

i am
the love of my life



(a field guide to
unconditional love
for self and others)

featuring

fountain|light™

A NONTRADITIONAL BREATHING PRACTICE

by **carrie triffet**

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PART ONE:

I AM THE LOVE OF MY LIFE

Can you say it out loud and mean it? *I am the love of my life.*

Now try this one: *I love myself unconditionally.* Notice how these two related statements feel inside your body. A little uncomfortable, right?

Unconditional love for the self seems like a very tall order. When viewed through the lens of the thinking mind, the very idea of loving yourself unconditionally seems a little bit ludicrous, doesn't it? The ego thought system doesn't *do* unconditional love, for the self or anybody else. It's not wired that way. In fact, right now, your mind is probably shouting half a dozen reasons why you could never be truly lovable. Or, why you'll never be lovable *unless* you change these twenty-seven terrible things about yourself first.

You're your own harshest critic—whether you're whispering deep down in the secret depths or proclaiming it right on the surface, you tell yourself a thousand stories a day about your own guilt and unworthiness. About all of the ways you'll never measure up.

How do I know this? I've told myself most of those same stories. It's what we humans do. But the stories aren't true. Through mistaken perception, we tell ourselves lies about who we are and what we think we deserve. The Truth with a capital 'T' is this: You and I are entirely lovable and 100% innocent. You (along with the rest of us) deserve nothing less than magnificent happiness, satisfaction and peace. Yes, really.

Is your life filled with only the greatest happiness, satisfaction and peace right now? That's a rhetorical question. The answer is almost sure to be 'no.'

Yet no matter what your life looks like at the moment, the fact remains you are the creation of your Creator, created in its own magnificent image. That means you are inherently perfect, infinitely powerful and genuinely holy, just like your Source. Incorruptible. Deserving

of all good things, always and forever.

That might sound good to you on paper (or it might not), but either way, owning up to all that unlimited glory feels very threatening and uncomfortable to most of us. When presented with the actual opportunity to experience infinite goodness, it's overwhelming. Frightening. We balk, and run for the shadows. We take solace in smallness, telling ourselves and each other all the stories of why we're not worthy. Of why we're helpless victims of the world we see.

It just isn't True (again, with a capital "T"). We possess infinite creative power, you and me. Your thoughts and mine create our individual experience of the world. Not in theory, but in actual reality. Thought, desire, belief and emotion are the building blocks of the world you see. The actual, literal, *physical* building blocks. You think it first (consciously or, more often, unconsciously) and then that thought becomes out-pictured—projected outward as a tangible part of your experience. Yes, you really are that powerful.

Thoughts *are* creation. Your own unconscious thought pollution creates most of what you typically experience in your daily life. And your conscious thoughts create the rest of it. *Everything* in your experience of the world is there because you thought it first, on one level or another.

Physical objects, human interactions, even weather patterns are called into your experience by you and nobody else, through your own conscious and unconscious thought patterns. That's the truth. So every time you tell an unloving story about yourself, every time you believe in your own unworthiness, you are literally creating those very experiences for yourself, over and over, that will prove and reinforce those stories and beliefs. You are setting yourself up for an endless cycle of lack of love.

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Why do we do this crazy stuff? We do it because we're afraid to step into the greatness of who we really are. So we build walls and fortifications against the divine love that's present within

us always. In Truth, (T) all this imperfect crap we build in the world is just fantasy stuff. Playthings. We are composed entirely of perfect divine love, created *by* ever-present and ever-perfect divine love. Nothing else but divine love Truly exists. Anything that isn't 100% magnificently good and beautiful isn't real. Period.

These stories of pain and drama and imperfection that we weave about ourselves have only one true purpose: To block out our own awareness of divine unconditional love's infinite presence within us. It's an effective strategy; you can't hope to know unconditional love unless you first agree to release the blocks you've built against it. Too bad those blocks work so incredibly well to keep it at bay, because unconditional love is the one thing we all crave.

Striving to get unconditional love is the primary 24/7 unconscious motivation for virtually everybody who has ever lived. And we do this because our deeply mistaken internal belief is that we lack unconditional love. So we put an unconscious resonance of lack of love out into the world, therefore lack of love is what we receive in our out-pictured experience every time. Guaranteed.

