

# Y O U

## A Field Guide



*Finding an End to Seeking*

**Toni Elizabeth Sar'h Petrinovich**

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# INTRODUCTION

Oneness

Separation

Enlightenment

Ascension

Ego

Love

Fear

**All** of these words convey an image of some particular (read that "advanced") state of being you are **supposed** to (or not) embrace. They drive the search and meaning for your personal "spiritual path". These words, when combined in phrases, separate you from others. You begin to feel as though you are the only one who could possibly understand the confusing feelings within. In short, they divide. The division creates boundaries and, pretty soon, you find yourself operating from behind the **walls** of those boundaries.

**What to do? Where to go?** It seems as though every teacher imparts a message that feels almost right. Sometimes the teachings really resonate with you for a given period of time and then, poof! After a week, a month, a year, they no longer apply; you start all over again. It feels endless and futile. **Want to stop? Want to call a halt to the "search"; to no longer feel the need to be a "seeker"?**

**This guide book** has been written for that primary purpose. It is a means with which you can bring a halt to what appears a fruitless journey, embrace yourself as you **are** and set fire to the concepts piling up in your personal space.

Uniting acceptance of your ego personality with an investigation of the cramped crawlspaces within your physical body, this book will guide you, challenge you, frighten and enthrall you. Using a combination of science and metaphysical philosophy, it takes you on an inner voyage inside the crevasses of your own mind and heart.

Knowing that you may not yet be living the concepts discussed, a handy Glossary of Terms is included in the back. Refer to those pages when you don't remember or do not understand the text you are reading.

**You – A Field Guide** is all about **you**: your multi-faceted personality, your physical vehicle (the human body), the wanderings of your mental state, the untidiness of your emotions and the wonder of your spiritual self. Written partially tongue-in-cheek, it is a commitment to your understanding. You will find ideas you thought you knew (refreshed and reframed), phrases you will re-read several times over, and a response to the burning within to know yourself. It will conjure images upon which you don't want to look, pictures that you wished were true, memories long buried and hopes you have believed you would not ever fulfill.

This book is not simply a set of pages to download, print out and read on a boring Saturday evening. It is a set of guidelines you can refer to when the world begins to turn upside down (yes, again!) and you have nowhere to turn. It is a friend to put next to your bedside or leave out on the coffee table for guests to peruse. It will always tell you the truth, will not flatter you to gain your friendship and doesn't care if you respect it, like it or spill food all over it. It is constant and consistent. Plain and simple, it is a blueprint of you - existing in this dimension, in this earth, right now – infinitely.

Toni Elizabeth Sar'h Petrinovich  
February 2009  
Lopez Island WA

# CHAPTER ONE

## YOUR ONE AND ONLY ONENESS

**Deep** within your heart is a feeling that you often call yearning. In the New Oxford American dictionary, yearning is defined as “having an intense feeling of loss or lack and longing for something”. It is derived from a Germanic base meaning “eager”. So what are you feeling a lack of? For what is your longing? What is your eagerness about?

Despite what may be perceived as the beginning of time and/or your original blueprint of manifestation, it is a given that you, in spite of yourself, find your identity clouded by a personality structure that compels you to control your environment. Your mind wants to know that it has the security of power over that which you experience and call your reality. When the illusion of control is not present for you or if it appears to disappear into the ethers for one reason or another, you begin to experience what you might call "fear".

What is so amusing is that mankind has always been plagued with a somewhat abusive, if not totalitarian, control strategy aligning itself with a false perception that **each** is the **one**, the singular, the only creation that knows the answers, has the correct viewpoint, is right in every situation, etc. Interestingly enough, it is this perspective that eventually brings you to your knees and finally to a realization that your ego will do anything to keep you separate. It would go so far as to kill you to keep you distanced from its possible demise. Don't forget – your individual ego believes that any connection that doesn't see it as **first** and **foremost** is threatening.

If you don't believe this is true, look at the factors in your life that are out of control. You might call them addictions or age-old habits. You might say that you can't help yourself when you do whatever it is that you do to excess. What you won't say is that it is your ego's control over your deeper sense of yourself that is driving this personality trait. To do so would disarm your mind's hold over you. These "excesses", as it were, are nothing more than your attempt to fill yourself up with something – anything – that assists you in

feeling secure. It is your ego's lopsided way of making sure you ignore the promptings that are going on inside of you reminding you that underneath it all, you are really uncomfortable.

So, what is the ego, that part of you that has gotten such a "bum rap" from psychology and society at large? The ego is the "I" of you that distinguishes itself from others and also from its thoughts. It is the conscious accumulator of your experiences in the body you are using – and it believes it is separated and distinct from the "others" in its reality. It wants to keep it this way. In separation (it thinks) lies safety, security and no need to make adjustments to your habits or programming.

What the ego, through your intellect, often does not consider is: Either you are Source, and therefore, a part of an all benevolent creation or you are not. There is no halfway measure here. By Source, I mean that awareness that has always existed with or without created worlds and dimensions. It is the origin of **all** without having origin itself. Yes, I know, your mind has a very hard time wrapping itself around that idea, so don't attempt it. Feel it rather than think it. That's much easier. (You may read the word "Source" as God, All That Is or any other word or words that assist you in understanding. It is all the same.)

Even under the harshest of conditions, for example in a concentration camp, a person will hold to the priceless ego structure in a vain attempt to differentiate their suffering, their torment, from that of the other inmates. And while you might tend to portray clinging to your personality structure as holding on to your values, it is a question as to whether it is your code of conduct that is being eroded or your need for control over what you perceive as your destiny. Nearly all of your beliefs are simply conditioned programming bestowed upon you by your parents, schools, religion and government. (Don't blame them; they don't know any better, either.)

This in no way is an attempt to state that you should not use your intelligence and soul growth in a positive pattern of evolvment, but rather a question of what is actually at stake when the personal ego is threatened with annihilation. Is it your value system that



is being destroyed or is it merely fear that you might meet your edges, your barriers against the world and all that it means to you? The ego views your focus on a direct connection with Source as deadly to itself because when you are paying attention to Source, you are not paying attention to it (or so it believes).

Basically, you tend to believe that your values are Source's values. You equate your judgments and morals with your origination however you have fashioned that origin in your mind. Remember, it is your individuated ego that creates your value system based upon your beliefs and those beliefs have been literally given to you by others – those same "others" you believe you are separate from who are not you. It is a case in point for the eternal bias and imbalance of the ego's thinking. Eventually, it will come to understand that those "others" are also you and in so doing realize that you "get to change your mind".

The ego, then, is nothing more than your personal, individual guidance system, based on delusion and deception that causes you to create your own origin. It believes it is right and that it alone knows the truth. But since the ego is seldom, if ever, honest and since it only wants to further its own purpose, it is nearly impossible to use it to see any resolution to this issue. It will blindside you at every opportunity.

It is tantamount to the mirror in the mirror in the mirror puzzle. No matter how long you look into the multiplicity of mirrors, all you see is your own reflection. The mind looks at itself and questions its looking. The ego sits smugly looking at the Source it has created and dares anyone to question its proposition that the view could be false, that the notion, the concept could be in error. Only touched by self-gratifying perceived self-knowledge, the personal ego, the righteous true believer, sits back and tells itself that it is right; that its values and its judgments are correct; that everyone else is wrong, unloving or hurtful. If it meets with antagonism at this approach, it either fights or leaves. This is the physical "fight or flight" response in operation. It is also the fundamental trap of religion.

The ego relies on all of the past experiences it has taken part in to remind you, over and over again, how much you should worry, how often you might be adversely treated and, always, always, always, how right you are in your beliefs. It is the ever-present, blinking, red warning light reminding you to be careful, trust nothing and no one, leaving you bereft and alone because it does not instruct you to trust yourself. It encourages you to live in a constant state of stress which only causes you to remove yourself even further from the "outside world" which is defined as anything that is not relative and relevant to your perception. The ego sees it as the "other(s)".

## Stress as a Separator

**Everyday** conversation is peppered with references to lack of time to accomplish goals, the frustration of poor communication and a general sense that no matter how fast you go, you will not get it all done and no one understands. Defining the word "stress" in one sentence is difficult for it is actually the unification of multiple human responses to life into a single concept that nearly everyone experiences. There are very few people who do not know what stress feels like. The odd realization is that you believe only you are stressed. Everyone else looks calm, cool and collected – at least most of the time. Once again, the mind through your perception separates you from the "other" in an effort to keep you in control of your reality. When you are in stress, you are in extreme separation which, in turn, accentuates the stress.

The use of this word has become a catch phrase for all of the pressures you experience in life. Sometimes that can be confusing. Is stress the *cause* of the pressures or the *effect* of those pressures? In other words, is stress the stimulus or the response? Most people, physicians and lay alike, feel that stress is a response to pressure or mounting demands. These stimuli can be external or internal further complicating the event especially when the internal feeling is caused by an external event. Be it internal or external, it is the ego's perception, your personal filtering system that decides how much you are going to allow it to effect you. You give the circumstances their significance that usually is derived from some past experience that you are afraid to let go of or you might say, "is

afraid to let go of you". No event means anything in itself. What it signifies to **you** paints it with the colors having meaning in **your** life. Re-member, your life is all about **you**.

Aligning yourself with the theory that the nature of perception causes stress raises many questions and, also, great hope. If the foundation of the stressors in your life is created by your own mind, then perhaps you have enough power to stop the creation or, at least, alter it. And so, the next natural question is "How?"

## A Tool – Stepping Outside of Time

**To** find the answer you must go to a place that doesn't appear to exist in the earth's dimension – and yet, it does. You must go *outside of time*. Time is one of the stress factors you experience. Because you believe you are "ruled" by time, you often feel you do not have enough of it or that it will "run out" on you. You talk about how fast the years pass and that you don't know where time has gone. When you are grieving or waiting, time weighs heavily and appears to move almost in slow motion. Nearly every stressful situation has a common factor involved in its energetic dynamic – time and how you perceive its use. True inner peace exists only outside of time and it is to this place you must go to replace the stress your mind, heart, body and soul are experiencing. Well, perhaps I should not say you "must" go. You will only do it if you don't want to be stressed anymore (read that "if you are willing to step aside from your ego's perceptions").

Stepping outside of time requires one more action from you. It requires that you intentionally "not do" what you usually do, or more succinctly, that you place yourself in a state of **"non-doing"**. Actuating a state of inner stillness for even two minutes carries with it a tremendous amount of peace, calm, relaxation and becomes a very centering experience. It brings awareness of the present moment. You stop thinking about what just happened. You are no longer worrying about what might happen in the future. You are not steaming over someone else's inadequacies in driving or filling out their bank deposit while keeping you standing in line. You are not meeting a deadline (what a great word!). You are simply being – for two minutes, or five or ten or for whatever period of

time you wish to step out of and be. In those moments, the individuation of you, the ego personality, has time to abide in its conscious awareness of Source. Being outside of time is being in infinity.

So, this can be scary, at least from your ego's viewpoint because you are taking your focus away from your separated self and placing it on a state of being that has no demands, relies on no beliefs and doesn't need to feel safe. In this space of non-doing, your ego finds no place to assert itself. This circumstance can begin to feel like fear in your body because it is unfamiliar. The brain's signature activity is to compare an experience in light of its familiarity. If it is familiar, it is a signal that you believe you know what to do in that set of circumstances. If it is unfamiliar, fear may arise as you attempt to "figure out" how to handle the new experience.

Being out of time and in a state of awareness places you in the one place there is no stress – the present moment. Your daily experience of time passing is very subjective and is linked to the activity of your mind and your thoughts. You think about the past and the future as you build your stressful moments filled with regret or anticipation. The past causes you to fear the present. The expectations of future events can fill you with angst or anticipatory joy depending upon what you are hoping will occur. Since time is measured as the space between your thoughts and their infinite stream, when you step out of your thought patterns, you step out of the stream of time. The new pattern of being in no-time is known as *mindfulness*.

The daily practice of mindfulness allows you to make each moment your own. Modifying your life in even little ways can make a big difference. The very act of focusing on simplicity causes you to stop and consider what you might give up to have more time on a daily basis. This choice asks you to consider what you wish to keep, the value of how you spend your time and creates a space to preserve in the peace of silence. In the quiet, your ego is invited to make friends with the Essential You. If you persist in the practice, it will begin to lose its fear and a new relationship has an opportunity to blossom.

You know the old phrase "Time is money". Perhaps it would be helpful to consider whether you might not give up a bit of money to have more time. Once you have more time and stop feeling the need to make so much money for your perceived "needs", you might consider taking that step **out of time** to see how it feels. "How it feels" is called *balance*. You are centered within, stand firmly and do not lose your equilibrium when you perceive a challenging experience coming your way. This is security.

The calm, relaxation and peace that come from letting go of time alter your experience of its passing when you step back into it. It becomes possible to flow along with time's infinite stream rather than feeling driven by it. The more you practice allowing space for non-doing, the more it infiltrates your day and your thoughts. No matter what is experienced, you can be centered in perceiving and accepting it for what it is. Your future can be viewed without losing perspective or feeling anxious. You can move forward coming from your inner being in peace and in balance. In that space, the ego's grip on your mind succumbs to your inner peace.

**Ego will blindside you at every opportunity**





## CHAPTER TWO

### GUILT, FEAR AND CONTROL WEAPONS OF MASS DESTRUCTION

**The** ego's primary tools are fear, guilt and control. Within these veils, it conceals your true connection with Source. These are truly weapons of mass destruction and are used with great expertise by the ego. Guilt allows you to place blame upon yourself and begin sliding down the slippery slope of worthlessness. It makes you feel alone, dirty, hopeless and out of alignment with all that is. Then follows fear that someone else will find out how guilty you are so the only way to avoid that is to find guilt in someone else – which makes you feel better and less self-demeaning because now you are not alone. They are as guilty as you are so there is no longer anything to fear – or so you hope. Then you are back in control; you are right and all is well in the ego's world.

Know this: You only see in the "other" what you see in yourself. The imperfections that so plague you are only magnified and then reconciled as irreconcilable when reflected in the other's eyes. What more fitting tribute to a self-sustaining autonomy (read that "the ego") than to know that everyone suffers from the same affliction. They are as fit to blame as the ego hopes they will be.

