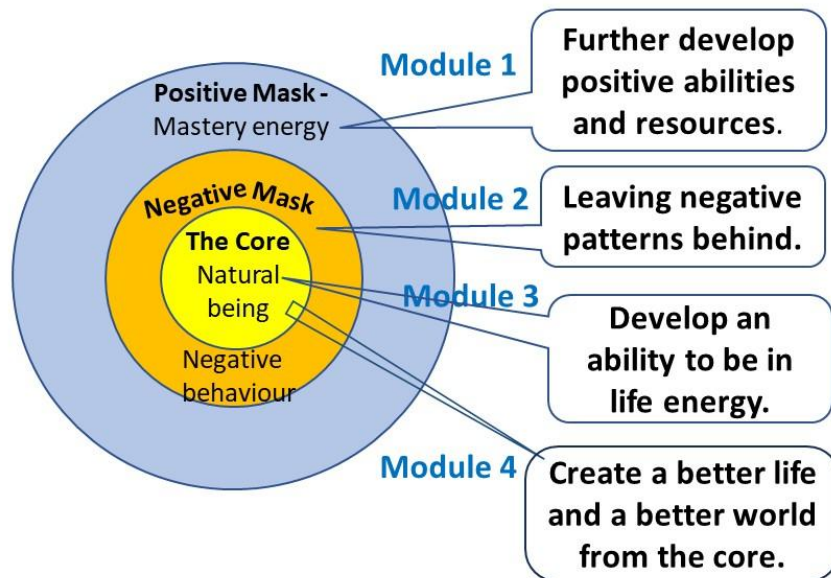
The rest of
your live

The ego and subtle energy system have rebuilt themselves.

Now it’s about fulfilling the true purpose of our lives.

Awakening – Making deep contact with the heart, soul and spirit

The course: Life Guidance for Our Time:



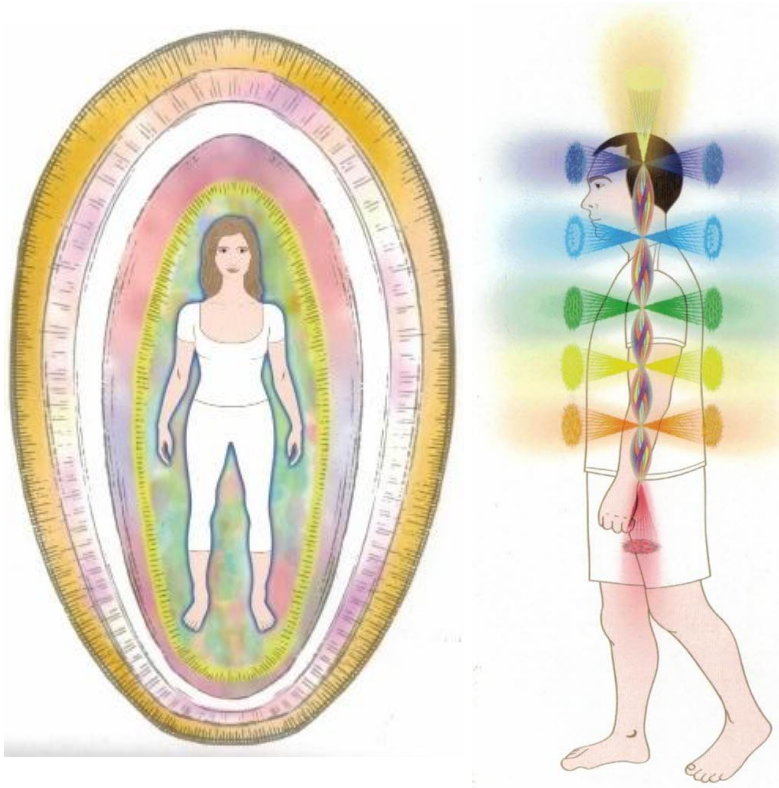
Awakening as a Six Stages Process

1. Awakening **Modul 3**
2. Bliss **Modul 3**
3. The Soul's Dark Night – Emerging from Level 2 and 1 Emotions and Behaviors **Modul 2**
4. The Void – Beginning to Function from Heart, Soul, and Spirit **Modul 3 + 1**
5. Grounding – Becoming a Heart-Centered Human, a Soul and Spiritual Being **Modul 3 + 1**
6. Living from the Heart, Soul, and Spirit **Modul 4 + 3 + 1**

+ All kinds of courses, therapy, healing, etc. to get help at all stages

Tools in the process of
gaining increasing
contact with the soul
and the spiritual world

To have increased contact with your soul



The human energy system.
Source: Barbara Ann Brennan:
Core Light Healing

Humans have three spiritual energy centers:
throat center, pineal center and crown center.

