

Meditation Garden Booklet

Experiencing the Stages of Creation



UNITY *of* **TUSTIN**

Walking Unity of Tustin's

Setting the Field

The Meditation Gardens at Unity of Tustin represent a synthesis of 1) the stages of creation as described in the first and second chapter of Genesis in the Bible and the seven stages of creation mystically understood; 2) the Twelve Powers as described by Unity co-founder Charles Fillmore; 3) the movement of energy from density to Light

The Bible and the Mystical Seven Stages of Creation

In the Bible, in the first and second book of Genesis, we find a description of a creation story. It is a story of the involution of Divine energy, God, infilling all substance and matter in this manifest plane. It is a story of moving from the formless into form with the awareness that God is through all of it, directing each stage of development. In *Mysteries of Genesis* written by Unity co-founder Charles Fillmore, he states that what is true in the creation of the universe, as allegorically stated in Genesis, is equally true in the unfoldment of our mind and body, because we are a microcosmic copy of the whole.¹

When understood at the mystical level, the creation story found in Genesis 1 becomes a map of our own journey of unfolding consciousness. Each “day” represents a stage in the process of the All That Is coming into conscious awareness. Within each stage are levels of development and within each ‘era’ of completed cycles are spirals within spirals. Spirit is penetrating form and inviting consciousness to reveal Itself.

The Twelve Powers

Over the period of his work in Unity, Charles Fillmore described and refined for the Western mind what traditions and mystics have been describing for thousands of years. Charles Fillmore identified “twelve fundamental aspects

Meditation Gardens

of our divine nature, the twelve components of God's 'image and likeness' in humankind, the twelve disciples of our Christ Mind. They are divine ideas that comprise the pattern for perfection in us."²

Charles Fillmore writes that inherent in the Mind of Being are twelve fundamental ideas which in action appear as primal creative forces. It is possible for you to ally yourself with these primal creative forces and to use these original forces and thereby cooperate with the creative law.³ Fillmore also says, "the subconscious realm in humankind has twelve great centers of action, with twelve presiding egos or identities. When Jesus had attained a certain soul development, He called his twelve apostles to Him. This means that when we are developing out of mere personal consciousness into spiritual consciousness, we begin to train deeper and larger powers; we send our thought down into the inner centers of our organism, and through our word quicken them to life. Where before our powers have worked in the personal, now they begin to expand and work in the universal."⁴

The Movement from Density to Light

There are vibrational frequencies that align with specific stages in the spectrum of consciousness. One of the profound systems that describes this movement of energy is the chakra system. The chakra system originated in India over 4,000 years ago. In *Eastern Body, Western Mind*, Anodea Judith writes, "Together the chakras describe a kind of Jacob's ladder connecting the polarities of Heaven and Earth, mind and body, spirit and matter. These polarities exist on a continuum, with the chakras as incremental steps that are embodied within all life processes. Each step upward moves from a heavy, well-defined vibrational state to a higher, subtler, and freer form. Each step downward brings us into form and solidity."⁵

The Gardens

The garden sites were designed to represent stages of creation that work together with the other stages. Many spiritual traditions from around the world are represented in one form or another. Some representations are much more subtle than others. You will see re-occurring themes woven throughout the gardens: water, certain plantings, and plant groupings. Certain stages will feel vastly different than others while some stages will feel similar. Everything has meaning and symbolizes multiple levels of reality.

There are places to sit in meditation, prayer and contemplation throughout the gardens. You are welcome to walk the garden path at your own pace. Certain stages will call to you more than others.

The plantings and themes of the sites were designed to hold a certain vibration of color. These colors represent the movement of the spectrum of light from density to Light. Each of the seven colors woven through the first seven garden settings represent the rainbow, a symbol of Divine Covenant. Each color is a vibrational experience of Essence. In the eighth setting, all the colors are woven together in exquisite Divine tapestry, just as all souls and all experiences are woven together in the Essence of God. We embrace the Divine Commission – I Am the Light of the World, You are the Light of the world.

The Meditation Garden Booklet as a Guide

As you walk the path through our garden, use this booklet as a reference. Each site holds a sacred energy and meaning and therefore cannot simply be read about. Each stage of the journey must be experienced. As you are led, take time at each site in meditation and contemplation. You might even want to spend some time journaling or writing. Open...and move into the Silence.

This booklet provides a description of each stage as well as information about the plantings and structures. It is simply meant as a guide, not a definitive source. The gardens and the energy in them will be your ultimate teachers. The time of day, the season, and even your life will determine how you experience the outer manifestation of the gardens. Take whatever you meet along the path as a symbol, as a metaphor meant just for you. Each of the garden settings has been crafted to serve as a tool in your sacred journey.

The explanatory passage for each site is followed by a meditation keyed to the essence of that spiritual stage in the journey. Within the words, the vibrations, and the spaces between the words, are levels upon levels for you to discover in your own time, at your own pace. The meditations will evoke in you a dialogue with your own inner Being. It is about the Beloved embracing the Beloved. It is about your God Self embracing your human self with unconditioned and unconditional Love. It is Love without an opposite.

Charles Fillmore writes, “There is a creative force constantly at work in us and all creation, but it is not recognized. It is Spirit-mind shining consciously in the minds and hearts of those who recognize it. Those who ignore this light do not ‘apprehend’ it, and to them it is nonexistent.”⁶

You are about to enter a sacred path. Everything you see has meaning. Let it speak to you in Its secret language. May your journey through these meditation gardens in-fill your body, mind, soul and spirit.

*God created the heavens and the earth
in the very beginning. And the earth
was without form, and void; and
darkness was upon the face of the deep.
And the Spirit of God moved upon the
face of the water.*

Genesis 1:1-2

Preparing to Enter the Garden

In our lives, we often experience times that are without form or that feel as if we are in a void. This happens when we seek or are perhaps thrust into new levels and compelled to embrace new paradigms. It may feel like Divine discontent or even darkness has overtaken us. Some have referred to this experience as a dark night of the soul. Yet we are actually journeying from that darkness into the light of awareness. This is the gift of Spirit. It is the birthing and rebirthing process.

This cosmic spark echoes from the void and calls forth the divine seeds that are ready to grow. The creative process, as these gardens illustrate, is both a primal spark of initiation and an on-going, cyclical process that runs through every aspect of Life.

The Garden

As you prepare to enter the path, on your left is a rose garden teeming with rose bushes of various types. The custom wood arbor is covered with *White Eden* climbing roses. The rose-covered arbor is here to create a feeling of leaving the exterior world and entering a sacred creative process, which contrasts with the sunny path on either end of the arbor. As you stand in the arbor, there is a void and even darkness.

The Meditation

At every beginning is a prayer. Take a moment before you enter the garden to become still and centered and perhaps offer a prayer. Your prayer might be specific to a situation in which you feel Divine discontent or it might be a more universal prayer.