Although all of us want it, most of us have no idea how to experience unconditional love in our lives. It's impossible to "get" unconditional love through the ego thought system. And that's because the very concept of "getting" is an invention of the ego: *I take, which means someone else loses*. In Truth, you *are* unconditional love. And unconditional love gives all to all, constantly and no matter what.

There can be no extenuating circumstances that would ever justify withholding love; nor can there be any judgment of the receiver's worthiness. And there most definitely is no "getting" love at anyone else's expense. To know unconditional love means to constantly give it...but you can't give it if you don't know you have it.

Living your smallness is a choice—but understand that *you* hold the power, at any time, to choose differently. All your blocks to love (which include the mistaken stories you tell about your own deeply unlovable flaws) can be brought to light and dissolved away. No matter how

permanently damaged or thoroughly shameful a story seems, it remains just a story. It isn't really True. And stories can be released anytime you decide you want happiness and peace and unconditional love *more than* you want to hang onto that story.

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Stories of your own imperfection are always expressed as past memories that are projected onto the future. But past and future don't really exist in Truth; that's why false stories about your own smallness and unworthiness can make such a cozy home in those illusory timeframes. Birds of a feather, and all that. Past and future are nothing but ego fantasies designed as hiding places where we can be safely veiled from the Truth.

If you want to get at those blocks to love and learn how to dissolve them one by one, past and future won't help you. You'll have to do it in the now moment: *This moment, this present moment*, is the only one that exists in Truth. In reality, your life is just a series of present moments strung together in one unbroken stream.

Transformation can only ever take place in the now. And your stories can't come with you into the now, because they aren't True. You'll have to let them go, along with all judgments of right and wrong, all justifications or beliefs in your own victimhood. Or your own guilt as victimizer, if that's the nature of your story.

Believe me when I tell you the stories are worthless. No matter how real they appear, no matter who seemingly did what to whom, what you really want is happiness, not justification or retribution. What you really want is love. And peace. True satisfaction. A sense of safety, and an inherent knowing of your own worthiness.

And when all of these good things become part of your lived experience, guess what? Your thoughts and beliefs will start to automatically reflect this new worldview, and your out-picturings then bring you the things, people and experiences that mirror your new and improved inner knowing about yourself.

Even better: None of these beautiful new out-picturings are burdened with the task of

having to complete you—because you're in the process of doing that for yourself. *You* are the love of your own life. Everything else that comes on top of that knowing is cake.



Placing unconditional love for yourself within your own reach is, quite simply, why we created the FountainLight breathing practice.

FountainLight's mission is twofold: By inviting the slow and gentle dissolution of those blocks to love, it allows peace and happiness to become the out-pictured basis of your life. In other words, your daily experiences, your relationships, your job, your health, finances and every other area of life can all begin to reflect your growing internal sense of peace and worthiness.

Many FountainLight practitioners will be happy to stop there, and I'm happy to let them. Emotional and spiritual freedom is a worthy goal, and FountainLight is an excellent tool for that.

But for those who want to take it all the way home, this breathing practice offers a supremely gentle vehicle for dissolving *ALL* misperceptions about self and world. It's a tool for awakening to the ongoing memory of who you truly are, a wholly innocent and perfect child of your Creator, forever One with all that is.

Either way you choose to use it, it's a blessing.

PART TWO:

THE SECRET POWER OF PRESENCE

We talked a bit about the present moment, but it pays to go into a little more discussion about it, because our thinking minds are so inherently resistant to the whole idea. The present moment is not the province of the ego; it doesn't like it there. It especially doesn't want you doing any meaningful work there.

Why is the thinking mind so determined not to let you dwell in the now moment? The present is real, but the ego is not. And when you're authentically inhabiting the present moment, it instantly becomes clear that the ego thought system is nothing but a strange sort of unnecessary hitchhiker -- a bit of extra software that your mind could easily do without.

So it's a self-preservation thing, really. The ego doesn't want you to realize how easy it is to find lasting happiness and peace, because then it would be out of a job. And that's why it will delve into its bag of tricks to try and stop you from *wanting* to go into presence. It can't really stop anyone from training themselves to spend quality time in the now moment, but it's amazingly effective at persuading us not to even try.

