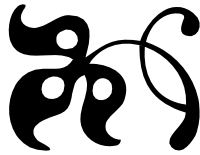


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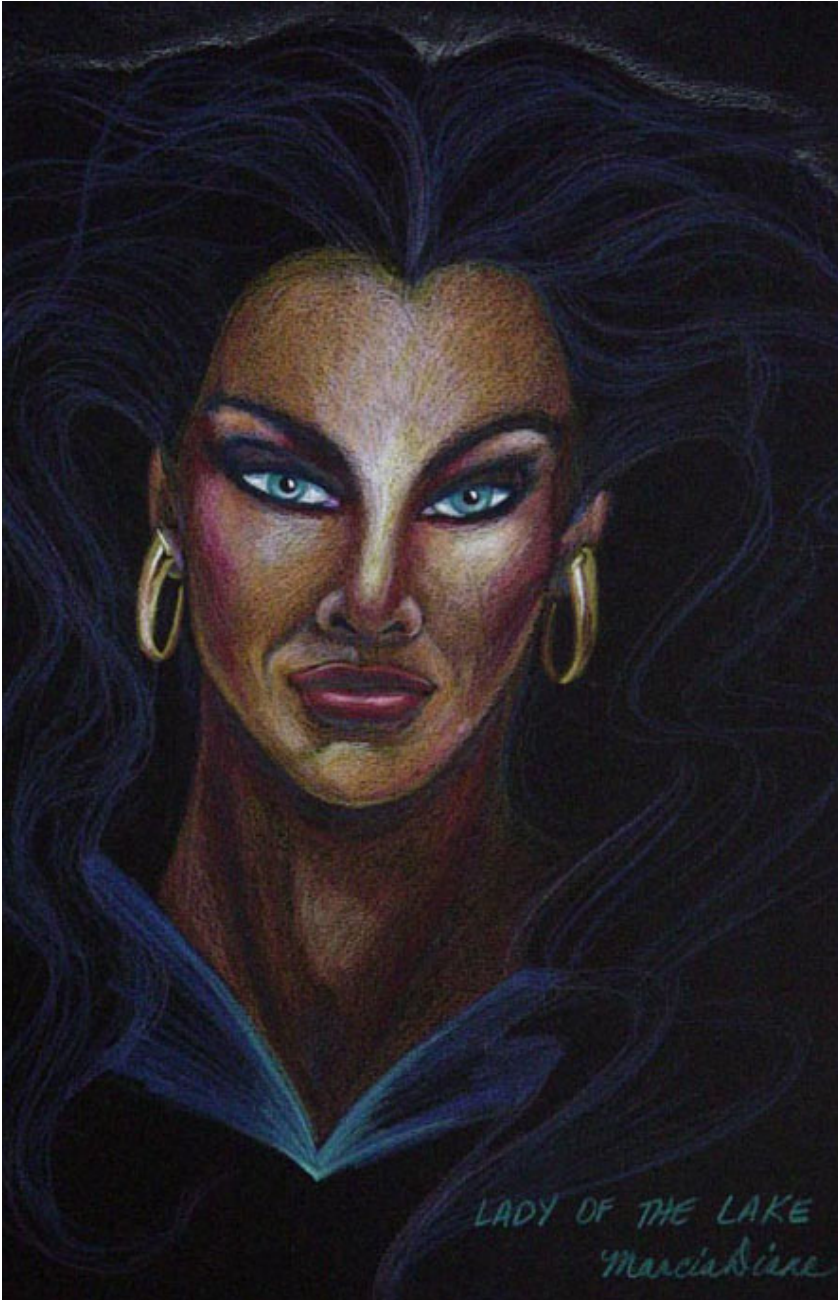
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Chapter One

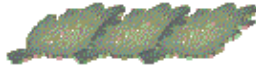
*Ursula Pendragon,
Ancient Sage and Warrior*



Guardians of the Gates of Heaven



Ursula Pendragon



What it was like to be a woman of knowledge and spiritual note in my day and time

Times were quite different in my day and time than in the cushy western cultures of the 21st century. Men ruled the world with an iron fist and women were relegated to positions of subservience and silence. Men were expected to be rough and brash, bold and impenetrable, loud when called upon to speak and silent in matters of the heart. For a woman to compete for “air time,” to be heard, she had to be very skilled in many areas. First, a woman had to be womanly, feminine, and pretty or she was brushed aside, marginalized, or discounted altogether. This in itself limited the playing field for many women. When a woman who lacked the qualities most desired by men gained much wisdom and knowledge, she needed to know how to disseminate it to the right people, to protect her position and

