

*In the Garden
of the Goddess*



Sharon Shane

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of the Goddess

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Sharon Shane



Liquid Light Center

Liquid Light Center
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To my beloved son, Adam

Table of Contents

Acknowledgements	vi
Introduction	viii
Prologue	ix
<i>Chapter One</i> In the Garden of the Goddess - <i>Our Origins in Eden</i>	2
<i>Chapter Two</i> Involution and Evolution - <i>The Breath of Life</i>	13
<i>Chapter Three</i> Splitting the Fabric of Consciousness - <i>The Choice Between Love or Fear</i>	28
<i>Chapter Four</i> The Archetypal Prime Time - <i>The Blueprints of Creation</i>	39
<i>Chapter Five</i> The Landscape of the Soul - <i>The Ever-flowing Fountain</i>	52
<i>Chapter Six</i> The Dream Time - <i>Deciphering the Symbols of Metaphor</i>	62
<i>Chapter Seven</i> Telepathic Rapport - <i>The Original Language</i>	74
<i>Chapter Eight</i> Remembering Ritual - <i>A Return to Balance</i>	85
<i>Chapter Nine</i> The Primal Jungle of the Unconscious - <i>The Amazon Rainforest</i>	95
<i>Chapter Ten</i> Reawakening in the Garden - <i>Creating a New World</i>	118
Epilogue	128
About the Author	130
Amazon Rainforest Photos	104

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Introduction

There are a variety of spiritual paths, which have already created maps and trail ways in consciousness for others to follow. There are also areas of consciousness, of which the collective consensus may not yet be awakened to, known as the realm of vision. This book was birthed out of the many twists and turns of my own personal spiritual journey, which has been a combination of following some maps already made, as well as dipping into the uncharted realms of vision through the help of my guides.

Over the past few years, many friends and students have suggested that I write a book. Quite magically I had the title for this book three years prior to writing it, but at the time I thought I would simply put together a small book of mystical sayings. As always, my ascended master guides had more in mind. My personal spiritual journey culminated recently in an experience that has enabled me to put together more of the various pieces of this puzzle we call life into one cohesive, beautifully unfolding dance of creation. Upon my return from a trip to the high Andes and Amazon Rainforest of Ecuador, I found the missing link to putting a portion of my range of spiritual expertise into the format of this book. The manifestation of this book from conception onward was a co-creation experience. The writing is from the perspective of my Higher Self, as seen through the eyes of my Soul, and blended with a magnitude of guidance through the channeling communication process of my guides.

I invite you to join me, as I share my awakenings to these pieces of the one ultimate truth in the pages that follow. It is my hope that it will facilitate your own awakening to the multitude of messages that can be traced like a trail of bread crumbs through the forest of consciousness. My guides invite you to enter these pages with the spiritual intent to embrace the realm of vision.

Prologue

It was Winter Solstice night of 1997. I had the house to myself. All was quiet. In silent ritual, I lit three candles: a green candle for abundance, a white candle for Spirit travel, and a black candle, of my favorite fragrance patchouli, for the essence of understanding. Such ritual has no power in and of itself but is only used to focus one's intent. Ritual is the enactment of intent. Drifting into a deep meditation, I asked for healing on whatever level it was needed and asked for guidance on whatever I needed to learn.

A rush of energy coursed through my physical body. The next thing I knew, I was dangling in space in my dream body...just suspended and not moving. Millions of stars glimmered within the depths of blackness.

Instantly I was in the presence of a very old indigenous woman, one of the ancient ones. She was performing a ritual around a campfire. I gazed at her with respect and bowed my head, not knowing if I should be there and not wanting to impose on her sacred ground. She nodded in acknowledgement of me and in recognition of why I was there. There was such power and wisdom behind her eyes. No words were exchanged between us, as she gestured for me to follow her into a tent. She motioned for me to lie down on the ground on what seemed like animal furs. Without speaking I followed her instructions, knowing that she was a wise one who would teach me. While smudging me with the smoke from herbs, she began chanting. All of a sudden I became a bird. I knew somehow that I was flying, but everything was black. Then it felt as if I landed but still could not see. I intuitively sensed that the old one was waving her hands to shoo me into the air. At this point, I became reluctant to fly in this blinded state for I could not see through the eyes

Prologue

of this bird form. The wise old woman spoke to me telepathically telling me this was a lesson to sharpen my "seeing." I tried again and again unsuccessfully to see as the bird sees, feeling as if I was flapping my wings in total darkness. Each time I would land she kept waving her hands in a lifting motion telling me to fly. It was then that I realized the waving of her hands was her intent. With her energy she was consciously "feeding me her intent" for me to learn this lesson. I telepathically talked to her. "I can't imagine how the bird sees." My mind was trying desperately to comprehend how to peer out of both sides of the bird's head in the two different directions of left and right simultaneously. She told me I was trying too hard and raised her voice to me through this inner dialogue yelling, "Become the bird!"

Still I was unable to see but came to the realization, as I was flying, how the bird and the wind work in cooperation. It is as if they are one. I then put all my trust in the wind to support me. As the bird, I pushed against the wind, and the wind pushed back. Together we danced a dance of energy exchange. I have already walked for some time in my world with the knowledge that the wind is my ally, but in this lesson I came to know my ally a little better.

Opening my eyes in my room, a glance at the clock told me that an hour of linear time had passed. I silently apologized to the old one and my guides for my failure to learn the lesson to sharpen my seeing and gave the intent to learn the lesson if given another chance. As I walked around the house, I knew that the wise old woman was more real than the house through which I walked. Carried with me is the deep sense of awareness that the old woman is a more awakened aspect of my consciousness. I now have a deeper understanding of my friend and ally, the wind, and I learned how to feed my spiritual intent while teaching, so great value was gained from this journey.

Prologue

At the time, I did not realize how many months would pass before I would discover that this shamanic journey, a fragment of my spiritual path, was leading me towards an amazing excursion. This was just the beginning of an adventurous trip back to the literal garden of the Goddess, an expedition that would return me to the primal roots of all humanity awakening me to more profound depths of my Soul.

The Goddess

There is a source to my desire.
It rises like the flames of fire.
The Goddess spins her web of being,
And through my eyes sees what she's seeing.

Weaving intricate patterns of form,
My heart beats with every soul that's born.
The mother's love is all around me,
A breath of bliss now that she's found me.

I dance under an ancient moon.
I dance to a sacred tune.
This life is my reward,
As I reach and stretch toward Eternity.

I sing the song that she has taught me.
I dream the dreams that set me free.
Her essence lingers in my heart.
She bestows her wisdom to impart.

I dance under an ancient moon.
I dance to a sacred tune.
This life is my reward,
As I reach and stretch toward Eternity.

One



*In the garden of the Goddess, my Soul
and Spirit walk as one and together
behold the majesty and grace of creation.*

The Garden of the Goddess - *Our Origins in Eden*

How have we strayed so far from the garden of the Goddess?

In our mythic primal time, with our first step outside the gates of Eden, we were initially in search of our creative power. This initial step and all subsequent action has been a process of seeking and remembering our *god selves*, the powerful creative principle inherent within us all.

We are each a spark of the divine primal energies of the *One Conscious Being*, which I will refer to as God/Goddess, the feminine and masculine energies at the source of all creation. We embody God as the active, dynamic, eternally expressive Spirit, and the Goddess as the infinite depth of the mysterious Soul. These energies are so beautifully interconnected and intertwined within the eternal and infinite wholeness of the *One Conscious Being* that there can be no separation. However, there is such a thing as an imbalance of our expression of this primal energy. When in balance, the dance between Spirit and Soul is sheer beauty and poetry in motion. The Soul seeks expression through the Spirit, and it is the Spirit that seeks understanding and meaning in the Soul. It is the *energy between* these two forces, the energy of relationship, that is the powerful creative principle pulsing through all of life. Each of us embodies this combined energy of masculine and feminine. Learning to balance these energies is part of our journey of remembering the power of our *god selves*.

The feminine energy of the Soul is passive, imaginative, creative, intuitive, emotional, and nurturing. Virtually unfathomable and infinite, the feminine principle works in cooperation with the

masculine energy of Spirit. It is power, beauty, wonder, and awe. It is all this and much more. The feminine is engaged in the content of creation, the genuine meaning, the depth of feelings, and the caring for its creation. Within the feminine aspect is where genuine meaning can be uncovered. When unobstructed, this energy is fluid and flexible like the watery nature of emotions able to bend and curve around any situation. It is a state of being. Quietly powerful it rests peacefully within its own presence in the center of vitality. If there is an overemphasis of too much feminine energy, everything remains in passivity, lying dormant, and our creative potential is unable to be expressed through Spirit. A person with an imbalance of too much feminine energy and not enough masculine energy will be like the daydreamer who can never quite actualize their dreams. They may have a great deal of creativity and imagination, but their ideas will always just be hovering on the fringes of the imagination not quite making it to the manifestation stage. They may tend to be overly dependent on others in the sense that they don't have enough of the masculine aspect of will to even make simple decisions. Instead, they rely heavily on others around them to take the lead. Lost in daydream and trapped within the dark mystery of their inner workings, they are usually unable to bring their inner world to life into the light of day in the external world of activity. Creation is stillborn.

The energy of the masculine Spirit is dynamic, expressive, strong, and protective. It is the will to take action in order to bring the feminine imagination into materialization. Masculine energy is interested in the form of creation and what shape it takes. Without this strong dynamic will everything would rest in inertia and nothing would be made concrete. It is the state of doing. When there is an overemphasis of too much masculine energy, the Spirit expresses itself in the form of willful domination. Even though they may be extremely active in their daily routine, a person with an imbalance of too much masculine energy will be out of touch with their intuition and usually lacking in imagination and nurturing qualities. Oftentimes this busy external activity will be a ploy to keep the mind occupied as an avoidance of the watery, emotional, feminine nature, rendering them quite rigid and inflexible. Whether they are of the male or female gender,

The Garden of the Goddess

there will be a strong sense of chauvinism and a tendency towards domination and control in place of the beautiful providing and protective qualities of the masculine.

