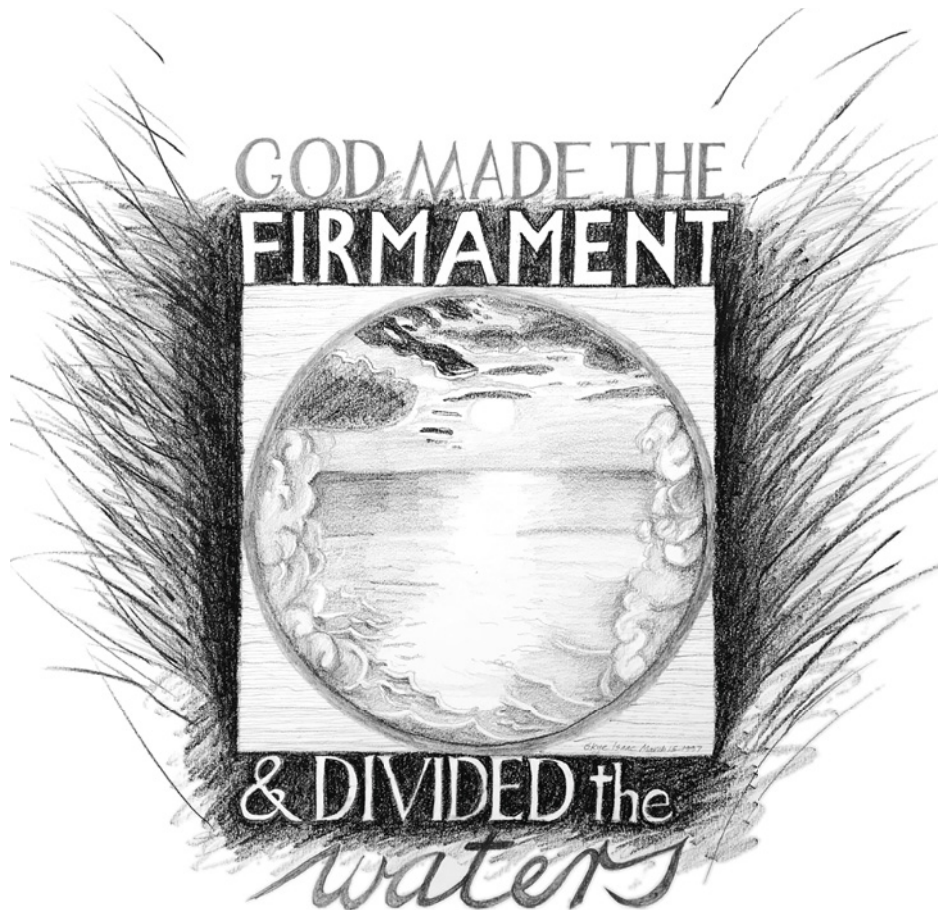


## The second day of creation **Duality. Spirit and Matter.**

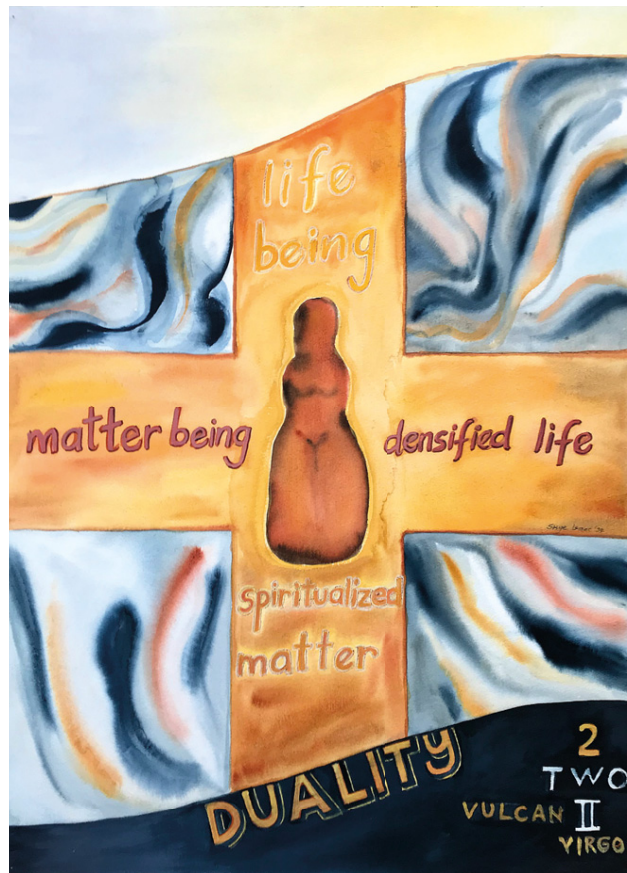
Life is spiritualised matter. Matter is densified Spirit. Together, we shape both Life and Matter with the vibrational frequencies of consciousness, our attuned Heart-Mind.



There was Light so great that God was able to reach inside the void and separate fine evening tales, dark stories, clear morning stories and the stories of light.

Opposites are essential for any creative purpose. Duality brings contrast and interplay, the beginning of manifestation. the dividing enlivens the whole earth in order to bring parts together again in new relationship. Odd and even, inner and outer, spirit and matter. The vertical and horizontal aspects intertwined. tension and Balance.

long ago I was a child on a warm Spring morning with blue sky above. I lay in the sweet smelling, soft, green grass and looked up at the pussy willow tree with its furry buds and yellow pollen. Dreamy. In an instant something shifted. Instead of furry buds I saw a tree full of buzzing bee bottoms and leg sacks laden with yellow pollen. ever after I was ready to notice another way of seeing.



Remember a time surrounded by Nature, when you have become aware of the living spirit in all that surrounded you. Where do you feel that in your body now?

How does that memory feel? How does it affect your body energy in this moment?

Does it make sense to imagine that the dividing enlivens the whole earth in order to bring parts together again in new relationship.

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