



My 21-Day Deep Dive Within

Rick Pursell

My 21-Day Deep Dive Within – What I Have Gained.

While it is a further 25 days since I completed my 21-Day Retreat, quite clearly I am still undergoing the integration phase and who knows when if ever that will end!

Radical surrender and radical acceptance still come into play on a daily basis.

The gains I have experienced as a result of this experience are enormous and ongoing. The process and activities associated with mastery over my Physical Body, Emotional Body, Mental Body and Spiritual Body continues.

Here are some of my gains thus far:

1. Freedom of Choice!

- More freedom from any addictive or compulsive decisions and enhanced freedom from past (a very long, long way back) programming or conditioning.
- I now have the freedom of choice to live on Prana (Love & Light) or not.
- I can take food and water, or not.
- I have proven to myself, without a shadow of doubt that this human body can be fully nourished, survive and thrive on Prana alone, without the need for food or water.
- It is now my choice and I have chosen to gradually revert back to my light, vegetarian diet.

2. Surrender & Trust

- I have learnt to radically, totally surrender and trust with 100% faith that I would and will be guided for my greatest and highest good and the highest good for all, throughout this process and in my life.

3. Patience

- I know with certainty and unequivocally that everything arises to the clock of “Divine Timing.”

4. Persistence

- Never give up! To achieve any desired end result, one must remain steadfastly committed, with unwavering persistence.

5. Expanded Mastery

- I have achieved, expanded mastery over my Physical Body, Emotional Body, Mental Body and Spiritual Body, knowing full well, that this is just the tip of the iceberg I have touched.

6. Mother Nature

- I have a vastly deeper connection with Mother Nature, our Mother Earth, as a result of sitting in contemplation and meditation on some days, for 10-12 hours.

7. The Divinity Within

- I now have a much deeper connection to the Divine within, that which resides within us all, if only we would look and make the time to be in stillness to uncover it.

8. My Physical Body

- I now have an even deeper respect and honouring towards my physical body.

9. Expanded Consciousness

- I now have an expanded consciousness about All That Is and know with certainty, I Am That.

10. Stillness & Silence

- After 21 days of dedicated and sincere practice, I have the ability to be still and quiet, to meditate deeper than ever before and to sit comfortably in contemplation for hours on end.

11. The Intuitive Creator

- During the process, it became crystal clear to me that I am to become an Intuitive Creator, not just a writer, workshop leader, etc., but to use my intuition creatively in order to be more in service to others.

12. Love

- Love is the universal solution to any and all situations, challenges or obstacles, perceived or real.

13. Attachments

- I can truly let go of any attachments and move on from anyone, anything, any place or any limiting beliefs that no longer serve me.

14. Intelligent Design

- Everything that has transpired throughout the history of this planet and its inhabitants (and well beyond) is following an intelligently designed blueprint and is ultimately, perfect.

15. Finding The Triune in Duality

- To find the triune between Duality, Yin & Yang, which will result in the perfect balance and Oneness. Seeing beyond the “twoness” of this dualistic multiverse and finding the third element – Oneness in everything.

16. The Light Body

- Knowing that a developed Light Body can transmute all lower vibrational densities, before they can affect the composite human instrument. This is a work in progress as I add knowing to direct experience, which results in wisdom.

17. Transmutation into Prana

- Practicing the transmutation of any form of energy into Prana, (Light & Love), before it enters the body, raises its vibration. Another work in progress!

18. Thought Vibrations

- That all lower or denser vibrational thoughts can be readily and sequentially changed into higher vibrational thoughts, such as joyfulness, love and appreciation, to name a few.

19. Choosing My Emotions

- That I can choose which emotions I carry around, enact or experience and that shining the light of consciousness upon the lower emotions, such as blame, shame and regret, can raise their vibrational frequency up to the higher levels of the scale of emotions.

20. Support

- That I was fully supported throughout this process by seen and unseen hands.
- That the phenomena that occurred and witnessed by others and myself during the 21 days, was a manifestation and evidence of the support emanating from other realms.

21. More Support

- That my family, our staff, close friends (and even our dog Peaches), supported this inner journey I was participating in and offered their unwavering approval, by respecting my silence and choices made during the 21-Days and since.

22. Synchronicities

- That profound synchronicities regularly occur when one is on the right Path and that Mother Nature sends us deeply meaningful messages to reinforce our commitment to this journey.

23. Look Within or Go Without

- That everything we seek, yearn or pine for and desire lies within us. Nothing in our external, materialistic and dualistic world can come anywhere close to the profound and priceless gifts within, that beckon us forth, if only we would stop, feel, contemplate and meditate on what has always been and will forever be there, awaiting our uncovering.

Lovingly tendered by Rick, with much gratitude to Jasmuheen.

28th March 2019



www.rickpursell.com