

# **The Wisdom of Us**

2011 Uniteen's Retreat Northwest Region

Enter and create large circle in silence as opening song is sung

## **1. Opening Song: Wisdom**

Filled with the Christ Light I discriminate

Between the world's illusion and that which resonates

Blessed intuition wisdom through the heart

Guide me through my moments

Keep me spiritually smart

Yeah oh yeah

## **2. Gong: Bill**

**Intro Declaration : Chris**

Knowing the Truth of your Being

To be one with the Christ Light

You shall make choices each day

To let that wisdom fill your moments

Each day you shall remember who you are

Each day you shall release any energy, thought, or event that is of a lower vibration

Each day you shall call forth your Christ Light. Speaking the I AM THAT I AM.

Each day you shall claim your magnificence in all you choose to do.

Each day you shall walk with the wisdom and clarity granted by your knowing that you are Christ Light.

Each day you shall unswervingly be who you know you are in all you think, say, and do.

Each day you shall give the best that you are to all beings brought before you to witness.

**3. Gong: Bill**

**Step One: Reawaken my essence (Enter into family group circle)**

Experience: Speak the true birth name 7 times to all the directions

Mark: "Speaking your name causes the Universe to listen. It is your call of power and presence. Speak it and call forth all beings and teachers, seen and unseen, who are aligned to the specific frequency of you. We shall speak the first, middle, and last name seven times. "

**Chris:** (speak the following out loud in segments having them repeat your words out loud)

**I Am a Spiritual Being**

**Having a human experience**

**I am here to remember**

**The truth of my Being**

**In all I think, say, and do**

**My Inner Wisdom reveals**

**All I need to fully live my moments**

**Christ Light I AM**

**Chris:** "Please return to one large circle and hold the respectful silence"

All sing together in large circle "I Am the Perfect Work of God" 3x

My eyes are open wide  
My heart is filled with Love  
I Am the perfect work of God

#### **4. Gong: Bill**

### **Step Two: Release Lower frequency Energies**

**Chris: “Form the family circle”**

Experience: Populate and remove and release the cloak of energetic debris to song: Ain't Gonna Carry That Load

**Mark:** (This week you have released some old energies that no longer serve you. This release brings you closer to your full Christ Light Expression. We are going to gather old energies of hurts, words received, words spoken, acts that harmed our spirit and call them forth to release to the Light. You wear a cloak of energy that will hold all those energetic memories. As we sing the release song, place all of those old energies into the cloak...then stop and on 3 we shall take off the cloak. Place the cloak in the center of the circle and silently and respectfully feel the new lightness of your Being)

**Chris: Please repeat after me**

**In all dimensions**

**In all levels**

**In all my energy bodies**

**I now fully release**

**Any vibration**

**Any frequency**

**Any energy**

**That is lower**

**Than the Truth of my Being.**

**And so it is**

**Now and forever**

**Chris: “Please return to one large circle and hold the respectful silence”**

All sing together in large circle “I Am the Perfect Work of God” 3x

My eyes are open wide  
My heart is filled with Love  
I Am the perfect work of God

**5. Gong: Bill**

**Part Three: Call Forth the Christ Light**

Experience: Sing

**Chris: “Form the family circle”**

**Mark:** To insure the continuous flow of the Christ Light one must call it forth. To sing is a powerful way. Please repeat after me.

Song: Wisdom In Us

There’s a Wisdom that lives in you and I  
Made of Pure Love it’s the Christ Light  
When I reach out, claim it, or call from within  
My whole world expands I’m in the flow again

So when I need inspiration, or guidance right now

I call my Christ Light yeah

I call my Christ Light yeah

There's a wisdom in us There's a wisdom in us

There's a wisdom in us

Call from without, Call from within

Call on the Light again and again and again

I'm callin', (Can you hear me?) 3x

Christ Light

**Chris: "Please return to one large circle and hold the respectful silence"**

All sing together in large circle "I Am the Perfect Work of God" 3x

My eyes are open wide

My heart is filled with Love

I Am the perfect work of God

**6. Gong: Bill**

**Part Four: Claim It**

Experience: Proclamation

**Chris: "Form the family circle"**

**Mark:** “Claiming the Light as your own insures the conscious availability of its gifts in every moment. We shall now proclaim the truth of this Light for each of us. Please repeat each phrase after Chris.

**Chris:**

**From the Divine Love**

**That flows from within my Being**

**I command that every cell in my body**

**And every vibration of my Being**

**Align itself in Divine Perfection**

**For I desire to be All That I Am**

**I choose to be All That I Am**

**I AM all That I AM**

**I claim my identity and my Divine Perfection**

**And so it is**

**Chris: “Please return to one large circle and hold the respectful silence”**

All sing together in large circle “I Am the Perfect Work of God” 3x

My eyes are open wide  
My heart is filled with Love  
I Am the perfect work of God

**7. Gong: Bill**

**Part Five: Taking Action**

**Chris: “Please form the family circle”**

Experience: Chant

**Mark:** “One must consciously take action with the Christ Light to activate its power and presence into your moments. Please repeat each line of the chant after me”