The ego's laws are strict and unrelenting. Any diversity from its proscribed rules is met with harsh punishment and bodily suffering. Forgiveness is not an option for to forgive yourself would demand the forgiveness of another. The edges and barriers would falter, perhaps fail or tumble down, causing loss to separateness and the darkness of illusion that sustains the personal ego structure. The idea of absolution is not to be considered.

The difference between forgiveness and absolution is:

**Forgive:** "granting pardon for an offense";

**Absolution:** "the act of freeing from guilt or blame and the subsequent consequences".

**When you forgive someone, you basically say, "You have created an offense against me. I forgive you for that offense." When you absolve someone, you say, "You are free from guilt or blame."**

In this difference lies the basis for realizing that all experiences are co-created between you and another or among you and many others. Each of you plays a part in the drama that you co-create together. Each carries the same responsibility, rights, privileges and obligations contained within the circumstances. There is no blame and there is no guilt involved. The realization that this applies to *everyone* and *everything* can send your ego reeling.

The ego metes out its rewards and punishments alike in one form only – fear. It is fear that creates the need for your sense of control. For how can you perpetuate your kingdom without using fear to rule? And with what great fear do you control your environment – filled with trepidation that one slip, one misplaced block or stone in the wall, will cause the structure to come tumbling down and leave you stripped bare, naked before all – or is that All?

What you perceive, you are. You see blame and guilt where it does not exist and align yourself with, or separate yourself from, what you perceive. Seldom do you see that your vision is clouded by the ego's desire to present a false picture over which you feel you have no control. If you were to create a picture that is synonymous with love, absolution and well-being – and make that picture one that equals you – the ability to carry guilt and promote blame would drop away in the twinkling of an eye. But the result would also create loss of ego control and illusion, something the ego personality structure strictly forbids. The perception is, in itself, of no worth and yet you cling to the self-same threatening, guilt-filled ideas day in and day out for fear of losing your grip on your perceived control – a control that does not exist.



Your body remains guilt's messenger and will take your direction so long as you believe that guilt is real. The reality of guilt is the illusion that is the foundation for the ego's thought system. These delusional ideas have no relationship to what is true. Guilt is a subjective perception and perceived solely and individually. It is always based on personal significance. It has no basis in reality at all. It is merely a tool of the ego to keep you in your perceived place, keep others at arm's length and promote separation so that the ego structure may reign supreme. The ego teaches you fear through guilt.

## Choosing to be Authentic

**So** is there actually a lesson structure that you can utilize that will allow you to create a new self, a self aligned with the authenticity of your Self? You may define "Self" as your identity as Source. Remember, either Source is **all** or it is **not** – no halfway measure here. If you are going to be the authentic You, then you must acknowledge your presence within Source – completely. You must allow yourself to acknowledge that **you are Source**.

The ego and your spirit are not well-acquainted. If they were, the ego would have lost its illusion of separation long ago. Yet, it cannot sustain itself and its separate propaganda in the face of the spirit. I am using the word "spirit" here in its definition as the "animation" of you; that which gives you conscious life. It is your original emanation from, with and of Source. You might look at spirit as the engine generating life while your soul is the record keeper recording your experiences.

The spirit allows for no illusion. The ego represents your tool to continue the separation and will remain so until your conscious awareness aligns itself with your spirit. You do not cognitively know that you are totally spirit, truly no thing else. That is the basis for the illusory world that underlies this dimension. It is up to you to become more than simply cognizant of it. Your mind is controlled by your ego so you must learn to use your awareness and the voice of your soul, your heart, to become aligned with your experience of Source.

In order to arrive at this awareness, you must learn to value your emanation as Source far more than your belief in separation. This cognizance is inherent in the very cells of your body, your DNA, your heart. Until you place your attention on your life as spirit, whatever you are feeling that creates discomfort, dis-ease, stress, etc. can only continue. As you lessen your grip on the illusion and feel the sense of fear and guilt sliding away, you will realize that making the choice to be what you are, as you are, is the greatest service you can do yourself. Once your focus is anchored in this intention, the ego lets go and the separation dissolves. As the separation dissolves, you become closer to yourself and others. It must be, because without the idea of separation, the only experience is oneness (defined as "sameness").

Remember, the cosmos is a dynamic sea of energy manifesting itself in a seamless wholeness and made up of energy quanta interconnected through events on many different levels. Within this seamless whole, you exist perceiving your world through the ego's veil of separation and uniqueness rather than the realization that you are one of those quanta on another scale – and thus part of that seamless whole. In the words of quantum physics, you are a wavelength particularizing yourself.

It is in stepping aside from the ego in the controlled-consciousness world to surrender to the inner Self that you come to know freedom. First, you must overcome the thought that the ego is something worth protecting; it is not.

## **Your Personal Invitation**

**There** is a place you are invited to go, a place inside of you that allows you to know the freedom of Being. This is the space of accepting that you do not know anything, anything at all, and that what you do believe you know is only based upon the conditioning that you have accepted within your life from your earliest moments upon earth.

When you come to the realization that it is impossible to really “know” anything, then you are truly free. Freedom is defined as “the absence of necessity in choice or action.” When you are firmly rooted in the sense that you do not know, you are then **free** of the **necessity** to choose or act in a certain way. **(Read that last sentence again!)**

What does that say to you on a daily basis? How does that free you from the conditioned responses that seem to drive your daily life? To begin with, it allows you to live “in the moment” in which you are breathing. It allows you to observe, witness and quietly see that which you are a part of around you. You no longer have to deliver a certain aspect of yourself; rather, you are able to be free in that which is your greatest aspect, your True Self, no matter how that shows up.

Within this sense of Self is the desire to awaken to that which you are; a moment of looking at the true aspect of Self. You don’t really know what is needed, so you will do whatever comes up in the moment. This is true **service**. It fulfills the yearning within you.

This practice allows you to go beyond the teachings of your parents, your schools, your religion and social structure. It invites you to feel what is being called forth from your heart and soul; to follow that road no matter where it leads. It means that no matter what the fragments look like, they are all part of the Whole and you are invited to pay attention to them. It frees you from daily obsession and creates the space to see the second- to-second play of creation.

Is this a big task? Is this asking too much of you? Depending upon your perspective, it may or may not. It really is a matter of control. Whatever you are attempting to define, you are attempting to control. Definition is another way of controlling. Once you let go of definition, you let go of control. Again, **you are free**.

Re-member the phrase, “Let go and let God?” Some people change it to: “Let it be.” How else could it be? Think about it. Are you really in control of what is happening in

your life? How much of life do you really “make” happen? Yet, if you have no expectations, no defined goals, then you are in the flow of the moment and that is all you can possibly expect – to let it happen as it IS happening. There is no attachment to preconceived ideas.

Though this theory may sound spectacular in the reading, when put into practice, it teaches you how many preconceived ideas you really have. From the time you get up in the morning until you retire at night, you are living by pre-conditioned responses to everything in your life. The practice is in being the observer, the witness, to what you are actually being and doing. Observe each movement, each thought and intention; bear witness to what you are actually experiencing during the day.

As you begin to look beyond the walls of your self-imposed prison, your world-view, you begin to see that those whom you see as the *other* are, in actuality, yourself. When in resistance to anything, no matter how small, say to yourself, “**This is me.**” In other words, you are acknowledging that what you see in front of you is what you are, also. If this were not so, you would not be experiencing it in this way. It would have no significance.

So, I offer this: When you awaken in the morning, open your eyes and wipe clean the slate of your mind. Be in the present moment only. Allow yourself to really become awake to where you are and what you are. Do not attempt to program the day. It will take care of itself. As you get up, dress, eat breakfast and attend to your usual early morning events, be present within the moment of its occurrence. Know that you do not know what the day will bring. Allow yourself to feel what it would be like to stretch yourself during that day as far as you could possibly stretch. You do not know how far that stretch will take you. Simply allow.

As you go about your day, there is an awareness that is available to you. You will begin to see with more compassion. You will start feeling that all is available to you because you have not circumscribed your circle to include only the few. Diversity becomes

harmony in your vision. The Whole begins to become that which it is – the Oneness – rather than an abstract concept. You start to realize you have no need to control.

Then, you begin to realize that you don't have to feel perfect before you take action in any regard. All you need do is listen to the calling of your heart, the voice of your soul, and move accordingly. It could mean that you give \$5 to a person on the street; it might also mean that you alter the schedule of your entire day to stay with someone who is ill. It could mean that you sit in silent meditation for hours or that you spend the day playing with the neighbor's children to give her a break. It doesn't need to mean anything at all. All that is available is present in the moment and you do not need to know why it is happening, if it "should" be happening or if something else "should" be happening instead. There is no need to know the **why** or the **outcome**. All you require is that you are being called to do that which you hear within.

**I only see what has significance for me**





## CHAPTER THREE

### MEDITATION UNDERMINES THE EGO'S DYNAMICS

**The** issue of your ego's release is often too simple. After all, how do you tell someone that only reality is true? Reality is a subjective concept if you have not yet perceived the real world. The finding of the answer and the solution to the problem is not found through ordinary means. It is not an ordinary problem, but an extra ordinary problem requiring extra ordinary means of solution. Re-member, **you are extra ordinary**.

In essence, there is only one means to change the filters of perception your ego is using to drive your experience - through questioning your beliefs **consistently**. Though you may seek counseling and introspective deliberation to assist you, you will not find that knowing of Self within that you so desire until you sit down and surrender to that Self; until you allow yourself to find the unconditional love for yourself that allows your ego to welcome union. In that sacred moment, the ego steps down from its throne and is quietly replaced by your spirit's strength and the love that it produces. In this moment lies your freedom.

One of the basic methods for connecting within is meditation. **Why meditation? What is meditation?** Why do some people meditate? What does this practice of finding the silence within do that creates benefit? Is it worth the discipline necessary to achieve results?

There are myriad answers to the above questions. It is much easier than you may have come to believe. One of the most frequent answers is, "because it is like coming home." You meditate to recover something of yourself you once unknowingly had and feel you have lost. Since your brain/mind complex looks for that which is familiar and compares it to other experiences based upon memory, the yearning that you feel must come from

something you already know. If this were not true, there would be no yearning because your yearning is a feeling. You do not experience feelings about that which you do not know. You may not know what it was or where or when you lost it, yet you know you wish to find it once again.

Perhaps the lost piece would give you access to more of your human potential or allow you to feel closer to yourself and your own reality. Perhaps it would increase your capacity to love and your zest and enthusiasm for life; or your ability to see and function in your world more efficiently, to let you know that you are, indeed, an infinite citizen of a timeless universe.

If you undertake the practice of meditation, you will find that each of the above statements has the same meaning. Meditation's true goal is to give you the fullest sense of what it means to be human, your "human-hood".

Meditation was not invented by one person or one school of thought. In many different ages, mankind has come to the conclusion that there is a greater potential for being, for living, for expression. Meditation was developed to help you reach these abilities and each method has much in common. All include consistency and the intention to work towards the goal that has no end. Yet, as you dedicate yourself to this endeavor, you find that you begin to feel more at home in the universe, more at ease with yourself, more able to work effectively, closer to the "other", less anxious and less hostile.

Meditation is a part of a process. It is not a goal with an end. While it may have no finish line in itself, it helps you change your personal goals in life. It is the greatest stress reliever created. It enables you to begin to access that sense of peace you are forever seeking. It connects you with your yearning. The increased competence and awareness of this competence, your deepening ability to act wholeheartedly and whole-mindedly and the wider perception of reality do change your actions and goals. These changes are brought about by your adherence to your meditation practice. Your own actions empower you to create your destiny with your integral power.



So what does meditation feel like? **It is simply clearing the mind of all thoughts and sitting in silence.** That sounds too simple. This practice has been described as, "the unbroken horse that would go anywhere except where you wanted it to go." Your first surprise comes when you realize how undisciplined your mind really is, no matter how intellectual you may believe yourself to be. It simply refuses to do as it is told. You find yourself thinking of all sorts of other things rather than the simple idea of letting go of thought. You are inviting yourself to also practice the art of "letting go"; allowing the thoughts to rise and dissolve much like the ebb and flow of the ocean's tidal currents.

This simple practice can do more for your mental and physical health than any other. It is similar to a good program of physical exercise. The end result is the effect on the person doing it rather than the actual action itself. Blood pressure has been shown to lower, perception of stress causing issues changes, life takes on a different hue and anger is much slower to rise. The significance of life takes on a new and different meaning.

There is no endpoint to the possibilities of growth and development offered by serious disciplined work with your Self. It is the careful paying attention to *all* of yourself that allows you to cultivate your being and, therefore, the being of others. Re-member, all is One. In the endeavor to increase your natural capacities, the peace, joy and balance that come with the territory are welcome companions.

That is how meditation changes your beliefs and in so doing alters your perceptions. So long as you have the temerity to think you understand you and why you filter information the way you do, you will forever withhold from yourself the truth for which you are waiting. During the course of meditation, when properly applied by the releasing and dissolving of concepts preconceived at the ego's direction, your spirit arrives on willing wings to hasten your frail attempts to reach your inner core and with an added boost, pushes you right over the edge – your edge. It is the edge from which you have turned away all these years. It is the place of your greatest fear and, therefore, your greatest grace.

The decision is simple and always present. The question is, "Do you want the answer to your problem?" If the answer is "yes," the decision to surrender to your inner flow is simply waiting in the silence of your meditative state. It occurs in the moment of surrender as you give up your ego identity into the cosmic whole. It is constantly present, always waiting for your arrival.

## Darkness and Light

**The** ego's function and ultimate weapon is to keep you from realizing that whatever is experienced is self-created. If you were to know this fact, you would not need to experience it. The root of the ego's hidden darkness is conflict and the guilt/fear that it produces. The conflict, self-generated and supposedly aimed outwardly, is only the pain you cause yourself when your desire for light conflicts with your habit of darkness or, perhaps more specifically, "believing that you are not light".

The ego's trump card is the persuasion you accept that your will is not your own. So long as the ego can define your dilemma as being outside your resolution, then your ego is safe in its promulgation that barriers must be constructed to keep it secure – to keep it separate. And yet, if the light pervades, the truth erupts free at last. Not only are you not separate, not only do you not need to create, or try to create, separation, in truth **your desire to return to the Source is as great as Source's desire for your return.** This is the essence of Oneness.