**The heart center is the bridge
between the earthly and the spiritual**

- **The heart is the gateway to the soul.**
By listening to and following the heart's voice, you can gradually connect with the soul.
 - The heart expresses your everyday desires and needs.
 - The soul speaks through your heart's deepest longing and needs.
- **The soul is the gateway to the spiritual realm.**
With increased soul contact (throat chakra), your spiritual power grows, and you may connect more deeply with the spiritual world (pineal and crown chakras).

Outer and Inner Purpose of Life

According to the theory underlying this course, every person chooses a purpose of life before incarnating.

Inner purpose of life= Self-development

- To ascend the developmental ladder and become a more mature human.
- May include specific tasks like developing patience or releasing anger.

Outer purpose of life = Individual mission

- Can range from everyday roles (e.g., being a good teacher) to major achievements.

- Ask yourself: “What would I love to do in this life, even if it seems unrealistic?”
- You may be on to something...

Perceiving and Following Spiritual Guidance

Feel and follow emotions

- What do you want? (Hara)
- What do you feel in your heart?
- What do you truly long for? (Soul)

Feel and follow intuition

- Vague or sudden feelings, impulses, sensations, inner knowing

Begin to follow spiritual guidance:

- Notice and interpret signs and synchronicities

Tools:

- Wisdom cards, random book openings, tarot cards (Crowley) & book for interpretation (Zieglers)

Personal rule:

- If it makes sense, take it seriously and follow up.
- If not, reflect later or let it go.

Brennan's rule:

- You must act on the guidance received before receiving more.

Perceiving and Following Spiritual Guidance

Interpreting Dreams as Spiritual Guidance

Types of dreams:

- Day residue dreams
- Symbolic dreams
- Recurring dreams
- Nightmares
- Light dreams (visions)
- Lucid dreams
- Prophetic dreams

Perceiving and Following Spiritual Guidance

Jungian dream interpretation

Dreams reflect aspects of yourself

All characters and animals = parts of you

Opposite gender = shadow side

The dream self = “is the fool”

The dream self normally does, think or feel the wrong things. What you resist is what you must integrate to be a more whole and integrated person.

Everything is symbolic

What do you associate with people, things and events?

What is the general, archetypal interpretation of symbols?

Useful booklet: Benedicte Thiis: Symbols (the meaning of symbols, in Norwegian)

Perceiving and Following Spiritual Guidance

Intepreting vertical location of dream events

- Upper = Mental/spiritual
- Middle = Emotional
- Lower = Grounding/physical



Some usual archetypal symbols

- Water = Emotions
- House = Personality
- Car = Ego
- Death = Letting of something

Some general principles

- Increasing flexibility from train, tram, bus, car, bike to walk
- Floor and numbers can possibly be interpreted as chakra levels
Colors can be interpreted as chakra colors.
- Watching a movie = less integrated aspect than participating in something
- Other race = less integrated aspect than own race

Perceiving and Following Spiritual Guidance

Learning to interpret disease symbolically

Useful books: Louise Hay: *Heal Your Body* and *You Can Heal Your Life*.

Learning to interpret accidents symbolically

The spiritual theory is that you first receive small signs or warnings. If you don't get it, events might increase in magnitude. If you don't get it at all, the final sign or warning will be disease or accidents to help you stop, reflect and behave otherwise.

What you have to do is continuously to try to interpret small signs and warnings symbolically.
In addition you can:

**Ask for channeling or guidance
from someone with such abilities**

To develop higher awareness and increased contact with heart, soul and spirit

Summary

- To become better at remaining in inner peace and tranquility (Debrief faster after being triggered)
- Meditation and yoga – Practice quieting your thoughts. Mindfulness in everyday life – Witnessing awareness
- Having a spiritual practice of prayer, meditation and reflection (searching inward and “upwards”.)
- What we have been talking about is interpreting dreams and signs and following intuition and the voice of the heart and the longing of the soul.

Increasing Spiritual Power and Manifestation Ability

Releasing Creativity and Creative Power

Creativity comes from our spiritual power. The more spiritual connection you have, the more creative you will be able to be.

Using your imagination

Let your imagination run wild! Be open!

Let things happen! Be in life energy!

To wish, long for and pray for something better

This is how you become like a magnet that attracts it.

To ask questions and be open to new answers

The most important thing is to ask the right questions.

Then the answers will come by themselves!

Several ways to find or get answers

Logical analysis

Practical experiments

Spiritual question and answer (pray, wait and receive)

Basic training in attracting what we want and long for:

Rhonda Byrne: *The Secret*. Book, film, videos.

