

# *Sacred Spaces*

*Living As Light*

**Reverend Doctor Toni Petrinovich**

Third Wave  
Spirit, Soul and Self



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Toni's Soul Song by [Jamie Mitges](#)

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## Third Wave – Spirit, Soul and Self

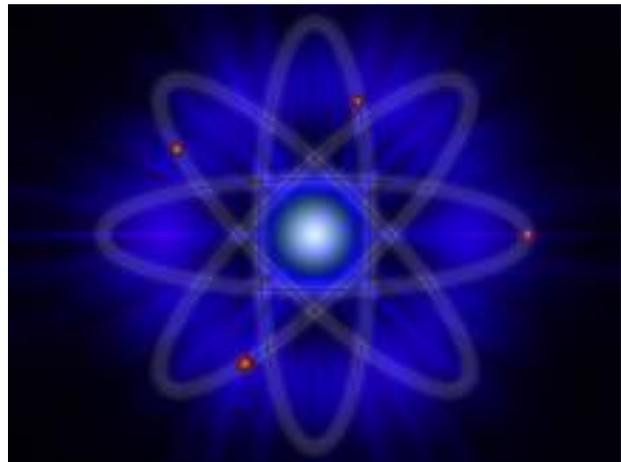
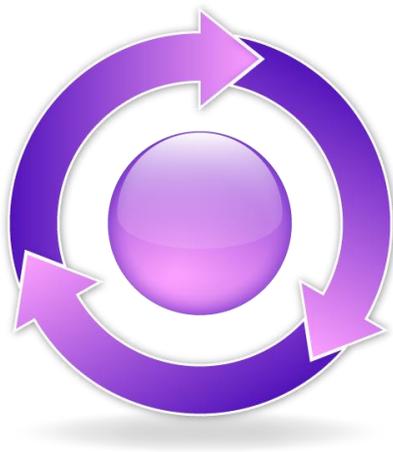
### Spirit

One of the most important aspects of humanity is the spiritual body. It is the first foundation, primary body, although using the word *body* does not fully explain what spirit *is* since it *causes* the body being used to identify it.

Spirit holds the visible physical chemical material matter together giving you a visible form. It actualizes you.

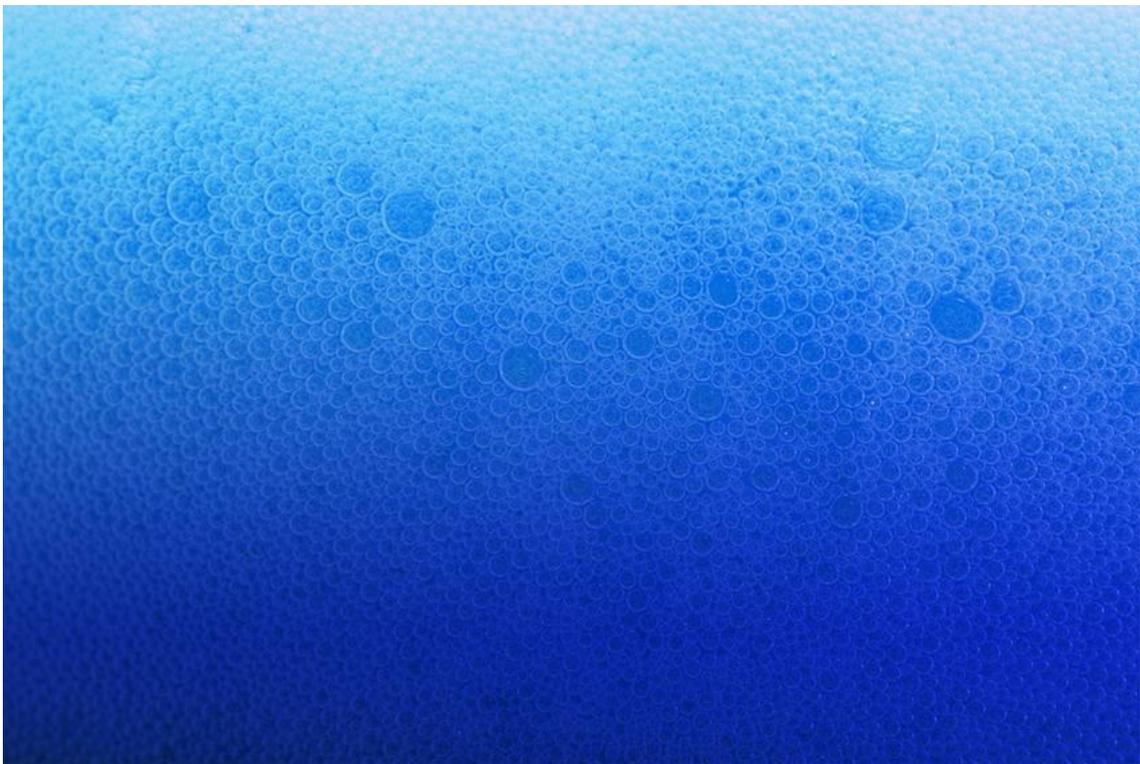
The spiritual body is often symbolized by the circle and a dot as a way to give it form in this reality.