Whatever your intention for entering the garden, begin now by invoking a Higher Power, God, Spirit, the Beloved.

I Am called to the Light. I Am the Light. I Am Spirit, hovering over the face of unconsciousness. I Am the essence of the All That Is.

I Am That . . . I Am.

And God said, Let there be light; and there was light. And God saw that the light was good; and God separated the light from the darkness. And God called the light Day, and the darkness Night. And there was evening and there was morning, the first day.

Genesis 1:3-5

Garden Site 1 -- The First Stage

Let There Be Light

In the beginning, God created all of it. God created the transcendent and the immanent. It is the Light of God that permeates every aspect of creation, both seen and unseen. In the initial invocation of Light, we see through the eyes and consciousness of Oneness. The Light is so bright that it is difficult to see forms. It is simply all Oneness.

There are moments when we will see our life and events in life with the Light of Awareness. There are other times when the Light will seem to be hidden from us. In these times, simply consider the image of the sun shining in the sky. Clouds might cover the sun or perhaps the earth's rotation might hide the sun. No matter how there appears to be an absence of Light, the sun is still shining brightly, offering illumination...it is its very nature. The sun is simply not visible temporarily. The Light of Awareness will shine through any obstacle bringing illumination in God's time.

The Light of Awareness may manifest in moments of clarity, moments where we glimpse Divine vision. It could be about Divine destiny revealing itself in your life. Light breaks through our conceptions and ego-centered perceptions. We simply remain open, receptive, surrendered. No matter what your experience is, simply and humbly enter this site, content to be present in the moment, in the Now.

In this moment, invoke the Light of God, the Light of Awareness with the sacred words, "Let there be Light."

The Garden

As you exit the darkness of the rose-covered arbor and enter the first stage of the Meditation Garden pathway, you are greeted by an Angel of Light.

We are inviting Divine Light, the Light of Awareness to be with us, here, Now.

If you wish, follow the small path and be seated for some time of reflection and contemplation. Take note of the predominance of the color red reflected in the plantings. The niche, intended to resemble an altar, contains a pillar of light representing the eternal, sacred Light of illumination that always burns brightly for us. Think about the things that have been or will be foundational in your life.

The olive tree is a symbol of the primordial peace that is always, already present. The plantings are such that they reflect the aspect of this stage where it is hard to determine where one plant ends and the other begins, plant flowing into plant.

The Meditation

I Am called to Illumination. I Am the Realization of Light in the formless and in form. I Am the Light in the shadow.

I Am That . . . I Am.

I Am the Light of the World. No one comes to this Consciousness except through this awareness. I Am the Light in the manifest and in the unmanifest.

I Am That . . . I Am.





The Cosmic Glimpse

As often happens, we get glimpses of the spectrum of consciousness in the early stages of our awakening. Oneness begins to “fill in the blanks” and give us glimpses of how That will be embodied in form. It is here that we begin to see our Awakened Self and see how all is fulfilled. The details remain unclear at this point.

We might rest in this realization for a moment, perhaps days or even weeks. Notice that eventually we still must come back onto the path. We are not ready to live this state as embodied reality. We are not “cooked” yet. So we continue along the path of integration, realizing the heights and depths of the remaining stations. Each station serves to purify and integrate essential teachings as we awaken to the Self as a realized state of being.

The Garden

To symbolize those moments when we open to Divine Grace and experience Oneness, seeing past, present and future simultaneously, there is a sitting area to pause in-between Site 1 and 2. As you enter, you will pass over eight, hand-crafted stepping stones, each symbolizing a chakra and vibration on the spectrum of consciousness. We are all of It, always, already. We rest at this station where we glimpse the awesome Reality of our True nature.

There is a bench to sit in meditation and contemplation. There are plantings that integrate the colors red and orange. A Buddha in the lotus position rests in this area as a reminder that you are That, always, already.

Meditation

I Am glimpsing that which is beyond my limited human consciousness. I Am glimpsing the vastness of God.

And God said, Let there be a firmament in the midst of the waters, and let it divide the waters from the waters. And God made the firmament, and divided the waters that were under the firmament from the waters that were above the firmament; and it was so. And God called the firmament Sky. And there was evening and there was morning, the second day.

And God said, Let the waters that are under the sky be gathered together in one place, and let the dry land appear; and it was so. And God called the dry land Earth; and the gathering together of the waters he called Seas; and God saw that it was good.

Genesis 1:6-10

Garden Site 2 -- The Second Stage

Let There Be Faith

With the awareness of the Light as our anchor, we access the deep inner knowing of faith. The foundation is within us, in the unconscious and the conscious. This is where duality comes in and yet the field of consciousness that is faith contains it all.

Water is symbolic of the unconscious. According to the *Metaphysical Bible Dictionary*, which was written primarily by Charles Fillmore, the firmament symbolizes faith as the unwavering place in consciousness or the Mind.⁷ It is in this second stage that consciousness unfolds and begins to manifest in multiple states. Everything is still One, yet on the human plane, forms and thoughts begin to appear separate, just as the cloud is different from the rain drop that is different from the ocean. Each are states of water, just different forms, each moving into vaster realms of Reality.

Charles Fillmore located faith at the point of the pineal gland, behind the location of the third eye or what Jesus referred to as the “single eye.” Mystics have talked about this center for thousands of years, some giving it the name of “the blue pearl.” It is said that this area is very connected with the I Am consciousness, God. As we breathe faith and live it in the cellular essence of our being, we are opening to receive that which is already in the mind of God. That which is revealing Itself will still be veiled to a certain degree. We access the power of faith to see beyond what feels “impossible.” The dividing of the conscious and the unconscious (the waters) and creation of the states of development (firmament) might have appeared to be capricious. That movement laid the foundation for all that was still to be created.

Faith is an inner quality. We might see some outer manifestations of the movement of Spirit in our life, but it is primarily still on the inner planes of awareness in the invisible.⁸

The Garden

A wall of water, framed by papyrus plants, flows from the firmament of the sky and tumbles into a basin symbolizing the waters under the firmament. A narrow channel ends in a low, bubbling fountain at the intersection of the walks. The waterwall and basin are lined with iridescent-blue tiles, symbolizing the scintillating blue light that reminds us of the blue pearl and our direct connection with Spirit.

From a bench, relax and drink in the delicious aroma of the orange trees. Revel in the lush plantings in shades of orange. Listen to the movement of consciousness in the form of running water and notice its characteristics.

The Meditation

I Am the Faith that divides the Conscious from the Unconscious, the Real from the illusion, the Essence from the ego. I Am the Affirmative Power of Mind. Through my thinking, I Am creating my world. I Am the Faith of my fathers. I Am the Faith of my mothers. I Am the substance of things unseen. I Am the Essence of the All That Is. I Am Jacob's Ladder of spiraling consciousness. I Am the Angels ascending and descending. I Am called into the far reaches of consciousness.