Whereas the feminine is conceptual and perceptual, the masculine is generative and productive. The will of the masculine aspect moves in a direct line, while the feminine bends and curves. In our current civilization, both the male and female genders of the mass, collective consciousness have swung into an overbalance of masculine energy and not enough feminine. The pendulum is slowly shifting back towards the center, as each individual participates in reclaiming the feminine within. In order to balance the scales, the soft curving energy of the feminine needs to help the strong, dynamic masculine will to become more flexible. To attach a situation straight on is not always the best solution, but to weave and arch around and in between can create the space to generate the energy of cooperation.

The garden of the Goddess can be found in the deep, mysterious recesses of our feminine Soul. The pilgrimage into the landscape of the Soul is the journey of reawakening to our primal roots in this original garden. Harbored within this depth lies our instinctual animal sensory awareness, as well as our higher intuitive knowing.

The Soul conceives through imagination, the Spirit creates and manifests through expression, and it is then the Soul again that perceives its creation in states of wonder and beauty. Creation is nurtured by the feminine Soul, while the masculine Spirit protects. This is the energy of the *relationship between*, the dance of eternity and infinity and of all creation. The relationship of the *energy between* these two forces is the birth of something more than existed prior to this dance of relationship. What manifests from the *energy between* in actuality becomes another entity, or in other words, another aspect of infinite possibility awakened in the *One Conscious Being*. It has a life and energy of its own within the larger whole.

This creative principle applies to every action throughout the totality of consciousness. The *energy between* is funneled through us from infinity into focus here on the physical realm from the simplest everyday choices we make to larger global impacting decisions. The

In the Garden of the Goddess

slightest thought of getting up from your chair and walking to the kitchen to get a drink of water is based in this feminine and masculine creative principle. An idea of walking into the kitchen is the feminine aspect, and the will to action of getting up and moving in that direction is the masculine. The conceived idea remains in a state of potential until the will takes action to actualize the thought. An imbalance can lean in either direction of not having enough imaginative thought or not enough will to actualize thought. The pendulum of imbalance can swing to the other extreme of too much of either. In balance, there is a time for daydreaming and a time to take action. Learning to honor this flow of energy is part of reclaiming the feminine within, for it is the feminine intuition that guides us. We just need to learn to listen to its voice.

An architect, from out of the imagination of the feminine aspect of the creative principle, inwardly visualizes his concept of a building. Through the expressive masculine Spirit of the architect, the plans are drawn up and given to the construction team who, through their dynamic active expression of Spirit, co-create in bringing to fruition the architect's dream. The architect and construction team can now perceive their creation through their sensory feedback. They see, touch, and smell the new materials of the building. It now has a life of its own as it adds to the collective manifestation of ideas on the physical plane. Others can work or live in this building and utilize it, in some way vicariously participating in the propagation of the initial creative idea and impulse.

A chef conceives of a new recipe, inwardly visualizing the taste, color, and texture of an entrée. The ingredients are gathered, mixed, and cooked. The chef can perceive his or her creation through the sensory experience of ingesting the finished product or offer it to others to sample through their sensory apparatus. The entrée has a life of its own, however short-lived, as it feeds life back to itself in the continuing cycle of creation. Others can now take this original recipe and recreate it over and over again.

A gardener conceives through the inner eyes of the Soul the idea of a flower garden just at the back of the house. The Spirit is expressed through the planting of seeds and the cultivation. Seeds sprout

The Garden of the Goddess

and blossom, while the Soul of the gardener perceives through their senses his or her co-creation with the forces of nature, and continues to nurture it by watering and weeding. The garden obviously has a life of its own, as we witness it growing and blossoming to nurture and feed other aspects of life.

A musician hears a song in their inner world echoing from beneath the conscious mind emanating from some far away place in the unconscious. The musician utilizes vocal chords to sing it or plays it on a musical instrument, bringing it from the unseen world to the manifested world for others to hear. The song has a life of its own whether it is recorded for others to repeatedly listen to or sung over and over for ages to come. Music and song literally live on through generations long after the original creator is gone.

Once the initial idea is conceived, acted upon, and brought to life, it now exists to be reflected upon until the energies of transformation consume it back into the void from which it came. It takes the combined energy of both the Soul and Spirit in order to manifest anything at all in the physical realm. Although we all must tap into our Soul to a certain degree during our creative process of manifesting our world, most of the collective of humanity simply grazes over its surface.

If any one of the creators in the above scenarios were more fully able to access the depths of the Soul, the architect would conceive and perceive the angles of the building to be the lines of the masculine Spirit and the curves of the feminine Soul. They could witness how the feminine curves compliment the masculine lines in balance and rapport. Because the Soul works in cooperation with all of nature, great care would be taken to use materials in harmony with the surroundings and to align the building to its natural settings, as in the work of Frank Lloyd Wright.

The chef would awaken to a deep inward experience of really seeing, smelling, touching, and tasting each bite of the new creation feeling wholly alive and awake to the sensory experience of the creative forces of life. Ingredients for the recipe would be intuitively chosen to avoid being in conflict with the chemistry of the body.

In the Garden of the Goddess

The gardener would perceive the colors, shapes, and fragrances of their very own Soul blossoming in expression of beauty through their garden. Intuitively the voice of the Soul would suggest the use of fertilizers in tune with the nature of our environment to enhance the growth. There would be the deep relational understanding of how the flowers nurture the bees and butterflies in an endless cycle, as life gives life to itself. Perhaps the gardener would be in touch with how their own Soul nurtures themselves and others with recognition of how a seed evolves into the radiant blossom of fragrance and color mirroring the infinite cycle of birth, growth, and beauty made manifest.

A musician or singer might experience the music as their very Soul singing them into being, the song of creation itself. Sharing the music with others would be a sharing from the depths of their Soul, the resonance of which would resound in harmony with creation lifting the energy of all in participation to new heights of vibration. The music would touch others to the depths of their Soul and, with a life of its own, continue to touch generations to come.

Our Soul is rooted in the garden of the Goddess, the ever-flowing fountain of creativity and imagination. When we are out of touch with the depths of our Soul, our creativity turns into repetition. Our imagination literally dries up for we cut off our pipeline to this infinite wellspring. The architect clones buildings all in a row that mirror the exact ones across the street. The chef recreates recipes that someone else concocted. A potential gardener may not even dream of planting a garden. We lose touch with our imagination to create new things, and we lose touch with our innate inner urge to nurture our creations. The subtle voice of our intuition, which holds the keys to inner balance and harmony, is silenced. Our unique soulful expression of individuality gets glossed over in mass production and mass consumption. We find ourselves roaming about searching endlessly to fill the emptiness inside in an attempt to satiate our longings by producing and consuming more mass quantities. Yet the aching for fulfillment continues to lure us like a distant song of the sirens. It is the sound of our Soul calling us home.

As a collective, human civilization is expressing an overemphasis of too much masculine energy in the form of domination. I am

The Garden of the Goddess

referring to energy here and not gender, as both male and female genders embody the same creative principle of the combined masculine and feminine energies. With this imbalance of excessive masculine energy, the form of our lives becomes empty and lacking in content of any deeply felt significance. Too much credence is then given to the rational mind allowing it to talk us out of our feminine intuitive nature. The voice of the logical mind tells us that imagination is pure fancy and that our wild and free emotional natures must be controlled. When we are out of touch with our feminine intuitive nature, we are out of touch with the Earth and all of nature. We, as humanity, then think rationally that the immensity of nature and the natural forces can and must be controlled. In such arrogance, the very essence of our own nature is denied and shoved back down into the unconscious realm only to erupt in violence in the external world wreaking havoc to humanity and the entire planetary ecosystem. The feral kingdom of the primal garden of the Goddess, this realm of the Soul, is our original nature. Attempting to repress this wild, erratic energy at the source of creation results in our ongoing mission to dominate the natural elements, our environment, and the indigenous people who honor and respect the Earth. We view nature and wildlife as the enemy, instead of befriending it as a piece of ourselves in the totality of life. With the overemphasis of masculine energy, our natural sense of wanting to protect our creation becomes overall territorial. The initial sense of protectiveness turns into a non-cooperative, conquering force.

What in reality needs to occur in order for us to regain a balance is a return to the garden via our Soul. Then we can harness the elements of our natural environment to work with us together in cooperation. In working against nature and other races of humanity, we are literally working against ourselves, trying to swim upstream in a downstream flow of consciousness. No wonder we get so exhausted, and no wonder we stand at the threshold of being threatened by the exhaustion of our natural resources.

Without the balance of the feminine quality of cooperation, large portions of humanity with their acts of willful domination tread into pristine territories to dominate other cultures. It no longer becomes the will to manifest creation through imagination, but a will to impose

In the Garden of the Goddess

certain beliefs upon others that may believe differently. Without this level of the feminine cooperation to live in harmony, traditions and cultures are swallowed up and synthesized into the tedious homogenization of the dominant culture. Our natural environment offers a wealth of information from which we can learn. Various cultures and traditions of humanity around the globe also offer this same wealth of knowledge, if we could only learn to share and cooperate rather than dominate and eradicate.

The reflection of the creation dance of Spirit and Soul can be witnessed in every aspect of nature. It only takes a moment of recognition to realize that we, as the human kingdom, have become increasingly out of step with the balanced flow of life. We have wandered far off track from our initial steps of remembering ourselves as powerful *god beings*, and this has led us on the path of self-destruction and the subsequent destruction to all of life. It has led us to the brink of literally turning our creative power back upon ourselves and waging war with our essential nature. We are battling with ourselves and, as is true of all wars, our planet reflects the devastation we leave in its wake.

The creative pulse within us drives us to create, but just what is it that we are creating? In our search to express and explore the powerful energies of our *god selves*, we have taken the path to building looming towers of Babel paving a path towards the sky. Daily existence on the sixteenth floor of a high rise building is almost as far away from the call of nature as you can get. The human ego so often looks down upon its original animal nature with disdain, disgust, and fear. In doing so, we disconnect from this glorious wealth of sensory experiences. These choices to remove ourselves from the original garden are based on our drive to evolve through the sophistication of civilization, but are in reality our vain endeavor to rise above our animal instincts on our return trip back to the stars. All that is really needed is the realization that we are the stars. In fact, we are the animals, the trees, the rocks, and the Earth, Sun and Moon. We are all these things and more because we each are a piece of God/Goddess. Within each spark of consciousness is a reflection of the whole.

