

SPIRITUAL ELEVATION

The Spiritual Elevation included in this document has absolutely nothing to do with any Religions in particular because your Spiritual Elevation is something that is only between YOU and Your GOD and whatever your representation of GOD may be and no matter what your religion is or what your own beliefs are, it has no matter in this endeavor.

This Spiritual Elevation will guide you to have a better relation between You and your GOD and how to achieve Peace, Love, and Serenity in your life.

This text is not something that you can absorb only in one weekend, it is a way of life and you must put to good use each keyword and truly understand them before passing on to the next one.

One step at a time, and each day a step towards GOD.

By Ghislain Bonneau

MY SPIRITUAL ELEVATION

Once that you will know their true meanings, you will pronounce all the 7 Key Words out loud everyday to help you to find your inner peace. This will help to write them onto your unconscious mind.

- | | | |
|-------------|-----------------|-------------|
| 1. PEACE | 4. PURIFICATION | 7. BLOOMING |
| 2. LOVE | 5. IMMACULATE | |
| 3. SERENITY | 6. RADIANCE | |

Here are the first three Keywords and their significations.

PEACE : Of Soul, of Spirit, of GOD and Heart

LOVE : For Me, For All Humanity, and For GOD

SERENITY : In the Now, (Present Time) in My Thought, in My Action

A Step towards GOD every day of my Life.

Gradually my inner peace will come back in me and will be found for ever.

A calm and indescribable peace will invade me and shine through my new personality all the while rising my good sides and eliminating all my bad thoughts. I will become another person and my face will radiate with Peace and for my Love for me, for others, and for GOD.

PEACE:

PEACE OF THE SOUL :

The Peace of My Soul is defined by being all the love I have for Myself for Others and for GOD. The Peace of My Soul is in each and everyone of us, all I have to do is to access it and to harmonize it with myself to feel its holy Peace.

PEACE OF SPIRIT :

The Peace of My Spirit is to know that the Spirit in me is part of the Spirit of GOD and he is with me at each moment of my life and to know that his love for me is infinite. I will then find my Peace of Spirit knowing all this and by elevating my Serenity in my actions and thoughts everyday of my Life.

PEACE FOR GOD & HEART :

The Peace of GOD and my Heart can't be found if I can't experiment and live fully the present moment with my conscience of the present moment. Then in definition of this instant that is and that is no more.....

that is / and that was / that is / and that was and is no more.....

Like a Pendulum in it's perpetual movement < it is My Life > and in the (that is) I receive this present moment from GOD and in the (and that is no more) I must have fully lived and appreciated that instant that was and to have returned to GOD in all my Love for GOD and his great creation.

I am searching for my inner Peace without any Culpability, no Regrets, no worries, no Stress, no Fear, no Anticipation, no Anxiety, no Hate, nor any other negative thoughts. If there is still bad thoughts and feelings and negative emotions in me, I must find the way to work them out of my life for good.

The guilt's of the past are meaningless, the stress of the future are not here yet, only the Here and the Now is worth living for. Each Present moments will become for me moments of grace and I will feel a total inner peace taking over me gradually with the practice of the search for my inner peace and I will move forward with a steady growing Love for me, for Humanity and for GOD.

LOVE for Me :

Love for me means to accept myself as I am et not to try to be someone else other then what I am. I must at this point NEVER SAY, I regret I did this or that, I should not have done that, I have regrets that I did this or that I did not do that. All those negative thoughts prevents me to love and appreciate myself for what I really am. I must therefor Love myself as I am without any conditions.

LOVE for All Humanity : (Others)

Humanity are all the people around me and whatever their color, race, languages, or origins, so Humanity includes all the people of Earth close or far of me. I must not look to see their faults but rather try to discover their talents and their qualities. Never judge others because most of the time this will put a veil over my eyes and I won't be able to see them for what they really are anymore.

LOVE for GOD :

I Love GOD more then everything that exist, I see his Love in everything that I see, in everything that I hear and in everything that I feel and that exist around me and that is part of his great creation. GOD is part of everything that exist from the largest Galaxy to the smallest Atom in a grain of sand or a blade of grass. GOD is in everything that exist because everything is from GOD and that his spirit is part of everything that exist. So Loving everything that exist is also Loving GOD so we must respect his creation and all the Animals, vegetation, trees, Mountains and everything else that exist.

SERENITY in the Present Moment :

Each moments of my day like in a Clock Pendulum I find my serenity on each tick and at each tack moments. I don't try to live the other ticks or tacks before they come so that I can fully live each moments as they happen. Doing so I will be able to more appreciate each moments of each day for the rest of my life.

SERENITY in Thoughts :

I only look for simple things in my thoughts and nothing to complicate my life more than it is right now. I will find my serenity in all simplicity of thoughts by simplifying them. I don't want to speculate on what if this, and what if that, because I would uselessly stress myself for what might never happen. I just let things come as they must. It won't be by torturing myself that it will change or fix anything, whatever happened in the past, it is passed, done and over with and whatever will happen in the future will happen no matter how I torture myself with all the possibilities of what might happen. All this will do is to stress myself for nothing at all.