For example, when we talk about transforming blocks to love in the present moment, chances are your thinking mind might automatically respond by saying something like, *Oh, yes, I totally agree. The present moment is great. Just not THIS present moment, which is such a crap present moment. Let's wait for a better one.*

But of course, there *is* no better one. Ever.

THIS mundane, un-special, unfulfilling, seemingly imperfect moment in time is all there is. And as long as we're letting the ego judge and define it, the present moment will always seem to be lacking all the juicy good stuff we so desperately want it to have. But an interesting alchemy takes place when we ignore the opinion of the ego and instead sink into the present

moment without resistance, accepting it exactly as it is in all its seeming imperfection. When that happens, funnily enough, we notice right away the present moment is made up of juicy good stuff galore: Peace. Safety. A sheen of holiness, of healing sweetness. Vibrant aliveness. And more perfection than you can shake an incense stick at.

But you have to dive willingly and gratefully into presence before those attributes can reveal themselves to you. It usually takes a bit of practice, but if you're new to the presence business I can promise you it's worth it.

Magnificent peace and joy are here with you right now, and they're with you always. They're part and parcel of unconditional love. Total fulfillment and happiness are hallmarks of *who you really are*. They're your birthright. It's only those tired old ego stories that block you from feeling any of this good stuff. Those stories are persistent and will require some undoing. The present moment—any present moment—is an excellent time to start.

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When you're consistently connecting to the present moment, something amazing starts to happen. Unconditional love for the self becomes an idea that begins to actually make sense. It's not such an abstract concept anymore. You'll discover for yourself there are no past mistakes or old wounds preventing you from loving yourself. Because in the present moment (where stories are meaningless), you are already perfect and worthy of love.

As you begin to get in touch with your Truly lovable self from the vantage point of juicy, present-moment perfection, you'll also notice it gets much easier to feel authentic compassion and love for the "flawed" ego self. (And, not coincidentally, for other flawed ego selves out there, too.)

You've spent eons hating yourself, enraged with yourself—and doing everything in your power to ignore, fight, cover up or drown out the spiteful lies the ego shouts at you.

It's not just you, by the way; this is what humans do.

Maybe it would be a good idea to stop and listen for once, to find out why your mind

chooses to believe the awful things the ego says. Maybe it's time to approach your unconscious mind with gentle curiosity instead, and take a look at what its crazy stories of pain and drama are really made of. You might just discover it's time to embrace and accept yourself exactly as you are right now—misperceived “warts” and all.

And now you're in the zone: When you agree to embrace it all, what you're really doing is agreeing to end the war with yourself. The bitter battle you've been waging since the beginning of time. Speaking only for myself, choosing to end the war between me and me was one of the single most profound decisions I ever made. When I rendered a not guilty verdict on my own unconscious mind, everything shifted dramatically. And I can't even describe the enormity of the gratitude and overwhelming relief that flooded in on the heels of that decision.

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Of course, the idea of turning to face the unconscious mind and listening to its mad rants sounds about as appealing as a big bowl of dirt soup. Nobody actually *wants* any part of that. We're hardwired to seek comfort and run away from pain or threat. So it seems crazy to go against our nature—every instinct tells us to repress discomfort and seek distractions to cover it up.

But here's the thing, my love. Repressing and resisting and running away are the very actions that keep those stories of pain alive in the unconscious mind. They don't go away *until* we agree to look at them with non-judgment and compassion. So the question boils down to this: How sick of your stories are you? Or to frame it in a more positive way, how ready are you for joy and freedom? If the honest answer to either of those questions is *VERY*, then you're probably ready to go against your instinctive wiring and take your happiness into your own hands.

About that wiring: Sure, it's true that pursuit of happiness and running away from discomfort is what our minds are programmed to do. But that programming can easily be

overwritten. All you need to do is change your intention. Say *YES* to your own spiritual and emotional freedom. In Truth your authentic intention is way stronger than anything the ego can dish up. This is within your own power to do, in other words, anytime you're honestly ready for it.