I Am the Vision.

I Am the Substance of Things Unseen.

I Am the Covenant with God.

I Am That . . . I Am.



And God said, Let the earth bring forth vegetation, the herb yielding seed after its kind, and the fruit tree yielding fruit after its kind, wherein is their seed, upon the earth; and it was so. And the earth brought forth vegetation, the herb yielding seed after its kind, and the tree yielding seed after its kind; and God saw that it was good. And there was evening and there was morning, the third day.

Genesis 1:11-13

Garden Site 3 – The Third Stage

Let There Be Divine Imagination

As we move in consciousness from faith to imagination, we begin to open to our unlimited potential that is Divine substance moving toward manifestation. In this third stage God begins to reveal Himself in our human experience through the planting of seed ideas. Seed ideas are not the same as mind-created goals. Seed ideas come from Divine Mind and often ask us to stretch beyond our limited concepts.

In *Mysteries of Genesis*, Charles Fillmore says “the home of the imagination is in the realm of ideas, where another dimension of mind is opened to it, even the kingdom of the heavens...Even when the conscious mind is asleep the imagination continues its activity - and we have dreams.”⁹ You may want to begin to pay attention to your dreams and seek to understand them.

We have been through the chaos, the invocation of Light and proceeded on Faith. As we glimpse the realms of what is possible, our ego mind may feel that it can take over from here. This is where we can start to go off track. God ideas unfold in the manner and the way of their own time and essence and will bear their own fruit. It is not up to us to determine what they will create or what the fruit will taste like.

Charles Fillmore says in *Jesus Christ Heals* that “you must not only perceive an idea; you must also give it form by infusing into it the substance of your living faith.”¹⁰ You will receive “seed ideas” in many forms through symbols, dreams, visions, and synchronicities, in usual or unusual ways. As you experience the ways Divine Imagination reveals itself to you, you may want to use a journal to record your insights.

The Garden

Turning from the waterwall you pass through a wire arbor covered with wisteria vines. No matter what the season, there is symbology in the appearance of the wisteria vine. In the winter the vine is bare and appears to be life-less. In spring, we experience the promise of flowers through the burgeoning leaves and buds. In summer, we see the seed pods hanging through the arbor, ready to be plucked and planted in fertile ground. In fall, we watch as the leaves turn brown and fall away, preparing for their time of rest. The continuing pulsation of the blue/violet color of the wisteria flowers further reminds us of our ability to know our direct connection to Divinity as at Site 2.

Coming out of the arbor you are greeted with many fruit-bearing trees. There is a white peach tree, a fig tree, an apricot tree and three loquat trees. Under the apricot tree is a beautiful jade table and stools where you can rest and open to the Divine Ideas coming forth. As you sit, you will see many lush plants that symbolize the dissemination of seeds, "Divine Ideas." The ornamental flowers and shrubs here reflect the energy of the color yellow.

The Meditation

I Am Divine Imagination. I Am the Divine architect sitting at the drawing board of my mind. I Am the flow of Divine ideas penetrating form, bringing forth Fruit after their kind. The immutable patterns of manifestation lie within my mind. I Am Divine Mind penetrating human consciousness. I Am That I Am. I Am Divine Imagination moving into thought. I Am the seed idea yearning for substance. I Am Divine Mind, Inspiring into my awareness the seed idea of the All That Is.

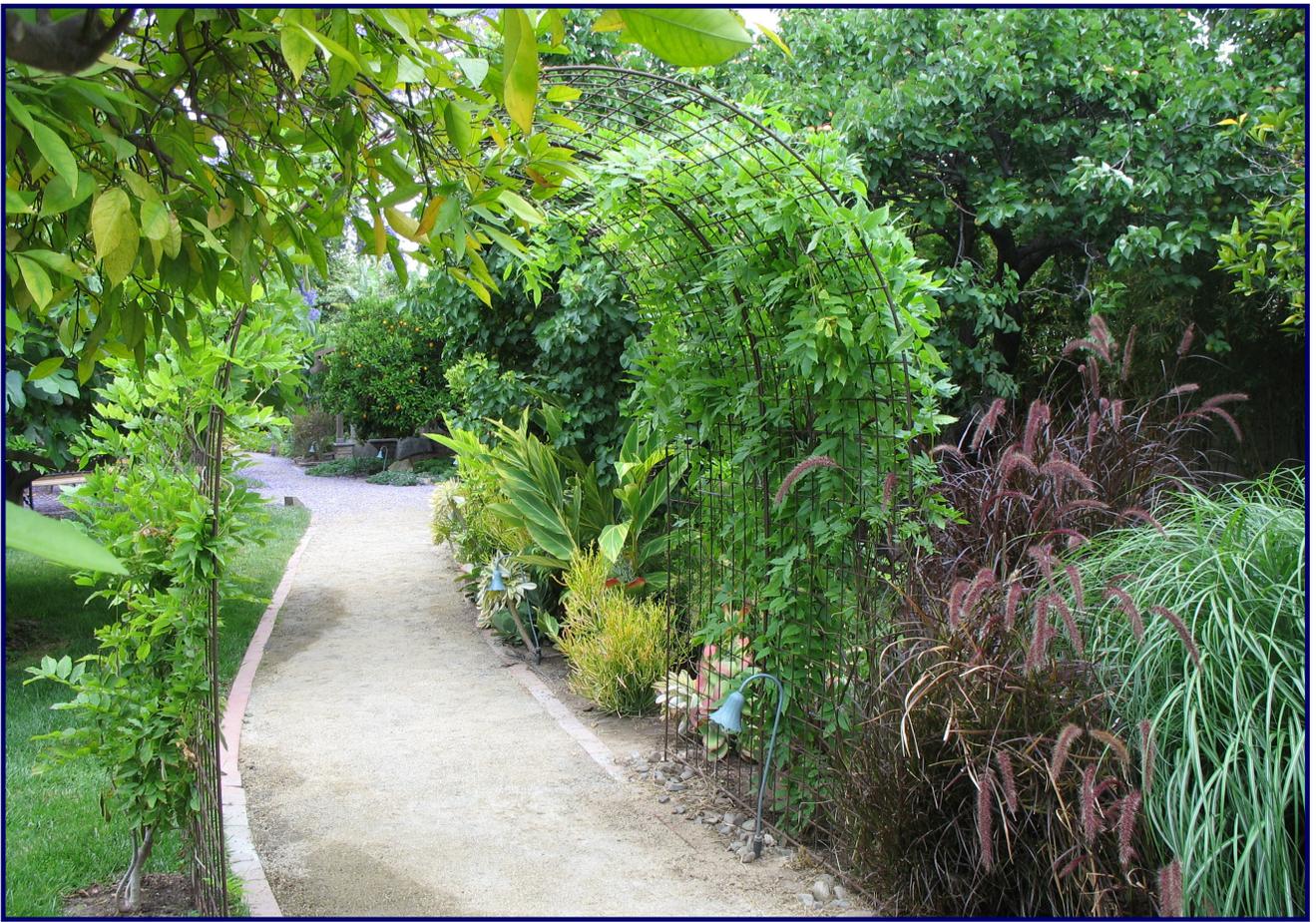
I Am the Heavens. I Am the Earth.

