

LOTUS ENERGY WORK ~ GENERAL PRINCIPLES for GROUPS & CLASSES

Both groups and classes are based on the following principles of spiritual growth:

Using Awareness, which is a quality of Higher Mind, to overcome ignorance and delusion

Learning to live primarily in and from the reality of the invisible web of Divine Intelligence which constantly supports and informs us, replacing fear with Trust

The mind as an energetic force to be utilized in the Soul's journey toward an awakened existence through the study and application of Spiritual Science and Laws

Overcoming our imagined limitations as to what is able to be perceived, experienced and transformed

Trusting our innate capacities for a dramatically expanded range of possibilities

Releasing everything that is not in alignment with our Divine Plan

Discriminating between Higher Mind which holds infinite healing capacities, and lower mind, which keeps us stuck in inherited patterns and old traumas

Becoming aware of and correcting the subtle forms of negativity we unconsciously send out to others and receive back in return, in accordance with Divine Law

Refining our goals and fine tuning our actions based on our expanding Awareness

Embracing our own and others human frailties rather than judging and rejecting them

Mining the hidden aspects of mind for the treasures buried there, which often present to us through problems, symptoms, and challenges

Accessing dormant aspects of ourselves which provide "Indestructible Happiness", not based on a false sense of security from relationships, outer power, or material wealth

Lotus Energy Institute classes build on the above principles and additionally include:

Learning about all forms of energy as consciousness

Learning to sense the invisible realms by developing new organs of spiritual perception in the human subtle body

Learning tools to vibrationally (objectively) dowse disruptions in subtle bodies (as opposed to doing mental dowsing, which is subjective)

Learning many powerful, direct techniques for healing, transformation, and transmutation

Connecting experiences in the physical world to their Source in the spiritual world, and so healing the split between matter and Spirit

Bringing the Divine Soul Spark within each of us into more conscious activity in the world