Your oneness in the Creative Force (Source) is coupled with that Force's love, joy and creative beauty that prevail in all realms. When the light comes and the ego is quiet, then you are once again aware of the gentle beauty from which you originate and desire oneness with that Source once again.

It is often difficult to explain this radical concept. Often there is mental inertia as a discussion focuses on allowing the mind the memory of its origin. The challenge of the leap from pure mind to pure spirit seems to close the door on the action of self-evaluation

and recognition of Self. Meditation takes you to this place of quiet; recognition of Self brings it home.

Fear, guilt, grief and anxiety or worry is the quest of the ego and accompanies you on your daily rounds forever clouding your purpose. This seemingly light-less journey is not the way; not *your* way. You are created of and in light. Keeping this in mind keeps your eye single which translates to "keeping your attention focused." It is your perspective and perception of darkness that precludes your constant vision of Light. Would it not be just as easy to see the light as to see the darkness?

Sooner or later, preferably sooner, you come to the moment of determination when you can no longer tolerate separation. Desire for oneness overshadows the habit of separation so strongly that your ego's shell begins to crack; emotion begins to well up; you start being drawn toward recognition of "home". You are on your way to re-mem-bering. In truth, you have not ever forgotten. You have been only momentarily distracted.

This can happen when least expected or it can be the result of a life-long struggle in your soul's search, death and renewal. Each person times his or her arrival personally. You are captain of your own ship. It is your journey and only you have the map. You chart the course – through rough waters or buoyantly smooth ones.

The earth's duality has created a concept that you must "believe" in the "God" in order to be "good" - to be a *good person*. The belief has been fostered by the religions of the world. This "truth" was originally placed in your consciousness by the fear you experienced when you first realized that you were a part of something much greater. This fear caused the loss of love and thus the loss of connection.

As you mature and evolve in your beingness, you are afforded the opportunity to actually view the falseness of the proclivity you have to believing what is told to you by others. If the "others" are strong enough i.e. a church, parent, law giver or authority figure, you feel you are in the right to believe what they are foisting upon your yearning heart. If you strain against the belief's teachings, if you allow yourself to respond rather than react, you

are told that you will "burn in hell", "go to prison" or "be thrown out of the house". All of these consequences create a dire need to be on the right side, whatever that may be. You fear the loss of control however feeble it may appear. **(Your ego has made you feel guilty about separating yourself by making you afraid of separation. In so doing, it separates you from yourself.)**

No matter your thoughts about what you are being told, you seldom use the opportunity to create a sacred space within yourself to get in touch with the wholeness of who and what you are; to allow yourself to touch the Origin, the Source of your creation and see how you feel about your part in this grand play. If you attempt to do this in the view or environment which has been created for you by authority figures, they immediately tell you that you are straying; therefore, risking the consequences above-named. So, you stop or you become depressed or you act out or you wish you could find someone who feels the same way you do. It all amounts to the same thing – separation.

The good news is that everyone feels like you do. They are simply afraid to say so. It is more or less relative depending upon the nature of an individual's personality, yet there is always the same feeling coursing through his or her veins and consciousness. *"Who am I, really? Why am I here? Is all I am told, see and hear really true? How do I know that it is true?"* How many people take the time to find the answers to any of these questions? Taking the path of least resistance, most simply follow the herd.

So long as you remain as a sheep, remaining in place in your chosen herd, following a leader though unknown, to that degree do you lose the chance to experience the sacredness of your own Being. You are a precious diamond in the crown of All That Is. You are shining in the Light of pure consciousness. You have the right and the joy to appreciate and become all that you can be. In that way does All That Is become All.



## CHAPTER FOUR

### REALITY VS. EGO

**The** world as you see it is not the same world that was envisioned in the original design.

You see a perishable world, filled with fear. Source experiences an eternal world filled with love and peace. Therefore, your perception, your ability to see, must either be wrong or limited. To change your perception is merely to perceive again, implying that before, or in the interval between, you did not perceive at all. What awaits you if you alter your perception?

If it is true that the original blueprint is love, and if it is true that it is eternal, then love is eternal and the loving thought that manifested man is also eternal. Source still experiences love and peace the way it was originally created. This is Its perception and Its perception is the only true perception. Therefore, the word "perception" does not serve to describe Its view and the original intention of Its creation is the only truth.

You, as a co-creator in this dimension, share that eternal love and peace. Though you think and believe you are separate from it, you are not. You do have access to the real world. You can change your perception and gain that access. All that is necessary is a willingness to perceive nothing else. For if you perceive both darkness and light, both good and evil, you are accepting both the false and the true and making no distinction between them. Or, you will sit on the fence making no choice at all.

The ego may see some good, but never only the good. That is why its perceptions are variable. You would not allow it to reject good entirely. The ego counters that by adding something that is not real to the real, confusing illusion and reality. Perceptions cannot be partly true. If truth is clouded by illusion, it is not truth. The ego believes that by creating unlike the original intention, it can create self-autonomy for itself. If you will

allow yourself to perceive only the real world, the world as Source "sees" it, you will then be capable of understanding it.

To meet the conditions of reality and subjugate the ego's relentless demands, you must deny that the opposite of goodness exists. In doing so, you create a perception that there are no opposites and go directly to the original blueprint and intention of manifested Oneness. Without this awareness, you have not met the conditions of reality and will not know that it was there all the time – waiting for you to realize it.

You have created many beliefs which you have placed between yourself and your idea of First Source and created the world as you see it, as individual as that may be. Trust is present but obscure. You do not recognize the difference between the Truth that exists without concept and the extension of yourself that you see as the truth. You are able to perceive the real world when you know yourself. You are free when you perceive nothing but the truth.

## **Fear of Being Whole and Free**

**One** would wonder, if all of this is so, how does your ego maintain its stranglehold?

What mighty weapon does it wield causing you to struggle to perceive the light (your true nature) only to find it buried in dark uncertainty?

The split lies in the judgment of one mind by another as unworthy of love, guilty and deserving of blame. The mind that judges perceives itself as separate from the one being judged. If one is guilty, surely the other is innocent. And so, your mind denies its guilt, foists it off on another and, therefore, remains free of blame within itself. This supposedly delusional world is the product of guilt-ridden mass mind consciousness. Without guilt, the ego has no life because it is depending upon the perception of separation. Without guilt, there is no reason to be separate.

But how can you see yourself as guiltless? How can you look upon yourself, judge what you do honestly and declare yourself guiltless? You are guiltless because this ubiquitous

self reproach lives only in a dimension of time and you belong to eternity. You walk along the expanse of time, believing that it ends and during this stroll, you wait for death. Yet, it will not be death awaiting you, yet endless life – without guilt and filled with Eternal Love.

Much of the ego's strange behavior is attributable to its definition of guilt. To the ego, the guiltless are guilty. Those who do not engage in conflict to attack are the enemy, because by not valuing the ego's interpretation of life, the enemy does not recognize the ego, does not give it the recognition it feels it so richly deserves and without which it feels its existence is threatened. This is the deepest and darkest secret within the ego's stronghold for its existence depends on maintaining this secrecy. The ego hates those who do not give it recognition and consider them the enemy.

Why is it crucial that you look upon your situation, realize its extent and take measures to remedy the circumstances in which you find yourself? Why is it necessary for you to raise yourself in conscious awareness? Because you must learn personally, experientially that your greatest fear is not the death of the ego, but the responsibility that comes with awakening. You will awaken to your own call and, once awake, will only recognize your newly awakened state by sharing it with others. This sharing, in an enlightened mind, puts you in touch with Source and it is this re-membering that frightens you.

The memory of Source Consciousness instantly restores you to your proper place and perspective. It is this that your ego guards against. It is this "place" that your ego hides from you. The fear of attack is "friendly fire" compared to the ego's fear of unconditional love (and the ego sees it as just as deadly.) If you let go of the ego's hold over your consciousness, if you consciously take a step to dispel the guilt and unrest you feel, there is only one place to go – straight to Creative Source. Though you are caught in this double standard and appear to have no safe way out, you have a trump card. Deeper than the ego's foundation, and stronger than it will ever be is your intense love for the Source of your beingness and its love for you. You are one and the same.

Your ego uses this burning love which it can feel and which fills it with dread to create your often overwhelming fear and anxiety. It promotes a feeling of helplessness, a feeling of unworthiness strewn with the garbage of a past littered with guilt-ridden thoughts and actions so strong and so profound that your immediate response to the situation is to cower and forever seek a hiding place away from union with the Source of Love. And to tighten the bonds just a little more, your ego then fosters the perception that the Source is so big, so fearsome that you would be relegated to a mere speck of sand, diminished beyond recognition and starts the attack, the perceived anger, at the delusional destruction of the personality. It actually attacks itself.

So your next question is – would I throw away this world I have created? And with the resounding "no" that follows this question, in answer comes the reassurance that neither would Source destroy the world. And so you have brought yourself even closer to Source by identifying with the Creative Force as being like yourself. You are now closer to the real love that is buried at the ego's foundation even though the mere thought fills you with waves of fear. You did not create love personally, but your ego did create the illusion of the delusion that it lives. In truth, you are more afraid of your Source than of your ego so you forcefully hold back Source's love rather than let down the stone gates created to preserve your fear and unworthiness.

How to put the problem to rest? You must openly look upon your illusions and not hide them. Your illusions have no foundation. They are indeed "built on sand". They appear self-sustained, but that perception relies on concealment. Bring the illusions of your ego to the light and watch the foundations crumble.

Beneath all the grandiosity the ego holds so dear is the real call to be loved. It is an unquestionable plea in answer to the Source's awareness of you. In your hidden, inner self is the will and desire to re-member home. You will find the truth as you see it in the "other" who wishes to recognize itself as well. This urge changes your perception and then truth can indeed be seen. Nothing can keep you from your ultimate destiny. Only the true love that is your actual condition will satisfy your endless yearning.



No one is exempt. If one person is excluded in the far-reaching scope of Divine Love buried within your heart, then the ego has won again and the feeling and experience is not one of pure, unconditional love but rather the darkness fostered by the ego to create judgment. The experience and resonance with love must be as complete as the fear of its presence or it is not real. So the ego will call for this. It will call for special favor. It will judge some worthy and some unworthy. And fearing this love, it will create a barrier between you and your awareness of Source replacing It with an unloving force filled with anger, for it will feel its own fear. This fear is the shattered peace brought about by your ego's attack on its equality with its Source.

War demands everything and gives nothing. Love and peace give all and ask for nothing. But if you demand to live in fear and consternation, constantly separated from the spark that gives you life, then that peace has no place to go but to withdraw to the Source from which it came. Thus you actively sever your connection with Source (or so you wish to believe) at the same time you yearn for it more than you long for your next breath. The light will not live in the darkness. And it is the darkness that is necessary if the true light is going to be buried sufficiently to create the illusion of comfort required for you to continue while living in the deceptive world created by your ego's illusion. This is not the original intention of creation. Man demanded it, believed it and, being a creator, it is so.

You are lonely because you have created a view of life that installs you as a creature alone. You were not brought into manifestation alone. Separation, by its nature, defies Oneness. Here lays a dichotomy because separation must be a part of Oneness or Oneness is not. You contain the power of creation and even though this power is often used to create pain and suffering, it is still yours to do with as you see fit. In some ways, it proves your unworthiness to you. Yet, within the depths of this illusion is the seed of re-membering, the reference point against which to view illusions and so see them for what they are in themselves. Your inborn love will lead you to this re-membering. You are "made for" awareness of your own divinity.

## Recognizing Your Self

**If** you desire to know yourself, you must be willing to go to that place where you live.

This is your emanation within, from and through Source. Your physical, mental and emotional perceptions are built upon experience. Experience leads to belief. Perceptions stabilize when you know what you believe; what is true for you. To stabilize knowing, you must experience your belief. You must experience your Self. Experiencing your Self is the first step toward transcending the ego and that transcendence allows your belief to become your personal truth.

There has been much confusion about what perception means because the word is used to describe awareness **and** the interpretation of awareness. What you perceive is your interpretation. Therefore, you can choose to perceive, and interpret life through, awareness of your *Self* rather than only your awareness of your *self*.

The concept is clear. If it is not clear, it is because the interpretation of your perception is not allowing or accepting it. Yet different experiences lead to different beliefs, and experience does teach. As you expand, you will be less and less capable of denying yourself that which you so seek, indeed yearn for – the recognition of your Self as Source.

In reality, this acknowledgement involves no strain at all. The original intention of manifestation's blueprint includes your natural expansion of conscious awareness. It is your distortions that cause confusion, worry, stress, grief, pain and fear. Doing away with imitating beliefs and choosing instead your worthiness as the emanation of Source leads to your ultimate peace.

You live within this great Creative Force. That is to infer everyone lives within the same Force. There is no separation. All is one yet your ego would have you believe differently. All was one at the beginning and all remains one now. Since there is no time, the beginning and the now are also One. This truth encompasses everyone and

everything. Leaving out one person, one piece of creation makes the truth null and void. All is One means **all**. The transcendence of even one person adds to the transcendence of all within the Whole.

Do not underestimate your power. You can use this power to enslave yourself in your ego structure or free yourself to recognize your connection within the Divine. In making this decision, you must be willing to acknowledge that you have chosen fear or freedom. The ego wills to control or destroy. Your true essence knows only love without judgment and, therefore, no need to condemn.

This choice requires an allegiance, a joyful allegiance. The compelling factor is that the freedom the choice represents is what you want to be. This freedom allows you to leave fear behind. And if this greatest of desires is to be allowed, can you not then also allow it to everyone? If all mankind is One and you choose to see the truth, recognize all as One and re-member your connection, do you not then grant that same freedom to **ALL**? (This includes your concept of the devil, evil, the "bad guys" and all of those you love to hate. Oneness includes separation. There is no person, animal, spirit, thought or any object that is not included in Oneness.) There is no answer but "yes". There can be no answer but "yes" for if you set aside your attachment to your ego, you will wish for nothing more than to bring this newfound peace to everyone. The love surrounding you is passed to all through you. This love lives in you, stronger, more powerful and more totally encompassing than the ego will ever be. Everyone is of equal value.