When viewed through a loving, present-moment connection to your authentic Truest self (the self that's eternally perfect and already knows it is One with its Source), you'll find it becomes a joy to uncover your hidden unconscious stuff together as a team. This Truest self has only purest unconditional love for you, and it dearly wants you to be happy. Let it gently take you by the hand and lead you back from Crazytown; nothing would please it more.

Allow old stories of hatred or fear to be brought to light, and your Truest self will lovingly reinterpret them for you. The puzzle pieces will fall into place, and the blocks to love will crumble one by one, bringing you ever closer to total freedom and happiness.

When you make this profound shift of intention, you'll discover you've created an open doorway where none existed before. Then all that remains is to walk through it, together with your Truest self, and take the steps down this new accelerated path toward the knowledge of your own limitless perfection.

BREATHING IN THE PRESENT MOMENT

We talked about the importance of presence, and why the ego doesn't like to go there. We humans also have another key strategy we employ to guarantee we'll never have to feel our own uncomfortable feelings or remember our own divinity—both of which are the raw materials that form our blocks to love.

We make sure we're never present within our own body.

Yes, there may be occasional times we fully inhabit the body. During extreme sports, would be one example. That exhilarating rush of feeling fully alive? It comes from being briefly present inside the body. And yet that sort of presence isn't enough to unlock the secrets of the unconscious mind. To access the deeply buried pain held by the unconscious mind, one has to be *purposefully* present in the body, in stillness.

We have to go into the body to access the outdated stories of guilt and pain, because the body is where we store them. When something seems too painful or overwhelming to process, human beings are wired to shove that material deep into our own bodies, where the uncomfortable thing festers unconsciously until we go in and set it free. The blocks to love reside within the body, so into the body we have to go, in the present moment, to access them.

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A powerful way to become present, is to consciously connect the breath. This form of breathing automatically anchors us in our bodies, within the present moment.

Consciously connected breathing is achieved by breathing deeply and rhythmically, without pausing between breaths. Although it feels weirdly unnatural at first, this is actually the natural way to breathe. It's the way most animals breathe. When we pause between breaths it's because we're daydreaming, lost in the ego's mental stories.

Whenever you're present in the body and breathing in a consciously connected way, the usual barriers between conscious and unconscious become less rigidly dense. This temporary

opening invites your buried unconscious stuff to emerge for healing. Conscious breathing, then, is a very potent tool for healing and integration.

On some level, we all know this already. The way we manage to suppress our unconscious stuff is by choosing not to breathe. Many of us breathe very shallowly from the chest alone; most of us breathe with long gaps in between the exhale and the next inhale. These are techniques that guarantee our frozen trauma and buried emotions will remain off limits to us. Refusing to breathe is how we keep the monster contained within the box.

There are a couple of problems with this strategy. One: Bodies need oxygen, and don't take kindly to being starved of it. Two: It ain't like the frozen trauma goes away just because we ignore it. By refusing to feel it at full strength for a short time (which would heal and release it forever), we opt instead to allow it to bleed into daily life in a thousand subversively destructive ways. And we live with that low level discomfort instead for years, decades, lifetimes.

Multiply that low level discomfort by a few dozen major blocks to love (and countless minor ones), and you can see why it's hard to feel deeply peaceful or satisfied inside. Those unhealed blocks are shouting for your attention. The monster is howling and rattling its chains. Turning up the music to drown out the ruckus just makes the internal environment even noisier.

PART THREE

FOUNTAINLIGHT – A nontraditional breathing practice

Consciously connected breathwork is a *very* helpful tool for self-realization. And yet its unregulated power can sometimes do more harm than good. It isn't for everybody. As helpful transformational tools go, breathwork can sometimes be a jackhammer. One slip, and you've dug yourself quite a gaping hole, there, buddy. And funnily enough, not everybody is attracted to the idea of potentially demolishing their entire emotional-spiritual foundation in one fell swoop. (I know! People are weird.)

Yet, breathwork had helped me so much at a time when I needed it most. And the resulting growth, ease, and comfort within my own skin was a Godsend. Although its power and potential concerned me, I was strongly inspired to offer some form of breathwork as a helpful tool to my retreat participants and others. Whatever form this breathing practice took, I felt it was absolutely necessary that it be imbued with total gentleness and safety. It had to be thoroughly infused with unconditional divine love. Could there *be* such a thing as lovingly gentle breathwork? I didn't know, but I prayed for it day and night anyway.

