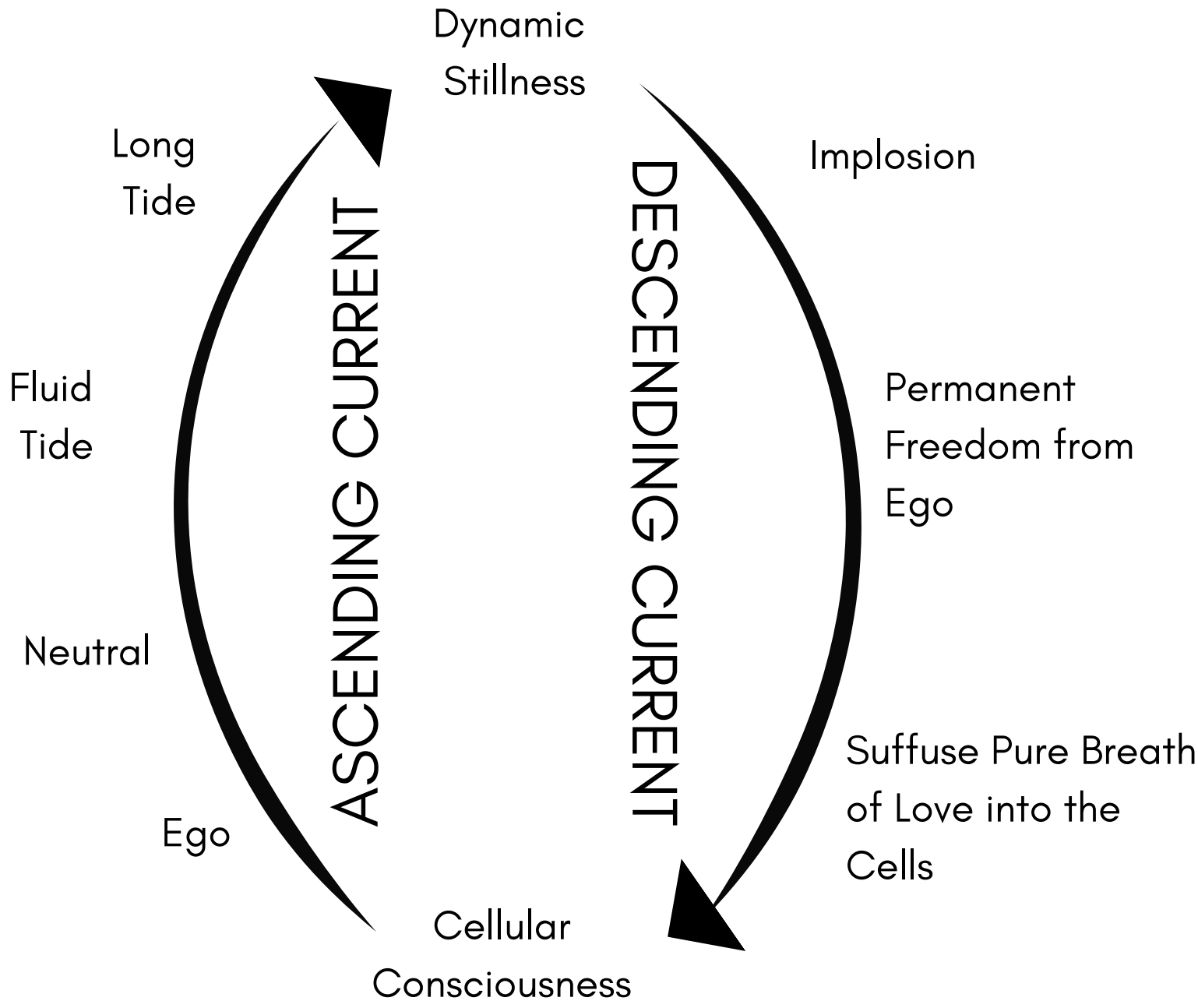
Ascending Biodynamic Tidal Journey

BE STILL AND KNOW I AM



Descending Non-Tidal Post-Biodynamic Journey

BE STILL AND KNOW I AM LOVE

Summary of Realizations Along Your Meditative Journey

Ascending Current: Frees the Soul that is under ego and Superego control.

When we realize the biodynamic neutral, as whole body stillness, it lifts the Soul up and out of the body to free it from ego control.

Then, the fluid tide expands consciousness and lifts it further to free the Soul from the personal ego.

Long tide continues to expand consciousness and lifts the Soul to free it from the Superego into the transpersonal Deity realm of I AM.

At Dynamic Stillness - I AM - the ascending biodynamic tidal currents dissolve and disappear.

Descending Current: IF the Soul chooses to continue its journey of evolution, I AM will implode into the cells as infinite consciousness.

This cellular implosion is the second birth that permanently frees the Soul from all ego and Superego control.

After consciousness implodes, Pure Breath of Love suffuses - co-breathes -with all the cells and pulses in tandem with the SA Node emanation of the heart beat.