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her life. “Unacceptable” women kept their knowledge and wisdom amongst women, and even then, they had to hone the skills of right discrimination, intuition, and cunning in order to not be betrayed by men or women. For eons on Earth, women had been subjected to all manner of torture and degradation for allowing knowledge of their wisdom and power to fall into the wrong hands. It was a time of great peril, and hence, great challenge and learning.

A woman needed to be able to take a great amount of heat, on all levels of her existence. When it was unsafe to contribute, she had to keep silent, even when she knew answers to questions and problems being

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addressed by male heads of family and heads of state. She had to watch as men made grave errors in judgment that cost family and community lives. She had to comfort the weak who posed as the strong, without revealing her disgust. She had to become sneaky and manipulative when she wanted to be honest and forthright. She had to learn to convert the major and minor frustrations of daily life into strength and perseverance, to continue with the mission for which she had chosen to

incarnate, should she be fortunate enough to know what that mission may be. I faced these among many other challenges, with other women in my day.

I learned to be ignored and still retain my self-awareness, confidence, and freedom to come and go as needed. It was vital to keep the Law of Silence in the right place and time, and know how to test the mettle of someone to ascertain how much to reveal and in what time, place, and way. We learned to be strong and not allow small inconveniences, like the opinions of others, to deter us from our task at hand. When I became well known for my knowledge and spiritual power, I was continually accosted on all fronts, and needed to maintain my protection. At times, it was a lonely place to be. My mentors were precious and well cherished when we were able to commune. In turn, I trained many women in the survival arts so these women became my friends but few my peers.

How I defended myself from others who were not used to communicating with a woman of means and substance

I lived in a time of great clashing of ideology and cultures. As I was trained in the survival arts, I used many skills to perfection. Being born into a prominent and well-educated family and the eldest daughter, I had the benefit of tremendous training and education from a very early age, from male as well as female tutors, some willingly and some inadvertently. Thankfully, I also learned from numerous women of great accomplishment and skill. A number of men in my family were more open to the whisperings of wise women than in many other royal

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families in the region. Several events come to mind when pondering situations in which defending myself against those who wielded greater physical power, yielded positive results beyond merely immediate survival.

An amusing example most close to my heart happened when I was about 10 years old. Not yet accustomed to the discomfort of holding my tongue among men of prestige, I dared to argue an important point with a visiting dignitary in my father's home. His immediate anger at my impertinence, without hearing the wisdom of my words, inflamed me and I dared to return his volley of accusations. This, of course, enraged all adults present, especially my father and mother, who were humiliated, but I think secretly proud, of my brazenness. Instead of running and hiding as I had seen another youngster do in a similar situation, I chose to stand as tall as I could, bow with deep respect, and express my regret and humiliation at my breach of manners that angered him. Then I proceeded to point out how my point of view was consistent with his aims, if not inconsistent with his expressed ideas. Armed with cuteness and wit, I was able to curtail an onslaught of punishment and guide the crowd into agreement that I was only pointing out a detail or two that would be gravely detrimental to overlook. He took what I had to say as wisdom of his own that he had not yet imparted but that I must have intuited, even though all present knew that this was not the truth. He and I both saved face and thereafter forged an alliance that helped us both in later years.

In my mature years, an incident in which I defended myself with arms and a shield of invisibility brings yet another smile. I was well defended in my home in Avalon, but events did compel me on occasion to travel outside the womb of her protection. When events in the land did proceed to get exceeding out of hand and armed invaders were gaining the upper hand, I did venture forth to meet with Arthur to appeal to him to take a different tack. When seeking entry into his fortress unannounced and unexpected, I met with several soldiers who were ignorant of my stature and importance to the court. They tried to dissuade my entry and failing thus, did attempt to kill me. I first used wit and words, but when that failed, trickery of illusion and invisibility to get beyond the outer circle of castle security. Making my way inside, I did chance upon a few to whom even such wiles could not dissuade and so was forced to use one of my secreted daggers to get beyond their grasp. Once inside the gates, I was able to send out the call to Arthur and his guards, who knew me, ushered me safely to his side.