I Am the Vision of God.

I Am the Heart of God.

I Am the Light of God.

I Am That. . . I Am.



Then God said, Let there be lights in the firmament of the heaven to separate the day from the night; and let them be for signs, and for seasons, and for days, and years. And let them be for lights in the firmament of the heaven to give light upon the earth; and it was so.

And God made two great lights, the greater light to rule the day, and the smaller light to rule the night; and the stars also. And God set them in the firmament of the heavens to give light upon the earth, and to rule over the day and over the night, and to separate the light from the darkness; and God saw that it was good. And there was evening and there was morning, the fourth day.

Genesis 1:14-19

Garden Site 4 -- The Fourth Stage

Let There Be Divine Will

Let There Be Spiritual Understanding

In the fourth stage we experience the heart in its many complexities. The heart is considered the bridge from human levels of perception to the beginning of anchoring the awareness of Spirit in our consciousness. In the first states of the heart we are still primarily identifying with the formless aspects of creation and with the human levels of unmanifest perception. There comes a turning point in our consciousness and in every creative process when we move from the dimensions of the unmanifest into the dimensions of the manifest. In the dimensions of the manifest we enter the realm of action with awareness.

Charles Fillmore describes this movement as the powers of Divine Will and Spiritual Understanding. "Spiritual Understanding is developed in the feminine realm of the soul."¹¹ Eric Butterworth also says of Spiritual Understanding that it "is a spiritual birth, a revelation of God within our heart."¹² It is where we experience everything with the awareness of Spirit. As we move closer to manifest form, the conscious awareness moves into greater density. Divine Will is the executive power of the mind and brings forth manifestation. It is the power that helps us go into *action*.

The relationship between these two faculties is essential. It is the beginning of a dance between the feminine and the masculine energy within all of us. It is the interior connection with God and the exterior manifestation in the world. It is the integration of both Spiritual Understanding and Divine Will.

Eric Butterworth describes the will of God as, "the ceaseless longing of the Creator to fulfill Itself in and as that which is created. This will or creative intention is so great that it even seeps through one's willfully closed mind."¹³ Elizabeth Sand Turner further explains that, "The highest office of the will is to unify itself with divine will. This is exemplified in Jesus' prayer, 'Not my will, but thine, be done' (Luke 22:42)."¹⁴

During the stage of transition from human level perceptions and the unmanifest realms to greater conscious contact with God and the manifest, there might be moments of confusion or uncertainty. In these moments Light may feel less visible, as if we are moving through a veil, seeing dimly.¹⁵ Know that you are in the power and the presence of God and that you are beginning to move in and through the world in new ways.

The Garden

Sites 1 through 3 have focused on that which is before form; it is pre-form. At Site 4 we begin to see the manifestation of Divine Light, Faith and Imagination. The fourth stage represents a huge shift in consciousness and holds many variations of the heart chakra being activated. This is represented by the four stations of Site 4.

Station 1 – Spiritual Understanding

On the left, under the jacaranda tree, you will see a figure of Kuan Yin, the Goddess of Abundance and Compassion. Here, Kuan Yin is a symbol for Divine Understanding. She is surrounded by tall hibiscus plants, creating a quiet place to access compassion for all that is in form and all that is to come into form.

Station 2 – Divine Will in Action

Opposite Kuan Yin is a wall covered with a screen depicting cranes moving through the air, symbolizing Divine Will in action and the movement of form through time. A fountain with images of acorns hints at the eternal impulse to bring form from the unmanifest to the manifest.

Station 3 – Time and Timelessness

Here is an outdoor room created to reflect a natural temple housing the mysteries of the manifest world. The design on the green quartz wall is the solar and lunar calendar, reminding us of the world of time and the natural rhythms of life. At the center of the calendar and permeating everything is the Om, “representing Brahman, the impersonal Absolute— omnipotent,

omnipresent, and the source of all manifest existence. Brahman, in itself, is incomprehensible, so a symbol becomes mandatory to help us realize the Unknowable. Om, therefore, represents both the unmanifest and manifest aspects of God.”¹⁶

This station marks the transition from the energy of the heart being turned toward the first three stages to pointing towards the higher three stages. There is a shift in consciousness. This marks what is sometimes called the breaking open of the heart. The Om symbolizes the beginning movement into the fifth stage where sound and vibration come into manifestation. The vocal manifestation of “Om” emanates from the fifth chakra (the throat power center). We are reminded that for everything there is a season.¹⁷ Events in time exist within timelessness, eternity.

Just outside the temple is a sundial illustrating the movements of the sun and planets and revealing the experience of time. Plants with star-shaped foliage are reminiscent of the form of the cosmos.

Station 4 – Our Lady of Guadalupe

Further down the path is a stucco structure created in honor of Our Lady of Guadalupe, who is nestled safely in an alcove with iridescent black-green tiles in the background. Our Lady of Guadalupe’s message of love and compassion, and her universal promise of help and protection to all humankind provides comfort for those on the path. Our Lady of Guadalupe appeared in Mexico and is considered one of the world’s black Madonnas. Many images of her show her cape with the sun, moon and stars, the mystery of cycles and cosmic time.

In the world of form there are times when we are unsure of what to do or what is happening. Sit and light a candle in honor of a loved one or a situation you would like to take to Our Lady of Guadalupe. You may also want to light a candle in honor of your continuing process of awakening. Bring your worries and concerns to Our Lady of Guadalupe and continue on your journey in peace.

The energy of the color green runs through each station of Site 4.

The Meditation

I Am Divine Will. I Am the will of the Beloved living and moving in human experience. I Am the Plan of God made manifest. I Am the executive power of the Divine Plan. I Am consciousness giving birth to Consciousness.

I Am Filled.

I Am Guided.

I Am Open.

I Am Listening.

I Am That . . . I Am.

I Am an Instrument of the Divine.

I Am the Knowing of the All That Is.

I Am Commitment.

I Am Surrender.

I Am Awareness.

I Am That . . . I Am.

I Am Spiritual Understanding. I Am the Awareness of Spirit.

I Am Divine Compassion. I Am the Heart of the Beloved.

I Am the Essence of the All That Is.