Applying Spiritual Creative Power

The Spiritual Success Formula

What you must do and have
Burning desire and determination
Unshakable faith and trust
Longing and vividly imagine, wish and pray for what you desire
A solid plan and follow-through
Mastermind group who helps you materialize what you want to create
Perseverance – Never give up

A burning desire
in your heart.

Have faith.

By putting emotion into it,
you create enough spiritual
energy for it to manifest.

When it comes to self-
development: Focus on
one thing at a time

Self-development: Easier
to develop by
participating in a group

If you don't give up,
you'll make it. 😊

Where
attention goes,
energy flows,
so that it
grows!

This is a summary of Napoleon Hill's book:
Think and Grow Rich. Original edition 1937.

Aah meditation to get in tune with the frequency of the quantum field where manifestation occurs

Schumann resonance is when our brain waves resonate with the Earth's magnetic field, i.e. a frequency equal to 7.83hz. We are then in a state of deep meditation, between alpha and theta brain waves.

This brain frequency controls our creativity.
It also contributes to improved learning/memory, body rejuvenation, balance, improved stress tolerance, anti-jet lag, etc.

Wayne Dyer – Explanation of Aah and Ohm Meditation (Alpha-Omega)

Wayne Dyer wrote the book “Your Erroneous Zones).

<https://youtu.be/3wZTPjpBGe0?si=LXHoVJju6GLtCrug>

Aaah-meditasjon – Only sound – To activate your highest consciousness

Seek for «Ah Meditation for instant manifestation»

<https://youtube.com/watch?v=2erTe3lgUjg&si=S3MNjvPKy-jsR-je>

To Live as a Spiritual Being

Living from the Soul and Spirit

- ❖ You know that you are an **eternal spirit** who has incarnated in a body on this earth, and who returns to the spirit world when the body dies.
- ❖ You know that the **meaning of life on earth** is that you should develop as a soul and realize the life task you chose for this incarnation.
- ❖ You have a **spiritual practice** of prayer, meditation, reflection and affirmation (visualization).
- ❖ You increasingly practice mindfulness in everyday life and have a **witnessing consciousness**.
- ❖ **You are a fellow human being.** Your heart tells you what you want and pray for and what is right and wrong, true and false.
- ❖ **You perceive and follow spiritual guidance.** You experience meaningful coincidences, guidance from dreams and signs. You have learned to ask questions and wait for answers. You have learned to notice energy and interpret what happens symbolically. And you follow the guidance.
- ❖ **You use spiritual creative power** to manifest the good in the physical world. Increasingly and more quickly, what you want and pray for comes to you.
- ❖ **In the best case, the pineal chakra also opens** and you begin to experience the spiritual contact and the spiritual world directly.

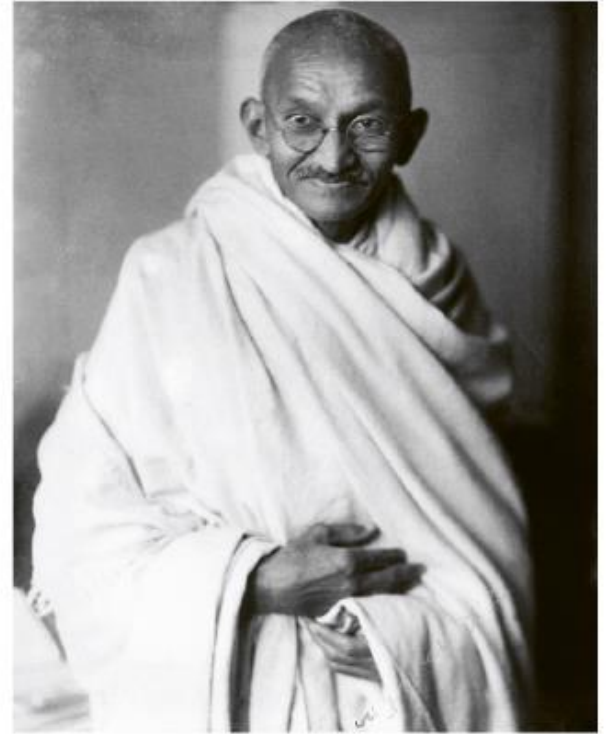
Being a Spiritual Being

Having a personality at this level

Focus: To serve a higher purpose than personal needs by being a servant of good (God) and creating a good whole (holiness).

Center of Control: The Soul and Spirit.

Characteristics: A person at this level lives in harmony with their soul and follows their calling. The soul often has spiritual contact and experiences guidance from the spiritual world. Personal needs have taken a back seat.



Mahatma Gandhi

Very few people become spiritual beings with spiritual contact all the time. But we can all go in that direction.

Being a serving person, for example in voluntary organizations, is something that many of us are.