The only condemnation you are subject to is your own. While your ego subjects you to fear, guilt and the dread of consequences, it requires that you pass it along to the whole. This tormented way of living is based on the illusionary perception of the ego and leads you into deception. This is not reality. While you perceive your life through these eyes, you live as if in a dream, a nightmare of your own making. From this state you can awaken, yet **awakening to reality requires that you take all with you.**

This call to awaken is within each person. It is your yearning, your greatest desire. It can be no other way yet you must see your creative power. You must recognize your ability

to re-member your connection, your spark in the Divine or you will not perceive truth. To accomplish this, it is imperative that you set no limits on yourself or you set limits on the whole of manifested creation.

If you agree to bring only this awareness to the earth's mind, your part in the total awakening is that of Source. It must be equal because it is the same. Limiting creation limits its Original Source. All is equal – and unlimited. All power is in every part of creation. Your consciousness as fueled by the Cosmic Consciousness is as limitless and powerful as that Consciousness. You are completely and totally connected within the Divine Hologram (the "Whole"). You need only ask yourself if you are willing and ready to re-member. And to this request the ego has no response.

**Awakening is inclusion of all  
in the Divine Hologram –  
and it truly means ALL with no exceptions**



**You are extra ordinary**

## CHAPTER FIVE

### ENDING FEAR AND GUILT

**You** are accustomed to seeing and experiencing fear, pain, guilt, worry, anxiety and doubt although self-created. This includes the displacement used to conceal feelings of guilt. Displacement is maintained by the illusion of the source of guilt being true diverting attention through fear. You are willing to look upon all sorts of illusionary sources to keep yourself from finding the true cause. With your guilt placed (displaced) upon another person or set of circumstances, you replace blame with fear of the person or circumstances and relieve yourself of any responsibility for the co-creation. At least, that is what your ego would have you believe.

The usual chain of events camouflaging the source of fear is the creating of a relationship to which it can belong. No real relationship can be founded on guilt. All relationships that include guilt are used to avoid it. Real relationships are Divine and cannot be used for guilt at all. If you attempt to use your relationships for this purpose, the ego takes control and the relationship cannot lead its normal course to recognition of Self. Any relationship the ego constructs for itself is not real and will lead nowhere. The ego's relating to others is always about itself – how it sees itself within the relating-ship, how it performs, how it is accepted and how important it is within the scope of that particular relationship.

Any union that you create which lays guilt upon another, or perceives it in that person, creates guilt projected out on the "other". The guilt is perceived because you have created it yourself. It is the ego's tool for separation. It is inevitable that those who suffer guilt will attempt to displace it because it is real to them. Displacement always appears preferable to the real solution which is to go within and let it go; absolve it. Love is not

apparent because it is not perceived. Ego wants it that way. The main concern is to perceive the guilt outside, beyond control.

So how are you to dissolve the past habits and replace them with new ones? When you maintain that you are guilty yet contend the source of your guilt lies in the past, you are not looking inward. The past is not in you. All is held within your beingness in the present moment. Only this moment exists. What then can be done to change this perception?

First, you must determine to be different than you are presently experiencing yourself. You must resolve to use no relationship to hold yourself in the past; live each day in present time. It takes only one instant, one moment's decision to free yourself from your past and give over to peace. The path to freedom lies within and as you facilitate yourself to find that place and space within yourself to connect with your own Self, you will free yourself and everyone else from any and all guilt. The desire to believe in guilt and live in separation disappears. The illusion of guilt has no place to rest.

The time is now for you to accept the responsibility to re-member what you truly are in all dimensions. You may believe that you are lost in guilt, alone in a dark world where fear is pressing in from every side. When you stop, look within and connect with your Self you re-member love. The ego's demands will appear incredibly crazy. You need to be released to look upon the lovely truth within. Look through the cloud of guilt that dims your vision to look past the ego to see the light that is you.

The very fabric of society strains at the bonds of guilt that bind it. You may absolve from fear and guilt just as you wish to be released. There is no fear in love, for love is guiltless. In truth, you have no fear, for any reason, to look within and see your divinity. You are not your ego. To convey this truth to others will change the very earth itself, yet it requires that you be able to experience this connection and love yourself first. Then you will be able to give this same love because there is no other love than the One Love.

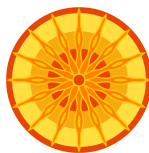
## Mass Conscious Awakening

**The** ego's best advice for dealing with the harsh intrusion of guilt and fear on your peace is sleep and forgetfulness. Evidence of these extremes are everywhere as mass consciousness creates and promotes one syndrome after another to keep you in a numbed state of pain and suffering. Given the state of society's physical and mental health, you would believe that you were under the subjective rule of a harsh and vengeful master rather than being the creator of your own destiny. Yet you don't see yourself in conflict unless you believe the battle is real. The changes within society will come from the affirmation that the war within is meaningless.

Your misery comes from the belief that you are powerless. You envy that which you perceive as True Power and by this envy make yourself afraid of it. This fear makes you silent and troubled, turning your helplessness against yourself. It makes you vengeful, spiteful, and bitter. You are very likely to attack the "other" or turn upon yourself rather re-member you are part of the One.

The question remains: Do you wish to live in a world where you are powerless? Do you not wish to feel power instead of helplessness? Are you willing to see the truth?

Given the chance to connect with Self, you will be able to answer these questions to the fullest. You need only go inside, see if you feel fear and, if so, ask yourself why. When the answers have come full circle and you are able to love without fear, the ego will sit, not in defeat, but in submergence, being incorporated into your awareness of being. You can change the world through your own loving peace.







## CHAPTER SIX

### SHIFTING PERCEPTIONS

**What** do you make of the perceived dilemma that you have co-created for yourself? It is not a matter for philosophical speculation. It is a matter of correction of perception or misperception through release, absolution and allowance. Until you are able to open your heart to another without judgment, expectation or opinion, you will continue to struggle against a barrier to love that has been self-created. It is more a matter of overlooking perceived error than it is a matter of finding its source in order to let it go.

If you seek the controversy of judgment and control, you will find the contention you seek and will remain steadfast until that moment when the doorway within is opened and the floodgate of Light shines into your heart. Then what you believe you perceive in another will be a moot point. All will be infinitely clear. The dispute itself only delays the moment of truth. Then uncertainty ends and cosmic experience of love becomes possible. You need seek only the experience of non-judgment to go beyond its belief system. You need only see that there is no gain in holding on to guilt and fear, yet first you must recognize why.

What is the single prerequisite for your shift of perception? It is only the recognition that your ego's fear and guilt is a construct of your mind and has nothing to do with reality. What does this cost you? It will cost you your world. It will cost you everything so be ready to give it up. The recognition places responsibility back where it belongs; not displaced on the world, yet on you as you look on the world. You see what you choose to see. That is all. The world causes nothing. You are co-creator with Source. The final outcome of letting go of fear, pain, anxiety and guilt and recognizing your Self is the re-membrance.

What can you do to further your search and recognition of your own Divinity? You may continue to look for ways in which to present choices to yourself. You can remind yourself. You can perfect your manner of questioning what you hold so dear. Your Divinity is the alternative to your ego. At the same time, it encompasses your ego personality and lets it know that it, too, is loved – completely – just as it is, without reservation.

Choose creative ways to present your love to those who are unable to see it. You have merely to give to others what you have accepted and what is already theirs. Each individual walking the earth today has an opportunity and a calling to become consciously awake and aware. Once awakened to the Source connection, you are guided slowly and accurately to that space in which you make decisions about life and its events from a place of peace, calm and inner joy.

There are many different paths available and yet there is no counsel to be gained from reading books or the teachings of others. Though often accurate, reflections of others' perceptions, books and teachings cannot take the place of life experience and heartfelt compassion. Each path leads you to self-rediscovery. *You have not ever lost yourself.* You have only taken a tributary off the river of your original dream and need but a correction in current to rediscover the original intention and channel in which the water flows. You have the ability and the “knowing” to allow yourself to float down this river of awareness to that place within in which dwell all of the answers, all of the solutions and all of the promises dreamed real.

The current human condition supports, allows and encourages following the mass beliefs as dictated by television, popular opinion and the newspaper headlines. There is not much present encouragement for following “your own path”, creating individual thought and living life according to the dictates of your own consciousness. This pattern contributes to your state of numbness in the face of increasing complexities and stress.

Taking the time to observe, to listen, to *breathe* and spending time alone, in nature, talking with friends of like mind and experimenting with any type of creative activity that attracts will enable you to become more conscious, more aware and awake in this marvelous time you are experiencing. No time has held as many options and considerations for you as this present age. Do not let it find you sleeping. Bring conscious awareness into your life through conscious decision.

**When do you want to be noticed?**

**When do you want to be right?**

**How often do you feel hurt?**

**How often do you want to be admired?**



**There is no "other"; there is only One**

**Only through Absolution will you reach the Absolute**

**Breath ~ Listen ~ Feel**



# CHAPTER SEVEN

## EFFECTS OF TRANSFORMATION ON THE BODIES (PHYSICAL, EMOTIONAL, MENTAL AND SPIRITUAL)

### Multi-Dimensional Illusion of Separateness

**All** unease is caused by the illusion of separateness - separateness from your core essence, each other and ultimately from yourself. In keeping with this illusion, you begin to fill yourself with self-hatred and fear which eventually causes unease, stress and disease of the body and the mind. You have forgotten your connection to Source and, therefore, have forgotten you are master of your life.

You must step out of the normal bounds of your ordinary idea of knowledge, align with the energy of love and look and feel with new sight if you are to actually connect with your physical body (your vehicle of manifestation) and the accompanying mental/emotional selves. This is cutting edge non-technology. If you re-member the core essence of your being and become quiet enough within, you will hear the soft, quiet voice of your soul speaking through your heart calling you in the direction that responds to your inner yearning.

Any discomfort anywhere in your body/life is a direct message of misalignment with your true Self. Then, the energy in your body does not flow; feels lifeless and tired, lusterless. Too often the prescription for such a malady is one or another chemical meant to mask the symptoms so you are not totally aware of the risk to your life that is occurring. You attempt to change your diet, take copious amounts of supplements and vitamins, abuse alcohol and tobacco, all smothering the pain and discomfort you are feeling. Rather than working on the cause through profound and vibrant use of energy, you usually give your body one more substance with which to deal so as to pretend that all is well. This condition cannot last for long. Your body becomes accustomed to the

substance(s), demands more or a different one and, eventually, the ingested solution's efficacy is depleted and the cause has not been addressed.

*(This is not to suggest that the medical profession is not doing the very best it possibly can to assist you in your needs. It is diagnosing, prescribing and administering using science's most advanced, learned techniques. Following the guidance of your professional health provider will assist any decision you may be making regarding your life. The suggestions here are complementary modalities that work hand-in-hand with allopathic science.)*

If you find yourself making decisions regarding your personal habits of ingestion, you might want to ask yourself the following questions to see where they take you in the discovery of your perceived expectations:

**Why do I eat what I eat?**

**Why do I drink what I drink?**

**What result do I expect from eating or drinking this product?**

**What supplements do I believe are improving my health and well being?**

**Why do I believe this is so?**

**What if all of the perceptions revealed through your answers were not true?**

Balance is attained by listening to its needs, addressing them as they arise and promoting health and well-being through direct connection with your body's compelling voice.

When you override your needs, as is so often the case in the hectic world, your body begins to suffer until finally the dis-ease appears and it becomes only one more issue with which you feel you must contend. And, as mentioned previously, your ego's solution to the matter will be to push you further, harder and with additional expectations of all that you are supposed to be for those in your life. It takes little consideration of the voice of Self that is guiding you to stop, breathe, rest, relax and let go. Since your ego personality does not want to release control, it will compel you to continue on as though no thing is happening within you.

Throughout history, the idea of a universal energy pervading all nature has been a widely held belief by many members of science. Known as vital energy, it was first recorded in western history by the Pythagoreans around 500 B.C. These scientists held that this

energy, or light, could produce a variety of effects in the physical body, including reversing illness.

From that period of recorded history until present time, many physicians, mathematicians, scholars and scientists have studied and developed technology to detect this energy field and record its process in the human body. These observations have revealed a vital energy body or field forming a matrix that interpenetrates the physical body like a sparkling web of light beams. This energy has come to be known by many names in different cultures. It always holds in common a definition of "the non-physical energy or life force that animates all living things."

When your life force is high, you feel strong, confident, filled with joy; ready to take on life's many challenges. When it is low, you feel weak, listless and are more likely to experience ailments. This applies not only to physical illness but also to dysfunctions of your mind and emotions, as well.

Psychological health is largely affected by the unimpeded flow of energy in your energy field. You cultivate and maintain a healthy mental body by being able to clear and release the negative effects of traumatic experiences as they unfold. This energy can become stuck in your bio-field in the same way water flowing through a pipe can be impeded by an obstruction. When you are unable to release the effects of the emotional experience, the flow of energy in your body and your energy field become congested depleting it in ways that create an energetic imbalance.

Scientists are beginning to admit to finding evidence of the Universal, immediate connectedness within the framework of science and spirituality. Both of these branches of study, upon deeper probing, find phenomena that cannot be explained by most current theories. When physicists learn the true connection of instantaneous universality, mankind will learn to be consciously aware of all connections within this world and others. The energy connecting man together is the same energy with which you are manifest, with which you breathe life into each day and with which you can find

wholeness for yourself and others. This energy aligns not only the physical body, also the mental and emotional bodies, as well. It is found within your consciousness at the deepest core.

Many fields of study have begun to embrace the philosophy that if you change your mind regarding your vision of reality, become aware of the love within you and treat others with compassion, your physical body will benefit from the energy that flows through it. Conversely, if you allow the flow of energy within your physical body through conscious use of your energy field, you will begin to change your view of reality, love will begin expanding within your heart and compassion will be felt with grace and ease.

Is it not possible to so alter the natural metabolism of chemical energies and to so balance your system on the physical plane that the result will facilitate the flow of feelings which correspond with Divine reality and love? Is it not possible to then allow your natural processes to expand that love through your will?