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How family and the home were an important launch pad for my preparation in life

Family and home set a vital structure in which individuals come together to learn from one another, think in terms of a greater good, forge bonds, and learn to deal with feelings of anger, pain, sadness, as well as joy. Home sets the tone for the rest of life, the launch pad for good or ill feelings and behavior. The unique combination of variables in the individuals and circumstances makes each family and person unique. Fortunate from birth and in

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alignment with my karmic station and soul contract in this pivotal incarnation, I was born into a royal family, filled with great wisdom, material wealth, custom, strength, and love. We were not immune to internal, sometimes irresolvable, conflict. My father's father was king of our beautiful land before I was born. My father was the second son and so his elder brother became king upon their father's death. Thus, my immediate family was somewhat, but not principally involved in matters of state. We were a highly educated family. Education of women was more highly valued in the royal court than in the society at large. Using servants for mundane needs, we were able and obligated to turn our attention to higher and more altruistic endeavors than cleaning and preparation of food and clothing. We children

★★★★★★★★★

Ursula Pendragon

were taught logical thinking and strategy, communication skills and debating, chess, fencing, hand-to-hand combat with and without weapons, as well as reading, writing, mathematics, psychology, and other disciplines. We learned by the words and living examples of our elders to listen to and revere the communication of others, including what my father termed “listening with the third ear,” meaning hearing what is implied but not expressed. Due to no computers or easy access to paper, plus the reality of treachery and harmful repercussion, we rarely kept journals. We had no place to record our experiences, insights, dreams, and fleeting glimpses of divine inspiration. To compensate, we were drilled in the art of memory and storing of impressions in specific safe places in the Inner worlds of our minds, and to retrieve what we needed at a moment’s notice. This skill alone helped me many a time.

The bond of love in my family taught me to cherish the moments we shared and carried me through hard times later in life. Being the eldest daughter with two older brothers taught me to stand back up when I am bested by physical strength, keep a cool head when emotionally troubled, and use my wit and charm to work for the highest good. My connection with my loving but often distracted mother brought me great comfort. I learned to wait for my turn and make the best of it when I got it. Elder women of wisdom available to me in the court were few, but nonetheless greatly cherished. One of my favorite mentors was the eccentric and wonderfully brilliant Merlin, who visited infrequently. He enjoyed my inquisitive nature and shared many skills and tidbits of knowledge that he bade me

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to use wisely and not divulge to a living soul. Our secrets gave me something delicious to hold onto in my childhood years, something that made me feel special and above my brothers, and served me very well when used judiciously in later life. In all, my childhood, though fraught with some conflict and restrictions, was charmed and provided exactly what would be needed for me to begin the arduous journey I chose to embark upon, for the adventure of my willful desires and the battle for my country's soul.

The events that led me to become a warrior and my training in the arts of the sword, archery, and horsemanship

I believe that I was born a fighter and was ever the warrior amongst my siblings to gain the respect I wanted that was not normally shown to girls. I could clearly see that women were somewhat respected for their beauty, their artistry, and their raising beautiful daughters and strong sons. Even at that, women's greatest accomplishments paled in comparison with the adoration men received when victorious in battle. Ever the strong willed child, I sought to keep up with my brothers at every turn and earn the respect of all. I was never content with just stitching and gossiping, so dear to many of my female peers. I enjoyed listening to music, but not the hours of practice needed to become proficient. Instead I longed to be a boy, or at least, be as good as they in their infinitely more exciting life as men. Custom sanctioned some lessons for girls in archery, horseback riding, and fencing as defenders of our

families. However, I always pushed the envelope, for the competition and raw thrill of increased skill and besting the boys. I reasoned logically and when that failed, pleaded and whined shamelessly with my father until he relented and allowed me to learn the “manly” arts of the broadsword, crossbow, and fast and dangerous horsemanship, if the trainers would allow me in their classes. Some of my brothers’ personal trainers refused to teach a girl, but some did take me under their wings. I watched by observing and practicing with my brothers and male peers after their lessons. They relished the opportunity to have someone to beat. My cousin, Uther, a few years older, handsome and heir to the throne, took a liking to me and helped hone my skills, as he had the finest teachers in the land and was quite accomplished in the art of war.