We have strayed so far from the garden of the Goddess, because we have lost our connection with our Soul. The grip of fear of

The Garden of the Goddess

the deep, dark, mysterious nature of our very Soul has hypnotized us so ardently that we have lost touch with the soulful energies of the powerful creative forces of our own nature and the mother of all nature, the Goddess. Through this fear of our very own mystery, we have suffocated our Soul to such an extent that its beautiful poetic voice has turned into cries of pain and anguish. Deep within the recesses of our being echoes the longing cries of our Soul to reunite with us in a conscious loving embrace.

As we gaze around our physical world, we witness the extinction of animal species and plant life and the pollution of the natural elements. We then attempt to chemically bottle the outdoors to bring it into our high-rise castles so we can remain in our sterile environment to avoid the nuisance of having an insect buzz around our ear. If we are adventuresome enough, we can still glimpse reminders of our balanced wholeness in our natural environment and can still experience and remember pieces of Eden here on this beloved garden Earth. The beauty of our Soul is mirrored to us in these pristine places.

This imbalance between the masculine and feminine energies has allowed our dynamic expressive Spirit to dominate our primal nature, and that of the Earth. Our Soul cries out to us through the pain of the starving and homeless people, while the upheaval of nature beckons us to hear and respond to the tragedies of floods, earthquakes, and other plights. We expend all of our creative energies to build our cities and monuments only to have the forceful floodgates of nature wash them away. In just a matter of moments, our foundations are shaken to their core through the quaking Earth rattling us to awaken from our current dreams. Mother Nature is trying to tell us something about our own nature. Spiritual evolution is about reclaiming our spiritual responsibility. Our power lies in our ability to respond. Can we respond on a Soul level from out of the depths of love?

When we are separated from our Soul, we miss the deep, rich experience of life, passing through it instead in a somnambulistic state. We spend a large majority of our time sleepwalking through our very own creations unaware of the divinity of our *god selves* and our divine power to create. These monuments we build to serve our ego purposes are like empty halls and floors in consciousness waiting to be filled

In the Garden of the Goddess

with the expression of the beauty of the Soul. As long as we continue to create from the rational, logical aspect of our consciousness, the endless external search for fulfillment will only result in more and more creation and construction of empty halls and floors. The over-emphasis of masculine energy will continue to focus on the shape and form of the creation disregarding the feminine content and meaning. Although the rooms and aisles may be filled to capacity with things, the significance of life will continue to elude us. It will be a never-ending merry-go-round of manufacturing “new and improved” and “bigger and better.” Our search to fulfill this longing can only be satisfied by delving into the depth of our origins in the garden of the Goddess. The Soul gives life to our meaning and meaning to our life.

Nature has so much to teach us in regards to maintaining balance, but we have shut out the voice of our own nature, our very own Soul. We can't listen to the voices of nature, if we can't hear our own soulful voice. Our answers lie within us and are reflected to us everywhere in our external world. To once again listen to the intuitive voice of the Soul and understand its language, we must quiet the voice of our logical, ego-centered selves. Then our Soul will reflect to us everywhere the deeper meaning of life. There will be no need to study or memorize the metaphors of this language, as it will always be in the immediate region of your conscious awareness through the voice of the Soul. It is a language that is experiential from the deepest realms of consciousness.

For eons humanity has allowed the imbalance of energies to unfold because it was a tremendous lesson for us to attain balance, and the Earth in her graciousness has allowed us to stage this drama in her theater. It is the feminine Soul working in cooperation with the masculine Spirit, which holds the balance to life. A return to the feminine nurturing and intuition is needed within each of us to tip the scales back. As long as we remain out of balance within our own inner energies, our personal and collective external world will reflect this.

Reflections

Looking in my soul I see
Reflections of eternity.
Peering from these eyes I see
Mirrors of infinity.

A shadow cast onto the ground
Will keep the cycle spinning round.
Cycles wax and cycles wane
The dance endures betwixt the twain.

Looking in your soul I see
Reflections of eternity.
Peering through these eyes I see
You mirror my infinity.

The moon doth rise the sun doth set.
The circle ever spinning yet.
Our souls are ever intertwined,
As time and space their scenes unwind.

Looking in all souls I see
Reflections of eternity.
Peering from these eyes I see
They mirror my infinity.

Two



*In the garden of the Goddess,
magnificence dances with
beauty and brilliance is born.*

Involution and Evolution - *The Breath of Life*

Why does consciousness even exist, let alone dance this dance of eternal creation? This age old question that so many of us have asked ourselves rings through the corridors of eternity. Why do I or we exist? With each exhaling breath of God/Goddess, the cosmic question of “why?” is asked. We are the out-breath of this cosmic questioning, the extensions of God/Goddess. Through our experience in this physical realm and through the out-breath in all the realms of creation, the Soul of God/Goddess is expressed through Spirit in an infinite myriad of ways and forms. The formless manifests into form through this exhalation. We are the very breath of God/Goddess. This process is called involution, to become involved in the expression of life, breathing life into form.

With each in-breath of God/Goddess, our unique individual expression of Spirit is withdrawn back into the whole, the source of oneness, to reveal or cause revelation to the *One Conscious Being*. With each awakening of our individual consciousness to more of who we really are, the collective whole of the *One Conscious Being* expands and is ever expanding and awakening eternally and exponentially. The *energy between* the masculine and feminine forces creates the awakening to more of who we are, and this exponentially expands the consciousness of the *One Conscious Being*. This process is called evolution, to evolve into something more than existed prior to becoming involved. We become involved in order to evolve. Involution is the initial step out of the original garden, and evolution is our return trip of awakening consciously within the garden.

Involution and Evolution

As God/Goddess exhales, they breathe life into us, and with each breath that we inhale, we have the ability to become conscious step by step on the return to our source. With every exhalation, we breathe life into our creations. It is the great Cosmic Dreamer breathing life into the dream and the dream breathing life into its dream infinitely and eternally. We are the dreamer and the dream. Consciousness exists on many levels of dreaming and of awakening within the dream of creation. These cycles of the great cosmic breathing of inhalation and exhalation of creative energies span eons through eternity. There is no beginning and no end to the continuity of consciousness. As we inhale and exhale, God/Goddess is aware of our every breath and our every experience. They are not separated from us but are alive in every experience we breathe life into, as they breathe life into us. God/Goddess is not some static, unchanging energy. They are alive within each thought and idea conceived and every flow and movement of creative manifestation. The *One Conscious Being* exists eternally yet continues to expand exponentially always reaching and stretching towards infinity. As creation occurs eternally, expansion continues infinitely.

The Goddess energy is the *great attractor*, as referred to in the latest science theories of "Chaos," seducing us home on an inward spiral. Underneath the seemingly chaotic and random nature of creation is the equilibrium and coherence that keeps the universe together. This balance is the feminine, the Goddess energy at the heart of it all. She powerfully rests in equipoise at the center of all things, while paradoxically Her energy concurrently stirs up the compelling energies of birth. The inhalation of the cosmic breath is the eventual return to the source, the great attraction that pulls us all home fully awakened for we can never really be separated from our source. We only fall asleep during creation until we awaken within creation. It is the task of the feminine Soul, the aspect that mirrors the Goddess within us, to seduce us into the mystery at our core, and it is the duty of the masculine Spirit to seek out the mystery. This lure of the Soul enticing the Spirit to dance is the magic and majesty of the creative principle.

Within the wholeness of the *One Conscious Being*, individual

In the Garden of the Goddess

sparks of consciousness make the choice of individuation to temporarily create a split in their consciousness away from the source. As this choice of individuation is made, the spiritual path unfolds affording the individual infinite opportunity to awaken to the soulful depths of understanding their power to create. With this awakening creativity, the ability to reach the heights of spiritual expression ensues. As this choice to awaken to individuated self-awareness within the whole is made, it sets the wheels churning towards the conscious exploration of all that is possible. Within the source energy of God/Goddess, all things are possible. Since all things are possible, there are all possible ways to explore infinite possibility.

This choice of each individual spark of consciousness may or may not choose the path of physical manifestation, which is only one of any number of infinite possibilities. The choice of individuation can also be explored through the many realms of consciousness that are not physically made manifest but consist of the expression of energy in other ways. Those of us here on the Earth plane have obviously chosen this physically manifested avenue of energy expression through atomic structure and through the four kingdoms of mineral, plant, animal, and human.

Since all of us are a spark of this divine primal energy which exists at the source of our being, we embody the universal creative principle and have access to the same energy that creates universes and worlds. To quote the proverbial saying, "as above, so below," we are the very essence of the *above*, the divinity of God/Goddess, in our expression here *below* through this physical creation dance of our Spirit and Soul. The *above* in this quote simply refers to the highest or fastest frequency of vibration, whereas the *below* refers to the slowest frequency vibration. Energy is all there is. There can be no real separation of this energy for it is whole and complete. It is expressed through a faster or slower rate of vibration and through a multitude of avenues. A higher rate of vibration of this infinite and eternal energy is not on a hierarchical arrogant level of being "supremely better than" a slower rate of vibration. The slower rate of vibration creates the density of the physical realm of atomic structure. Physical manifestation is simply a slower rate of vibration of divine energy. It is all one and the

same energy vibrating at a different pulse.

Astral projection occurs when the frequency of the consciousness raises to the level just above the physical realm. At this level of frequency, consciousness moves about in a slightly higher vibration rate within a slightly less dense body called the astral body. Everyone at some time or another astral projects during the sleeping dream process. If one is conscious of the experience of astral projection, that is if one awakens within the astral projection process during this level of dreaming, you will witness the astral body seemingly moving through the walls of the physical realm. Since the astral body is vibrating at a slightly higher frequency than the physical body, consciousness existing at this resonance will appear to pass through the slightly denser objects on the physical plane. In this way, various levels of consciousness can exist in the same space but at a different rate of vibration. This is the metaphysics of astral travel and beyond to the higher levels of resonance.

