

THE 33 PRINCIPLES OF FULLNESS

1. Sentimental attachment to past high points, dissolves through aware appreciation of the fullness experience brings to the moment.
2. Let each moment be worthy of your complete attention, and each space in your living environment to have a designated purpose, so that importance might be given to specific activities.
3. High Shamanism integrates the spiritual and the material, by cultivating the Symbolic Perspective. The value of the material is based on its ability to symbolically represent eternal principles.
4. The ancient origins of self-pity are found in the feeling of lack that arises from not living the truths of the Principles of Fullness.
5. The matrices that separate realities, are formed by the non-expression of eternal aspects of the self. By remembering to live these forgotten frequencies, the separation disappears.
6. By trying to escape the mediocrity or the confusion of others, we strengthen it. Living excellence according to the dictates of our highest truth, is to live from our own luminous reality.
7. Fear of our vastness prompts us to seek reference points in the familiar. This traps the awareness and stagnates energy. A life of surrendered trust is only an asset when it is surrendered to a journey into the unknown, not when it mindlessly follows the opinions of others.
8. Take time to marvel at the miraculous grandeur of your being. The false concept of humility can only arise when one does not see how ridiculous it would be to feel self-important because you are superior to the mirror images around you.
9. Do not be impressed with the certainty of a self-proclaimed expert. Only the ignorant could possibly claim to know anything in an unknowable universe.
10. Primitive Shamanism examines the aliveness of the physical. Advanced mystical Shamanism uses the physical to examine the cosmos, and as a lens to examine the self.
11. Self-pity has been the source of self-importance. It originates in not living the Principles of Fullness. The Principles of Fullness replace self-pity with the self-confidence to live from an adventurous perspective.
12. The interconnectedness of permanence and transience needs to be understood to dissolve the illusion of their opposites. Permanence is the perpetual moving force of the cosmos. Transience is the death and rebirth cycles of that which is being moved.
13. The Tools of Guidance of the Fields of Existence (of which there are twelve) have been the training steps to master sections of expression of living a life of godhood. A god lives them automatically.
14. The value of the inconceivable is that it confounds the mind and replaces it with the way a god functions: expanded awareness with slight intention and no focus.
15. The role of the gods is to be the givers of cosmic movement and measure. The impetus for the movement is their delighted exploration of the self upon the eternal adventure.



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16. The experience of life as a designated series of progressive stages is an illusion. The cosmos unfolds like a tube torus - rotating upon itself in repetitive cycles, viewed from different vantage points.
17. When we gain the perception that we are not progressing through a specific number of stages, but living them all at once, we shall claim the cosmos as our home.
18. In reliving what seems like past realities, it is imperative to live that reality from our present level of highest truth. By creating a higher platform of expression, we live free from the entrapment of limited perception of denser realities.
19. In the presence of a non-dense being of vast perception, the density of realities of limited perception dissolves.
20. Density is generated by the memory held in electromagnetic fields created by the electrons found in atoms. In the last three stages of a cycle of life around the tube torus, form is created by awareness particles, rather than atoms.
21. The discomfort being experienced by Lightseekers, due to the disparity between their levels of expression and that of the rest of humanity, serves the beneficial purpose of being an impetus for them to create their own reality.
22. Prognosticators may say that the damage caused by man's unconscious treatment of the Earth is irreversibly devastating. But it is not at this dimension where paradise lost can be reclaimed, it is at a higher one. Let us therefore rise up to meet her in all her glory.
23. In a world where everything in our environment clamors for attention, schedule time for visits with your inner self. This is not to be confused with meditation; not just a silencing of the mind, but a familiarity with the inner world of beauty and imagination that you see with your inner eyes and create with the dreams of your heart.
24. Nothing is ever obsolete when life progresses in a cyclical fashion: where you've already been will be again. You have only one option if you want to master the cyclical experiences: to return to them from a much higher understanding by learning their lessons and getting their insights. Instead of going around and around in a circle, your progress then becomes a spiral... bringing in new experiences.
25. The fast pace that creates shallow living, resulting in unlearned insights and lessons, is the source of karma (learning through hard knocks). A wholesome life slows down the pace so that graceful change can take place.
26. Matter is the garment the spiritual uses to clothe itself in. Walk in reverence through the physical world – you are treading on holy ground.
27. Limitlessness cannot be comprehended, nor experienced, except as one limited portion of it. Whatever is limited, is still part of limitlessness. A bucket in the ocean can be filled with a limited amount of water, but it is still part of the endless ocean.
28. Neediness creates obsessiveness. Cultivate aware receptivity for the inspiring beauty and miraculous unfoldment of life to know the fullness that's yours to experience every moment.
29. With discipline, reign in the 'horses of your mind' so that you may not succumb to the folly of mankind, nor self-indulgent excuses for living from fear rather than faith. School your vision to search for the praiseworthy rather than the obvious flaws of humanity, for you become what you focus on.



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30. The vastly expanded vision of enlightenment creates solemnity in masters. In searching for the praiseworthy in the folly of man, you will find there, buried in the dirt, gems of silliness, humor, and playfulness. Learn from them how to reacquaint yourself with a lighthearted eternal journey.
31. All around one the secret of life and death reveals itself; in the desperate choices of the folly of man, in the toothless smile of the innocent infant nestled in his mother's arms - all alike cry out against a life half-lived and an incremental surrender to death by resisting life.
32. When choosing either life or death, it becomes clear that there is no choice more laudable than another. All that remains, is the discovery of the self in the moment. The challenge of an immortal master is to live life fully without squandering it; without living the life of the thrill seeker, who squanders energy without replenishing it with a self-examined life.
33. Self-renewal in the moment is accomplished by surrendering to the moment with full awareness; to rebirth one's perspective anew through deep self-exploration of the smaller self and the greater self, as expressed as the environment.



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