My spiritual training, my teacher and the qualities of character that were emphasized in my training

Truly my spiritual training was well underway before I entered this incarnation. I had worked with various teachers in prior lives, such as Kadmon, Kusulu, and Lai Tsi. These three masters came again in my childhood in dreams and wide-awake visions and brought remarkable experiences, which awakened in me the quest for God’s great knowledge, wisdom, love, and that special freedom which accompanies being in their spiritual presence and adventuring higher into the God realms. My outer training began at a rather early age with my dear Merlin. He came to teach all the children in the royal court

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about spiritual truth, not customs, as later became the fashion. Merlin did not teach the others as much as me. I needed to learn lower world manipulation in service to the greater good, as that was my specialty, needed in protection of my unconventional character and warrior mission. He called me his little eaglet, as I ever sought his guidance and training in his arcane arts. He knew I would grow into a great eagle, and emphasized far ranging vision, pin point focus on the goal when all around turned to chaos, strength and perseverance, silence and stealth, calmness and maintenance of the central core of the heart interconnected with mind and mission.

The specific spiritual skills I was able to perfect in my trek to mastership

Control of emotions and mind was probably the hardest and most vital of the skills I needed to learn. It was far too easy for me to react to situations with indignation and anger at the poor judgment and harmful

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proceedings of others, especially under circumstances where many lives and compromising of principles were at stake. Being a very strong individual, I found myself trying far too

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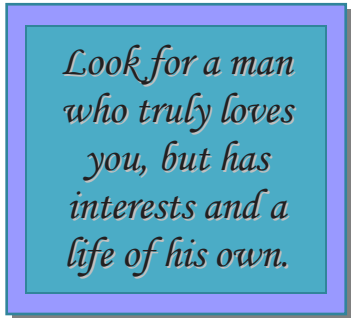
much to control the conceptualization and behavior of others, instead of working to increase my own range of vision, patience, and skill. Once I began to see that controlling my thoughts helped me control my emotions, and to use my emotions for their proper purpose, my volatile and painful emotions ceased to be the tail that wagged the dog, so to speak. I then learned to place things in their proper perspective -- to align all my Inner bodies with the wishes of the Great One, the needs of my people, and lastly my own desires and needs, in order to become a channel for the Holy Spirit to flow through me to complete my mission for the good of all. Along with this process of taming the wild beast within, I enjoyed and needed to further develop my physical body and skills of self defense in order to be able to accomplish what was needed to be done in a state of relaxation and confidence. Interwoven in the attainment of the aforementioned skills was a constant focus on keeping my heart open and alert to the signals of the Holy Spirit and the awareness of the present moment. As my various skills developed, my life became a deep devotion to the Goddess and her energy was ever-present. I sensed the flow of life as the greatest adventure with the artistry and beauty of the finest angelic chorus. When I was able to let go of the results of my actions, to rest assured that the Great One was flowing and directing all, and do what I needed to do to the best of my ability, a deep serenity and connection buoyed me with joy. I gained finely attuned powers of discernment to know which words were truth, the ability to trust in the masters and Inner guidance I received, and do what needed to be done, even if it meant "Thy will, not mine, be done." In this way, did I come to know true

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surrender, peace, faith, trust, and wholeness on all levels of my beingness, and joined the ranks of other great souls, united in serving the greatest commander of all.

Love between man and woman, and what qualities a woman should look for in a man

Ah, love between the sexes! Love between two opposing forces produces passion and fire, so intoxicating, so delicious, so inviting! Sexual love is the crucible for giving and sacrifice and rising above expectations and thoughts of reward; in this lays the exquisite agony of life. Rewards there are, amidst the wreckage of the heart. Who amongst you did not blindly dive into the greatest of love in your life to find yourself dissatisfied when the smoke of lust vanished in the heat of day?



*Look for a man
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Who has not been carried through years of torment, searching to regain a lost feeling of elation of gazing onto a lover's eyes? Romantic and sexual love is a powerful driving force that brings diverse worlds together. But too often it is sexual passion or craving for possession of "trophies" or security that drives lovers unto marriage vows. Here is where the gods and masters laugh and cry at the blindness and folly of human love. Here, too, is where soul can become polished to a fine luster with prolonged devotion and the building strength of virtuous transformation. This is not

easy, but is do-able. There is a terrible beauty to living life without divorce and having to sacrifice the lower desires to maintain stability in marriage. In your modern world, men and women too easily discard one another, instead of each shedding petty opinions and hurtful actions to build a solid life where healthy children are born and learn to thrive. Divine love and service to one another are keys to lasting and thriving human love.