The higher the resonance, the more expansive the energy of the consciousness, while the lower resonant vibrations are more constricting. A higher rate of vibration is more expansive because it is the portal to infinity and eternity, boundless beyond measure. A slower rate of vibration is more constricting because of the limitations of beliefs, attitudes, and fear within consciousness, which create a veil of separation from the gateway to infinity and eternity. This veil is the belief in the finite temporal world as being the only world that is real, which creates the rift in our conscious access to the reality of infinity. This belief is continuously reinforced by the solidity of physicality, until we awaken from the illusion. Because you can pound your fist against a table reinforces the belief that it is solid and separate which keeps the energy trapped within the molecular structure in the manifestation mode. Raising the resonant vibration enables one to expand beyond the present state of limited consciousness held in the temporary boundaries of belief systems to more expansive states.

The out breath of God/Goddess extends itself to the slowest vibration, that of the physical plane in its reaching and questioning the “why” of its existence. Involution is the down stepping of the highest vibration of divine love at the source of all existence into the atomic

and molecular levels of consciousness. During this process of slowing down the vibration, individual aspects of the Soul and Spirit enter into a deep sleep. This deep sleep occurs relegating what was once a piece or spark of God/Goddess, divine love, and the light of enlightenment into an “unconscious” realm. The awakening process of individuation is a matter of becoming conscious of this unconscious, a piece at a time, for it takes eternity to explore and expand into this infinite realm. Individuation is a process, and any process requires or implies the concept of time. Events are strung out on a linear continuum so that we can slow down the creative process in order to understand it. This is how the consciousness of eternity and infinity expresses itself, awakens, and then reflects back upon itself in the illusion of linear time.

At some point in the involution process, the decision is made to awaken to more of the totality of who we really are and to consciously make the evolutionary return trip home to our source. Evolution in the physical realms is the continual awakening within the atomic level of consciousness to the *god being* within expressed through a multitude of forms, which emanate from out of the formless source of all that is possible. This formless source is the Goddess, the garden that supplies everything we could ever possibly need or want. Evolution is not, however, confined solely to the physical realms but occurs throughout all realms of consciousness.

It is at the point of making the conscious choice of the evolutionary return trip to awakening to who we really are, that we get the first glimpses into the powerful creative nature of our *god selves*. Having become so involved with this choice of life expression in a myriad of physical forms, and now evolving through this process, brings us closer and closer to the depths of experiencing the truth of our essence. Through involution our very involvement in the physical realm of consciousness affords us endless opportunities of awakening to more of our divinity and retracing the way back to our source.

It is precisely at this stage of awakening to the power of our *god being* that we have relinquished too much of our creative power to our human egos. The ego really feels to be out of control and miniscule in the larger scheme of things, having no real power to do anything. This

aspect of the psyche we call ego is not meant to have such power of our creative potential and is only intended to be the window through which we perceive our creations. To overcompensate for the feelings of inferiority, the ego inflates itself into thinking that it is a being that is supreme and above the other nature kingdoms on Earth. The human ego so easily gets stuck in the rational, logical aspect of the mind setting forth its creative efforts blindly, which further inflames the imbalance of masculine and feminine energies in the domination of all other species in our natural world. As we relinquish our spiritual creative power to our egos, it is like allowing children to play with fire.

Atoms are trapped energy and light. In the splitting of the atomic structure during the nuclear fission process, we have witnessed the powerful devastating effects of releasing this energy through the atomic bomb. It is a good example of how the *god selves* within us, having not yet fully awakened to our creative potential, are like children playing with fire. As we awaken more to our divine inheritance of this potent creative power, we may begin to see the value of the metaphor of splitting the atom as reflecting our own unconscious separation from our divine source. Perhaps we can even take it a step further and see that the opposite of nuclear fission is nuclear fusion, a fusing together of atoms. Fusion is metaphorically the direction to look towards returning to our divine source. Fusion represents cohesion of energy, a return to balancing the feminine energy with the masculine energy and working together in cooperation. As we unconsciously play with fire by unleashing our creative power within atomic structure through splitting the atom, we can use this as a lesson to turn our consciousness in the direction of fusing atomic structure as an awakening to our inherent wholeness. Fusion should not be confused with the homogenization of creating everything the same but understood to mean cooperation of two forces working together in harmony to create something more than what they can singularly. The sperm fuses with the ova to create something more than was prior, essentially a whole new life. The parental sources of the sperm and egg do not dissolve with such creative action in their combined efforts to create a newborn infant. Neither will our consciousness or personality dissolve by fusing with our Higher Selves. Out of such fusion a new

creation is born, the Higher Self made manifest in the physical realm. If so much destructive powerful energy is released from the separation and splitting, how much more potent if our separated energies are fused and joined in a cooperative effort of love towards any creative endeavor? Spiritual evolution is about waking up to the oneness of all energy in its variety of forms. In spiritual terms, the integration of the multitude of fragmented parts of consciousness is a fusion process enabling more of the light and energy at our divine source to express through the physical realm.

Our sun and all of the stars exist on the principle of fusion. When we work in cooperation and co-creation with the natural elements, we harness their power to then consciously direct it. Our natural elements hold the keys and solutions to so many of our current problems. Water is composed of the hydrogen element and makes up the majority of our bodies and our planet. Experiments in fusing the hydrogen atoms of ocean water are leading towards discovering an endless supply of energy with little or not polluting side effects. In our failure to fathom the depths of our own emotional natures to uncover the profound love that lies in wait of discovery, we have yet to realize the powerful forces of water.

While energy is manifested within a physical world, there are esoteric laws to the balance of energies within a particular solar system. Energy embodies unique properties within the elements of creation. Electricity, electromagnetism, and the chemical make-up of our individual bodies are only a few examples of the various components of energy expression. Certain combinations of elements are in harmony and other combinations are disharmonious, thus breaking up the cohesion of energy patterns. The ancient, as well as modern, medicine men and women use their feminine intuition and understanding of which combinations of herbs and tinctures are chemically balanced and in line with the chemical make-up of the body and which are out of balance. Feminine intuition can guide us in the understanding of what is in harmony and what is disharmonious in our created world.

Holistic and alternative healing methods have mostly been used in singular forms. However, combining the energies of color,

Involution and Evolution

aroma, and sound, as well as using the healing properties of minerals and herbs, enacts the cooperative *energy between* and will hasten the healing process in elevating the resonance to new heights. Since it is the Soul that holds the cohesion and balance of creation, it is through the development of our relationship with our Soul and the awakening to deeper intuitive parts of ourselves that can guide us through this delicate balancing act of creative manifestation.

Metaphorically the light of divine love is covered over, hidden from our view by the illusion that our Spirit/Soul is clothed in our physical bodies. The atomic structure of all physical and material things reflects the illusion of separation from the whole. As the laws of physics continually are studied and quantum leaps are made in our understanding of the physically manifested world, only to pose even more enigmas, a close look will reveal how simple the metaphor really is. The atomic structure of atoms trapping the light in separate minute particles shows us how our belief is based in such separation. If the light within the atomic structure is released, it returns to pure energy. Where does this energy then go? This energy then returns to its natural state and is everywhere at once, the God/Goddess energy of divine light and love. So how is it that it becomes trapped within the structure of atoms and molecules, the basic construction blocks of our physical world? By the very involution process, the breathing of life into form, the energy of light gets camouflaged over in whatever archetypal form emerges from out of divine imagination. Our physically manifested forms create a mirage of appearing separated from our source of light, rendering us in the darkness of forgetting that we are the divine playing hide-and-seek with itself within the cloak of atomic structure.

In truth, all manifested form is trapped light and energy and is a spark of the divine. A piece of plastic manufactured in our factories can come from none other than divine light. This is the ability of our divine power of creation made manifest. By inwardly conceiving of the idea of plastic, we set our minds and thoughts, which is the driving force of our creative potential, into motion to calculate the ingredients needed to manifest such a form as this idea of plastic. We then direct our energies to taking the steps necessary to produce the final outcome of this concept of plastic. If we have an inner imbalance of too much

In the Garden of the Goddess

feminine energy, the conceived idea lies dormant and does not materialize, for we lack the will to take the action of Spirit in order to produce the effect. If we have an overemphasis of masculine energy, we end up creating an overabundance of unnecessary plastic, willfully churning out excess or depleting precious resources. With too much emphasis on the expression of the masculine Spirit, we lose our sense of the feminine intuitive balance of knowing when enough is enough or what may be out of harmony with our inner nature. Here we have a sample of our creative potential and ability to take divine light, which is the initial inspiration and idea, and manifest it into physical creation. If we allow the intuition of our Soul to seep into our conscious mind from the depths of the unconscious, it also just may tell us that there is a more naturally biodegradable way than manufacturing plastic to provide what it is we need or want. The atoms and molecules are our building blocks and these are simply light and energy that is trapped within the limitations of our beliefs. If we stretch the limits of our beliefs, we can stretch the boundaries of the world we create. Our consciousness is rooted in the divine, and it is from out of the divine energies that we create and manifest all things in our world. The elementary atomic particles of creation that we continuously discover are reflections of the infinity of our creative potential. There is so much more creative energy awaiting us in the source of God/Goddess that we can't even begin to fathom it all.

