



Building the Body of Light 1

Workshop 1.

- The Original Creation -

Fathered by God, Mothered by Spirit Solen Aum Solen

Create now through your own Intelligence the divine body that is yours by Right of the Sons of Truth. Restore your body to light.

- There is no death.
- You are no longer a victim.
- You have be-come the Original Creation, which is in the Mind of God and in the Intelligence of His Solar Son.
- You are the nature and the goodness of this original creation.
- And the holiness of your office declares this to be so.

We are ready to solidify your body, as the Creative Power rises in circular motion, spiraling as It forms of Itself the BODY OF LIGHT, the fruit of My Limbs.

This is the resurrection. And the Solar Energy confirms it. Let the "lost" be found.

Are you ready to ascend? Curtains will be drawn so that you can see - really see and know the Presence

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as your Sonship, the living Light of God.

Identify with the body of light as your body without reservation.

For I have come as your body form, as well as your consciousness.

The original body of Light is being restored to man. What effect will this have on other parts of creation, and what effect will this have on you?

The stirring of new life begins.

The Body of Light

Restore the Life Energy Field that has been programmed into your system from the beginning. *It is the body of light.*

Identify with this body and remain alert to its needs.

The Solar Energy that flows through you from the Consciousness of The Christ requires that you permit the light body to function and to become your solar ascension vehicle.

It is the Son/Sun of God in you as your body. It is the Church of the Light.

You are required to don this body now. It is My Habit and I need this body to show forth My Light. The present mortal energy field that you call your body cannot maintain the level of Light that I require in you as the I AM. You must not hinder Me in your progress through you, for are we not the same? The Light proclaims this to be so.

The graduation from lower fields of energy into the Higher Mind requests that you overcome death in your consciousness. For death is no part of Me, nor is there any functioning principle that I call "death" in My Life Stream of Expression.

The body is the Church for the Christ Light. Restore the body to light! I have confidence that you will do this for Me.

The Portion That You Have Forgotten

Without Me you have no light. I AM the Presence of God within you. Stored within your body tissues, I want to come to life, but I cannot live in My expression without the new body as the tunnel through which I come.

The Creative Power, which I have restored to you, cannot function as it is meant to function without expressing through the

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new body, which is the body of light. You must have this body in order to function as the light vessel you truly are! My body must be restored to Me that I might live in you as one Be-ing.

Higher Mind, the Superconscious State of Being, will guide the body of light, but you must first be *willing*; and in this willingness, we, then, are one. The Temple must be restored to LIGHT. Then the Creative Power may rise to function AS MY CREATIVE SPIRIT WITHIN THE WILL OF DIVINE INTENT. This is mastery of the first order and it is now asked of you to rise to this call of Divine Love and Light. Take on your body of light and behold it as your own.

Now, kundalini, the Life Force within you, is the builder of this body. Permit kundalini, the Life Force within you, to rise to open your chakras so that all the songs of the GodSelf may be played in joyous reunion.

For the full measure of God, the GodSelf, to express through you, you must be in the light body with full awareness and in agreement with the new dispensation. You are being accelerated and you will know this body as your own.

In this body of Light, the Creative Power (Holy Spirit) is constantly feeding and renewing the body - *if you let Her*. Be conscious of your light body.

Once you have established the Divine Mother *within you* as the perfection of Motherhood and of the Breath, the feeding will begin, the Light will shine through *all your cells*, and the

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Creative Power will merge with the Son as a Unit of Perfection, the Christ in Man. This is the resurrection and the promise.

Once you *identify with the light body as your own*, you are stabilized and ready to receive the anointing of the Christ Body. The Light will shine through you as the Creative Force. And it is in this body that you will go and come.