Many of the qualities a woman should look for in a man depend upon the individual woman and what she wants in her life. Each woman is unique and each has diverse needs. So rule number one: woman, know who you are and what you want! If you want a torrid love affair that will thrill you until your memory fades in old age, then have it. But do not solely choose the qualities of such a man for your husband. Much more than handsome virility is needed for longevity and happiness in marriage. Sexual appeal is vital and will carry you through tough times of disagreement or loss. In my day, a woman often looked for strength and courage to protect the family; this may not be as needed in your modern world where physical battles are nonessential. The ability and willingness of a man to listen to you, know you deeply, connect to your heart, honor you, cherish you, communicate with and feel empathy for you; these are some

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qualities that will carry you far. Look for a man who truly loves you, but has interests and a life of his own. A man who shares your values and spiritual aspirations will help you both ride the waves and uncertainties of life. If you want to raise children, make sure you share mutual values and methods of childrearing or are willing to learn. Stubbornness is common, but not helpful. Openness, resilience, and humility can go far in creating harmony and mutual growth. One thing is certain, dear women, never try to snare a man who does not want you, or try to change the man he is. Men are not dolls to dress or models to fix and improve. Let him prove his worth before any long lasting commitment is made. Do not depend on his developing “potential” that only you can see; that fantasy has destroyed many lives.

The spiritual practices that kept me in tune with Spirit on a daily basis

Most importantly, I made sure to keep connected to the Holy Essence of the Sugmad, found in the highest Inner realms. With eyes closed, I practiced at least two active and receptive spiritual exercises per day in solitude, upon arising and upon retiring for the night. Inner journeying as soul with masters in contemplation and the dream state provided comfort, protection, and training. In times of peril, I would sequester myself in order to reconnect and seek the answers needed. Sometimes I used devices such as the sacred well, a mirror of water, or other physical relic, but these provided little that could not be attained without them and so were eventually

discarded in favor of direct heart-to-heart connection and receptivity. Connection to the Holy Spirit is most vital and cannot be emphasized enough. When I lost the link, I sought to immediately reconnect, for to strive to accomplish great tasks alone with fierce opposition left me vulnerable to falling out of balance and to visits from the Masters of Illusion. Experience taught me to not go it alone; I risked trouble if I attempted to do so.

Merlin taught me many creative practices, some of which were much in alignment with what Dan Rin teaches today. Some of our practices involved the use of magic and lower psychic energies for the gaining of specific material advantage. I learned in and after my life as Lady of the Lake that such practices carry a heavier toll than we perceived. I would caution all to forgo them for the higher practices taught in The Way of Truth. The spiritual contemplative exercises we practiced were generally not as precise and comprehensive as those taught in the spiritual discourses and books being published by The Way of Truth today. I am impressed with the way spiritual practices have evolved over time and with input from many masters. I tailored my spiritual practices to my personality and needs, but always with the aim of serving the greater good for the greatest number. In my day, we worshipped the Goddess who creates with love and not domination. After my lifetime as Lady of the Lake, I began to realize that faces and names matter not to the Greatest One, who transcends all, yet is ever part of all creation.

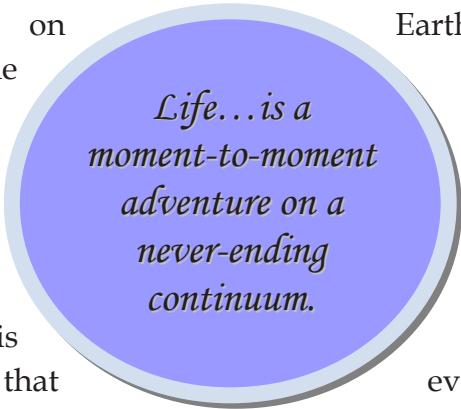
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How I was able to attain spiritual mastery and maintain balance of my emotional body