There comes a point along the return evolutionary trip home that we must question our power to create and question just what it is we are creating. In any experiment there are risks involved. Our risks lie in the paradox that because we are divine creators we are also divine destroyers. We have the choice to either create from divinity or destroy our divinity through the imbalance of our direction of spiritual energy. Divinity is life itself. By creating from the imbalance of egocentric self-centeredness, this imbalance swings the scales towards too much destruction, and the destruction of life-sustaining elements on this physical plane. Although our self-centered egos think that human kind is the center of the universe, we are only the center of the universe in the sense that we are like conduits of universal love. We either allow it to pour through us or dam it up. When we dam up that flow of love

and light, we use our creative power to manifest from the perception of separation with no thought to the multitude of other life expressions in our world. The energy, which is supposed to be flowing through the heart chakra, becomes constricted. Instead of radiating through the physical body as the conduit of creation, this constricted energy gets stuffed in the physical body, which is not designed to withstand such constriction, so disease occurs. The physical body is energy. Energy in its natural state must continuously radiate, transform, transmute, and transcend itself. When energy is blocked up like a dam, such stagnation can only pollute itself and ultimately spill into the surrounding environment of the cells and organs. The pollution of planet Earth is the metaphoric reflection of the constriction of energy and subsequent pollution of our own physical bodies. The Earth is an extension of our body, the larger body of humanity. We treat our physical bodies like chemical toxic dump sites, and, likewise, our Earth reflects this imagery back to us. Energy of divine love is meant to stream outward from the heart. When unencumbered, this is the natural path of the flow of love. If we can but open up to this universal flow of love even for an instant, then in that instant heaven is indeed created on Earth. Higher forms of our divinity can be made manifest through acts of love. To do so requires that we break through the walls of our current belief in separation, and balance the infinite Soul in harmony with the eternal Spirit. This process of awakening to our power, and working in cooperation with the divine within us, is called co-creation.

The original energy source of divine light is a brilliant white unlike any light we normally perceive on the physical plane of consciousness. All light we perceive with our physical eyes is diffused through physical lenses unless we remember how to see beyond our normal physical vision. During the involution process of the lowering of the vibration, this light is refracted and the energy that is emitted is broken down into the colors of the spectrum, the colors of the chakras, creating the spiritual (etheric), mental (causal), astral (emotional) and physical bodies. The colors of the chakras are the colors of our visible rainbow. Electromagnetic energy just off the range of the visible spectrum, such as infrared and ultraviolet rays, are the energy of the chakras that are outside the physical body,

located just above and below the physically manifested form. The colors of the visible spectrum and the unseen electromagnetic energy are referred to in ancient tribal lore and cave paintings as the *rainbow serpent* of creation.

During one particular incident, as I was having a neck and back massage, I inwardly heard tones when the massage therapist touched certain chakra areas of my body. Although I was aware on a certain level that color and sound were deeply related, I gained a deeper understanding of this. The tone is a color and the color is a tone. I found myself inwardly intoning these sounds, as she worked on my physical body, deeply aware that the energy at the source was quite literally singing me into being. The energy of the color resonates a vibrant tone at its particular wavelength to produce the forms of the many layers of bodies.

When I first consciously reunited with my Soul, I could hear it inwardly as a dual syllabic tone. If I tried to write or spell the name of my Soul, I was unable to, as it is pure sound. The breath of God/Goddess lets out a tone, in asking the original question “why?” This tone is the OM, or what is known as the original sound of creation. The original tone emanates from God/Goddess through the Soul. The brilliant white light is then refracted into the various tones of the color rays, and this sound and color refract into a myriad of forms. The wavelength of each color ray is also a tone. It is the particular vibration or frequency of the tone that refracts the white light into color. During this creation process, reflection is the next phase. Reflection on the creation mirrors back through the halls of eternity another piece of the puzzle in answer to the original question. Reflection is a function of the Soul.

Thought produces sound in the form of resonant vibration, which refracts the pure white light and gives birth to color. Color resonates and reflects back the sound of its creation. The perception and reflection upon the creation once again creates more new thought, which then again puts into action new creation. This process occurs at such a high level of frequency of resonance that it is usually inaudible and not noticed by the human ears and eyes through the limited perception of the ego. As we learn to raise our resonance, we awaken

to levels of consciousness beyond the visible spectrum, which allows our inborn psychic abilities to activate. Through the inner ears and eyes of the balanced Soul and Spirit, this manifestation process of energy into the form of the body and all creation can then be consciously participated in through co-creation with the Higher Consciousness.

The power, that lies latent within color and sound to heal and uplift the resonance of our world, has yet to be fully realized. People intoning mantras and doing chanting exercises are tuning themselves back to listening to the sound of their Soul, which leads to the original sound of creation, the resonant hum of *All That Is*. The original tone splits into the many octaves of creation, orchestrating the beautifully ethereal symphony of the spheres. The song of the Soul sings us into being, but it is also the song of the Soul that lures us home.

Meditative techniques can be used to raise atomic structure to a higher level of resonating closer to the frequency of divine love. This is the process sometimes referred to as ascension. Ascension is the process of raising the resonance of consciousness within the physical body to a higher rate of vibration, during which the atomic structure returns closer to the state of divine light and love. The physical body, world, and other manifestation then becomes a world illuminated from within. When the resonance is raised higher, the laws of physics expand beyond that of the lower frequencies. Just as we cannot normally see ultraviolet rays with our physical eyes, raising one's resonance to a higher frequency allows our senses to participate in different ways in the unseen worlds. Our senses become more acute, and we open to latent psychic abilities operating at higher frequency rates. Often I literally feel a massive shift in resonance when downloading channeled information from my ascended master Spirit guides and my Higher Self. With the raising of the resonance through conscious intent, the atomic structure then appears to the external senses to be illuminated from within. The light literally shines brighter through the atomic structure and can be perceived as the light body. In order to ascend the physical form, we must first consciously ground our energies into it, fully awakened, before we can raise the resonance to a higher rate. If we do not fully ground our energies into the cellular structure first, any raising of our resonance will only allow us to project

our consciousness into our astral, mental, or etheric bodies and leave the physical body resonating at the lower frequency.

In raising our resonant vibrations, we can then utilize tools of creation that were hitherto unknown to us. There are already prototype inventions in existence that show this ability. A Japanese inventor designed a washing machine that cleans clothes with sound waves without the use of soap, one of the major pollutants to our waters. Cars have been proven to be able to run on hydrogen, converting the atoms of water into clean energy. In order to harness the higher frequency energies to work in harmony and cooperation with them, we must first raise the level of our personal resonance. We raise our resonance by the very conscious realization that everything is vibration. We can then direct our consciousness to the many different levels of frequency. It is like the metaphor of an elevator. You push the button up or down and stop at a certain floor. It is the same idea with the different levels of the rates of resonance of consciousness. The key to operating the elevator is surrender. We must relinquish the hold our ego has on fear and surrender to the love at the source of our Higher Selves.

The paradox still currently on the conversation tables of debate is *creation versus evolution*. To comprehend the secret spiritual truth of any paradox, we must expand our awareness to rise above our perception of *either/or*. The observation stance of the limited awareness of the ego says that it must either be one way or it must be another way. Realization of the spiritual truth reveals that both sides to any paradox are true. Love is all there is, and love is all-inclusive. Such spiritual overview allows us to glimpse the larger picture. Someone arguing with you that the only reality is the lake they live next to while you are quite convinced that the only reality is the meadow you live in creates unnecessary disagreement. When you are in the valley, you can only see the lake if standing on one spot or the meadow if standing in another. If you look down on a scene of this same valley from above while standing on a mountaintop, you can see the entire valley. From this perspective you witness the truth that there is indeed a lake and a meadow and much more that the two in argument could not glimpse because of their staunch refusal to travel their consciousness to other realities. Moving beyond dualism of ranking and measuring one as

Involution and Evolution

opposed to another is moving into our divinity. This is the expansion of consciousness able to hold both sides of any paradox as true. All things are true when seen to be pieces of the ultimate truth of *All That Is*. Loftier vision from the viewpoint of the Higher Consciousness allows us to see that both sides of this paradox of *creation versus evolution* are true. Creation occurs infinitely, and evolution continues eternally.

Frequency is the measurement of the rate of vibration. To move beyond the highest point of frequency is to move beyond the speed of light, which is no speed at all and is consciousness everywhere at once. Divine light is everywhere at once, eternal and infinite. The light is entrapped within the molecular moments of time in order to reflect back upon itself. Reflection on the physical plane at the slowest vibration of energy is like a projected hologram, a mirroring effect of consciousness asking the eternal question of “why?”

During the stages of involution, to what depths do we choose to involve ourselves in the process of life? Do we skim over the surface of the ocean of infinity afraid of what lies beneath in the dark, mysterious, unconscious realm? Or can we diminish our deeply ingrained belief in self-created fear just long enough to dive into the underworlds, quell our imaginary demons, and dance in wild, ecstatic splendor with our Soul?

Through the feminine Soul of the Goddess, the depth of infinity is explored and endlessly expressed through the masculine Spirit of God. This creates the dance of infinity through eternity, continuously answering its own question of “why?” It is a dance that never ends and is always just beginning.

In the midst of a dream
There is a nightmare,
The one that screams my name.

In the midst of a thought
There is a dream
That wakes me gently.

In the midst of a day
The dreams and nightmares dance
My dance.

In the midst of my heart
There is a love
That generates the dream.

In the midst of the noise
There is a symphony,
The music of the spheres.

In the midst of a moment
The dream wakes me gently
The dream that my heart generates
And the nightmare ends.

I hear a symphony and I dance
My dance.
It is a dance of love.

Three



*In the garden of the Goddess,
love is ever present.*

Splitting the Fabric of Consciousness - *The Choice Between Love and Fear*

There are only two forms of expressing energy that we can choose to experience. They are either divine love or fear. Fear is the absence or the feeling of separation from divine love. Divine love is really all there is, but our lapse into the somnambulistic state of separation from our true source has produced an overemphasis of the energy of fear. These two energies cannot co-exist simultaneously. We either reside within the *heart of hearts*, in love, or we are in a state of fear and feeling a loss of love. There is no middle ground. The confusion lies within the fact that there are degrees of feeling either fear or love. One can feel intense fear or perhaps just a slight uneasiness. On the other hand, one can also feel intense love at the heights of bliss and joy or be brushed over lightly with a sense of happiness. There is the experience of feeling degrees of one or the other but never both at once.

The choice of individuation splits the fabric of consciousness into what appears to be two opposing energies, the constricting energy of fear and the expansive energy of love. As this split occurs, we can create endless opportunities to express ourselves through fear, thereby learning what love is not. On the other hand, we have the ability to create endless opportunities to express ourselves through love, awakening self-consciously to what the measureless components of divine love in essence are, the truth of the *god beings* we really are.

