

Chapter 2, Spirit.

The spirit is not a topic that is largely discussed in the Western world. If you ask yourself ‘What is spirit’, you are basically asking who you really are beyond the limitations of form and body. When your awareness allows you to come to the deep realisation that your very own natural state is in the form of spirit—that is, formless—you can still be deluded by the mind and the ego’s sense of self.

You must master your mind, ego and emotional body so that you can realise to a greater extent that your spirit is not something outside of you; rather, it has major involvement in everything you feel, think and do. Once you overcome the continuous cascade of thoughts, emotions and sensations reconnecting with the heart space then life unfolds in a unique and magical way.

Society’s conditioning is directed towards distracting and disconnecting your conscious awareness from your PURE AWARENESS, causing the majority of humanity to become lost and to forget the roots and soul purpose for their current incarnation.

Within every single person lies a powerful light that is awake and encoded in the fibres of human existence. Divine ecstasy is the totality of this marvellous creation experienced in the hearts of humanity. The majority of the population has lost touch with its divine essence, steering many away from the activation of unconditional love needed in order for the current system to be modified. A system where unity is the necessary foundation for the planet’s survival.

Within this planet’s third-density physical reality, exists linear time, duality and separations that offer each soul unique opportunities for evolutionary development. This development involves incarnating into a density in which time and space appear real. When you enter the lower third-dimensional world, the conscious memory of many previous experiences is temporarily lost, alongside your spiritual blueprint and approved earthly contract for this incarnation.

All souls inhabiting temporary human body vehicles are believed to have originated from ALL THAT IS—light source, energy and universal creators. Each energetic spiritual body holds a unique evolutionary purpose; your purpose for being on earth is known by your higher self. All material form has a limited lifespan. Your true energetic soul self, however, is highly intelligent and immortal. Energy can only be transferred, never destroyed.

In addition to taking care of your physical body, you also have a responsibility to focus your priorities on your energetic body. Your luminous energy field and chakra system are closely related to the physical body, organs and your emotional wellbeing. To maintain a healthy body, it is highly important to ensure that your energetic makeup is functioning optimally and is balanced for maximum energetic flow. Blockages in these systems are amongst the main factors contributing to disease and depression.

When a person can halt the incessant stream of thoughts and ‘get out’ of the mind, he or she can then truly start to feel the inner body and stillness that lies much deeper within. When a person can truly embrace and live fully in the present moment and operate from the heart space, he or she is met with a formless, timeless presence that holds vastness. A deeper dimension which uncovers the language of the universe. Allowing this to flow can bring miracles into your life.

In this chapter, YUSA delves deeper into the numerous aspects of the heart, energy field, Kundalini, sacred geometry, DNA and more, and is ultimately written to give you a deeper understanding of the true self and assist you towards remembering what is real. This chapter expands on healing modalities that develop different aspects of your being so that you can utilise the information and align yourself with the greater good for personal and spiritual development.



The Infinite Heart

Spirituality is not a belief system or ideology; it entails surrendering one's ego to the infinite wisdom and knowledge that is the universe. Humanity as a whole is still in the learning process of reconnecting with and living back within the heart space. It has been around 13,000 years since the human race 'left the heart' and went to the brain.

This is described as 'the fall' in biblical texts (Joshua 14 v. 2). Such a long time has passed that many do not even know that there is another way to exist. Living in this space is literally a moving of spiritual awareness from the mind, into the heart. It is not something that you think about, such as 'OK, I am in my heart', as this is merely your imagination. When you truly shift your awareness deep into the heart and begin to operate out of compassion, it changes your life forever and, in turn, slowly changes the world.

Being in the heart is the true way of life and the deep nature of existence. Almost all life in existence resides in the heart, not the mind, and most of the universe is in love with itself, as one spirit moves through everything. When you make the shift from the mind to the heart, you come to the realisation that you are a great deal more than you thought you were. The true potential of life arises in your reality which is beyond measure.

The initial steps in being able to solve **all** the planetary problems in the world today are quite simple. You do not have to try to protect yourself by digging a hole in the ground and filling it with guns. It is a very specific thing, which many ancient civilisations spoke about. It is a vibration—a very specific frequency that needs to be activated within your own heart. You simply need to be in the heart, not the brain, and to feel the connection with the heart of the earth. When you connect with the heart of the earth/Gaia, you then understand that it is a living being, humanity's mother. The final step is then to connect to the heart of the sun, which is the bringer of life and information (light codes). This is the construct of the Trinity—child, mother and father—the three points of connection, wholeness and complete balance.

When you connect in this way, a very specific vibrational frequency is created within the sacred space of your heart. When you hold this vibration and connection to mother and father, you can never be harmed; you will always be protected and connected. An energetic shift then takes place in your heart's electrical field as this finely tuned frequency is brought to life. This frequency is extremely high, and it stands strong with the emotion of unconditional love.

This is a state of fearlessness—of being in love with life, the earth, the sun and yourself. You then realise your connection to all life everywhere. Reality is a function of human consciousness, and it appears to be holographic in nature. Your heart and emotions play the largest role in the creation of your reality. For humans to transcend properly into the heart, all of the lower stored energies and emotions which are of a lower vibratory nature must be dealt with and willingly accepted so that they can transcend in a loving manner.

On the planet, there is war, pain, disease, starvation and suffering. There is, in fact, something much greater going on—a bigger picture. It is something that is exciting and extraordinary beyond what humanity now knows. There is hope and understanding, as everything that is going on in the world today has a much higher spiritual purpose that is beautiful and reaches into the realms of higher consciousness.