

## Class 24 - Birthday



### Goals

#### In class 24 you will:

learn to value your birthday a whole lot more

### They say it's your birthday - the day of the soul

*"It takes a long time to grow young." - Pablo Picasso*

The birthday is an extremely important day to the spiritual aspirant. Whether we realize it or not we do arrive at a particular time and place for a specific reason. There is nothing random about you being born on the date and time you were born.

For this reason we should treat our birthdays with real reverence.

*"The day which we fear as our last is but the birthday of eternity." - Seneca.*

On that special day our highest vision of our journey here was born. We have all sorts of grand and magnificent potentialities and our birthday is a time to reflect upon our highest image of our self. Realign and centre ourselves.

Brutal honesty is needed on our birthday. Are we progressing towards that highest vision? Are we loving more than we have in the past? Are we more unconditional with our love? More on target? Are we evolving the fastest? Most of us are not able to answer all these questions in the affirmative. So if not, our birthday is the day to rededicate ourselves to the real in us, with renewed vigour and renewed commitment.

*100% of the shots you don't take don't go in. - Wayne Gretzky.*

I have tried in the last few years to make my birthday an example for the rest of my life. I have said to myself, what would I do on a perfect day? How would I live? And then I just do everything on my birthday under those guidelines. In this way each birthday has become a visionary precursor to the following few years.



Spend at least 1 hour in meditation or more on your birthday. If you can, take a break from your routines. If you are working, ask for the day off. If you have a holiday, spend the day doing things to pamper your soul. Be in nature. Go to the beach. Listen. In silence.

Astrologers will tell you all sorts of things about your birth date and your natural tendencies. Each of us are different players on the same team, but we do play at different positions. This team will be the most powerful. Imagine what would happen if we were all the same. If we were all wanted to play at full back or full forward. It would be a mess. That is why our birthday is so important. Every minute of every hour of every day, the world is changing. The planets align another way, the tides somewhere else. There is not a moment that has passed that is the same as another and not one in the future that will resemble another from the past.

Your birthday shouts to us that each of our paths are unique, and to value our experience, our intuition.

*Your past is not your potential. In any hour you can choose to liberate the future. - Marilyn Ferguson*

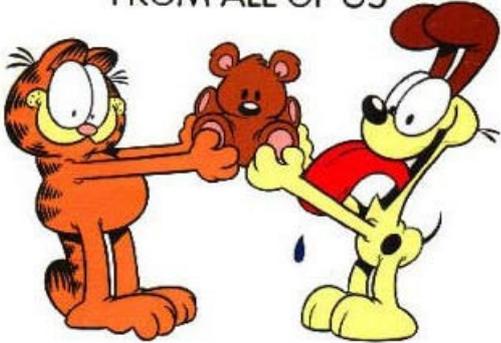
We each are unique and magnificent creations. Born at exactly the perfect time, with the most perfect of potentialities. As we manifest our lives we make all of us a little better, a little higher, a little happier.

Celebrate the joy of life, the wonder of you. You are an awesome creation and a magnificent and glorious creator. Take the time on your birthday to glance back at the journey so far, but to make yourself more determined than ever to manifest your highest vision of yourself.

Our birthdays are our soul's visionary days. Treat them with reverence. Our special connection with the infinite is more powerful than ever on our birthday.



HAPPY BIRTHDAY  
FROM ALL OF US



## Exercise 24 - Your birthday

Prepare for your meditation as usual

Take a moment to find your favourite music. If you can go to your favourite place in nature. Be alone with your soul.

Treat your soul to every comfort. Fresh flowers, beautiful incense, a new candle. Whatever you like. But take a moment to prepare with real reverence and love.

Then close your eyes. Feel yourself diving deeper and deeper within your own heart. That the deepest and highest meditation experience you have ever had is your starting point for this meditation.

Imagine your best meditation experience. Put yourself there.

Then dive deeper. There is an infinity within you. Feel that the deeper and higher you go, the more that infinite love expands within your vision.

The deeper within yourself you dive, the more you connect to the same infinity within everyone else. The more you connect and the more you feel the power of everyone and everything.

You are at the source. You are deep within your own soul. Which is the one soul.

After some time, relax a little. And then contemplate your highest vision of yourself. What would you be doing every day if you were absolutely living your highest? If you could, would you be meditating more? Helping others? Loving your family and friends more and unconditionally? Without expectations? Would your work be more aligned with your loves? Would you be kinder to your body? Eating better? Exercising more? Better to mind? Reading more? Doing more inspirational and creative things.

Take a moment now at the end of this meditation to rededicate yourself to your highest. For the rest of this, your birthday, take time to visualise your highest self and what you will be doing. Do everything for the rest of this day completely aligned with that highest vision. Make this, your soul's day, a day that you put a flag in the ground and say this is the rest of my life, my highest life, my happiest life, my most loving life.