The source of all energy is divine love. In order for us to individuate and awaken to who we really are and understand fully

In the Garden of the Goddess

what love is, this illusion of separation from our divinity is created and maintained for however long we wish to use it, strung out along the time space continuum.

When we down step our energies and enter the slower vibration of the physical realm, we are born to human parents. As infants, our Spirit/Soul is still in touch with the experience of being fully loved and accepted by our divine source of God/Goddess. We begin the individuation process through our adventure into the physical realms by initially perceiving our human parents as God/Goddess. Approximately the first eighteen months of life, our consciousness is still identified as being one with our mother. It is during the stage of “the terrible twos,” when we first recognize the separation and exert the will of our Spirits. Our experience of our mother reflects the Goddess, and our experience of our father reflects God. Because they are human and also traveling through their own individuation process, perceiving themselves as separate from their source, they don’t always love us as unconditionally as we are accustomed to at the source of our being. We find our magnanimous Spirits trapped within the limitations of atomic structure, gazing into the faces of what we project onto and outside ourselves as being God/Goddess. Our beliefs start to formulate as to what love is and what love is not. These beliefs are misconstrued into a false identity of who we think we are, and through early childhood start to build up the part of the psyche known as the ego. The ego then begins to become negatively constrictive or positively expansive in its perception of itself and the surrounding world because of what is being reflected through circumstances created by the belief. The term negative and positive is by no means a judgment of good or bad but simply a reference to how our beliefs, based in fear and what we perceive as a lack of love, are negatively constricting the reality of our positively infinite expansiveness. In some cases, we may have the absence of a mother or father at birth or throughout childhood, which perpetuates the belief in the original abandonment from our source. Either way we all feel abandoned to some extent from the source of divine love. We walk through life projecting this fear of abandonment on everyone we attempt to get intimate with and even with strangers who move us to anger at not responding to our demands with unconditional love.

Splitting the Fabric of Consciousness

All of this is in line with our self-chosen lessons to learn what love is and what love is not. This individuation process, which spans many lifetimes, eventually awakens us to the realization and the power that we are divine love made manifest. It is all grandly designed by us to learn to empower ourselves to the reality of who we really are. We stage our own dramas and enact our own personal myths within the larger collective myth to experience endless chances to awaken to more of our true essence.

We have gotten out of step with the eternal infinite dance of creation through love and have become entrapped in our own self-created cages of our beliefs in the throes of fear. Our personal and collective fears are creating the conditions that we perceive in our present day world. When we give energy to our fear, this energy takes the form of demonic images or devils within our unconscious sea of endless imagination. These demons and devils of fear are then relegated to some external force, hell-bent and out to get us, projected onto the visible and invisible worlds. Through the eyes of fear and separation we see our neighbor as our enemy, be they next door or around the globe. Every ghoul, goblin, or ghost of our imagination is steeped in the fear that there is some other force outside of us that could gobble us up or harm us in some way. There is no limit to the imagination, and thus there is no limit to the fearful images we can create when we give the energy of fear to our imagination. There are no real literal devils or demons, but there is a realness to the energy we feed to our fear. It is an energy that is parasitical in that it feeds off of itself and is so constricting that it can verifiably paralyze us in our tracks. Unless we wake up consciously, fear continues to breed more fear and keeps us from expanding into the boundless sea of the reality of love.

We even perceive much fear in our natural environment. Our collective fear of spiders and snakes is more common than we may like to admit. Yet someone who educates themselves in the handling of poisonous snakes or spiders has no fear and no desire to kill that which they choose to understand. They may even develop a respect for the right to all life to express itself in all forms. Because of our fear of the poisonous variety, we then carry this through to the entire species.

In the Garden of the Goddess

If someone is afraid of snakes, they are usually not just instinctively wary of poisonous snakes, but relegate their fear to the entire species of harmless snakes. I have witnessed someone that is so afraid of a picture of a snake or insect in a book or on television that they are unable to look at it and turn away in sheer agitation. This is how much realness we can relegate to the energy of fear. How could a picture of a snake jump out of a book or TV and bite us? In truth, a small garden snake has more to fear in us than we have to fear of it. The life of a little spider is so easily snuffed out and at our mercy with just one quick slap. Killing off spiders or snakes will not kill off our fear. Such action only perpetuates more fear. Attempts to obliterate our perceived enemies in other countries also will not kill off our fear since it is generated from within us. The only sense of real safety and security comes from within the source of love.

While in the stages of evolution, instinctive fear, on the other hand, is a natural life saving and life preserving energy. Our instincts are still very much intact with the initial “fight or flight” fear, a necessary ingredient of consciousness in this physical realm in order to preserve the continuity of life expression and evolution. Nature, in its miraculous beauty, has programmed it into our biology to instinctively release the rush of adrenaline needed to escape physical harm when threatened. We need these instincts in order to avoid stepping in front of a speeding car or tossing ourselves over a cliff. Most of us at some time in our lives have experienced this rush of adrenaline at having a close brush with being physically harmed. Adrenaline is the biological fuel we need to move us out of harm’s way. While living in Los Angeles, I was jolted awake at 4:30 a.m. by an earthquake registering 6.1 on the Richter scale. The rush of adrenaline got me to my feet to run to protect my son should he need it. Although my knees were shaking and trembling along with the Earth, the gentle voice of my Higher Self assured me we would be safe and that all would be okay. The instinctual fear of my biology reacted, even though on a spiritual level I felt calmly assured of safety. The adrenaline rush provided me the necessary energy I may have needed in case of a threat to my physical wellbeing or to that of my son.

Based on our initial formulation of belief patterns, too much

Splitting the Fabric of Consciousness

power has been afforded to our ego in determining what we should and should not be afraid of. Fear-based belief systems have been handed down from generation to generation. We find ourselves in the midst of belief systems that tell us we should be afraid of someone simply because they have a different set of beliefs than us. At a very young age, we are taught what to believe in by our parents, by the current culture of the day, and by our own misunderstandings. We often adopt the same limiting belief systems of those around us in order to integrate and fit into the larger community. We may witness someone with a differing belief system being ostracized by the larger community, thus encouraging us at an early age not to “rock the boat.” The world we live in is created by these ideologies. Our external reality is a mirror of our conscious and unconscious beliefs. Greed is based in a fear of not having enough. The ego, so insecure and fearful, clings and clutches to the physical world, and in so doing projects thoughts that there is not enough to go around. Wars break out, as greed and the hoarding of resources ensue. While we get lost in the midst of our ego created world of warring and hoarding, the natural environment of the mineral, plant, and animal kingdoms continues to unfold in the divine dance of creation in harmony and cooperation with all other species. Our collective greed and fear mines the minerals, drills for oil, razes the forests, and kills or fences in the animals, without even a thought that we are depleting our own resources and destroying our own lives in the process. We cannot destroy other life without in the long run destroying our own. Our bodies are depleted of natural minerals from ingesting fast foods and chemicals, we are suffocating ourselves with polluted air, and we are fencing in the wild animal instinctual nature of our free roaming Soul. There is only one web of life, and we are deeply woven into it whether our egos agree or not. We cannot turn away from our self-created fear but must conquer it. Facing our fears in order to overcome them is the only way to return to the state of love.

Because the ego perceives itself as separate from the source of wholeness within its deep somnambulistic state, it will even find argument with such a statement that there are only two forms of the expression of energy. The ego witnesses the variety of external circumstances and finds immediate flaws in such an idea. A brief

breakdown of some of the multi-faceted components of love and fear can shed some light on this underlying truth.

To delve beneath every feeling of anger you will always find a deep-seated pain. Pain is the feeling of the loss of love, the neglect of love, or abuse in the sense of feeling unloved by self or others, and thus is based in a fear that we are not loved and are unworthy to be loved. In this event, we search outside ourselves for approval and looking for others to love us unconditionally. Every action in our life is a reaction to our initial pain of separation from divine love until we wake up step by step to remembering that we are the embodiment of divine love. Because the pain underneath the anger is the initial pain of our original separation with our choice of involution, it can in reality never be healed from the external world. All of this occurs from the buried beliefs in the unconscious realm for us to uncover through our lifetime experiences in reflection of the original question of “why?” As we stay in denial of our unconscious, we give our power away to our ego. This ultimately turns into blaming others for our pain and attempting to control and manipulate situations and other people in our lives, all in a search to evade, numb out, or simply ease the original pain. Every action is based on this search for love, but our search is obstructed by fear from our belief in separation.

Our return to love begins with generating self-love. Love in its very essence is self-generating. The return path to love must be paved with self-forgiveness, which then leads to the components of self-love, some of which are self-acceptance, self-reliance, self-respect and self-esteem. When we can learn to love ourselves, we can then expand our consciousness to the experience of compassion, happiness, joy, elation, gratitude, wonder, bliss, awe, peace, and serenity of divine love. Love is the feeling of the abundance of all these emotions and the security of having all needs and wants met. If you are not feeling completely loved and secure, you are in the state of fear. We can only vacillate between love and fear, but we can never co-exist within them simultaneously.

You can track the state of when you are existing in either love or fear by tracing your own emotional road map. While in a state of anger, are you a loving person or is this an unconscious fear exploding?

Splitting the Fabric of Consciousness

While in a state of joy, is there room for anger? I do not mean to imply that anger is not a valid emotion, for anger is a tremendous fuel for transforming the emotions. To feel angry enough to reveal the pain buried underneath can move the energy to heal it. Getting angry at injustices can impel and impact the change towards love. Anger can be a catalyst for our growth. If we get incensed enough with ourselves for giving our power away to our ego, we can then take back our power, converting the force of our rage into the healing salve of love. If we hold onto anger, we constrict ourselves from feeling the expansion of love. Anger needs to be expressed in a healthy manner in order to be a catalyst for growth on our return to a state of love. This can be accomplished through certain methods of meditation practices or counseling. Unexpressed anger constricts the emotions and the body. Releasing anger without understanding the root cause will just perpetuate more outbursts of this same anger. Going in search of the cause of the original anger will reveal a pain. All pain is the original wounding and separation from our source, the original tear in the fabric of consciousness.