SERENITY in Actions :

Means that everything that I do, I do it with love, and with simplicity and my serenity will follow automatically by itself after that. Simplicity is the Key to succeed. With the research of Simplicity I will find the way to Serenity in all that I do. I don't think of what I will do tomorrow or of what I did yesterday, I concentrate my effort ONLY on what I am doing TODAY, NOW, only on what I am doing NOW. We call this Find our focus, well in my Spiritual Evolution it is called Serenity in the actions I am doing NOW. I could not have any focus if I bother myself thinking about other things that are irrelevant to what I am doing right now. I only concentrate my effort and my thoughts on what I am doing right now and nothing else.

PURIFICATION : Of the Spirit in the purity of my Soul in the respect in all simplicity

I will find the purification of my Spirit with the search of the purity of my soul and with lots of Love in my heart. I search for Purity and Love in Simplicity by the respect of myself and others : Simply by simplifying and cleaning my thoughts and my actions with myself and others. The purification of thoughts and actions in all simplicity is more efficient than any other ways that they could try to sell you to try to get a better affirmation of yourself because Purification is the Simplification of everything and it will give me a greater strength of character and a more natural shine through of my personality.

I must be more ASSERTIVE, AFFIRMATIVE and I will become myself again.

I must never build any armors around myself to try to hide my true feelings, I must simply be myself and not be scared to express all my feelings. I will now be able to shine in all simplicity my joy of life and my love for Myself, for others and for GOD and finally know what real happiness is.

My best hope in this world to elevate myself towards GOD are : FAITH, LOVE, RESPECT and the purification of my soul. I will always stay like a kid with always having my soul pure and my heart full of Love.

IMMACULATE : or (SUBLIMATION) Of the Spirit in the Love that I have for everything

SUBLIMATION is the action to purify my spirit while elevating my instinct towards more altruist and Spiritual goals. ALTRUIST is a dedication to help others but one must not put too much time and effort into this because it risk to become a forced dedication. My Soul will become immaculate and without sins with the practice of this kind of love that will always be growing in me. I must always give without any expectations of any returns.

To practice this kind of Love I go to a place where there is lots of people of all races and I look at those peoples, and as much men then woman and I say in my head I LOVE YOU, I LOVE YOU, I LOVE YOU, of a spiritual Love or course and nothing else. I will end up by loving everybody with a true Spiritual Love. So Immaculate or Sublimation is the elimination of false materiel values and replaced by a Spiritual Love without limit for me, for others and for GOD.

Now my Spiritual Elevation is well above everything and above any Materiel needs. The only important thing for me is Love for Me, Lover for Others and my Love for GOD my Creator.

RADIANCE : Is the combined effect of my Elevation towards Sublimity

Radiance is the result of the whole effect of what I have learned and practice so far in the search of my Spiritual Elevation. I try as much as possible to stay myself, simple, natural and without any stress, or tensions nor fear in me. All that I have learned so far will be reflected in my personality and I will be transformed by it. My face will shine with peace, serenity and Love. My spirit being purified and my soul immaculate, I have now almost reached the peak of my own Spirituality. My Spiritual Elevation will propels me towards higher peaks. I am now on the right path to become sublime just like GOD is Sublime and that means the nobility of thoughts and sentiments.

BLOOMING : Of my Personality in sharing my Spiritual Elevation

With all that I have acquired so far and that I shine in all my own personality and in all my soul, I only have to open myself and to bloom in sharing with others around me what I have learned in my Spiritual Elevation.

I will be able to share my experience that I have learned in my spiritual Elevation to help others to start their own Spiritual Elevation. The more I will help others to start their Spiritual Elevation and the more I will be elevated by it.

I can also guide them on the right path by giving them a copy of this Spiritual Elevation. I won't do it for money nor for fame, I will give it freely as I have received it freely.

THIS IS THE RESULTS THAT WILL DERIVES
FROM MY SPIRITUAL ELEVATION

EQUILIBRIUM perfect of my soul
BLOOMING of my personnality
ELEVATION of my Soul and Spirit towards GOD

I HAVE FINALLY FOUND MY OWN INNER PEACE OF MIND

THE BASIC ELEMENTS THAT HELPED ME IN MY SPIRITUAL ELEVATION ARE :

PEACE	Of Soul, of Spirit, of GOD and Heart
LOVE	For Me, For All Humanity, and For GOD
SERENITY	In the Now, (Present Time) in My Thought, in My Action
PURIFICATION	Of the Spirit in the purity of my Soul in the respect in all simplicity
IMMACULATE	Of the Spirit in the Love that I have for everything
RADIANCE	Of the combined effect of my Elevation towards Sublimity
BLOOMING	Of my Personality in sharing my Spiritual Elevation

**THE SEVEN KEY WORDS THAT I WILL PRONOUNCE EACH DAY
TO ELEVATE MY SPIRITUALITY :**

1. PEACE
2. LOVE
3. SERENITY
4. PURIFICATION
5. IMMACULATE
6. RADIANCE
7. BLOOMING

As I pronounce those words I must relax my shoulders and release all tensions that might be in me. Pronouncing those words will help me to relax and find my peace.

Now I can fly of my own wings since that I have written in my subconscious mind the true meaning of those words and only by pronouncing each of them that this will relase in me all their bonifications.

By Ghislain Bonneau