Months went by, then one day I was introduced to an attitude of breathing that I recognized immediately as the response to my prayer. It was the attitude that was important, not the technique itself. The underlying attitude was unmistakably that of gentlest divine love.

This supremely gentle attitude was found in a technique called "Love's Breath," which is a breathing method associated with the [Way of Mastery](#) teachings. The primary purpose of Love's Breath is to teach us to make a home in the breath; in other words, to consciously allow unrestricted breath in every present moment— along with all the effects that this implies—as a way of being in the world.

After putting Love's Breath into practice for a few weeks (and adapting it to suit my

needs), I was gifted with an additional inspiration: FountainLight, which is a visualization practice that serves as an exquisitely gentle tool for clearing and healing the blocks to love.

I combined this flowing, liquid light with the attitude of comfort, love and respect found within Love's Breath, and it became clear right away from my own experience with it that I was really onto something good.

After a few months' additional work, we added a third component to FountainLight: A series of background instrumental soundscapes composed by Steve Wood, created to accompany each of the breathing meditations. Steve's musical works incorporate elements of sound healing, through the use of sacred tones and healing frequencies. Besides their beauty, his compositions serve to profoundly underscore and amplify the sense of safety, divine gentleness and loving support found within each FountainLight meditation.

After the meditations were combined with the musical soundscapes, we tested the FountainLight process thoroughly with a group of wonderful beta-testing volunteers in several countries around the world. And they confirmed what we had suspected. Yes, it was an extremely powerful transformational tool. And yes, it was extremely gentle as well, always offering just the right amount of healing, at exactly the right pace for each individual who worked with it.

Yes. Prayer answered.

Having said all that, it's important to recognize FountainLight is definitely a tool that's designed to bring stuff up. That's kind of the point. It would be entirely possible to use FountainLight as a relaxing meditation CD, or as a nice bit of background music while you take a nap. That's a choice. But this practice is designed for doing the real work of transformation, in the most lovingly safe and supportive way possible.

Some things to keep in mind, if you choose to work with FountainLight:

The important thing when working with FountainLight is to be loving and uncritical of yourself as you practice it. If you catch your mind wandering, if you lose track of your breathing rhythm... just peacefully notice and get back on track. No self-recrimination, please. We're here to *end* self-recrimination. I know it can be a hard habit to break, but the point of FountainLight is to train your mind to accept unconditional love in all its forms. Might as well start here.

Be alert as old buried emotion or stuck, frozen energy starts to rise to the surface. Greet it with gladness, if you can. It's showing itself because it's ready for healing and release. It could take the form of an emotion, or a strange, uncomfortable feeling in your body.

It might appear as a tingling, a dull ache, a sharp cramp, an old injury acting up... or it could come in the form of sadness, anger or irritation or whatever. It could show itself as any kind of emotional or physical discomfort. There may or may not be a story attached to it. If there is, just observe the story and go on feeling the feeling. *Don't get stuck in the story* if your goal is to be free of the feeling. The story is the thing that's been keeping that pain alive all these years.

If it's a physical feeling, keep breathing, but bring your attention down into that place in the body where the physical feeling is. And without any thinking or judgment, just be present with it. Give it your full attention. And then consciously love it. Offer it your compassion. Welcome it home to be reintegrated into Oneness.

If it's an emotion, be fully present inside it and keep on breathing. Let yourself feel it fully, again without judgment, without trying to fix it or make it go away. Just be in it, and if you need to express it by crying or making a weird sound, then do it. Stay in the experience of that emotion and just love it. Accept it fully into Oneness.

DON'T SHOOT THE MESSENGER

When this FountainLight process is consciously entered into, your Truest self continues to be in charge of it even as you go about your daily business. When you agree to make this profound shift in intention, to stop running from your own stuff and end the war, your Truest self starts to arrange daily life to bring up exactly the right combo of situations that will press the necessary buttons in you.