If you are trying to control a situation, is your behavior based in the security that you know you are loved and abundantly provided for through the source of all creation? Or are you feeling the deep fear of the loss of love and allowing your ego to attempt to manipulate everyone and everything around you in trying to regain what you think to be control over these feelings of insecurity? The same would apply to a person who was in the habit of blaming others. Is the position of projecting the blame onto others and outside circumstances based in self-love and, therefore, unconditional love for all others? Or can the basis of such action be found in feelings of insecurity and the deep-seated fear of feeling unloved, and thus this perceived pain of separation and fear is projected onto others? As long as you are unable to love yourself, you will keep all love just beyond reach, barricading yourself within the walls of fear. Without this true energy of love emanating from within, all else is a matter of ego games and projecting responsibility, the ability to respond to love with love, on the outside world. Until we accept the responsibility of becoming the spiritual adult, we will continue to expect the outside world to respond to our

childish demands. Unless we look within, we will continuously look outside ourselves for the love that can only be generated and received from the source of our being. Giving our power away to the fears of the ego is giving our power away to be able to truly love. Reclaiming this power transforms us and, in turn, transforms our world.

The ancient mystery schools taught the science of alchemy. It is the spiritual process of transmuting base constricting emotions into their higher resonating form. The “lead into gold” formula of alchemy is the transmutation of anger into passion, pain into compassion, and fear into love.

We must first be able to admit our fears in order to face them. There is a general belief that to admit you are afraid is a weakness, when in reality it is just the opposite. Giving in to the paralyzing energy of fear is the weakness, in that we relinquish our power to love and be loved. In facing our fear, we take the initial steps toward opening up to being vulnerable enough to be touched by love. Love is all-powerful and is the only antidote to the paralyzing affliction of fear.

It is the call of the Soul, which seeks integration into our conscious self to mend the split in the fabric of consciousness, that beckons us on the journey into the dark mystery. In the territory of the Soul, we can learn to bring forth the depths of emotional feelings to heal our initial wound and, therefore, all subsequent wounds. When we heal our initial wound of separation, all subsequent wounds become healed. Our emotions can then expand into new heights of expressing the components of love. Through our inner alchemy process we can take the depths of our anger and pain and transform it into a passion for life and joyful celebration. To peer through the loving eyes of the Soul, our experience of the world can literally change before our eyes. Until we examine our own emotional road maps to see just where we are blocking the flow of love from within, we cannot find compassion for others who are also trapped in their illusion of separation. We must first find our way back to self-love before we can truly love and nurture others and our manifested world. Creation either pours through us from divine love or is clouded over through the lenses of fear.

The world we create and live in based on our fears is a world of constricting ourselves within the limitations of all the by-products of

Splitting the Fabric of Consciousness

such fear, namely blame, guilt, revenge, martyr, depression, loneliness and a host of other such feelings. It is an endless, repetitious cycle of fear producing more fear. Our personal and collective world then becomes *history repeating itself*. The same fear gets replayed throughout countless dramas in various disguises.

Since the imagination is limitless, when giving our energy to love, the images of love are even more infinitely boundless than the images of our fear. Fear is restricting while love is expansive. By now we should know all about what fear is, as we have been reproducing the holographic images of it for millennia. Using our creative potential to project fearful images into our world keeps us in this *history repeating itself* pattern. Fear has so blinded us to the potential of love and so blinded us to who we really are. When we see someone respond in a crisis situation to help a complete stranger or we witness the compassion of a Mother Teresa, so many people are astounded by such capacity to overcome fear and exist in a state of love. If we but turn our attention towards using our creative potential to project images of love generated from within our own self-love, a world of beauty that has never been conceived or perceived can be born before our very eyes. Imagine a world of people showing compassion to all living things. All of us have the potential to generate this compassion and offer it up to life, but we must first conquer our fear and belief that there are not enough resources or love to go around. When we do, our reflective Soul can bask in the awe and wonder of our own beautiful creation, as we walk through the garden of the Goddess made manifest here on this Earth plane of consciousness. To attain the nirvana of divine love, we must reawaken to the depths of our Soul in order to tap into the rich abundance of a fruitful garden, and find new expression of these depths through the heights of our Spirit. Tapping into the abundant resources in the depths of our Soul will shift us into a feeling of having every need fulfilled. As each individual awakens to listening to the voice of their Soul, there will be a collective shift away from the external manifestation of greed and hoarding of our natural resources. When we are rooted in the foundations of the abundance of love, our world will reflect the manifestation of such abundance.

The marriage between physics and love is so incredibly

powerful. Love is what holds atomic structure together. It is the binding, cohesive force of creative manifestation in this physical realm, as in all the realms. It is the love of the Goddess. Love is so powerful that even in this fear-based reality, love overrides the erosion of the physical realm and still holds it all together. Love holds entropy at bay, while we struggle between love and fear. As we give in to fear, the physical system eventually breaks down little by little. Fear is the element that tears physics apart, while love is the powerful glue that keeps atomic structure in a state of attraction. The space between the atoms and molecules is filled with the very essence of love. The *energy between* is where to look for love, the space between the interaction of atomic structure and the *energy between* our interaction with others.

Remembering the *god beings* that we are moves us to a realm beyond fear, divinely protected by the awakening consciousness to the reality that love is all there is. Fear is then relegated back to its original intention as the safety valve for the preservation and continuation of life and evolution in the physical realm. We are powerful *god beings* who are quite capable of creating a world of love and the host of endless opportunities to express and explore love. If we give energy to our love, this energy can transform the fear-based demons and devils lurking in our unconscious into the angelic expression of a more enlightened world.

Portal

*I am a doorway to the greatest
Mysteries that lie beyond.*

*I venture through this portal
To the unknown,
Yet, I am the portal.*

*I am a mirror of the unconscious
Reflecting all that is there.
I am the mirror.
Yet, I see my reflection everywhere.*

*The feminine is mysterious.
The masculine is curious.*

*I seek my own mystery
Through my own curiosity.*

*I am a mystery that will
Never be fathomed.*

FOUR



*In the garden of the Goddess, plenitude
abounds, and nothing is for want.*

The Archetypal Prime Time - *The Blueprints of Creation*

The dark, black void beyond time and space is Goddess energy, the primal womb of energy at the source of all. A spark of the light of inspiration illuminates the infinite depths of the Goddess, and she calls forth the secondary stage of energy, the expression of God through light. The *energy between* God/Goddess dances its creation dance, breathing the breath of inspiration into form creating a third energy. From this light of divine inspiration spring forth the basic sacred geometrical outlines. Sacred geometry is made of pure light abstraction in the beginnings of form and is associated with number. A circle represents the singularity of wholeness at the source of all creation prior to manifestation. The number two references the second stage of creation, as the Goddess gives birth to God energy in the form of expression. The yin/yang design, with the whole circle divided into the two aspects of the white masculine and the black feminine, is one of the sacred geometrical symbols in which this is depicted. Since these two energies are in a constant state of a synergistic swirling motion and can never really be separated, the symbol is displayed interjecting a smaller circle of the masculine white within the feminine black and black within the white. The teardrop spiraling design implies the movement of the two energies seeking and expressing in an infinite circular and cyclical movement.

A three-sided triangle is representative of the third entity of the *energy between* created from the dance between the two. Three is also the number of dimensions in the physical realm, namely length, height, and depth. The triangle represents the physical aspect of creation with

The Archetypal Prime Time

the point reaching towards the heavens. Three gives birth to infinity. Number is infinite and, at this point in creation, fragmentation into the multitudinous variety of forms occurs.

Four is the number of transformation and is associated with many figurative geometrical motifs such as the cross or the square, as well as the four directions and four elements. The number four energy of transformation perpetuates this constant activity of variety and change. The fourth dimension is also that of time, or the illusion of movement, which is the linear terminology for the expansion of awakening consciousness and the constant activity of transformation or changing the form through the creative process. The illusion of the movement of time is a gauge for consciousness to register change.

A five-pointed star is like a template that, when overlapped on the human body, reflects the brilliance of the light at our source. It is in the fifth dimension of the imaginal realm where our aspiration to become more than we are initially stirs and awakens within creation.

Crossing two triangles together is symbolic of the intersection where humanity meets their divinity, and is also known as the six-pointed Star of David. One triangle represents the physical with the point ascending towards heaven and the inverted one as heaven descending towards Earth. Chaos is the name of the sixth dimension, where we are able to access the paradoxical inner stillness and churning creative forces of the potential of our divinity.

Creativity is the seventh dimension and is the culmination of the six returning into one and the springboard to higher octaves of consciousness. There are multitudinous dimensions exponentially expanding into the sea of infinity.

Archetypal blueprint energy patterns emerge as the dance between God/Goddess creates the play of unfolding consciousness. Sacred geometry and the archetypal energies are the basic building blocks from which the source of our energy expression emanates. We dip into this well of unconscious forms to play act every sort of drama imaginable and don our many masks of persona as the *god beings* of self-expression. Our personal and collective myths originate from this well.

The basic archetypal patterns of energy are the very beginnings

In the Garden of the Goddess

of form taking shape from out of the womb of the Goddess, the cauldron of all conception. Within the nothingness of this original energy stir the first imaginings. Imagination is the divine spark of creativity. From out of this womb these imaginings are given birth through expression in form. These images then dance their various forms of expression forever, and thus we can access these primal images at any linear point in time throughout eternity. The imagination of the primal womb is infinite and is the realm of all possibility. This primal energy of creation can be likened to a volcano where the magma of new beginnings stir and churn with tremendous activity within the womb of the Earth, waiting to erupt into new land. From out of this lava of creation the literal gardens of Eden are formed through the process of evolution. Our Earthly volcanoes mirror the energy of the feminine principle, and many of the indigenous natives living in areas near volcanoes attributed feminine goddess names and offered sacrifices to this potent energy at the center of our Earth, the core of all being. Her energy is constantly stirring and erupting into the landscape of the Soul, creating new territory to explore and new life awaiting its first breath. This energy is at the nucleus of our very existence. The higher spiritual expression of the term “sacrifice” means to surrender the ego’s grip on fear and collapse into the loving embrace of the Higher Self. It is the personal spiritual journey on the path of individuation to find the map home in order to access it consciously and harness its powerful creative forces. Once we find our way home to the source of all creation, we can then access the aspects of consciousness that await our awakening in the realm of vision to co-create new worlds with our Higher Self. If we do not harness this energy at the source of creation consciously, it erupts from our personal and collective unconscious, spilling into the creation of our world very much like the Earthly flow of volcanic lava, consuming those in its path. Steeped in fear, our bewildered egos stand in amazement wondering how such frightful things could happen. If we bask in love, we behold the sheer beauty of creation in all its rarest of forms.