I am thinking (**standing, speaking, singing, loving, moving, walking, living**)  
in the spirit of the Pure Christ Light

There is nothing that can harm me when in Love I AM aligned

I’m in the Light, I’m in the Christ Light

I Am the Light, I Am the Christ Light...Always

**Chris:** “Please return to one large circle and hold the respectful silence”

All sing together in large circle “I Am the Perfect Work of God” 3x

My eyes are open wide  
My heart is filled with Love  
I Am the perfect work of God

**8. Gong: Bill**

**Part Six: Be It**

**Chris:** “Please form the family circle”

Experience: Seven Directions I AM Declaration

**Mark:** “In the knowing that the truth of our Being is the Christ Light we declare it now to the Seven Directions (the North, South, East, West, Above, Below Within), please repeat each line after me

I Am I Am the Christ Light

Its wisdom I now use

To guide me in my moments

Pure Love each day I choose

(Quarter turn to the right each time and repeat until return to start, then above, below, and heart)

**Chris:** “Please return to one large circle and hold the respectful silence”

All sing together in large circle “I Am the Perfect Work of God” 3x

My eyes are open wide

My heart is filled with Love

I Am the perfect work of God

**9. Gong: Bill**

**Part Seven: Talisman**

**Chris:** “Please return to the family circle”

Experience: Talisman



**Mark:** “This bracelet is a talisman infused with the vibration of the Christ Light. The cord is the oneness and connection with all vibrations. The bead is your unique presences in the sea of all that is. Wear it and recall the Truth of your being in each and every breath. Remember, always and in all ways, you are the Christ Light. Now in the silence allow your counselor to tie the bracelet on your left wrist, symbolizing your ever present willingness to be the receiver of the Light.

**Gm**

I Am a Christ Light, I’m a Christ Light (2x)

**Cm**

Don’t need worry, don’t need blue, Standing tall in this truth

**Gm**

I Am a Christ Light, I’m a Christ Light

**D7**

**Cm**

Nothing but Love, nothing but Light, open this heart, open these eyes

**Gm**

I Am a Christ Light, I’m a Christ Light

**D7**

**Gm**

Glory to God, Glory to the people

Doom diddy ah bay doom bitty elaway

Christ in all of us, rise up celebrate

**Chris:** “Please return to one large circle and hold the respectful silence”

All sing together in large circle “I Am the Perfect Work of God” 3x

My eyes are open wide  
My heart is filled with Love  
I Am the perfect work of God

**10. Gong: Bill**

**Part Eight: Give It Out**

**Chris: “Please form your family circle”**

Experience: Picking name from box

**Mark: Sharing the truth of your being allows it to grow and flourish into an even greater, confident, and loving expression. So it is that in your new knowledge, you choose to give to the greater good of one another, knowing that there is endless supply for all to claim. You are invited to pick a name from the container. Keep the name to yourself.**

**Here is your charge: before the end of the camp tomorrow you are to contact the person named on your paper and remind them that they are the Christ Light....12 times. You will also be asked to get email or phone information from them to remind them ...12 more times only... when you leave the camp. You have 2 weeks to complete this. And then you cease for you will have succeeded in planting a growing and flourishing seed. Please, in the silence, pick your name, keeping the identity to yourself.**

**Song: Give**

Give for the sake of giving

Give just because you can

Give for the sake of just letting it go

‘Cause when you give the Universe expands

**Chris: “Please return to one large circle and hold the respectful silence”**

All sing together in large circle "I Am the Perfect Work of God" 3x

My eyes are open wide  
My heart is filled with Love  
I Am the perfect work of God

## 11. Gong: Bill

### Part Nine: Completion

**Chris: In your Christ Light Essence you are whole and complete. It is a boundless reservoir of power and possibility. Call upon it in your moments, use it to nourish and nurture and celebrate, share it to expand the divine human experience on Earth and beyond. Feel its PEACE when it washes through you. Accept its TRUST when it catches you, hear and join in with its LAUGHTER and joyfully celebrate the beauty of life, call upon it to IMAGINE greater and more magnificent possibilities for a beautiful life and world, access its POWER when you choose to show up for you, and glide upon its SPIRIT as it lifts you into dimensions to come.**

**And so it is, and so it is, and so it is. Speak your true name one more time to insure that it is so. One, two, three...**

### Mark: Song: We Are All Travelers

We are all travelers moving through life

We choose our own roads guided by Inner light

The steps we are taking we must take alone

To reclaim the truth and to find our way home, home Find our way home

Name \_\_\_\_\_

Contact Info \_\_\_\_\_

Contact them and, preferably, speak these words 12 times over a two week period. Then cease, and let it go to the Light. Your work will be done.

“You are the Christ Light. You are unlimited and powerful and valued and loved. You move through your moments with confidence, clarity, courage, and commitment. You easily share your presence, power, and love with all you meet each day. Be peaceful. Trust you are safe. Let laughter delight your moments. Imagine always something greater for you and others and the world. Use your power wisely and with love. Let Spirit flow

freely through you, so that you can be fully present in all you think, say, and do. I behold the Christ Light you are. And so it is.”

Endless blessings to you...