

From Inner Seed to Outer Flower

All foundations are laid in accord with gravity, with law, with proper timing.
Awakening cannot be rushed, it flows in lawful sequence, and builds upon itself.
All seeds sprout in the soil of self-reflection, growing naturally at their own pace.

Therefore, develop wisdom from the bottom up, not the top down.
Begin where you are now, in present-moment mind conditions.

Truly helpful guidance grows from understanding & unconditional self-acceptance.
Knowing mind right now, without struggle or avoidance – this is a true foundation.

There is no lasting joy or peace from remembrance of sweet spiritual words.
Soon after heard or recalled, such words dissolve and are forgotten once again.

If in hearing we seek to avoid painful mind patterns, the pain is only buried & distorted.
And later after all avoidance stops, painful thoughts and feeling return to mind once again.

*If you hate and seek to avoid painful thoughts and feeling,
they will never be finished and never be healed.*

Hate, avoidance, and rejection can never make healing.

*If instead, you accept painful mind elements in self-kindness,
seeking deeper understanding and taking fair responsibility –*

*They will then dissolve in the heart-space of unconditional love,
And release through time by true spiritual self-healing.*

Please consider and reflect on these words.

There is no enlightenment for purchase; healing and awakening is not done by teachers.
Lasting joy blossoms from your own working – your own steady mind-heart cultivation.

A brilliant wisdom-speaker offers truth to mirror what's already known in deep mind.
As the greatest teacher is within, the outer teacher sparks resonance with the Inner Guide.

Yet, because we distrust ourselves and prefer outer human guides,
we rarely listen within, and live tone-deaf to the voice of Inner Guide.

Of course, this inner guide is Higher Self, your true self – the only source of wisdom.

*All that we learn by hearing human teachers and reflecting on their words –
is known by remembrance and reconnection
to the wisdom already present and alive in deep mind.*

Thus the ancients taught,

“seek within, the kingdom of heaven is within you, for all is One.”

Please be careful of what you seek, and to whom you listen and give your true heart’s trust.
There are subtle liars and immature teachers afoot – and yes, it is a time of false prophets.

*What we seek is what we are
and what we have always been.
No teacher can give you more than this.*

In 3D body and human society, we forget much, doubt and grow confused – it’s normal.
But by consistent love-wisdom focus, outer mind opens the veil to welcome inner mind.

You can purchase technique, but heart opening to reality in this moment is totally free.

The cultivation and revealing of the inner flower
is inner work – priceless, silent, and still.