I Am That . . . I Am.

I Am the Union of Action and Compassion. I Am non-harmfulness.

My Path of Action and my Path of Compassion are One Path.

I Am the Will of God.

I Am the Compassion of the Beloved.

I Am That . . . I Am.



And God said, Let the waters bring forth swarms of living creatures, and let birds fly above the earth in the open firmament of the heaven. And God created great sea monsters, and every living creature that moves, which the waters brought forth abundantly after their kind, and every winged bird after its kind; and God saw that it was good. And there was evening and there was morning, the fifth day.

Genesis 1:20-23

Garden Site 5 -- The Fifth Stage

Let There Be Right Judgment

Let There Be Divine Discernment

Let There Be Divine Choice

We now discover in ourselves the ability to discern multiple levels of reality, both the human and the Divine. We begin to see with the eyes of Spirit. In our experience of human levels of perceiving, there is darkness and shadow. These are interwoven with experiences of victory and personal power. As we turn to the Light we see a much vaster spectrum. We see that all things work together for good to those who love God and are called according to God's purpose.¹⁸ We are called by Divine Purpose. We discern the Essence of every soul. Our Divine Discernment allows us to experience simultaneously the human levels where we identify with wounding, healing and growth even while we see Essence as what is Real.

In the Revised Standard Version of the Bible, on the fifth day, the "sea monsters" appear. Some mystics have likened this to the dark night of the soul. Yet when decisions are made in alignment with the Divine Plan, we shift into our Divine Power of Choice. We are able to discern the ego's monsters of darkness as well as the soul's winged beings of Light.

The birds that fly above the earth depict how Spirit raises us up from our human perceptions. We see all things with a clearer and higher vision.

The Garden

Station 1 – St. Francis Garden

As you enter St. Francis' Garden, you will notice the bird bath and a statue of St. Francis watching over all those winged-ones who bathe in it. Take time to reflect on St. Francis' prayer in the vine-covered arbor designed especially for this site.

Prayer of St. Francis of Assisi

Lord, make me an instrument of your peace,

Where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy;

O Divine Master, grant that I may not so much seek to be consoled as to console;

to be understood as to understand;

to be loved as to love.

For it is in giving that we receive;

it is in pardoning that we are pardoned;

and it is in dying that we are born to eternal life.

As you wander around the garden, let St. Francis' prayer be your prayer. Reflect on the beauty and sacredness of all life. The whimsical nature of the garden reminds us all to live lightly in the world, with joy.

Under the pepper tree you will find another smaller statue of St. Francis. Everywhere the presence of living creatures is evident.

Station 2 – The Koi Pond

As you come out of St. Francis' garden, directly in front of you is a freshwater pond with a waterfall, koi fish, goldfish and water lilies. As Divine Discernment comes into individualized consciousness, we begin to access all our senses to “see” everything, people and situations from multiple realities simultaneously.

The pond is primarily above ground so that you may have the opportunity to view all the images and activity from higher levels of reality. The plantings and placement of objects were designed so that you cannot humanly see everything simultaneously. From different points on the path and platforms you will see different images. Stepping onto the platform provides the best view of all the surroundings, yet even then, it is not the complete view.

Looking to the far left you see the moon gate. This moon gate represents our continuing through the veils of illusion and human levels of perception into greater realities that include the cosmos. It is the continuing invitation to enter a new level consciousness that is beyond what you currently have access to.

On the surface of the water are water lilies. These lilies have their roots in the mud and rise up through the water to the surface where they flourish. They demonstrate our journey through the spectrum of consciousness. As the lilies, we must have deep roots in the earth as we reach for the heights. It is when we are connected with both heaven and earth that the flowering of consciousness occurs.

The trio of cranes represent eternity in an interweaving dance of our three-fold nature, body, soul, and Spirit. It is at this stage that we begin to glimpse the vastness of each and how they relate in deep ways.

As you stand on the platform, ponder “Who or what is witnessing these forms?” “Is there something beyond the witness?” Be aware also that you had to choose to go higher to access views not available to you at levels of ordinary consciousness, ordinary mind.

The Meditation

I Am Right Judgment for I Am judging not by appearances. I Am the Eyes of Spirit. I Am the Awareness of the Mind of God. I Am focused on the Divine Process unfolding in every moment. I Am renewed through the transforming power of Divine Mind living as me.

I Am Divine Discernment. I See the multiple levels of Reality. I Am the spiraling levels of Consciousness giving birth to Itself. I Am Knowing with Non-Dual Awareness, even in the human experience of Duality. When I do not understand appearances, I Surrender to Spirit. I Give all that I do not understand to God. I see the Essence of the All That Is. I see the true face of the Beloved. I discern the Divine Purpose. I invoke Spiritual resolution. I pray, "Come Holy Spirit." I receive the Revelation of Light in every Now moment.

I Am Divine Choice as I choose to see the Light in the shadow. I Am anchoring the vibration of Light in the realms of human consciousness and unconsciousness. I choose to see through the lens of Divine Light. I choose this day whom I will serve, and as for me and my house, the many selves of my consciousness, we will serve the Beloved.¹⁹

I Am Awareness of the Mind and Heart of God.

I Am the Eyes of Spirit.

I Am Divine Choice.

I Am the Journey.

I Am That . . . I Am.



Then God said, Let us make them in our image, after our likeness; and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the wild beasts of the earth, and over every creeping thing that creeps upon the earth.

So God created them in God's own image, in the image of God, God created them; male and female God created them.

And to every beast of the earth, and to every fowl of the air, and to everything that creeps upon the earth, wherein there is life, I have given every green herb for food; and it was so. And God saw everything that God had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

Genesis 1:24-31

Garden Site 6 – The Sixth Stage

Let There Be Divine Love and Spiritual Wisdom

In this stage, we experience Divine Love and Spiritual Wisdom—the Divine Union, the Mystical Marriage. At this level we fully realize that the Mystical Union occurs first within our own being. Then, from this space of Divine vibration, we experience soul relationships in the outer. In Mystical Union the opposites unite and there is no longer a conscious dance between the feminine and the masculine, as in stage four. We simply live in the inner and the outer, unmanifest and manifest. Our “single eye” as referenced in Matthew 6:22 in the old King James version of *The Bible* or the “third eye” as referenced in the chakra system, is open and we see past, present and future simultaneously. It is the center of vision and insight. This is where duality is resolved and moves into a single focus. Not since stage one has there been a felt presence of the nondual nature of existence. It is in stage six that duality dissolves back into nonduality. It is not totally stable yet, however, for we are still seeing forms and images as we are unifying in Sacred Companionship the qualities of Love and Wisdom.