And when your buttons are being pushed and you're feeling negative emotion, you'll have the opportunity to dive in and be with these feelings in order to release them once and for all.

You may not recognize this is what's happening at first. You may get good and pissed at the people or situations that pressed your buttons, first. But this is your golden opportunity. This is what you've asked for, prayed for, signed up for. Do you let the ego do what it's always done? Attack and make the other guy guilty? Or do you pause to recognize that the other guy is just the messenger who lovingly showed up to point out the very thing you're asking to be healed?

That's what's happening, you know. If your blocks to love were already dissolved, you wouldn't have any buttons to press. Your buttons *are* your unhealed areas crying out in pain.

So your button gets pressed. Now what? You dismiss the messenger, finding him entirely innocent. You recognize he actually came to help you, even if surface appearances seem otherwise. You disregard the story the ego wants to build around it, and instead you dive into the emotion it creates.

The emotion is the only thing of value here. Be present with it. Give it your full awareness with loving non-judgment, and let it be dissolved and healed by your Truest self.

You have the power to start this process of speeding up the removal of the blocks to love. It's the process of beginning to know your Truest self *as* yourself. Not as a mental idea,

but in actual firsthand experience.

Get interested in what's lurking in your own unconscious mind. Offer it love and compassion. End the war. You don't have to endorse the ego or believe its stories—just stop fighting with it.

Just like you, all it truly wants is unconditional love. Isn't it time you gave it, in order to receive it?

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Godspeed on your journey to the knowledge of the love that you are.

A PRAYER BEFORE BEGINNING

If you're intending to give FountainLight a try, please take a moment and check in with yourself right now. How do you feel when you think about starting this process of unearthing your own unconscious stuff? Are you nervous? Does it seem daunting, or even frightening maybe? Yeah, I thought it might.

Included here is an affirmation/prayer to address this feeling. Set aside a few minutes to speak this affirmation aloud and then meditate on it with the conviction that it's absolutely true. Do this each day for a week before starting the FountainLight program.

Prayer/affirmation:

I choose to clear my mistaken energetic patterns with love and ease. As they come to light I compassionately release them without pain or struggle, easily recognizing they have no reality except what I give them.

Why add this step? Because your intention is vastly powerful, remember? The FountainLight process will go the way you say it will. It's a gentle process either way, but *your response* to its gentleness will be greatly eased if you sincerely spend a week with this prayer/affirmation first.

As you say the words of the affirmation aloud, take it in, and let its vibration raise yours up to meet it. Believe it as thoroughly as you can, so that your outpicturings can begin to match it.

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FountainLight is a commitment you make with your Truest self. After getting up to speed, the daily practice should take approximately thirty minutes from start to finish. (That's twenty minutes of FountainLight, plus warm-up and cool-down.) The recommended minimum length of this program is six weeks. Please try not to skip any days; the effects of practicing FountainLight are both subtle and cumulative. If your practice is erratic, your results are

likely to be diminished as well.

When practiced sincerely and continuously as recommended, there's virtually no limit to the healing and transformation you can achieve through the use of this tool.

WHO SHOULD NOT TRY FOUNTAINLIGHT

- Anyone who doesn't feel called to!
- Anyone who is currently right in the middle of painful emotional trauma or overwhelming life upheavals. Please wait until it all settles down a bit before adding this or any other breathing practice to your daily routine.
- Anyone currently on medications for mental or emotional issues including, but not limited to, bi-polar disorder, panic disorder, depression or addiction, or anyone with unstable emotions or personality, or dissociative identity disorder.
- Anyone *not* on medications for mental or emotional issues, who ought to be!
- Anyone under 18 years of age.

FountainLight breathing practice is not intended to treat or cure any mental, medical, physical, spiritual or psychological condition, in other words. Please use common sense to discern whether it's right for you.

TESTIMONIALS

...And now that the disclaimers are out of the way, here are a few of the rave reviews from those who've tried FountainLight:

"OMG! my experience with FountainLight has been profound!!! The light takes me into a gloriously deep meditative state. I'm experiencing vibration in the body--little explosions that spread out in waves."