The dot within the circle represents spirit. The circle around it represents the emanation or spiritual body vitalizing all of the physical bodies – mental, emotional and physical. It is pictured similar to the atom.



Spirit emanates within itself. It is devoid of personality or any attributes the human mind projects upon that in which it emerges. Spirit is the emergence of the source within itself without definition. It is without time or space yet encompasses those concepts within this dimensional frequency in addition to any other dimensions in which those concepts emerge.

In the picture of the bubbles within water below (a two dimensional representation of that which is omni-dimensional), each of the bubbles emerges from within the water and is connected by its liquidity to every other bubble within the liquid.



Expand this picture to imagine that each of these bubbles is a human being (though this would also be true of any being). Each human emerges from within spirit (the source) therefore being ultimately “one with source/spirit”, has the capacity to connect with every other being within spirit and each connection transforms the human infinitely in all dimensional frequencies.

## Soul and the Akashic Field

The *quantum* world exists as a universal information field within the zero point energy field. While scientists have only begun to tap into this enormous, infinite, all-encompassing stream, mystics and sages have always taught that an interconnecting cosmic field exists as the foundation of "reality". This field conserves, conveys and contains information.

It is a *conscious*, living, pulsing, ingenious energy. It is an awesome intelligence of infinite and non-local capability. Everything is comprised of vibration, even solid matter. Physics calls the particles that make up the vibration "wave particles". These wave particles contain information from your thoughts, actions and feelings which continue to exist long after you have forgotten about them. The place that this energy is stored is known as the Akashic Field.

Imagine a computer that is keeping track of *every* event, *every* thought, *every* feeling that has *ever* occurred, is occurring or will occur. This computer would not only keep track of words and sounds, it would also provide a picture for the viewer to see relating to each event. This computer does exist, only it is not a computer. It is known as the Akashic Field and is incorporated within the soul and the soul within it.

It is *this* record that bears the impression of every thought or activity. The record is written upon time and space. The energy expended in the activity leaves an imprint upon the etheric waves causing the creation of a memory recording in time and space. Just as the words on this page convey images, so does the energy of the soul as it goes about its activities leave an image in the Akashic Field.

This impression not only contains a history of the soul and all of its events, it also connects with every other person. Here is the impetus for archetypes, the stories contained within myths and the origin of symbolic language. The Field exists *everywhere*.

The energy of the Akashic Field is encoded or "written" upon by thoughts, choices, emotions and actions. Through this "writing", the soul experience expands and is

brought into conscious awareness in the individual dependent upon each person's choice in each moment. *Free will* is the pen with the record is written.

Choice in each moment creates the information contained within the next "sentence" written upon the Field. Therefore, the Akashic Field is not only a storage device for that which is considered past experience, it also holds all of the possibilities for the future-future. It contains the potential for all lives. The experiences already written into the Field, the wisdom and knowledge contained therein are the impetus for the potential contained within the learning. Through *thoughts, words and actions* each human delves into personal potential. Through free will choices the next movement within the Field is created (actually, resonated *with*).

The *everywhere* in which the Akashic Field resides is often referred to as the quantum vacuum – an extremely dense, cosmic, frictionless medium acting as the carrier of light and the universal forces of nature. **Light is energy is information** so this Field is an infinite field of information as well as energy. It contains the history and experience of all matter.



This energy field underlies space and time containing the memory of the universe in holographic form. It is a quantum sea of fluctuating atoms, galaxies, solar systems, living beings foundationed within consciousness. Every thought, word, feeling and action is contained within this living memory, including all that is considered the past, present and/or future. It is the encyclopedia of life for all that exists.

Hence, the universe informs itself through the memory contained within it. Intuition, sensing without physical senses, knowing without physical knowledge all delve into this living record. It is the holographic order of the universe and consciously available to all that exists within it. Tapping into the Akashic Field of the soul allows for re-writing of that which is not the past, create the future in the present and live a wisdom-filled life in *this moment*.

