bond

O whole, heart of my being, I am one with you.
I am in you, by you and with you.
I recognize your presence in the living that constitutes me entirely.
And I am a speck of dust in what I see of you.
But never separate.

all

You are all that is: interdependent arising, substance, and creative life that stand against the void.
All around me, you are the power, the substance, and the intelligence from which all things are formed and through which they are created in my mind.
Within me, you are the continuous source and the soil of my existence, the life that animates me, and the consciousness that carries my thoughts.
I decide that, with me, you are here wisdom, love, and truth.

practice

From where I am, I seek to grow so that I may express you to the best of my ability and in truth.
For this, through the vigilance of my mind, I strive at every moment to remain united with you in thought.
Each day, I find a moment of silence to unite with you in secret.
When the veil of my thoughts finally fades, I recognize your clear presence and remain in it at peace.

This silence free of thoughts slowly fills with you and in its midst I feel your touch and let you move through me.
Right there, I am finally with you.

law of desire

My desire takes root in the hidden soil of my existence.
Held by me in the fullness of time, it shapes my here and orients my experience.
I am infinitely free to desire all the good that gives me life or all the evil that takes it from me.
Out of love, no limit bounds or protects me. According to the law.

my inner desire

This is my desire:
I want to possess the strength and intelligence needed to remain united with you in thought and in truth at every moment of my existence.
And I also want to be the temple in which you dwell here from this moment on.
And so, life after life, I want to be ever more united with you.

In this perfect union, I see that I am only you looking at yourself, and we love each other.

my outer desire

Through this perfect union, I see that I can be us here, and I want to be complete in it.
With you, I want to express wisdom here and abandon ignorance; I want to express love here and abandon fear; I want to express truth here and abandon confusion.
With you, I want to bring about harmony, happiness, and abundance here for all.
Here, I want to make every good desire manifest with you.
And this, only to be of service to each one, who is also in you, by you and with you.

promise

What I desire has now been made clear. I form in my mind only what I desire.
With calm and confidence, I will strengthen our secret bond each day, so that you may be ever more alive in me, by me and with me.

thanks

I give thanks for my mind, I give thanks for my speech, and I give thanks for my body.