~Pam Donohoe, Germany

"The feeling is of great peace. The music is exquisite, it is as though I am holding hands with LOVE. FountainLight is the lightning strike that explodes the particles of beliefs within separation. The more I do it, the more I awaken to what I have always been - ONE. Thank you again, and again."

~Mani Muir, New South Wales

"When I began FountainLight I was deeply attracted to the word gentle. Until now I have dug and stomped around in my own particular hell, and this [gentle approach] sounded refreshing and unique. In the first FountainLight meditation I was surprised when there arose a deep hatred I had not noticed before. But it attracted my curiosity instead of my usual defensiveness. No blame, no attack, so I could just gently look at it ... That in itself is such a huge gift. Thanx so much."

[A few weeks later:] "I am totally hooked. Cannot wait to get in there each day and play. Now [my pattern of] deep hatred is being looked at with much kindness. It gets softer each day, and I am discovering when I hand over all outcomes to God, the end of this epic war will be miraculous."

~Sally Dubel, USA

"I have noticed that thanks to FountainLight I belly breathe most of the time now--without thought. I have also noticed I don't seem to have the "anxiety breathing" that I used to have--you know where you can't catch your breath and you feel so anxious without any known reason. As well, I am calmer, "softer," and find it almost automatic to slide into right-minded thinking without often even being aware of doing it."

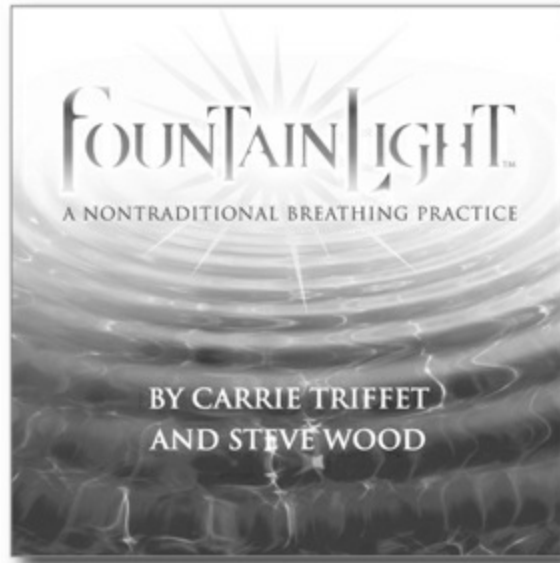
~Linda Blain, Canada

"I'd been practicing A Course in Miracles for awhile but it has often seemed a very hard battle with a lot of anger and attack thoughts on my part. The attack thoughts are still there but now [since FountainLight] it is much easier to catch them and see them for the projections they are. I look forward daily to sitting down with the music and the Light and just allowing. I'm really enjoying this process and the music is beautiful--the sound is so integral to this experience of sitting with Carrie's teachings. Today I felt tears form behind my eyelids when I heard the first OM sound. It seems to touch me in a manner that goes beyond the physical. Thank you!"

~Donna Davis, Canada

"I do the Fountainlight in the evening. It seemed to improve the depth of my sleep - bonus! I have been thoroughly enjoying [this practice]. The music is really powerful. I just love the little surprises buried within the tones! The tingles, bubbles, the birds at the end...love that! They are like gentle reminders of truth."

~Mary Beth Bryant, USA



THE FOUNTAINLIGHT AUDIO PROGRAM

- *I AM THE LOVE OF MY LIFE* ~ a field guide to unconditional love for self and others. An audiobook designed to help you get the most from your FountainLight practice. (It is the audio version of the material in this e-book.)
 - Step-by-step instructions for the expanded baseline breathing practice plus a 5-minute baseline breathing practice session.
 - A 10-minute guided FountainLight practice session using the FountainLight visualization technique, along with a short instructional video.
 - A daily 20-minute guided meditation (combined with another 10 minutes of relaxation/baseline breath, for a total of roughly 30 minutes).
 - A second version of the daily meditation that's purely instrumental, for those who (after mastering the technique) prefer to experience FountainLight without the guided vocal track.
- A FountainLight once-daily breathing session takes approximately 30 minutes to do. Ideally this practice should continue daily for at least 6 weeks without interruption, to see maximum benefit.