It is also at stage six that we come to understand that our relationships on the human plane are indeed holy relationships. They are the coming together of souls in the Divine Plan. Joyfully, we experience the Beloved embracing the Beloved in a sacred setting where Life is everywhere in evidence. We experience here the joining of Souls by God. Mystical Love attracts Mystical Love in the embrace of hearts and minds, and evolutionary partnerships are built on the foundation of Divine Love. *This is Divine Romance.*

Spiritual Wisdom is the evolution of the Righteous Judgment we experienced in stage five. Righteous Judgment holds the energy of perceiving differences. Wisdom carries clarity without the dynamics of human judgment. There is no longer attachment to “good” and “bad;” duality has dissolved into seeing clearly the spectrum of consciousness and a knowing that it is all God.

As in stage three, the scriptures in Genesis once again remind us of the seeds of the earth. In the sixth stage we have the Spiritual Wisdom and Divine Love necessary to work with the seed ideas in ways that will bring nourishment and be for the benefit of our soul and the soul of the world. It is here that we gain the consciousness to see beyond thought forms, represented by the birds of the air and the fish of the sea. We are to have “dominion” over them not through manipulation or control, but through the marriage of Love and Wisdom. It is when the heart and the mind work together in balance that we see all potentialities simultaneously. Anodea Judith in the DVD *Illuminated Chakras: A Visionary Voyage into Your Inner World* says that it is here that our ability to perceive and command comes into being.²⁰

The Garden

Just as the lotus depicting the sixth chakra has two petals, so too does this station. There are two “sides” of the same site, just as love and wisdom are located in different parts of the body, yet come together in Divine Union.

To the left you find a circular area made of natural stone. This area takes the shape of a circle on the ground, a symbol for wholeness and oneness. There is no beginning, middle or end. All is present in the circle simultaneously. Past, present and future merge here and are one. The seating area rises out of part of the circle in a crescent moon shape. Above the seating area is an orange tree, reminding us of the seeds that bear fruit after their kind and the nourishment that is provided for us to receive.

Across the path is a chapel-like seating area housing a stained glass piece of art depicting the Mystical Union, this Divine Union of Love and Wisdom. This is where the Awareness is planted that this journey is much greater than ourselves. It is not only about our individual consciousness, it is about the collective, the world, global consciousness.

Surrounding both sides of the path are lush plants with a woodland theme and indigo-colored flowers blooming nearby.

The Meditation

I Am Divine Love. I Am the Essence of Love.

I Am the Divine Masculine. I Am the Divine Feminine.

I Am Love Unconditioned. I Am Love Unconditional.

I Am the Wisdom of Spirit. I Am Divine Mind.

Within Love's embrace I find the healing of human woundedness. The experiences of human existence are held in this immense Love and Awareness. I Am the spiraling levels of consciousness revealed in the Love of the Beloved.

The clear knowing of Spirit flows through me. I Am the penetrating power of the Divine Father. I Am the womb of the Divine Mother. I bring forth new birth. I Am the Beloved embracing the Beloved. I Am the Divine Masculine and the Divine Feminine as One in my own being. Wisdom and clear awareness guide me in every Now moment of Divine Play.

I Am the Mystical Marriage.

I Am the Holy Union.

I Am the Passion of the Beloved.

I Am Eternal Love.

I Am Light.

I Am That . . . I Am.

Thus, the heavens and the earth were finished, and all the host of them. And on the sixth day God finished the work which God had made; and God rested on the seventh day from all the work which God had made. So God blessed the seventh day, and sanctified it; because in it God rested from all the work which God created and made.

Genesis 2:1-3

Garden Site 7 -- The Seventh Stage

I Am Resting in the Realization of God

Seven is the number of completion on the human plane, exemplified by the seven days of creation, the seven days of the week, the seven golden candlesticks or the seven churches found in Revelation. Twelve is the number of completion on the spiritual plane, exemplified by the twelve disciples or the twelve tribes of Israel or the crown of twelve stars or the twelve gates in Revelation. The Twelve Powers as a foundational teaching in Unity comes from this awareness.

It is here, at the seventh stage, that we come home to the sacred place and we rest in God's loving embrace, secure in the realization that the Divine Plan is the one true purpose of our lives. We see our part in the magnificence of creation. We know that we ourselves are instruments of the Transforming Power of Light. We see who we truly are; we know that we now live in a new Consciousness. We live in the world, and we selflessly serve the world. We are *in* the world, yet we are no longer *of* the world.

The Garden

As we approach Site 7, we see on our right Beings and Symbols of the Realized state, I Am That. Here we are greeted by symbols of the Transcendent and by Masters from around the world who have lived as expressions of Divinity. Each is meant to represent a religion of the world.²¹

We turn to the left and follow the path to a place of Silence. It is a place to come apart and be in what has been called "The Cave of the Heart." Within the cave of your heart is the sum of your being and the creative center of your universe. You realize that the Divine is not separate from creation. It is within each one of us in the cave of our heart. Our pilgrimage through the garden is to find That.

Bring your awareness to the cave of the heart where the Divine dwells. In this spaciousness of Being, no longer is there any place, no longer is there any time. It is beyond thought. It is the Emptiness where subject and object are gone.

If we gaze with the human eyes, we see directly in front of us three olive trees, representing Spirit, soul and body. They are the symbols of primordial peace that we noticed in the first stage, and we also realize they are the olive trees of the Garden of Gethsemane when Jesus was facing betrayal and crucifixion. And yet we can gaze to our right and see the symbols of resurrection, of transcendent Realization and being. We begin to know what Jesus meant when he said, "I am the Light of the world. You are the Light of the world."²²

Our gaze moves to the Panorama of the Realized State and in the center spaces, we see The Three Paths of Abraham - Christianity, Judaism, and Islam. We move in that direction.

Christianity

Our focus falls on Jesus in the center who represents Christ Consciousness and Christianity.

Unity as a spiritual path started here. For many years in Unity books a statement written by Charles Fillmore, the co-founder of Unity, appeared on the back of the title page. "Unity is a link in the great educational movement inaugurated by Jesus Christ. Our objective is to discern the truth in Christianity and prove it. The truth that we teach is not new, neither do we claim special revelations or discovery of new religious principles. Our purpose is to help and teach humankind to use and prove the eternal Truth taught by the Master." We feel the awe of what this means...and even how this may have impacted our lives.

On both sides of this center figure of Jesus are the symbols representing the two other paths that flowed from the consciousness and life of Abraham.

Judaism

The Star of David represents a symbol of Messiah consciousness and the symbol of promise.

Islam

Allah is written in Arabic and is the name of God and the symbol of that Realization.²³

As our focus widens, on each side of these we see symbols representing other spiritual paths in the world.

Buddhism

A depiction of Buddha sitting in meditation represents Buddha-mind, the Realized state.