### **Step out of the boundaries of ordinary knowledge**





# CHAPTER EIGHT

## YOUR PHYSIOLOGY

### A RESOLUTION TO SEPARATION

**You** are constantly in a state of transferring energy throughout your physical system, mind, emotional nature and environment. In reality, you are the center point of constant energy interchange among interactions with other people, thought patterns within yourself, the output of physical energy which is often called "work" or "play" and the decision making capabilities of the conscious and the subconscious playing out through your spiritual and emotional bodies. Your body radiates heat caused by the input/output of energy through the constant movement of molecules within your body. Unless controlled, this energy movement is random in your body and heavily influenced by your subconscious and conscious day-to-day decisions which can adversely affect your physical body. This appears as stress, tension, illness, fatigue and a myriad of other conditions of which you are all too aware.

If you find yourself in a state of dis-ease, a state of not being in ease within life, or even simply general stress and anxiety, you may be hard put to find a method of controlling or regulating the flow and flux of the energetic states of your body. Your mind is preoccupied with the activity or situation that is causing the condition, and, therefore, not at hand to alleviate its cause. Though there is a great deal of literature being written and experiments being conducted that are proving you can control the condition of your physical body by the use of your mind, it is apparent your mind also can be reconfigured and defined by the proper use of energy within your physiology.

There is a dearth of literature corroborating this theory; that which does exist is enough to confirm the need for more experimental work bringing attention to how simple it can be to live healthily, happily and dis-ease free. Since it is the energy in your body that

actually causes the illness or discomfort to appear, the rearrangement of that energy will not only result in the disappearance of the symptoms, potentially also of the dis-ease itself. Your intention, and your attention upon that intention, allows for rearrangement of energetic flow in your physical body, impacting your mental, emotional and spiritual bodies causing change in your total being.

Stress, worry, disappointment, anxiety and all of their cousins cause imbalance of the energy within your body. The equilibrium of energy and the acceptance of its movement through your body begin the improvements you seek. Your mind begins to perceive a change in your body and begins the release of its hold on the illusion of separation. It is when you begin to comprehend that your bodies are becoming balanced that an awareness of the changes occurring begins. This may come through the work of a competent energy worker, through your use of meditative techniques or a host of other modalities resonating with your frequency of wholeness.

You have a unique application of perception that defines your reality. Everything within that perceptual zone is real to you. Everything that is not perceived does not exist for you. Each time you are given the opportunity to experience something outside of your perception of reality and that experience becomes real, your perceptual experience expands causing more to become real. In the case of realignment and rebalancing within your physiology, the new perception is the feeling within your bodies which profoundly affects your mental and emotional states. You are truly in control of what you are experiencing on a physical level. You are literally creating a new reality for yourself in which the discomfort has no home.

Since you are self-defined by what you believe is real, as that reality broadens and expands, so do you. Change within the physical, through the movement and application of energy, does not simply shift your physical body. It causes the enhancement and growth of your mental, emotional and spiritual bodies forever altering and expanding your ability to perceive the world in which you live. The clarity creates an ability to be clear of distress in the future. It is a life changing event.

The physical body vibrates at a certain frequency that you refer to as solid. Your perception tells you your body exists and that from time to time it feels separate from ease and is filled with what you call dis-ease. You are at ease when you perceive yourself at peace with the idea of Oneness. Re-member, Oneness includes separation. There is no thing outside of Oneness. It includes everything. It is your belief and action outside of this framework that causes your body to lose its ease and become energetically distorted.

You are Source. Your ego personality as your individuated self is Source. It makes little difference how you visualize, conceptualize or interpret the word. Whatever you believe original Source to be, from whatever you originally came or emanated, you must be all of It. It can be no other way. What is manifest must be created from the material at hand. If there was no thing with which to create, all that is in materialization would have had to come from the essence of the one stimulating creation. It is a direct "reflection" of the creator. It was, is and always will be – as are you.

Your ability to believe as you do and act on that belief is based on your ability to sense what you have created. If you are manifesting worry, angst, stress and dis-ease within your body, you believe and act on that belief. If you find a way to change the state you are experiencing, your ability to act on that belief will likewise change. Once you are comfortable with being peaceful, at ease, calm and healthy and perceive yourself as a person who deserves such a state of being, it will remain. Once again, it is all in how you use your perception.

Illness in all of its forms is the result of imbalance in the physical body which will, of course, incorporate the other bodies as well. Asymmetry within your body is the result of forgetting what you are and allowing that forgetting to become a vast portion of your life. Forgetting what you are creates unhealthy life practices. Tracing the steps back to the imbalance is the method that leads to re-membering which leads to health, well-being, peace and calm. You are then living from a state of Oneness including the incorporation

of your individuated ego personality in the mix (even if it comes along kicking and screaming to begin with.)

As a child only a small portion of your life was validated by those around you. Your internal struggle for affirming confirmation and your body's urge for self preservation created a need for a self-fulfilling world blocked off from the experiences of hurt, neglect and/or condemnation. You walled yourself off from others or, actually, forgot your origin. As you continue to mature, the cellular memory you bring with you contains your past history. Often, it is not only the story of this lifetime. It includes parallel lives that are in existence in other dimensions, realms of reality in which another representation of you now lives and to which you are always connected. These other "selves" may assist you with their wisdom or contribute to a sense of disturbance in this life.

These cellular experiences disrupt the flow of healthy energy within your energy field and become the cause of distress no matter how it might express itself. The imbalance may be considered forms of energy that are cutting you off from your real self and, encouraged by the idea of separation, held within the mind of your ego personality. In some way, it makes you separate; believing you are special. You are experiencing the barrier between the walled-in self and your greater Source-connected Self. As time passes, it becomes your perception of reality; one you truly believe is real. It is the reality of separation in your perception that attracts and connects with the energy causing the disruption within the physical, mental and emotional bodies.

Many mystics have identified the breath as the evidence of spirit in the body. The breath is perceived as nonmaterial, straddling the border between material and nonmaterial reality as the source of life and vitality. Spirit and body are connected at the first breath upon birth. Until you exit the birth canal, you are not breathing. You are reliant upon the breath of your mother to sustain your life.

Working with your breath creates the connection between your body and mind. Many meditation techniques are corner-stoned in the awareness of the breath, the counting of breaths and the constant return to it when the wandering mind begins to take over the

meditative floor. How you breathe reflects the state of your nervous system and also directly influences that nervous system which in turn affects your state of health and well-being. Changing the rhythm and depth of breathing regulates the heart rate, blood pressure, circulation and digestion. It can create what is called *coherence* in your body when the troughs and the crests of your frequency wavelength are equal.

During conscious breath control, your body is manipulating prana (chi or cosmic energy), the universal energy of which breath is the physical form. The practice of pranic control balances your body's energies and attunes them with the Cosmic. Thus, it is perceived once again that the control of energy in your body will influence your mind and emotions creating a healthy environment for life to continuously thrive.

### **An Exercise in Re-mem-bering**

**In** this moment, as you read these words, take a moment to close your eyes and connect with your breath. Breathe - in; breathe - out; in, out; in, out. See the "in breath" bringing light into the fluidity of your cells; allow the "out breath" to connect you with your environment. Picture a waterfall of light entering the top of your head with your in breath. Let it flow through your body, exciting and filling each of the cells of your body and, with your out breath, flowing out the bottom of your feet. In, out; in, out; in out.

As you assist the energy to flow through your body, you are aligning with the fluid in your cells, with the message carried within your DNA and balancing your awareness of what you are in all dimensions. The memory of every experience is carried in your cells. As you consciously create a space within to allow these memories, the balance shifts into homeostasis and you are in harmony with the conscious oneness of who and what you are as Source Consciousness.

Your cells retain the memory of every thought, every emotion and experience. You may or may not be comfortable in your bodies. A test of how at ease you are in your body is to pay attention to your out breath. How good does your body feel to you in that

moment? Test it; see how it feels. The in breath holds; the out breath lets go. Can you let go? If not, why?

If your body is not feeling as comfortable as you know, or wish, it could feel, you can reprogram your cellular vibration. Use your intention to hold all levels of consciousness and thereby bring your cells into balance. Allow it all; let go. Release control; surrender. It is when you are attempting to make something be a certain way, creating judgment, pushing to achieve a certain goal that you experience that depth of uncertainty in the cells of your body. The pushiness creates the feeling of edema, fullness; the withdrawing from fear creates a feeling of shrinking, tightness of cells. The balance feels just right - like Goldilocks and the three bears. It fits. Then you know that it is centered; it feels just right and there is joy in every experience.

In creating this harmony in the cellular structure of your bodies, you are able to live with and transmute that which is sometimes called karma which is nothing more than reactions arising from actions. Karma creates certain expectancy in the cellular fluid and if you allow yourself to bypass that expectancy, to simply be in each *new* moment with each *new* breath, your cells realign themselves with Universal frequency and whatever experience you came to manifest in balance is accomplished. You are then no longer in a state of "reaction". You live from an awareness of appropriate response.

So your breath, your consciousness, your balancing in each moment with that breath and that consciousness, allows you to bring the homeostasis into your cells, effects the structure of the memory and brings peace and joy to you as an organism. And then the Whole is aware of that peace and joy. It is incorporated into the Wholeness of the One, no matter what you perceive yourself to be in this particular instance. It is you, one being, affecting the Whole every time. Commit to the experience of relating to yourself from this state of balance and live your life in the joy of that state.

No matter what "truth" you believe, whether derived from your family, your religion, schooling, community, occupation, etc., every belief directs a measure of energy in an act

of creation which has direct consequences. Conversely, every act you perform in the creation of your life, your job and your relationships directly impacts your belief system and becomes part of the "truth" you believe. There is no truth "out there". You are creating your truth in each moment.

When you release the need for safety and security, you awaken to your unmitigated desire to explore creative abilities which inevitably leads to the development of your individual power, authority and authenticity. This desire drives your pursuit to complete consciousness. The journey is indeed the goal as the actions performed shape your consciousness which in turn create more highly evolved actions which again, affect your consciousness. The core of your journey is the awareness of your responsibility and invitation inherent in the power of choice.

You are constantly changing, exteriorly as well as interiorly. Each change either requires realignment of thought patterns or strengthens the ones already apparent. Every time energy is applied in a different manner to any situation, your ability to grow and sustain your evolving body/soul/mind pattern increases. Spiritual development follows the structure of the energy system. You are already enlightened and perfect, exactly as you are, in the midst of this change. All of manifestation is in a constant state of shift. No thing remains static.

Since the creative energy that courses through your body is so volatile, so imbued with the desire to take action, one of the greatest challenges is to use it consciously and wisely. Properly practiced application of the universal energy can, and does, create what some refer to as miracles. In actuality, it is the application of those powers inherent within you. Any resistance held within your consciousness is the direct result of separation from your core Self and can be released, allowing for the flow of energy once again to and from the inner Source. You are a "miracle maker".

During the last century, a great deal of investigation has been conducted about the role the mind plays in your personal sense of well-being. The way you act, your attitudes,

your belief systems and your daily habits create or destroy the normal balance within your bodies. Directly relational to that knowledge is the effect those same acts, attitudes and habits have upon your mind and your emotions. While many talk about the mind/body connection, it is important to realize that there is also a body/mind connection, as well.

When you have a sense of direction in your life and are finding meaning in living, then you feel as though you are on "your path". In truth, there is no "path". It is an infinite journey with no goal and no end. Yet, the idea that you feel comfortable in your bodies, that your physical health is supported by your choices in life and that your emotions serve you well creates a sense of peace and well-being. **How often the ego personality strives to undermine these "ideal" conditions by placing you in a state of worry, angst and/or anxiety about some expectation over which you have no control!**

The energies and actions of day-to-day living all comprise the journey and each breath you draw flows along the energetic lines comprising the matrix of all of your bodies, physical, emotional, mental and spiritual. When your sense of direction is shifted off balance and you find yourself becoming ill, depressed or unhappy, it becomes apparent that there is a direct correlation between your state of mind and the change of direction of your life.

## Thoughts from Others

*The* relationship between your mind and your body has been a controversial subject as far back as the discussions of Plato and Democritus. Descartes contended that matter has spatial existence while mind does not. Over the years, the role of the mind gradually diminished until it finally became nothing more than a part of the brain. But with the arrival of quantum theory, the mind/body issue raised its head once more. Mankind has gone through these cycles of learning for thousands of years. Every time a new "discovery" is made, it is surmised that *the* truth has been found. Actually, it is merely another "leg up" during the journey.



Norman Friedman gives an interesting study of the mind/body enigma and the apparent coordinating levels of mind, body, spirit in his book, *Bridging Science and Spirit*, a truly amazing endeavor of clinical examination combined with spiritual integrity and curiosity. Quoting David Bohm, Seth and the Perennial Philosophy, Friedman rewards the reader with a seven course meal for the mind and spirit. Blending the great philosophers with the channeled writings of Seth and stirring into the simmering pot the quantum physics of David Bohm, the writer arrives at a quantum theory that shows matter and mind moving together in a landscape that is truly awe inspiring. It is the actual blending of all into One, a trip into the core essence of being.

The disembodied Seth is quoted as showing all matter pulsating in and out of the universe so fast that no physical sense can detect it. In quantum physics, this energy is referred to as "virtual particles" emanating from and returning to the Zero Point Energy Field (ZPE). This pulsating matter includes all physical bodies together with all forms of consciousness. The persistence of the pattern causes your perception to see nothing but a solid body even though it is not. In a very literal sense, all particles in all objects and all beings are being recreated every second. The movement of this energy can be influenced at any time and that influence will cause the next motion of the energy to change resulting in a new being, a new object and a new set of moving particles. (Everything is in a constant state of change.)

Quoting Ken Wilber, Friedman continues explaining that as evolution proceeds the different levels of the self are removed, much like peeling an onion. The self loses its present identity and takes up the newly evolved persona continuing on in the evolutionary process to the next step. The energetic particles moving in and out of the universe cause the perception of the self's universe to change, thus changing the operative function of the mental process which in its turn results in another change in the perception of the self. The old perception is not thrown away, but merely incorporated into the new identity. The old personality construct is used as a foundation for the newly awakening view and the self actually transcends and incorporates the old. The ego personality is using the

physical identity it birthed to create its next step in evolution. The energy of the body is working to transform the energy of the mind.