[BUY FOUNTAINLIGHT NOW](#)

The FountainLight audio program is created by Carrie Triffet and Steve Wood,

with deep gratitude to our beta-testers:

Fawna Bews, Pam Donohoe, Sally Dubel, Mary Beth Bryant, Mani Muir, Donna Davis, Kelle
Evans and Linda Blain. Thanks, you guys.

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ABOUT THE AUTHOR

Carrie Triffet is a spiritual author, publisher and public speaker.

Bringing home deep spiritual truths in tasty bite-size

chewable chunks:

The secret's in the sauce.

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follow Carrie on [Twitter.com/unlikelymesngr](https://twitter.com/unlikelymesngr)

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[Read more of her ongoing adventures on her blog.](#)

LONG TIME NO SEE: Diaries of an Unlikely Messenger

a rip-snorting spiritual memoir

“Long Time No See clearly illuminates the principles of A Course in Miracles as they apply to everyday life... Did I mention it’s also funny as hell?” -- Gary Renard, author of *The Disappearance of the Universe*

“We love this book!...Carrie Triffet demonstrates how life is meant to be lived as a co-creator with God.” -- Nouk Sanchez & Tomas Vieira, Co-authors of *Take Me to Truth; Undoing the Ego*

“This is the most exciting new ACIM-related book since The Disappearance of the Universe, and The Crash Course is a terrific intro to ACIM.” -- Joe Wolfe, founder of *Spirit Light Outreach*



Long Time No See traces Carrie Triffet’s unlikely journey through 20 years of Buddhist practice, to a wholly unexpected awakening in 2005 that changes everything. This book also contains *The Crash Course*, a brief, irreverent, yet highly accurate synopsis of *A Course in Miracles*.

For more about *Long Time No See* (or to download a free copy of *The Crash Course*) visit

www.carrietriffet.com

Long Time No See is the 2010 winner of the Independent Publisher Book Award



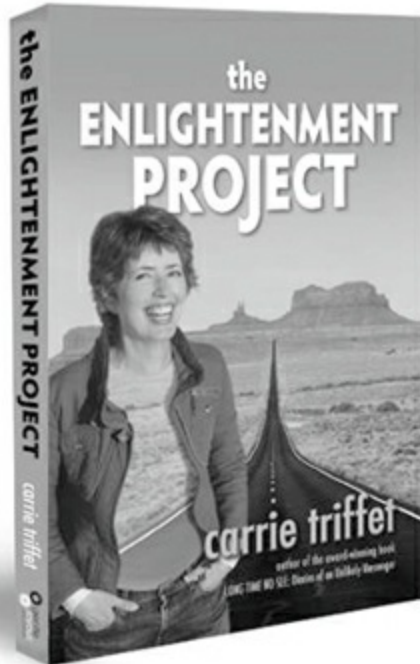
THE ENLIGHTENMENT PROJECT

"Instead of preaching at you, Carrie turns in the direction you are facing, and with a gentle invitation you can't resist, says, 'Let's walk together while we talk, shall we?' THE ENLIGHTENMENT PROJECT is everything a book on spiritual discovery should be: a sharing of experience and wisdom readers can use however they choose to." -- Sean Webb, Author of *How Emotions Work*; creator of *I AM Spirituality.com*

"If you want to understand this thing called enlightenment, read this book. THE ENLIGHTENMENT PROJECT brilliantly explains the unexplainable – all with a wit and humor equal to that of CALVIN AND HOBBS." -- Ike Allen, President of Avaiya Media; filmmaker of *A Course in Miracles: The movie*

Carrie Triffet is hell bent on Heaven; she wants a permanent awakening, no matter what. THE ENLIGHTENMENT PROJECT documents Carrie's own ongoing journey of discovery, sharing helpful shortcuts (and pitfalls to avoid) for the benefit of fellow travelers on a similar path.

With her trademark blend of keen observation and relaxed, quirky humor, Carrie offers readers a wealth of spiritual insight and practical advice for this 'journey without destination.'



COMING SOON:
The no-holds-barred sequel to LONG TIME NO SEE...

off THE DEEP END

A free-fall into grace and love (and big, juicy miracles)

Look for it in 2015, give or take a year