Hinduism

Shiva, a symbol for the transcendent God, Lord of the Cosmic Dance, comes into view. Shiva's dance is in three phases: Creating, Maintaining, and Dissolving. Shiva's right foot dances on egoic not-knowing in the passage of souls from darkness to Light. (This experience of ego being stilled as we live and walk in the Spirit is described in the Bible in Galatians 5:22-25.) Shiva dances in a circle of flames, a symbol of the sacred fire.

Native American

The totem pole is a symbol of how we are guided in our lives in the directions and in the tasks that need to be completed along our journey. The Eagle at the top symbolizes Divine spirit, connection to the creator, renewal, courage, illumination, healing, creation, and freedom. Also, the totem pole represents all Native traditions found around the world.

This symbol seems so important here...for on these very grounds Native American Indians lived for hundreds of years.

Finally, our gaze falls on the remaining symbol...

Open Circle

The Open Circle represents all of the Unnamed Religions and Spiritual Paths in the world, paths of ancient Wisdom, and paths of Realization yet to come.

The violet-hued plants are fragrant and lovely; their essence soothes your mind and heart. Bamboo is planted throughout this site and throughout the gardens as a unifying symbol of the layers and levels of consciousness that build upon each other.

A stone quarried in the high-mountain state of Colorado serves as a bench. The stone also provides the image of a primal altar where you may offer your very life in service to God, just as Realized Masters of all the traditions have done before you.

You are invited to rest here on the stone bench and contemplate the stages through which you have passed, both in the garden and in your life. Allow your consciousness to open as you realize Oneness and recognize boundaries dissolving. You may notice that as you contemplate the glass panels your own face is reflected back to you, reminding us that we too are instruments of God in the world.

The Meditation

I rest in the Realization of God.

I see God in every face, every experience, every moment.

I embrace the commitment to live the path of Enlightenment.

The Plan of God IS my life. I Am in the world, and not of it.

I live the perfection of God's plan in all the experiences of my life.

I Am the Plan of God unfolding.

I rest in the Realization of God. I live in the knowledge of my Divine Essence.

My humanness comes to completion in the spiral of Spirit's dance.

I Am the Chalice of the Holy Spirit.

I Am the Vessel of Divine Consciousness.

I Am blessed.

I Am at Peace.

I Am That...I Am.



“The Panorama of the Realized State,” Site 7

A powerful spring gushed out of the earth, and watered all the face of the ground.

Genesis 2:6

And God showed me a pure river of water of life, clear as crystal, proceeding out of the throne of God.

In the midst of the street of it, and on either side of the river, was the tree of life, which bore twelve manner of fruits, and yielded fruit every month: and the leaves of the tree were for the healing of the nations.

Revelation 22: 1-2

Garden Site 8 - Coming Back into the Marketplace with Gift-Bestowing Hands

Let There Be Spiritual Enlightenment "I Am the Light of the World"

We have walked through the journey and it has invited us into the integration of the Twelve Powers, a foundational framework taught by Unity. Charles Fillmore believed that when we have realized an integration and balance of these qualities we will have realized Christ consciousness. It is a consciousness that has been called by many names. It could be called Buddha Mind, Messiah consciousness, God Realization, I Am That, the Essence of the All That Is, or Higher Power.

In the Twelve Powers, there are six powers not mentioned in the seven stages of creation. Now we bring our awareness of realization, I Am That, into the integration of these remaining six powers. There are states of development in these, just as there were in the qualities and powers in the Stages of Creation. And because of our deep devotion and commitment to transformation through those earlier stages, we now receive the gifts of the remaining integrations at higher spiritual levels. Winifred Hausmann discusses in her book *Your God Given Potential* the lines of development within each of the twelve powers.²⁴

Divine Order

*I Am living God's Plan as the one purpose of my life. I am aware of my part in the spiraling experience of consciousness. "Once I have accepted God's plan as the one function that I would fulfill, there will be nothing else the Holy Spirit will not arrange for me, without my effort. The Holy Spirit will go before me making straight my path and leaving in my way no stones to trip on, no obstacles to bar my way. Nothing I need will be denied me. Not one seeming difficulty but will melt away before I reach it. I need take thought for nothing, careless of everything except the only purpose I would fulfill."*²⁵

Spiritual Strength

Yea, though I walk through the valley of shadow, I fear no evil for Thou art with me.²⁶ Everything in my life has purpose. I am given everything I need as I walk through life experiences. I Am Strength. I Am Spirit.

Divine Renunciation

All that is not aligned with the Light of the Divine dissolves. Energy is healed in new Consciousness. God shows me clearly the doors through which I will walk and closes the doors which are not part of my path. False paths and sidetracks dissolve in the Light of Spirit as the Path of Light rises up to meet me.

Spiritual Zeal and Divine Enthusiasm

I Am the vibration of Divine Enthusiasm. I Am in Theos. I Am Spirit. I Am Soul. I Am Body. The energy of the Holy Spirit is upon me.

Divine Life

I Am the Life. My life is the Way of Spirit. The Truth of Divine Essence lives Itself as my Life.

Divine Power

The Kingdom of Heaven comes to earth and I live in the experience of Spiritual Power. My life is lived in the glory of God, and I live from Glory to Glory. I Am That.

We come back from the mountaintop, back into the complexity of the world. For awhile, our Realization is tested, until we actually realize It is there in everything we do. Then somehow, having been to the mountaintop and returned, the effort is over. It becomes clear that life is very simple and natural.

Poised in Silence, we Observe and witness the forms of integration and disintegration. We see impermanence and we know what is Real. We know Oneness and inter-dependence, even as we see independence and co-dependency constantly around us. We engage as called by Spirit, yet we do not become entangled and forget what is Real.

The activity of compassion is now the manifestation of our life without our being aware of it. We are able to respond with ease to whatever comes up. We are coming back into the marketplace, the space and time of relationships, work and the challenges of the world.

We respond, seeing clearly in every situation. We see what needs to be done and how to do it; sometimes knowing how not to do it, how to stay out of the way and allow things to take care of themselves. We let Spirit work, we let go and let God.

There is an ordinariness. There is no more clinging. If things arrive, they arrive. If they need to go, they go. In ancient texts it is said that “using no supernatural power, you bring the withered trees spontaneously into bloom.”²⁷

We continuously communicate our being with every action, posture, word, and thought. The fruit of the tree is ripe. It falls to the ground and where it lands, seeds take root. The process continues, generation after generation. Coming down off the mountain into the marketplace, we are in the marketplace but we have not left the mountain. No trace of enlightenment remains. There is no sense of doing...and this traceless enlightenment continues endlessly.²⁸

The Garden

As you continue on the pathway, on the left you will see a Peace Pole with the prayer for peace written in the languages of the three paths of Abraham. From the “I Am” consciousness, we are embodying peace in the world.