Physicist David Bohm did extensive work during his life on the theory of quantum physics or quantum mechanics. Bohm is known as one of the fathers of this paradigm changing science. Much of his labor was devoted to what is called the "causal interpretation" of quantum mechanics and began the actual quantum revolution. The interpretation depended upon by Bohm focuses on the notion of non-locality (does not exist in any one place which has been extended to mean existing in all places at once). In short, this definition can be expressed by saying that a particle of energy is both a particle and a wave at the same time. Perhaps the most appropriate way to describe the elementary particle is to say that the wave and particle are two aspects of one new kind of entity, which is neither wave nor particle. Here Bohm and Seth merge because this new creation fluctuates from a particle-like nature to a wave-like nature and then back again much as Seth describes in his endeavor to show the arrangement of constantly fluctuating matter.

This constant movement promotes the next theory, that of potentiality. Classical potentials are best defined as conditions of space capable of causing physical events. The potential energy is related to the work an object can do because of its position or state. Classical potentials have no existence without a source. The source, through movement, propels itself into the surrounding space and thereby affects other objects.

Taking this brief foray into physics another step, it is obvious that as your body's energy particles realign themselves into a more comfortable framework, the next consequence of the rearrangement is that of your mental process changing to accord with modifications within your physical body. Due to the fact that most physical discord is brought upon by your emotional/mental state, it is natural to observe that the rearrangement of the physical molecules will result in a reorganization of the emotional/mental state which caused the chaos originally. It is you slipping gracefully back and forth, in and out of the ZPE.

You live in an age of scientific postulates of a "nonphysical matrix" or "life field" surrounding all life on earth as well as a thought field. Both the life field and the thought field are influenced by electromagnetic fields in the universe. The conscious use of exercises to learn control of your energy field and its potential uses while releasing your ego's hold on what you can or cannot do results in major physical changes. These, of course, once again, affect your mental capabilities, your spiritual foundations and your emotional strengths. The yin/yang is more than positive/negative. It also represents your ever-fluctuating state of being.

Negative states and traits have definite observable effects on your immune system, your cognitive faculties and your display of emotional responses. Depression has been found to cause a decrease in the number and function of lymphocytes and T cells, all part of a healthy physical immune system. Academic examination stress is often related to a decrease in certain immune chemicals, increased susceptibility to herpes virus and decreased Immunoglobulin A. Expressed need for control and power lowers lymphocytes. These are only a few of the many emotional and mental traits that have been found to be a cause of a lowered immune function.

Among many other natural remedies, meditation works to alleviate physical ailments, anxiety and emotional disarray by reducing stress. Stress slows down the immune system. It causes heart trouble, arteriosclerosis, prevalent colds and flu and many other physical maladies. People who meditate have chronically down-regulated their stress system. There is a cumulative as well as a beneficial effect.

As far in the past as 400 B.C., Hippocrates stated that "health depends on a state of equilibrium among the various factors that govern the operation of the body and the mind; the equilibrium in turn is reached only when man lives in harmony with his external environment." By Hippocrates' time, the Greeks had developed a sophisticated theory of human physiology. They felt that the four humors of the body, blood, yellow bile, black bile and phlegm were manifestations of the four basic elements of the universe: water, air, fire and spirit. Each humor carried different characteristics and the

balance of the humors within the body was thought to determine not only health and disease but also disposition.

Hippocrates rejected the natural cause of dis-ease and endorsed nature's ability to heal illness and restore health without training and without schooling in the essentials. He taught that a life force which he called *pneuma* flowed through each individual. He urged physicians to study not the dis-ease but the whole patient, including the environment, emotions and spiritual life. This penuma or prana as referred to by Indians or chi by the Chinese is the same as the life force which is recognized today in the various complementary healing modalities. Each of these amplifies the life force, realigning your physical as well as emotional and mental bodies. Causing the energy intrinsic to your body to flow healthily and fully through you affords your mental and emotional nature further reflection of your well-being. This allowance returns you to your natural state of awareness of Union with the Divine. It is your return to self-recognition of your Essence.

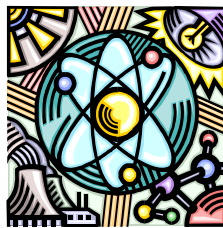
When you are living in a state that feels chaotic and confusion becomes overwhelming, release and dissolution of that chaordic state produces a profound transformation of viewpoint. This transmutation is powered by the encounter with your own wholeness. When you glimpse your own completeness in the stillness of the moment after being released from physical, mental and/or emotional pain and suffering, a new and profound "coming to terms" with yourself begins to take place – namely from a perspective of integrity and unity. You begin to awaken to your authentic self. This change in your view creates an entirely different context within which to see and work with problems no matter how serious they may be. It is a perceptual shift away from fragmentation and isolation toward oneness and connection. With your change of perspective comes a shift from feeling out of control and helpless to a sense of the possible, a sense of acceptance, inner peace and control.

Just as with physical pain, emotional pain consists of energy and it can be used to grow and transform. The key is to be willing to inquire into disturbance, to observe it, to open

up to it consciously in the present and work with it in the same manner as physical pain. The energy source of the symptomatic pain is all the same, hence the disintegration of the symptoms can be similar.

Your natural tendency is to avoid feelings of pain whenever possible and to wall yourself off from it. As with physical pain, emotional pain is also trying to say something to you. All pain, suffering, disturbance or confusion is a messenger. Feelings have to be acknowledged, at least personally. They have to be encountered and felt in all their force. There is no other way through to the other side of them. If they go ignored or repressed, they fester and yield no resolution, no peace. And if exaggerated or dramatized, they also linger on and cause you to feel "stuck". Note that it is impossible to actually become "stuck". You are constantly moving, shifting, changing energy. Any "stuckness" you perceive is only within your perception. You are inviting yourself to observe it and to move through your conceptualization of it.

Profoundly expanding insights may arise if you are willing to look deeply into your pain (physical, mental or emotional) as it is occurring and as it begins to rise to the surface. One major realization you might have is the inevitability of change, the direct perception that nature is impermanent. When pain changes in intensity and the sensations come and go, your thoughts and feelings change as well. So, in many respects, any painful experience incorporates all of the bodies. It is your choice to re-member your original blueprint, your origin point that transforms your experience from one of anguish to one of epiphany.





## CHAPTER NINE

### MULTI-DIMENSIONAL AWARENESS

**The** degradation of your spiritual Self awareness is the result of a blind acceptance of one-dimensionality. Only a rebirth into an interface with a multi-dimensional world will create a vision sustaining you through the tremendous future years. It is not only talking about the shift of the dimensions that you expect to be occurring, it is also expanding into the cognizance of your place within the cosmos.

Based on a two-fold on-off, positive-negative division of whatever form or process it operates in (much like the fluctuating molecular presence aforementioned), your binary code underlies every aspect of your life including all electrical, electromagnetic and neurological functions. These binary operations range from the synaptic leaps of neuron information processing to the factors governing the stability of atomic structures in terms of the interaction of electrons and protons.

You, as homo sapiens sapiens (he who knows that he knows), have the ability, the obligation and privilege of tapping into this code's bank of information to find the esoteric as well as the physical constructs of your life. It is by the sheer force of your will that the energetic movement of particles rearranges itself and the source of the genetic code is allowed to realign itself in conjunction with its original blueprint. You are the co-creator. You are the source and the Source. There is no "out there" to which you can turn.

When you make the decision to "see" your own authenticity, to "become" your integrity, your blueprinted pattern collects the material necessary to shift the energetic impulses impinging on your cellular structure, and reassembles the strategic centerpiece of the helix within your core. Concurrently, your etheric emotional, mental and spiritual bodies

are reconfigured and you attain a new perspective. New awareness increases and expands. Not only are you bio-psychically a manifestation of the complete order of nature, through your ability to be completely open and receptive, nature's order may imprint itself within you so that the result is a self-reflective insight and understanding.

The body is the temple of the spirit. At the same time, the spirit houses the body within its field of expression. As that temple, the body is privileged to be a domain and vehicle of propulsion in the third dimension in its journey toward and through the fourth, fifth and sixth dimensions which are being ushered in within this millennium. Ancient wisdom is all too often ignored today because it has become so familiar. People do not like to repeat old clichés. This does not denigrate the truth of the ideas. The point is simple. There is more to your life than the material world.

The holistic attitude toward health and well-being is based on the premise that you are an integrated whole expressed through three states of body, mind (including emotions) and spirit. These three states are channels for the energy of life, and this energy must be allowed to flow naturally. If you become imbalanced in any of your bodies, it is because you have lost your symmetry on one plane or another and are experiencing the disharmony, the separation. Your body is influenced by being in the conditions that resonate with its frequency and has the wisdom and ability to know when this is so. You determine your own state of health not only by choice of foods, or by the way you care for your body, also by what you allow to enter your mind as thought, in addition to the interactions you have with other forms of life.

Your well-being is the fullest expression of all your faculties (both physical and non-physical) acting together in perfect harmony. It is freedom from disharmony in your mind; it is a condition wherein you express your power most fully. Harmony and unification of mind and body are natural states as you move into multi-dimensional energies.



Your life's energy is not only influenced by other persons face-to-face, but by others' voice tones and thoughts, as well. Your energetic field is influenced by sounds, light, paintings, ads, photography and everything communicating energy. Many cultures whose life-styles have not been corrupted by the pollution and high stress of modern society still believe and live in recognition of the connection between body and spirit.

From childhood on, you are asked what you want to “become” when you “grow up”. You are praised for your ability to manage your time well to achieve the lofty goals that your schools, parents, religions and society literally command you to embrace. When you turn around to look for a better way, you see your peer group incorporating these self-same ambitions into their frame of reference for what life “is all about”. And so, in a desire to be accepted and to “succeed in life”, you teach yourself to multitask, taking on much more than you can competently accomplish in one day and fall exhausted into bed each night. Often, this lifestyle leads you to all of the complications we have been discussing rather than realizing how much you have been taught to be ill at ease with your own biology.

Yet, where are you to go? How are you to know that which is the truth of your own desires when so much of what you believe, speak and do is conditioned by your very environment? No matter your belief system regarding how you got here, your hope is for something foolproof, some truth that has the answers for the questions of how to live with ease, joy and prosperity.

In the center of your body, connected to all of your organs, your mind and your spirit (multitasking naturally), sits the organ of your personal truth – your heart. This is not a romantic notion nor is it a spiritual theory based on “warm fuzzies”. It is scientific, proven and being used in a round of institutions, schools of thought and classes throughout the world. It simply is not something that hits the daily press with any regularity. Your heart is the “voice of your soul” because it knows only that which is for your very best well-being. It speaks softly and gently. It is up to you to allow yourself to be quiet enough to hear its voice.

Your heart's magnetic field is 5,000 times stronger and its electrical field 60 times greater in strength than the field generated by your brain. It has the ability to entrain (bring together) all organs of your body to its vibrational frequency including your DNA and genes. Your brain relies on the wavelengths emitted by your heart to create cortical facilitation that allows your brain to evaluate experiences and promote the appropriate responses. When the rhythms of your heart are jagged or irregular, your brain experiences cortical inhibition and cannot perceive, think and consequently act in a desirable manner. Vibrational entrainment with your heart's frequency is optimal to creating a coherent frequency wavelength.

What does all of this mean to you? It means that concentration on your heart, really paying attention to what your heart is telling you to be, to do, to think and to speak creates entrainment of your entire life experience. Entrainment is defined as the act of drawing along with oneself. When your body (including its DNA, the foundation for life) and your brain (processing the thoughts of your mind) are entrained with your heart (the strongest electromagnetic organ in your body), a state of inner peace is achieved. Your brain is able to think more clearly (cortical facilitation). A coherent frequency wavelength is reached within the whole experience of your day; that is, all is in flow with your desires, the true urgings of your heart and the Universal Law of Attraction (like attracts like) is accommodated in the most perfect way for you.

Your feelings and e-motion (energy in motion) go hand-in-hand. E-motion is neutral (neither good nor bad) and contains only the positive or negative significance you assign to it. Your brain/mind complex may look for that which is familiar and attempt to place all unfamiliar interactions into a more comfortable context through the energy of emotion. Emotion is personal and relative to your experience of it. There is no definition of "no" in the Universe. If your attention is placed upon an interaction, more of the same will be created by you until your focus is shifted. This is the basis of the Law of Attraction and it is within this framework that the universe, as you know it, works.

What are your daily feelings and thoughts? Where is your attention placed? Do you know that you can actually change the focus of your DNA by your daily thought patterns? Do you realize that your belief system literally rules what you experience everyday in every way?

It might surprise you to learn that you feel before you think. Your ego suppresses the original feeling as immediately as it appears. It is that original feeling that creates the thought. The thought creates the subsequent feeling followed by any emotion that sensation evokes. Original feeling occurs first, then thought followed by "appropriate" feeling afterward. Your true feeling always comes first and is, more likely than not, not allowed to express itself for fear of retribution based on past experience and cellular memory.

Experiment with yourself. Slow down enough so you allow yourself to actually feel what you really experience in a given situation. This means you have to focus your attention on what your body is expressing to you in the immediate moment that it expresses. You are not used to doing this. In fact, you are more accustomed to doing exactly the opposite. So this is a new challenge for you to offer yourself. You will be very surprised as you realize how much you are truly hiding from yourself – and others.

All of your questions and answers are available to you through listening to the yearning of your heart, doing a bit of personal research and, most applicably, living your life as you *feel* it is to be lived rather than how you have been trained it *should* be lived. Trust your heart. Assign your thought patterns to it. Find a sense of appreciation for everything you experience. Watch yourself become more aware of your ability to truly create your life – exactly as you want it to be.

## **DNA – Your Connection to the Dimensions**

**Your** mind works and has interplay within a field that is called the Quantum Hologram by quantum physics. According to this science, the basis of subjective experience is rooted in the concept of non-locality as we have been discussing. Evidence for perception

of non-local information dates to prehistory. Within this quantum hologram is encoded the complete history of every event. Let's look at how this translates to your physical body, perception of your world and what is loosely called “reality”.

