

Five Paths CD - Path III - Via Creativa - being open

pic - red poker



“Everything of the past and everything of the present and everything of the future God creates in the innermost realms of the soul.” Meister Eckhart

When you have let go of all ideas that separate you from the Source of your true nature, as a child of the kingdom, you are open to accepting yourself as a co-creator with the divine spark that you are and then it becomes natural to express this new found freedom in every area of your life.

“There is only one of you in all time. This expression is unique and if you block it it will never exist through any other medium and it will be lost.” Martha Graham

Use this walking meditation to step into the full expression of your creative Self.

From seed ... to flower ... to fruit  
From dark earth ... to surface ... to light  
From thought ... to word ... to footsteps on the earth  
From conception ... to birth ... to death  
To a life fully lived  
The circle of the Dance of Life

pic - wheel of life



music: Lost In Thought - Jon Hopkins from the album Opalescent, Just Music – TAO 006,  
[www.justmusic.co.uk](http://www.justmusic.co.uk)

photo: Ignacio's garden, La Fuentecilla, Haria, Lanzarote by Jerry Lampson, qr8 Design,  
[www.qr8.co.uk](http://www.qr8.co.uk)

illustration: Hildegard of Bingen, Wheel of Life