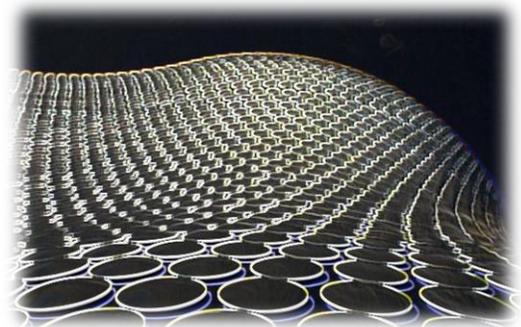
## **Soul and Self**

Soul is similar to a container embracing the self and the record of all that the self has experienced since its inception. Development through every incarnation as self is recorded within the soul.

The spiritual qualities within the soul can bring about almost instantaneous illumination, the awareness of your enlightenment. Self experiences life through the soul as a body of the source. *The self is the embodiment of the source in form.*

The soul's potential is activated by thought. All material endeavors must be put to one side if the soul is to be enriched expanding into the conscious awareness of itself as light *in form*. The soul functions within the frequency of this plane, the dimension of duality and contrast. Soul force or substance is infinite, indestructible vibrating at a high rate of vibration.

It came into the human body at birth. When it leaves the body it does not die. It cannot cease to exist. It simply cannot remain on the earth plane without means of material manifestation so it must return to the realm of light. While in



form, the soul is always aware of the *source through the self*. Therefore, all earth-manifested souls are in constant at-one-ment with all “others” and with all.

The physical body is the vehicle through which the source manifests itself as the human being (*hu = god; man = homo sapiens*). Life is generated in the spiritual body which transfers the source energy into the physical body as life’s power. Every organ of the physical body has both a physical and spiritual function. The blood is the medium for carrying the force of the self’s light within the soul throughout the physical system.

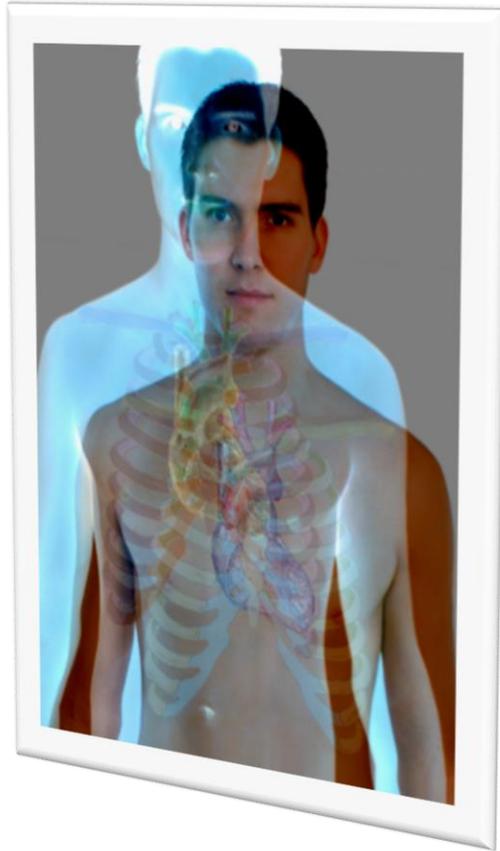
### **Soul and Breath**

The dictionaries of ancient languages use the same word for *soul* and *breath*. They are synonymous. The wise beings of old knew the functions of the soul and breath maintaining the human manifestation. Some held that the divine principle of the universe, the first cause, was the breath of the source.

Soul and breath are related. In most ancient languages, *soul*, *breath* and *spirit* are synonymous having the same root within the language. The ancients held that the divine principle of the universe was the breath of God permeating all things. It was often called *pneuma*. This breath manifested in spirit and carries the life force or *prana*.



**There is a material body.**  
**There is a spiritual body.**  
**There is a soul.** Spirit essence is within matter when it is *alive*. Life is also determined by the act of breathing. Where there is not life, there is not soul. Where there is not life, there is not breath. The divine power of the source animates the universe. The soul is a part of this intelligence and power. As the soul records life *as the self*, it resonates with the life in first cause and principal of all creation. It is divine. It is infinite and a part of the first great cause.



When a human being is *self*-conscious he/she is aware of his/her own existence as a soul. The being realizes him/herself *as the self*, one great cell in the being, form and body of the source.

As each soul has a primary desire to evolve into higher planes of consciousness, it initiates certain experiences within each earthly incarnation. These experiences in the world of matter create a sense of separation from the world of spirit in order to fulfill certain desires ultimately reflecting the reality and subsequent expansion of each individual (*ultimately, the whole*).

Each soul animating a physical body forms a part of a group soul. Each soul contributes its essence, its own unique contribution to the group. The collective experience of the group soul ultimately forms the *oneness of spirit* due to consciousness eventually aligning itself with that of the source.

