
SPIRALISTS

1. Apply the Principle of Rhythm in everything, as this creates space and helps us to master cycles.
2. Acceptance of Omnipresence balanced with courage to live in the Father's Will which leads us to the state of "*exquisite yielding to the inevitable*," as Ann Ree puts it. Unites us with the Cosmic currents.
3. Having a genuine love of life beyond what Ann Ree calls "*the boundaries of self-preservation*." To put others first.
4. Paying attention to how fear manifests differently in each of our bodies and working to transenergize these loops.
5. Building a virtue core. Virtues have energy, light, and tone. Ann Ree told me one time in a dream (in which she was instructing me in the ways of spiral movement) that I had "*to be in the center of the movement to rise through the trees*." This means having a central axis of integrity that always comes to the fore – no matter what the situation. She calls this type of movement pattern "*the central pole within the etheric movement*."
6. Movement equal to Meditation – this is what gives us the buoyancy and uplift to fight against the down-draft and suction of the lower astral planes and our own subconscious habit grooves. Esse, Esse, Esse.
7. Understand the nature of the spiraling path. There will be peaks, there will be plateaus, there will be valleys. Recognize them as the Informing Principle. This will build mind-Dharma.
8. Intentionally look for Third-Aspect solutions in any duality contesting. This will lead to fourth-dimensional sight.
9. Consciously survey and identify your spiritual strengths and then live from them as your own soul-substance or breath of life.
10. Patience and love are the strong pillars anchoring our integrity core and assuring that we can become spiral for God. Ann Ree's message from the Masters: "*Trust on thy spiral's climb*."

FLATLINERS

1. Impulsivity, life choices appear random. Flow of life not well organized.
 2. Kicking "*against the pricks*" (*Acts 9:5*). "Life is not fair."
 3. "Me first" consciousness actually takes away our energy vitality.
 4. Trapped by habit loops of fear and doubt.
 5. Not operating from a central axis of virtue. Applying situational ethics.
 6. Stasis or plodding in physical body and extra chatter in mental body.
 7. Easily discouraged if things do not go according to plan. "Woe is me."
 8. Caught in duality loops of right and wrong, good and bad. Easily influenced by the social currents.
 9. Unconsciously identifying with ancestral weaknesses, or karmic traps which leads to compressive energy.
 10. Impatient with self and others, stingy with energy, low agape quotient.
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