Further down the path, on the right side, large cliff-like rock formations create a gushing waterfall and pool representing completion, fulfillment, and the knowing of the cycles of creation. The water falls pure and clear, a symbol of living a God-Realized life. Take a moment to sit on the benches and breathe in the lush plants in a tapestry of color, the full spectrum of light. We begin to realize what it means to be ‘breathed by God’. And it is all of it...the inner and the outer. As you sit on one of the benches, reflect on the movement of Spirit as earth, water, fire, and air, as well as sound, light, and Transcendent Consciousness.²⁹ Revel in the complexities of embodied Awareness and be grateful for all that is.

As described in Revelation 22:12, the plantings on either side of the waterfall remind us of the trees planted on either side of the river and the leaves of the trees that are for the healing of nations.

As you leave Site 8, you see Kuan Yin, a Bodhisattva of Compassion. We experience the awareness that our very life can be that of a Bodhisattva. We will come back into the marketplace with gift-bestowing hands. We are committed to selfless service, to helping guide others through.

The Meditation

I Am called to Illumination.

I Am the Substance of Things Unseen.

I Am the Vision of God.

I Am the Union of Action and Compassion.

I Am Divine Choice.

I Am the Mystical Marriage.

I see God in every face, every experience, every moment.

I Am That...I Am.



End Notes & References

Walking Unity of Tustin's Meditation Gardens

- ¹ Fillmore, Charles. *Mysteries of Genesis*. Unity Village, MO: Unity School of Christianity, 1980. p. 10
- ² Hasselbeck, Rev. Paul, ed. *Metaphysics II ver 3*. Unity Village, MO: Unity Institute. p.60
- ³ Fillmore, Charles. *Twelve Powers of Man*. Unity Village, MO: Unity School of Christianity, 1995. p. 52
- ⁴ Fillmore, Charles. *Twelve Powers of Man*. Unity Village, MO: Unity School of Christianity, 1995. p. 15
- ⁵ Judith, Anodea. *Eastern Body, Western Mind, revised*. Berkeley, CA: Celestial Arts, 2004.
- ⁶ Fillmore, Charles. *Mysteries of John*. Unity Village, MO: Unity School of Christianity, 1885. p. 13

Let There Be Faith

- ⁷ "Firmament." *Metaphysical Bible Dictionary*. 2006.
- ⁸ Stage 2 is the beginning of defining/delineating the difference between what Ken Wilber describes as stages and states.

Let There Be Divine Imagination

- ⁹ Fillmore, Charles. *Mysteries of Genesis*. Unity Village, MO: Unity School of Christianity, 1980. p. 295
- ¹⁰ Fillmore, Charles. *Jesus Christ Heals*. Unity Village, MO: Unity School of Christianity, 1994. p. 113

Let There Be Divine Will and Divine Understanding

- ¹¹ Fillmore, Charles. *Twelve Powers of Man*. Unity Village, MO: Unity School of Christianity, 1995. p. 94
- ¹² Butterworth, Eric. *Unity: A Quest for Truth*. Unity Village, MO: Unity School of Christianity, 1994. p. 79
- ¹³ Butterworth, Eric. *Celebrate Yourself: And Other Inspirational Essays*. Unity Village, MO: Unity School of Christianity, 1997. p. 126, 127
- ¹⁴ Sand-Turner, Elizabeth. *Your Hope of Glory*. Unity Village, MO: Unity School of Christianity, 1996. p. 85
- ¹⁵ I Corinthians 13:12
- ¹⁶ Das, Subhamoy. "Om: Symbol of the Absolute." Online article. <<http://hinduism.about.com/od/omaum/a/meaningofom.htm>>.
- ¹⁷ Ecclesiastes 3:1-8

Let There Be Right Judgment, Divine Discernment

¹⁸ Romans 8:28

¹⁹ Joshua 24:15

Let There Be Divine Love and Spiritual Wisdom

²⁰ *Illuminated Chakras: A Visionary Voyage into Your Inner World.* Dir & Written by Anodea Judith. Sacred Centers.

I Am Resting in the Realization of God

²¹ Order of images from left to right: Open Circle, Shiva, Star of David, Jesus, “Allah” in Arabic, Buddha, Totem Pole

²² John 8:12 & Matt. 5:14

²³ *The ancient Semitic names for God, Allah in Arabic, Alah in Aramaic, and Elohim, plural for Eloh in Hebrew are actually the same.*

These words in all three languages are made up of three letters, ALH, pronounced slightly different in each language. The word Allah in Arabic without the diacritical marks can easily be read as Allaha, Allahe, Allaho, or Allahu. The word Alah in Aramaic can also be pronounced as Elah, Alaha, Elaha, Aleha, or Eleha.

The root word for Elohim in Hebrew is El. El in Hebrew means God, deity, power, strength,... The root word for Alah in Aramaic is also El and it means God. The root word in Arabic, Ilah, or Elah means deity. - Submitted by Sheri Azar.

Let There Be Spiritual Enlightenment

²⁴ Hausmann, Winifred Wilkinson. *Your God-Given Potential: Unfolding the Twelve Spiritual Powers.* Unity Village, MO: Unity School of Christianity, 1998.

²⁵ Foundation for Inner Peace. *A Course in Miracles.* Tiburon, CA: Foundation for Inner Peace, 2007.

²⁶ Psalms 23:4

²⁷ Loori, John Daido. *Riding the Ox Home: Stages of the Path of Enlightenment.* Boston, MA: Shambhala, 2002. pp.67.

²⁸ Loori, John Daido. *Riding the Ox Home: Stages of the Path of Enlightenment.* Boston, MA: Shambhala, 2002. pp.68-79.

²⁹ Each chakra or power center is connected with an element. Stage One (first chakra) – earth, Stage Two (second chakra) – water, Stage Three (third chakra) – fire, Stage Four (fourth chakra) – air, Stage Five (fifth chakra) – sound, Stage Six (sixth chakra) – light, Stage Seven (seventh chakra) – Transcendent Consciousness. (From *Illuminated Chakras: A Visionary Voyage into Your Inner World.* Dir & Written by Anodea Judith. Sacred Centers.)

All Biblical references are from the Lamsa version unless otherwise noted.

Major Unity books on the stages of creation and the Twelve Powers include:

The Twelve Powers by Charles Fillmore

Mysteries of Genesis by Charles Fillmore

Your God-Given Potential: Unfolding the Twelve Spiritual Powers by Winifred Wilkinson Hausmann

Prosperity by Charles Fillmore

This booklet came through the inspiration of Spirit and has been written by Dr. Marj Britt and Rev. Carolyne Mathlin.

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*“Angel of Light,” Site 1 & “Mystical Union,” Site 6 photographs taken by Harvey Beery.
All other photographs taken by Carolyne Mathlin.*

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