During its temporary residence within the human vehicle, the soul substance keeps in touch or alignment with the source. Therefore, all souls in earth, as well as all souls in the cosmic plane, are in constant attunement, *one with the other and each within all. It is only the individuated ego personality that believes it is separate.*

The soul, as the individual in the earth plane, has experiences and learns from them. These learnings are then embedded within the soul as memory and found within the Akashic Field. The attributes learned and the recognition of the control of light/energy/information attained becomes of even greater use in the cosmic plane. Yet, the being cannot gain enough control and understanding to completely answer the necessity of using the natural forces of the universe and the source while in a physical body until it has gained *realization of the self.*

### **Personality and Individuality**

*Individuality* pertains to those materialistic qualities, attributes and expressions that constitute characteristic traits. Individuality distinguishes one person from others.

*Personality* is concerned with all earthly existence through its reincarnations of the soul. It is the process of evolving expression experiencing in each incarnation. The soul - personality may be likened to the *mind of the soul*. It carries the record of wisdom and knowledge. Personality is that which makes for personal existence or identity.

The personality is the total of many lifetimes recorded within the soul actualized as the self. It is the reflection and reaction of many lifetimes reflected within this lifetime. It carries the recorded wisdom and knowledge within the soul and functions through the physical body.

Individuality is the outer manifestation. It is a vehicle *carrying* the self/soul.

Personality exists *under* the unchangeable veil of soul. Individuality is the veil and personal appearance as a human being.

Individuality is the *mind of the material world* (as distinguished from the brain). The mind is part of the cosmic mind of the source.

## Knowing the Self

The self and soul are not *evolving* in the common sense of the word. The soul is recording experiences. Due to the balance of forces and actions/reactions, memory, etc. eventually there is an expansion of the light allowing the self to show through in all its glory. It is absolutely divine and together the self and soul express a state of divinity.

Once the self is known, *consciousness operates as the self*. It must be felt, seen and expressed as *the self to be known as such*. Until that time, it is not possible to understand the origin of anything at all.

**The Third Wave is accompanied by the Third Wave Ritual on the Living As Light audio download page. This ritual is 14.15 minutes in length. The first 9 minutes are vocally guided. The remaining 5.15 minutes are musical audio only. Text is below.**

## Third Wave Ritual

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### Natural Awareness

Sit comfortably in a quiet, secluded space where you know you will remain undisturbed. Breathe easily and naturally without any special emphasis on your breath. Breathe and relax letting the sensation of ease, harmony and well-being fill your being. Your being is light. Your light is your being. Be conscious of your light and breathe easily . . . relax.

Allow your awareness to sense your physical body as flowing energy appearing as solid form within its frequency. Feel the pulse of your body informed by your spirit. The feeling of spirit in form is your experience in this moment. Allow it to be fully present within you.

Now let your awareness expand and grow larger than your physical body. Expand it out into the room in which you sit. Fill the room. You are light. Fill the room with your light. Hold your awareness of this light encompassed within the room in which you presently are sitting. Honor the light that you are as the source in form filling the environment.

Breathe into the light that is present as you. You are inspiring this light with all of your experience in every form you inhabit. Allow all aspects of you to be present. Take your time. Feel the outpouring of your breath into the light. Experience your in breath as the rapture of the light re-entering into the body from which it flows. Breathe easily and completely. Relax and be the light that you are in the present moment. Be aware of only this moment. There is no other.

Every aspect of your personality is present as the light you are in this moment. All attributes of you request only to love and be loved. There is only your love and your light.

Breathing into this light, let it flow past the walls of the room until you are no longer aware of any limitation or boundary. You are light infinite. You are infinite light. There is no limitation to your consciousness. You are here, there and everywhere. Let the light that you are emerge in all.

As you do so, feel the emergence of your Higher Self, the source aspect of which you are one coming to this level of your awareness. It is you. It is actualized as you in form incorporating every life you are presently living. You are light in form.

Knowing you are the source in form expresses the enlightenment of each of your bodies. Your physical body is enlightened. Your emotional body flows as enlightenment. Your mental body expresses as enlightenment in form. Your spiritual body is light. You are enlightenment. You are only light.

Feel your wholeness as light in all of the forms within which you express. Merge and dissolve into the golden light surrounding you, emanating from you and appearing as you in this realm. As you go about your daily affairs, it is this light that you take into your world.

As you master the shift within this dimension from density to awareness of infinite light, know you are that light. Your life is the experience of enlightened form living as the light of source. You are light. You are only light. Within the light that you are the source experiences its infinite presence.