Your body is a protein making machine. The word protein is derived from the Greek “proteios” meaning primary. Proteins (the primaries) are made of amino acids. The shape of the protein is derived from a positive or negative signal produced by the environment. The cells read the environment selecting the behavior (movement) that is appropriate based upon the information found there. The sequence of the DNA within the cell is the amino acid sequence. The stability of the interaction resides within the DNA rather than the changeable protein.

In the last few years, Grazyna Fosar and Franz Bludorf published the findings of Russian biophysicist and molecular biologist Pjotr Garjajev and his colleagues in a German-language book *Vernetzte Intelligenz (Networked Intelligence)*. These Russian scientists have been carrying out cutting-edge research on the more esoteric nature of DNA.

Fosar and Bludorf’s thesis is that DNA can be influenced and programmed by words and frequencies. They explored the 90% of DNA that is not understood and is commonly called “junk DNA”. Junk DNA, drastically misnamed, could more easily be called “non-coding DNA” or “potential DNA”. The focus of their study resulted in the conclusion that DNA, while responsible for the construction of the physical body, is also a data storage and communication device. In particular, the 90% non-coding DNA follows the rules of syntax, semantics and the basic grammar rules with which you are familiar.

**Quoting from *Vernetzte Intelligenz*, “Living chromosomes function just like solitonic-holographic computers using the endogenous DNA laser radiation.” What does this mean?**

Breaking this concept down to its most elementary concepts and based upon the laser ray experiments conducted by the scientific world, it means that laser radiation is inherent within DNA flowing as a unique holographic wave. Since DNA contains within this wave the basic rules of language that are used in daily life, no DNA decoding is

necessary. Simple words and sentences of any human language suffice in creating the environment that is the wavelike, holographic experience of the DNA thereby encoding it with the information the cell receptors respond to and creating changes within the amino acid chains and hence the proteins. Through your thoughts, words and feelings you create not only your perceptions, also your bodies, your health.

How does this correspond to the yearning that we referred to way back at the beginning? How does this fulfill the expression of the lack or desire for that which you yearn? Is it part of your genealogy?

Since mankind appears to be on the fast track to accelerated conscious awareness, the frequency of the vibration of your DNA wave must also be accelerating (“as above, so below”). As the frequency (that is the oscillation) of the holographic mind (in non-locality) increases, languaging is changing, thus influencing the effect on the DNA itself.

The frequency of your thought patterns, your words and your feelings must be coherent (troughs and crests equal in amplitude) to access the acceleration physically. This explains why some of you are experiencing the shift in your DNA and some have not yet done so. Coherent frequencies allow you to consciously communicate with your DNA and create the space in time for the DNA to embody these frequencies opening the door to expeditious reception of multi-dimensional information. How is this possible?

Fosar and Bludorf write of the findings that your DNA can create patterns of disturbance within your time/space continuum (your holographic vacuum) producing magnetized wormholes. Though you probably are familiar with wormholes through science fiction works such as Star Trek, they are actually tunnel-like connections between different universal areas transmitting information outside of space and time. Imagine an hourglass with one round globe situated in one universe and the other globe situated in another (the second globe’s frequency being compatible with receptivity within your dimension). The two globes of the hourglass are connected by a thin tunnel through which information travels from one dimension to another not reliant upon space or time.

The emotions you experience create the feelings you have and manifest the thoughts created within your mind generating a frequency within your DNA that attracts information from these other dimensions (through the “wormhole”) and passes it to your consciousness. Again, this ability is based upon the proper frequency within your bodies that is most easily created through states of relaxation, peace and ease. Stress, worry and similar states of being create incoherent waves resulting in confusion that prevent a state of hyper-communication as well as affecting your health.

Based upon these scientific findings and the reams of additional information now readily available, it is apparent that the conscious awakening of the holographic awareness now being experienced is being promulgated by the strong yearning (creating the feeling/thought) to become consciously aware of that which is believed lost – your conscious awareness of your Oneness within Source. When your perspective of reality is that of the holographic connection to the multi-dimensions and beyond, you will begin to experience an awareness that is outside of manifestation in any form and expression. Every coincidence will become a co – incident (experiencing together). Intimacy will become "in-to-me-see" and all of the other play on words and language that allow you to see yourself in the "other". **At that moment, the yearning in your DNA will cease and the "YOU-ning" that IS Oneness will be the only experience.**

Practices that allow for the interpretation of day-to-day expression as one of union, joy, appreciation, love and gratitude bring about this coherent waveform within your bodies (spiritual, mental, emotional and physical). This brings a sense of peace and greater health no matter what your genealogy. Focusing upon and deriving pleasure from these practices creates the non-local paradigm within which you are invited to function. When truly living within this new framework of perception, your attention upon your intention of Oneness is your only focus. You can then experience your yearning as fulfillment without lack or loss. You then acknowledge that your yearning has awakened within the knowledge that you are truly home.



## CHAPTER TEN

### IT'S NEVER TOO LATE TO HAVE A HAPPY CHILDHOOD

**Your** repressed fear started very early in childhood, often in the womb, long before birth. Every time you stopped the flow of energy in an uncomfortable situation or issue, from childhood through adulthood, you manifested a static event point in energy and time. This action causes a distortion of your energy field comprising your bodies. Since that field is composed of consciousness which is also energy, this is similar to energy-consciousness frozen in time. The energetic placement of the static event is connected to the part of your psyche that experienced the event and, therefore, that portion of your psyche is also frozen in time within that event construct. It does not mature as your body ages. It remains stopped in growth at the age in which the experience occurred. It continues in this placement until something is done to move the time/energy static condition that will allow it to integrate itself with the rest of your bodies that have developed well beyond it.

You may be familiar with these energetic time issues locked within your consciousness. They fill your days with interactions that cause you to relate to others from different restricted positions keeping you from acting as your authentic self. Often, this is the cause of long-held anger and grief between parents and children, bitter arguments among husbands and wives and irreconcilable differences among grown adults in business, social and political venues. It is the constant switching between mature adult and the lost childhood which makes clear, open communication difficult.

These seemingly arrested energy constructs may group together forming a psychic energetic time conglomerate. The ideas or impressions which have impacted your psyche in childhood create images which in turn cause you to reach a conclusion about how the

world will treat you and how you, in turn, will treat the world. This supposition is based upon the aggregate of like experiences that remain captured in your psyche in such a way that it alters your view of the world and the manner in which you will act in it based almost solely on the impressions left during the traumatic event in the past. It colors all situations which are in any way similar to the original one or ones. The opinion that will color the adult behavior is held within the child and is carried forward into adulthood. This is the cause of many exaggerated emotional reactions in any given situation. The real cause is grounded in your conclusion, based on past events, rather than the immediate moment.

Energy frozen in time gathers around similar energy creating an image that is confusing to you, if you believe the experiences should be separate emotionally in the same manner that they are separate in time. This is not the way the psyche and energy work. Each grouping of frozen energy is composed of the separate energy particles accumulated during a particular past experience. These similar experiences are connected in time no matter how linearly separate they may appear.

The conclusions created by these inner images initiate behavior that tends to re-create situations similar to the original experience because they are familiar. The negative expectations residing in your psyche, based on the conclusions of the past, cause you to direct attention to the expectation of that event creating the event for you. This in turn reinforces the conclusion that this is the way things happen in this world and so the cycle continues. The static energetics in the psyche are very powerful and propel you through your life with such emotional force that they should never be underestimated. Finding the original images holds the key to the transformation process into real health and happiness.

Through energetic work, one by one this seemingly static energy may be released to move dynamically through time to the present position of maturity in which you exist. As the first piece of the collection is removed, the energy discharged into the field automatically loosens another and then another. Once the pieces of your psyche engaged



in holding this process in place are unchained, a rapid maturation process is begun incorporating all aspects of yourself. As the energy integrates throughout your field and your bodies, whole life changes occur. Your consciousness begins using its creative processes to integrate your new personality into the present framework of time and energy in which you live day-to-day.

The origin of any imbalance is often "blamed" on the experiences of childhood, even in the womb, and sometimes on occurrences in "past lives", which are carried into this time frame. In reality, its origin has its basis in a much more profound and deeper construct than merely physical experiences. It comes from the belief that you are separate; separate from everyone and separate from Source. It is your innate desire to be an individual which in its own right causes separateness. You often separate yourself from everything including family, friends, community, nations and the earth itself. The separation is experienced in your bodies as fear, the cause of all other negative emotions and feelings. Once you experience the negative fear emotions, the next step is to separate yourself from the damaging feelings. And so it goes on with more fear creating more separation, causing more fear, causing more separation until the cycle is broken through personal intention and attention.

The original moment in which you experienced the fear of separation is held within your cellular memory. Connecting with your inner core through your heart reaches the specific retention space. To do this you must find and observe the images, releasing the psychic stumbling blocks related to them which often are the cause of physical as well as mental or emotional turmoil. Sometimes it is nearly impossible to access an accurate representation or picture, yet it is always possible to access the feeling of the memory. The subsequent liberation leads to the original moment that began the cycle of negativity and fear within you. To do so, you must be willing to go past your defense system to clear the negative feelings and the layers of imaginary trauma that you hold within your bodies.

Each day you act from your inner core to a certain degree. That degree is directly proportional to how firmly you are connected to your central essence and how willing you are to let it come forth. Usually, the areas of life that flow smoothly are those connected to your core. It is where your sense of well-being comes from as well as the great works and inspirations in your life. It is the expression of the Higher Self, that part which is with you when you are born and never loses its consciousness within the Higher Source, your Essential Self. It is your awareness of "home".

Often, you squelch this natural connection to the primary love living within your essence. Sometimes you access your inner substance to express natural love, kindness and friendship before realizing that your defenses are down. A moment of close connection is made; love is released. It takes only a few seconds before you realize your vulnerability and slam the door shut in protection. Sudden fear emerges cautioning you that you are exposed and your life-force flow is contained and stopped. Normal safety is established and the boundary (your mask) is in place once again.

This is the condition in which most of you live everyday. It is the duality of choice under all circumstances. Each moment presents its opportunity to be empowered, undefended, balanced experiencing life to the fullest or to use the defenses armored by past influences as you block out the aliveness of your life force. It is always your choice. No one is coercing you to love or fear, surrender or attack. You make that decision solely for yourself.

Often you choose defensive measures believing that to allow the life-force to flow freely will knock loose old, uncomfortable memories. You do so because you have no idea how to handle the energetic currents caused by feeling the old emotions, living through them. The masks you wear to protect yourself seem the most appropriate approach under most circumstances and, therefore, you keep them close at hand. To a certain extent, the masks keep you from feeling; you are numb. Left to their own devices, they will attempt a takeover.

Dis-ease within your physical body comes from shrouding and disconnecting a part of you from your inner core. As the disconnection occurs, you forget what you are and live life in disassociation through your masked self, your defense system, constantly relating to your lower survival instincts. Recognizing your authentic self is re-membering your Higher Self. It is reconnecting to your essence, especially in the areas of your psyche where the disconnection resides, and living accordingly.

You are the only person who can make the decision to be your authentic self. Most likely, you rarely acknowledge this truth. It is an act of personal empowerment. You must do the work. It is your life and it is your invitation to live it.

**Your masks often attempt a takeover  
of your consciousness**





# CHAPTER ELEVEN

## WHERE AND HOW FROM HERE

**Aluch** has been written here about creating a new reality through the use of energy within the physical as well as your more subtle bodies. This is the true connection to health and well-being. Creative energy in all realms of being emanate from Divine Source. It is the Source of health, pleasure, joy, grief, sorrow and all of the various experiences you incorporate into physical life in this earth. That is why working through the physical is essential to the giving of natural health to the bodies that inhabit this plane, this dimension. This is what is meant by being "grounded". You carry no particular charged energy awaiting dispersal.

As the natural wave of energy curves its way from the Source of Creation within the creation itself, its original impulse is well-being, peace, cohesiveness and the perpetuation of its expanding impulse through the points it creates in time and space. This is the fulfillment you look for in your life. It is the serenity of peace, love and the sense of community acknowledging that you are not alone.

First, this knowing must come through the physical. It must be felt in your body, through your body and for your body. To restrain your focus to your mental, emotional and spiritual bodies, hoping that the impact will be felt and enhanced in the physical, is to set aside the knowing that you are living and breathing in a physical environment surrounded each day and in every way with the physical feedback of all actions and thoughts. Changing your physical interactions forming your day-to-day reality will, by necessity, alter the subtle bodies and radiate back into Source from which you emanate.

Each negative perception is designed to bring you into truth. Each negatively perceived life experience can be seen as a cycle that takes you into deep levels of your Self that

have been forgotten for a long time. These events are brought about by daily living in the physical world and must be approached through a corporeal energetic interaction.

On a spiritual level, your choice in the moment is a decision between love and fear. Your personal selection is made with each breath whether you are aware of it or not. It directly impacts each molecule of your physical body. It is the choice between being undefended or defended, of being connected and individual or disconnected and separate. Your decision to love allows your core essence to shine forth. If you find it too difficult to simply love, your next option is to accept that your present state of being is inviting you to work through another cycle, becoming more aware.

Incarnating into this physical world and dimension includes cyclical changes. It takes courage to be here. You are honorable and brave to choose to be here. Every moment you are making the choice to be here in the physical. Every breath reaffirms your acceptance of life within your core essence.

## Defining the Process

**The** creative process has four phases. First is the stillness of the core within you. This is the point from which you originate. Next is the expanding of the core, as your essence expresses itself through the levels of intention and personality into the physical world. At the height of physical expression, you look into your highly polished mirror (reflecting you) and go into the next phase. It is the stasis at the end of the expansion into individualism, your physical expression in this dimension. There you pause for self-observation and make a choice for love or fear. Soon afterward, the creative pulse of life moves back inward from the physical world in your personality, down into the intention level and then back into the core. It is here, deep within, that you reach the fourth and final stage of the creative pulse of life.

So what *is* the final product of creation? Once you have had a good look in the polished mirror of self-discernment, brought the creation back through the level of personality,

through intentionality and into the deeper self, the physical learning is brought with it.