This indeed was a long and arduous struggle, involving many lifetimes, but pivoting on this one. I was unable to attain spiritual mastery of the highest orders while fighting for the retention of Avalon and our sacred ways and rites. It was too much to wage and win a war in multiple dimensions, but the process moved me along, as I strived to do all I could with an open heart, compassion, and tolerance for all. It was impossible for me to be constantly balanced in my emotional body at that time, although I dearly tried. I would gain balance every day and lose it at times when the battles were most fierce and all seemed lost. When all was lost and I surrendered all I held most dear, I entered a new phase of my earthly and spiritual life. I lived the rest of my days in Avalon, away from earthly concerns and the new religion that had won over us. In this state of peace, I was able to return with renewed focus on surrendering all of the lower world concerns and living moment to moment in the Inner worlds with minimal focus on the Outer one. I let go of everything except God Awareness.

Since leaving the earthly world as Ursula Pendragon, I have returned a few times to live a more peaceful life in family situations. I do not regret my life as Ursula, and living so long without my cherished human lover. It was a struggle for me then to not have all my desires met, but that life helped me unfold into having

greater compassion and detachment from worldly desires. It has given me more than I could have known. My next life was ironically lived as a nun in the religion I had fought against, in maximum love and service to the Great One. Then I returned as a male soldier and then as mother and wife in a long and happy marriage. It was in this last life that I attained spiritual mastership. Today I cherish the idealism and grand struggle faced when serving as Lady of the Lake. Knowing that life in general is a moment-to-moment adventure on a never-ending continuum gives me the courage and joy to remain in the higher worlds, even when incarnated on Earth, no matter what the situation. Emotional balance is not easily won, but with constant surrender and effort and the passing of time it is possible. I remember that everything has its season.



How to bring the right person into your life, to make life more complete

I no longer use or advocate using spells and invocations since they elicit karmic repercussions too complex to explain here. So, what I tell you involves the development of your own loving heart. When you have cleaned up the wreckage of your past, blessed and buried

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your desire to seek retribution and revenge from its subtle hiding places within your unconscious psyche, and surrendered your desires for perfection, you will be ready to bring in your true and right partner. Your motives must be pure. Your focus must change from getting love or riches to giving love. If you seek to share the love within your heart as an awake and loving soul, you will send out a call and signal commensurate with your soul station and attract a mate of similar resonance. Alas, dear loving souls, too often the higher we climb on the spiritual ladder, the fewer available partners exist to fill our great expectations and heart's desire, if we continue to hold too many expectations. A partner is a wonderful asset in life, but should not be pursued at the expense of the development of yourself and fulfilling your life contract. Even if having a mate and children were wholly your life contract, the development of your person and soul to its finest levels possible would still be your focus. Instead of pining or conniving or scouring people and places, radiate the love you have inside as a beacon and your loved one will come. The letting go of attachment to a certain preconceived outcome is vitally important.

One of the interesting aspects of male - female relationships is that opposites attract. We are excited by others who have developed areas we have not. Differences incite passion at best, or at least in the beginning, and are perceived as cute. As many of you have experienced, what often attracts us the most - our differences - can over time become our greatest source of pain. How wonderful to the analytical, organized person is

this lovely person who is all heart and spontaneous passion! Yet after the years go by, how aggravating! And the same holds true in reverse. We cannot be all things at all times, so we are made richer and more full and whole by those who embody what we do not. A team of ten or two is made more versatile, effective, and long lasting by individuals who fit together by their different strengths and weaknesses. A car engine needs only one carburetor; a cannon needs only one barrel. We may want someone just like ourselves; that may be comforting for a while. When two people are drawn together by too similar strengths and weakness, they are admiring themselves and soon realize that they do not generate enough power to achieve what needs to be. Boredom or friction over differences will surely arise. So instead of tossing out the loved one who truly made your heart sing because his or her “short-comings” drives you wild in the wrong direction this time, consider honoring and learning from the lessons that this soul brings. I am not talking about anything abusive. If two hearts wish to beat together in harmony for a lifetime, singing different and harmonizing notes will play a more beautiful melody.