Foods for This Body

- * Your awakened consciousness will direct you. Eat no meat - no flesh at all. The fear and suffering of animals must not be contained within your body. By eating meat the body will then react to the suffering of the animal and will be a part of that suffering and death.
- * Eat only LIGHT foods. Lots of greens and whenever possible, eat raw vegetables and fruits. Always listen to your inner voice that is guiding you in your program of resurrection and realizing the light body.
- * Transfer your sense of authority and belief in outer cures and remedies

to God *within you*. Let the Creative Power act in your behalf, curing and restoring. The Creative Power wants to take root in you - *She must take root* - in order for the Solar Ascension to begin. As is true in vitalizing the consciousness of abundance, divine healing, and alignment with the Superconscious State of Being, *the same principle holds true for the light body*. You are transferring to the Holy Breath for all your body needs. This cannot be done quickly, suddenly or forcibly. As you develop your consciousness to receive from the Divine Mother, ALL YOUR NEEDS WILL BE MET.

- * Let God appear. Let the Light become your body. Let the former pass away, as you become a citizen of the New World, a World of Light!

Annalee Skarin, who translated her body and authored seven books on overcoming death and realizing the power within, advises us to:

Eat no meat.

Bear witness to the Christ through your loving actions.

Empty yourself to be filled and EXPECT THAT FULFILLMENT.

Gratitude, faith, and praise will result in increased light and the strength to receive the light and become it.

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Workshop 2. - Living by Light -

Once you choose to lift the veil and receive your resurrected body of Light, the Universe will embrace you as a Child of God. You have become the One you have sought.

- * Your purpose is to reveal Me in you as I AM.
- * When you are aligned with the Presence of God, you have the body of God.
- * And in this body there is no suffering, no aging, as you have known it, and no death.

How do you *feel* about this? Get in touch (be truthful!) with your feelings now, for your feelings will guide and propel the outpicturing of the light body.

Many, including gifted spiritual teachers, authors and even masters have fallen short of demonstrating the body of light and the overcoming of the death program. Let's look at the familiar cosmic principles that you have learned in your metaphysical studies:

Seek and you shall find....
Jesus spoke this cosmic law over 2,000 years ago.

- * Seek: Ask, Desire, Want, Feel.
- * Faith: Believe, Release your desire into substance, *Feel.*
- * Find: Receive, Say "Thank you!" Know that what you desire is already manifest, *Feel.*
- * Clarity of Intent: Acknowledge your oneness with Divine Intent. Set the rhythm through

which your Intent will flow. Expect it. *Feel good about it.*

- * And *feel gratitude* all through the day. This lifts and stabilizes the direction your energy must flow to realize and objectify your goal. Gratitude aligns the chakras to the higher dimensions where "All that I have is thine."

The Universe wants to know how you feel. The way you feel tells the Universe where to place its energy, what you truly want.

The Master Jesus phrased these principles this way:

- * ***I of myself can do nothing.***
- * ***The Father within does the work.***
- * ***I and my Father are one (or, of one accord, meaning we are in agreement).***
What you agree to is manifest.

And the Master always sees and knows that the manifestation is already finished and done. He lets his heart say "thank you" before the manifestation appears. He acknowledges the power of God *within him*, just as you must do. This is the principle of gratitude and alignment.

Stop worrying about the future. Come to Being where all is divine perfection and peace prevails.

In this workshop, your **intent** and **desire** is to outpicture the Christ body, the body of light.

With the acceptance and acknowledgement of God within (Jesus called this divine power the "Father within"), the forces of Life are accelerated and return to you that which you seek. *Let consciousness take form.*

True Life

As you step upon the path of immortality and building the light body, God the Spirit becomes active within your four lower bodies and returns all to the light awareness of Be-ing, expression of the divine being you are. The mortal shell drops away and joy returns to the body, as God's world is manifest in divine health vibrating radiance.

Are you *willing* to form your body of light, the Christed body, and detach from the mortal body, which has been your life center and belief world? How do you FEEL about such a transformation? Because what you FEEL will come to pass.

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Stop!

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Take a few minutes and *unite* with your feelings. Then go deeper still and ask that your soul reveal your path and true feelings for the building of the Body of Light. When you can unite and agree with your soul's purpose, divine creation takes place and God is pleased. He looses His pleasure through you. This causes translation in the fields of light. Higher Consciousness takes over then and you are one. (A suggestion: You may find that you can access your feelings and that of your soul by writing the thoughts and insights that come in this meditation exercise.)

The Path of the Immortal

Leave your mortal thoughts now and come home. Return to the Center of All-Being where the Light is your body and your form is decreed by Christ within.