**The final creation is the physical as distilled essence at the core.**

Learning to work in the physical dimension, by its definition, requires that the energy movement is created, maintained and held in this plane. It is also clear, because of the importance of the core level, that all inner work include a connection between your inner essence and all other levels of your manifestation. This is your authenticity. It is you without your masks. The connection between the levels through the levels of intentionality and personality, through emotion and mind, is imperative.

If you feel severely disconnected from your core essence, you have no connection to your inherent creativity, the gifts you brought into this world upon your arrival. You most likely do not experience yourself as having an inner Divinity. You don't know yourself as a unique center of light in the universe. If so, you have forgotten what you are and have trouble connecting to your Higher Self. Once you experience the essence of your core being, you will be able to find it everywhere. Your focus of intention, of your life energy field, in your physical body and in your life is where your essence is most fully expressed. Dis-harmony is a signal that in some specific way you have become disconnected from your core essence, from your inner Divinity.

**It is through bringing conscious awareness to the connection among your body, your intention and your personality as expressed through the mental/emotional bodies that you can resolve the paradox of Divinity experiencing separation. This is the Divine Union in a very palpable sense. By doing so for yourself, you do so for the Whole and Oneness is experienced by all.**







# GLOSSARY

<b>Absolution</b>	A freeing from blame or guilt; release from consequences, obligations, or penalties
<b>Amplitude</b>	The extent of a movement measured from the starting point or position of equilibrium; applied especially to vibratory movements.
<b>Aristotle</b>	Greek philosopher; pupil of Plato, the tutor of Alexander the Great, and author of works on logic, metaphysics, ethics, natural sciences, politics, and poetics
<b>Attention</b>	A capacity to maintain selective or sustained concentration
<b>Authentic</b>	Genuine; real
<b>Awareness</b>	An understanding or cognizance within the limits of one's attainment; a growing condition, with infinite possibilities
<b>Axon</b>	The usually long process of a nerve fiber that generally conducts impulses away from the body of the nerve cell
<b>Balance</b>	A state of equilibrium
<b>Belief</b>	A subjective mental acceptance of something without proof
<b>Binary</b>	Pertaining to a system of numerical notation to the base 2, in which each place of a number, expressed as 0 or 1, corresponds to a power of 2
<b>Brain/Mind Complex</b>	A system that functions with emergent properties at several levels of hierarchical organization interacting together
<b>Causal Interpretation</b>	The material world has an existence independent of the knowledge of observers
<b>Cellular</b>	Of, relating to, or resembling a cell; with reference to cellular tissue, from cellularis, from cellula "little cell"

<b>Chaordic</b>	Blending chaos and order
<b>Chi</b>	The vital life force in the body; breath
<b>Code of Conduct</b>	a set of conventional principles and expectations that are considered binding on any person who is a member of a particular group
<b>Coherence</b>	A property holding for two or more waves or fields when each individual wave or field is in phase with every other one
<b>Conscious</b>	The perceived awareness of individual existence
<b>Consistency</b>	Steadfast adherence to the same principles, course, form
<b>Cosmic Consciousness</b>	The concept that the universe is a living super-organism in which all interconnects forming a collective consciousness that spans the cosmos infinitely
<b>Cortical Facilitation</b>	The brain's ability to clearly and easily process information
<b>Cortical Inhibition</b>	The brain's inability to clearly and easily process information
<b>Cosmos</b>	The world or universe regarded as an orderly, harmonious system
<b>David Bohm</b>	An American-born quantum physicist who made significant contributions in the fields of theoretical physics, philosophy and neuropsychology
<b>Deception</b>	The act of misleading
<b>Delusion</b>	False belief or opinion
<b>Democritus</b>	Greek philosopher who developed one of the first atomist theories of the universe; espoused the doctrine that pleasure, along with self-control, is the goal of human life
<b>Destiny</b>	The predetermined or inevitable course of evolutionary events to which all of nature is subject
<b>Dimension</b>	A property of space; extension in a given direction
<b>Divine</b>	Of or pertaining to Source

<b>Divine Hologram</b>	The Whole in which all has existence; each part is the totality of the Whole; what happens within each part affects the Whole
<b>DNA</b>	The molecule that carries genetic information in all living systems
<b>Edge</b>	The point at which something is likely to begin
<b>Ego</b>	I; the individual self
<b>Electricity</b>	The physical phenomena arising from the behavior of electrons and protons caused by the attraction of particles with opposite charges and the repulsion of particles with the same charge
<b>Electromagnetic</b>	Exhibiting magnetism produced by electric charge in motion
<b>Electron</b>	An elementary particle with negative charge
<b>Elementary Particle</b>	A particle not known to have substructure; not known to be made up of smaller particles; one of the basic building blocks of the from which all other particles are made
<b>Emanation</b>	A thing that issues from a source; an emission
<b>Endogenous</b>	Proceeding from within; derived internally
<b>Energy</b>	The capacity of a physical system to do work; the capacity for vigorous activity; available power
<b>Entrain</b>	To pull or draw along after itself; to carry along
<b>Equilibrium</b>	Equal balance between any powers, influences
<b>Esoteric</b>	Marked by secrecy or privacy; private; select; confidential
<b>Essence</b>	An expression of spirit
<b>Essential You</b>	The essence of you
<b>Evolution</b>	Expression of gradual development
<b>Expectation</b>	The act or state of looking forward or anticipating
<b>Experience</b>	The active participation through any thought, word or deed which accumulates to form part of knowledge or awareness

<b>Extra ordinary</b>	Beyond what is usual, ordinary, regular, or established; exceptional in character, amount, extent, degree, etc.; noteworthy; remarkable
<b>Fear</b>	An emotion that is expressed as anxiety and dread by the expectation or recognition of danger
<b>Fifth Dimension</b>	Freedom from the illusion of separation and duality
<b>Focus</b>	A central point, as of attraction, attention, or activity
<b>Forgiveness</b>	To excuse or pardon a person for an offense or fault, or to renounce resentment
<b>Fourth Dimension</b>	The realm of thought; astral plane; time
<b>Freedom</b>	Absence of necessity in choice or action
<b>Frequency</b>	A measure of the number of occurrences of a repeating event per unit time
<b>Gene</b>	The basic physical unit of heredity; a linear sequence of nucleotides along a segment of DNA that provides the coded instructions for synthesis of RNA when translated into protein, leads to the expression of hereditary character
<b>Grace</b>	Divine disposition
<b>Grounded</b>	A large conducting body, such as the earth or an electric circuit connected to the earth, used as an arbitrary zero of potential
<b>Guilt</b>	A state of belief in having committed an offense, crime, violation, or wrong
<b>Heart</b>	The center of the total personality, esp. with reference to intuition, feeling, or emotion, including the physical organ
<b>Hippocrates</b>	Greek physician who laid the foundations of scientific medicine by freeing medical study from the constraints of philosophical speculation and superstition
<b>Hyper-communication</b>	Conveying information beyond, and including, the five senses
<b>Illusion</b>	An erroneous perception of reality

<b>Immune System</b>	A collection of biological processes protecting an organism against dis-ease
<b>Individuation</b>	The act of being a single entity that exists within the whole
<b>Infinity</b>	Unbounded space, time, or quantity
<b>Integrity</b>	The state of being whole, entire, or undiminished; unimpaired; soundness
<b>Intelligence</b>	Expression of dynamic creativeness and part of intuitive life forms; the ability to process information and act upon it
<b>Intention</b>	An act or instance of determining mentally upon some action or result
<b>Judgment</b>	The ability to perceive and distinguish between two states of action or being
<b>Ken Wilber</b>	American author who writes on psychology, philosophy, mysticism, ecology, and spiritual evolution; work formulates an "integral theory of consciousness"; leading proponent of the integral movement; founded the Integral Institute in 1998
<b>Laser</b>	A device that produces a nearly parallel, nearly monochromatic, and coherent beam of light by exciting atoms to a higher energy level and causing them to radiate their energy in phase
<b>Love</b>	A feeling or experience of oneness
<b>Magnetism</b>	Power of attraction; force that attracts
<b>Matrix</b>	A situation or surrounding substance within which something else originates, develops, or is contained
<b>Meditation</b>	Contemplation while detaching from the norm of life including anxieties, distracting thoughts, and the presence of others
<b>Mind</b>	The director of intelligence and controller of individual life
<b>Mindfulness</b>	The state of staying aware
<b>Morals</b>	Concerned with the principles or rules of right conduct or the distinction between right and wrong
<b>Neuron</b>	A specialized, impulse-conducting cell; the functional unit of the nervous system

<b>No-time</b>	An awareness of a place where there is separation of events; awareness of the present moment of existence
<b>Non-doing</b>	Non-action; no action
<b>Non-locality</b>	No elemental particle exists in any one place; extended to mean existing in all places at once
<b>Norman Friedman</b>	Holds a B.A. in physics and a M.A. in electrical engineering; sold his successful electronics manufacturing firm to pursue his lifelong interest in the philosophical implications of relativity and quantum theories and the connections between science and spirit; author of <i>Bridging Science and Spirit</i>
<b>Observer</b>	One who sees, watches, perceives, or notices; one who pays attention so as to see
<b>Oneness</b>	Sameness; wholeness
<b>Ordinary</b>	Of no special quality or interest; commonplace; unexceptional
<b>Origin</b>	The first stage of existence; beginning
<b>Oscillation</b>	Fluctuation; variation; change back and forth
<b>Other</b>	One different in nature or kind
<b>Particularize</b>	To make particular as opposed to general or universal
<b>Past Life</b>	A previous embodiment in form (since time is a construct that does not exist outside of subjective experience, all lives are co-existent)
<b>Perceive</b>	To become aware of, know, or identify by means of the senses
<b>Perennial Philosophy</b>	The notion of the universal recurrence of philosophical insight independent of epoch or culture, including universal truths on the nature of reality, humanity or consciousness
<b>Phase</b>	A particular stage in a periodic process or phenomenon
<b>Photon</b>	The quantum, or bundle of energy, in which light and other forms of electromagnetic radiation are emitted

<b>Physiology</b>	The organic processes or functions in an organism or in any of its parts
<b>Plato</b>	Ancient Athenian philosopher; pupil of Socrates; teacher of Aristotle (428-347 BC); often considered the most important figure in Western philosophy
<b>Pneuma</b>	Life force; vitality
<b>Potentiality</b>	Conditions of space capable of causing physical events
<b>Prana</b>	In yoga, the breath seen as one of the life-giving energies or forces of the universe; breath of life
<b>Programming</b>	To cause to absorb or incorporate automatic responses, attitudes, or the like; condition
<b>Proton</b>	A positively charged elementary particle
<b>Psyche</b>	The center of thought, feeling, and motivation, consciously and unconsciously directing the body's reactions to its social and physical environment
<b>Quanta</b>	The smallest quantities of radiant energy; plural of quantum
<b>Quantum Physics</b>	The branch of physics that uses the theories of the smallest quantities of radiant energy to describe and predict the properties of a physical system.
<b>React</b>	To act or perform again
<b>Reality</b>	The quality or state of being that is perceived to be true (for you)
<b>Respond</b>	To make a return by some action as if in answer
<b>Self</b>	A person or thing referred to with respect to complete individuality; your individuation; when used with a capital "S" reference to individuation within Source
<b>Separate</b>	To keep apart or divide, as by an intervening barrier or space

<b>Seth</b>	A disembodied spirit that spoke through Jane Roberts in the 1960's through the 1980's; Seth's message: <ol style="list-style-type: none"> <li>1. We create our own reality</li> <li>2. Our point of power is the present</li> <li>3. We are not at the mercy of the subconscious or helpless</li> <li>4. We are gods couched in creaturehood</li> </ol>
<b>Sixth Dimension</b>	Christ consciousness; awareness of emanation within Source
<b>Solitonic</b>	Having the properties of a pulse-like wave that can exist in nonlinear systems, does not obey the superposition principle, and does not disperse
<b>Soul</b>	An individuated expression of spirit that provides animation for the physical body which, along with personality, are temporary vehicles used for expression; container of experiences in form
<b>Source</b>	The thing or place from which something comes, arises, or is obtained; origin
<b>Space/Time Continuum</b>	Any mathematical model that combines space and time into a single construct
<b>Spirit</b>	The infinite and primary essence
<b>Subjective</b>	Existing in the mind; belonging to the thinking subject rather than to the object of thought
<b>Superposition Principle</b>	For all linear systems, the net response at a given place and time caused by two or more stimuli is the sum of the responses which would have been caused by each stimulus individually
<b>Surrender</b>	To yield
<b>Stress</b>	A specific response by the body to a stimulus, as fear or pain, that disturbs or interferes with the normal physiological equilibrium; physical, mental or emotional strain or tension
<b>Synaptic</b>	Movement within junction across which a nerve impulse passes from an axon terminal to a neuron, muscle cell, or gland cell



<b>Time</b>	An interval separating a regularly recurring event in this dimension
<b>Transcendence</b>	Going beyond the ordinary range of perception
<b>Trust</b>	Reliance on the integrity, strength, ability, surety, etc., of a person or thing; confidence
<b>Truth</b>	The actual state of a matter
<b>Unconditional Love</b>	Love providing for a feeling of oneness within the universe without judgment or opinion
<b>Unity</b>	Oneness
<b>Universe</b>	The totality of known or supposed objects and phenomena throughout space; the cosmos; macrocosm
<b>Vacuum</b>	A space entirely devoid of matter (although there are always photons)
<b>Values</b>	Objects or qualities desirable as means or as an end in itself
<b>Vibration</b>	An instance of vibratory motion; oscillation
<b>Wavelength</b>	The distance between one peak or crest of a wave of light, heat, or other energy and the next corresponding peak or crest
<b>Whole</b>	A thing complete in itself, or comprising all its parts or elements
<b>Wormhole</b>	A theoretical distortion of space-time in a region of the universe that would link one location or time with another, through a path that is shorter in distance or duration than would otherwise be expected
<b>Yin/Yang</b>	The two complementary forces or principles that make up all aspects and phenomena of life
<b>Zero Point Energy (ZPE)</b>	The lowest possible energy that a quantum mechanical physical system may have; the energy of the ground state; encapsulated in the zero-point field

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