Why now is the right time for female avatars and masters to come forward and present themselves to the world

The world is escalating in a feverous pitch and pace. So much is happening on all fronts as the Earth and Inner worlds are literally exploding with creativity in all directions. Avenues of business and

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commerce, government and international development, and the arts and the information superhighways are exciting souls to go where they have never gone before. Many souls are advancing to higher realms spiritually and find that it has too long been a “good old boys club” in the area of spiritual, governmental, and corporate leadership. Many females have made it into the highest realms of spiritual mastery. Women of Earth are hungry for the feminine version, vision, and voice. Many men are, too. We know that male and female are opposing and complimentary creations. It is no longer acceptable to see and hear only one side of the story. People need role models to inspire their courage and open realms of understanding not otherwise conceivable. We are coming forth because we now have a means to do so. Thank you, Dan Rin, for hearing your sisters’ calls!

Women have areas of interest and expertise that men usually dare not touch. We female avatars may have to tone down our true messages at times to accommodate the world that is used to male domination in thought as well as physical structure. We are ready to come forth and are delighted to have a clear and true channel to be able to come through. We have much to say. Connect with us. Connect with me, and allow more of what I have to say to you to come through in the privacy of your own Inner contemplations and travels. The feminine



The feminine energy of the Earth civilizations has been suppressed and depressed for far too long and this has caused great imbalance.



energy of the Earth civilizations has been suppressed and depressed for far too long and this has caused great imbalance. We come again to breathe freshness into the mind, sweetness into the heart, and strength too long unrecognized or feared. Women of the world have been longing for our guidance. We are delighted to share with you some of what we have learned and blow the lid off your limitations!

A contemplative exercise that will develop a longer lasting emotional, loving relationship

Make a time and place where you will be uninterrupted for at least one hour, for fullest benefit. Keep paper and pen or other recording device beside you, to capture inspirations and insights as they begin to come through. Pay attention to what you feel like, all by yourself. If any of the steps are hard for you, then just do one part for several days or until you can feel comfortable with it. Take as long as you need. Sometimes long and slow is best. Proceed with the next steps as you can - no hurry and no comparisons with anyone else! This is for you *alone*.

1. Sink deeply into your body and your heart. Take some special time to simply feel the pulsing of your heart and inflow and outflow of your breath. Sense the movement of air on your skin and know that everything inside and outside of you wants for you to be happy and resting gently in the arms

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of the Great One. Tell your mind to take a walk in one of your favorite places and let it go until later. Do just this part until you feel your mind let go and heart open wide. If you feel emotions come up, honor them; allow them to be, and send them on vacation, too. If persistent, you can just gently feel them for a little while and allow them to move around inside your body, while paying attention without judgment, knowing you are safe and protected from harm. Then forgive and send unwanted emotions on their way, as separate energetic beings needing recognition and expression, not neglect, abuse, or death. Feel a shift. You are now feeling and sensing yourself as soul.

2. When in the soul awareness, imagine your heart as open as a many petaled lotus soaking up nourishing rays of the Great Light within.
3. Open your Inner ears to the Great Music of the Inner planes. You may sing **AH-MAY-NOTIS-SENSE-AWARENESS** several times with tenderness and reverence.
4. Pay attention to details, to notes and tones. Hold gently, as with a velvet glove, to any soft impressions; stay with stronger experiences.
5. You may call upon me or your guardian angel or a spiritual master of your choice to be here and now

Ursula Pendragon

with you. Ask to take the next step on a journey to a longer lasting emotional and loving relationship with the Great One, your own self, and with a partner of your heart's desire.

6. Be open in your heart awareness to receiving a great inflow of love from the higher realms to nourish you. This will prepare you to find anew the longer lasting emotional, loving relationship you seek.
7. Practice this exercise daily for two weeks or more, then move on to other things. Return periodically for a "tune up." Practice throughout your day loving yourself and loving what you do. If you do not love what you do, do something else and/or begin to put conscious love into what you do. In Avalon, we taught our spiritual aspirants to put 100% love and devotion into mundane tasks, into routines of hygiene, and every movement. We became love incarnate. When you practice this and can move in and out of this state of consciousness at will, you will love everything with a new clarity. Old relationships will take on a new sparkle and room will be created for what you want and intend to have come into your life. The important part is attention to love in every moment, gratitude for what is, and surrender all that is not of the highest love. When you can achieve this state of consciousness and move back into it whenever you find yourself out of balance,

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you will attract all kinds of experiences you will find exhilarating.

8. Love all, forgive all, and honor all. This is true love and freedom. Practice until you cannot remember when you did not know how to do this. You will revolutionize your world. Without a word, life around you will respond.