The Process¹

Your physical body may resist the changes taking place as the objectified body immortal stabilizes and concretes itself within the human form. But this resistance can be overcome by focusing on the Christ within and receiving the divine Christhood of yourself as who you are.

Any problem or seeming obstacle that may arise must be turned over to your Christ Self. You will find that this simple

exercise will strengthen your God Center and your emerging solar form.

Higher Mind knows the way. Continue to consult with your Inner Voice. You are never without words of guidance and wisdom.

The former code locked within the mortal body must be replaced by the *new code* of the Immortal Being you are. With this in mind, be patient with the changes as you rise into Creative Power and form a body of Light and New Life. The world is not your master. The former body code can and will be broken as the joy of New Life fills your being. This is the Resurrection!

Your Consciousness Builds the Body

The body forms from consciousness. As consciousness is released into matter, then what occurs is form. Now you may well have reached the consciousness of Christ and may well be enlightened as to your oneness with the Divine. However, you may still be under the laws of the world because you *believe* in birth and death and in the present physical body that is your appearance. When the belief in the appearance changes and you realize that you are Consciousness that can

form of itself, you will have mastered the plane of illusion. The body then is free to appear and disappear and to translate into Christ outpicturing as the body of light, the Christ form on earth. Such pleasure this brings God!

Translating into higher energy fields results in new body form.

It is now possible for human beings to transfer into their Light bodies immediately by choosing to do so.

By refocusing their energy into their vital bodies, humans CAN move out of the lower planes of existence into the Christ Plane, the union of Light with Man.

The vital body is your position in the force field of the I AM presence. It is this body that contains the chakras or centers for the regions of Light. You become a Cosmic Being as all chakras are open, functioning and stabilized in the Christ Light. If you are in tune with this body, as many are², you may travel etherically now to the heavenly schools of Light. We want this to happen and to happen soon *so as to raise the current of humanity's vibration on this planet.*³

¹*From Mortal to Immortal, Chapter Three, page 20. This book is available through the University online store at: <http://shop.melchizedeklearning.com>.*

²*As I reviewed this lesson prior to printing, the words came strongly: ANCHOR IT!*

³*Immortality: The Search for Life, Chapter 11, page 57. This book is available through the University online store at: <http://shop.melchizedeklearning.com>*

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It is God's will that you return to the original idea I AM. You were created in perfection. The power rests within you to do this.

The Solar Energy Field cannot operate through, or within, the present mortal body. *The God Presence wants to express as the All-Powerful God in you, yet that cannot be done until the new body of light is activated.* What you identify with, you will become.

We are going to be studying the way of this New Body and how we can achieve it. Many of the principles you have learned through this series of workshops are important as they apply to building your body of light. Therefore, review the previous workshops as well as this present paper. Study them well.

Begin your identification with the

body of light as your body. It is the field expression of your Christ within. You are that Christ, Seed of God. When you can accept this identification without the fear-based ego interfering, you will be well on your way to the glorious life of the God in you as the living GodSelf!

Assignment: Underline or with a marker designate the areas that stand out to you as steps to building the body of light. It might be wise to note these points separately in your journal or notebook. They will be important to you as you begin to experience increased vibration of the awakened kundalini and Christ Field of Intelligence, the Eternal Light waiting....

As kundalini is rising, be conscious of the Holy Breath. Kundalini, then, becomes the Breath. The Breath becomes the body of light and the soul of matter.

With this I close the lesson for today. But be aware that your life is changing. You have awakened the God in you. The Christ is in motion. And the glory of God is upon you. Come Home.

Ponder on This....

**The Lord is light.
And the light is
manifesting
through my body and
my cells.**



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Your life circuit is changing and the vital energies that perform their task of change are requalified in you in the body form. Consciousness decrees the way.

Assignment: Form a support group that will enhance your awareness and understanding of the new form and the new earth. It will help for you to have others like yourself gathered in agreement for the New World alignment.

These online workshops are assisting you in such a way, and it is vital that you be conscious of your place in this circle and your part as a Builder. Take care that your words, thoughts and emotions feed into this Circle and add to the divine Fire of its resurrection. Peace be with you.