As we dip into the realm of all possibility, either consciously or unconsciously, the energy is then filtered through the various lenses of our beliefs into the realm of probability. Relegated to this realm

The Archetypal Prime Time

of consciousness are things that will probably at some point manifest in our lives depending on our choices and our beliefs. We make our choices based on our attitudes, which are based on our beliefs. Our underlying beliefs are the deciding factor of what gets manifested in our realm of actuality. Since all things are possible, it is magically and literally possible to create things that are beyond our current set of beliefs. However, in order to do so means a breaking down of the belief system to expand to a level of believing such things are possible. The people believing it was possible to fly set the creative wheels turning towards inventing the airplane. Those who stood by and laughed were thus proven to have a limited belief system. Eventually the belief system of the onlookers was expanded by the evidence that a man could indeed step aboard a mechanical vehicle and lift into the air similar to the birds in flight. This is no different from the visionaries who envision creating heaven on Earth. To step beyond the limiting sets of beliefs, we must open to vision. Vision comes from out of the source of the Goddess' imagination.

Archetypal energy has its source in the very beginnings of creation and represents the many facets of consciousness and the gifts afforded us to use in our creation process. Archetypal energy is the kernel from which the form emerges. It is the seed energy of original concept. Once the actual form of the original seeded idea springs forth, it is available as a basic energy pattern for any aspect of consciousness to access. Although the shape or form of an original archetype can vary slightly, there will always be the basic energy pattern underlying the form. The masculine shapes the archetypal form, while it is the feminine that gives this energy its meaning. Throughout the ages and across various cultures you can witness the differences in the appearance of particular archetypes, but the primal energy pattern that is universally recognizable to everyone on some level of their consciousness is always maintained. These energies emanating directly from the source of all creation speak deeply to us of our intrinsic connection to this divine source within. All of humanity responds on some level to the likeness of an archetypal image or a person who embodies an over-emphasis of the energy of one archetype.

An example of this would be the universal archetype some-

times called *The Harlequin*, *The Clown*, or *The Fool*. This archetype takes many shapes and sizes in a variety of forms, but underneath the form is a universal energy pattern that is clearly recognizable to everyone.

Another prime example would be the archetypes of *The Old Man* and *The Old Woman*, which stem from the very core essence at the beginnings of God/Goddess energy. These do not simply mean just an old man or woman of our human race. Both of these archetypes embody the ancient, eternal, and infinite wisdom of the feminine Soul and the masculine Spirit. *The Old Woman* is older than time itself, ancient and immortal. She holds the keys to wisdom beyond our imagination for she is imagination itself. *The Old Man* is the expression of this ancient and immortal wisdom, and has been expressing this wisdom for longer than time itself. You can see vestiges of these archetypes alive in the old men and women of our fairy tales, certain movies and perhaps most noticeably in Santa and Mrs. Claus. The myth of Santa Claus brings the children the gifts, but where do these gifts really originate? The gifts and treasures of creation originate in the very cauldron of the Goddess before time and before space. Santa is old but never really ages, as old as time itself, as old as the archetype itself prior to time and space. The feminine archetype of *The Caretaker* in Mrs. Claus nurtures and tends to *The Old Man*, lending him the essential support needed for such an endeavor as bringing gifts to all universal children. The red suit may change to a tattered old beggars cloth from one fairy tale to another story, but the rudimentary archetypal energy pattern stays the same. What remains universal throughout each emanation is the potent, raw energy at the source, the very beginnings of creation. These archetypes are woven throughout all of our myths spanning from the dawn of time.

We have access to the same creative principle running throughout all of creation, but we utilize the energy of these basic building blocks either consciously or unconsciously. With the initial steps of involution, these archetypes play out from the unconscious realm of our consciousness. During the process of spiritual awakening through our evolution, we can learn to access this raw, powerful archetypal energy consciously in order to direct it in our lives and awaken more fully to the creative power of our *god selves*.

The Archetypal Prime Time

We each have our own personal myths that we dramatize, and these fall into the larger myths of humanity. Because of our own unique individual paths of awakening, our choice of personal myths will reflect what it is that we need to awaken to. These myths, as well as the collective mythologies of humankind, are rooted in our personal and collective unconscious. As we awaken consciously to more self-awareness, we awaken to more of the unconscious realm and the potent, raw energies of creation awaiting us there. Our myths unravel to reveal more of our underlying spiritual truth. All of our fairy tales, myths and stories, and inner fantasies are embedded in the realm of the archetypes. Our wounded relationship with the inner feminine is the mythological wicked stepmother or queen keeping us locked in our own self-created towers removing us from experiencing the joy and celebration of life. *The Hero* archetype is our own masculine Spirit going in search of our feminine Soul, thereby rescuing the maiden. Our inner *Orphan* is abandoned and homeless on the cold streets of harsh reality, replaying the initial feelings of abandonment from the source of divine love. The wicked witch offers the fruit of sleeping forgetfulness and the prince awakens us with the kiss of love. Our fairy tales and stories are our messages of the archetypal energy playing out every kind of drama in our daily lives and can be revealing road signs on the return path.

A good way to monitor consciously where our personal myths originate is to take a close look at our inner fantasy life. Do you fantasize about being rescued, or are you the rescuer? To fantasize about being rescued is an indication of an imbalance of masculine will. This fantasy will always lead to the person seeking in the external world for someone else to rescue him or her from their perceived worldly problems. On the other hand, to have a desire to rescue others is an indication of needing to activate *The Seeker* archetype and go within in search of their own inner feminine. Who are the heroes and villains that you admire or loathe? Are you Cinderella unable to go to the ball, or perhaps you fantasize about acting out the controlling natures of the stepmother and sisters? What part of you is the abandoned *Orphan* dreaming of all the things a child never got reflecting deep feelings of being cut off from the abundance of the original garden? Which

characters in your favorite movies can you relate to or provoke you to either negative or positive deep-seated feelings? These fantasies are a clue to which aspects of consciousness we are denying. Denied aspects of consciousness ultimately get projected onto our externally manifested world and reflect the cast of characters in our personal, as well as collective realities, until we consciously awaken to this inherent archetypal energy within. As we take charge of our fantasies and transmute this latent energy back into its raw power at its core essence, we can then learn to harness and direct this energy more consciously.

Oftentimes while in the midst of playing out the dramas of these mythologies, we may get unconsciously stuck in a repeating pattern. In order to prevent getting stuck in one archetypal pattern, it is most useful to access a variety of these archetypes in our daily life. For instance, someone getting stuck in *The Innocent* will never really grow beyond the innocent child phase and will have difficulty awakening to and taking responsibility for the dark shadow of this archetype, which is anything that destroys innocence. It is the myth of Peter Pan and the proverbial battle with Captain Hook. Peter Pan gets “hooked” in the archetype of *The Innocent*. Not wanting to ever grow up, he finds himself forced to do battle with the destroyer of such innocence, in this case, the figure of Captain Hook. In this myth, Peter Pan must activate *The Warrior* archetype in order to stand battle on the inner spiritual landscape. To remain in *The Innocent* archetype and not expand beyond this level of consciousness would render a person remaining locked in the *Never-Never Land* of one aspect of the unconscious realm. As told in this fairy tale, the crocodile swallows the clock, thereby symbolizing that time is literally swallowed up in the eternity of this everlasting infinite sea of the unconscious. These archetypal energies exist outside of time, and the energy patterns can be accessed through our personal and collective unconscious realm, which is the path to infinity and eternity. The crocodile of time follows us around ticking off its gentle reminder that we need to awaken from this dream, from the personal and collective myths tapping off this rhythmical pulse. Captain Hook is a necessary adversary within the psyche to ensure growth. The innocence in the form of Peter Pan must

The Archetypal Prime Time

stand up to the adversity and grow beyond its own innocence.

It does not mean that we must relinquish the beautiful qualities of the archetype of *The Innocent*, for we can don the light shadow in expression of this energy. All of us have a personal, as well as collective, *dark shadow*, which consists of the negative constricting aspects of our psyche that we have disassociated with and buried in our unconscious. In addition, we all have a *light shadow*, consisting of the expansive divine qualities that we have denied within ourselves and also relegated to remain in the unconscious realm until claimed by us. Innocence must be destroyed in order to give birth to wisdom. To balance these energies is to allow the innocence of the child to remain awake and in awe and wonder with life, allowing everything in life to be new, yet to grow beyond such innocence by accessing even more archetypal energy in the expression of newly gained wisdom. This is the process of traversing the landscape of the Soul to awaken more fully to bringing these archetypal energies to conscious life expression, as opposed to the unconscious expression of these powers playing out in daily life. The potent energies are at play everywhere in our world erupting from the personal and collective unconscious. They are the cast of characters center stage in the drama of our illusory physical world.

One method I find useful in uncovering these many faces of archetypal energy is the art of power mask making. This can be accomplished by going within on a meditative journey in search of the archetypes. Upon exiting the meditation, I make a mold of my face or of my student's face. Making a mold on the face is a powerful statement of claiming the many archetypal faces we wear in our daily expression. We then paint and decorate it in the likeness and image of the archetype or energy form encountered in the inner realms. This process helps to bring forth the messages, gifts, and energy of the archetype to the conscious realm awakening it to utilize in our daily life.

An example of how we can utilize the energy of the powerful archetypes once awakened would be to approach anything in our lives by consciously choosing to become *The Fool*. With each new endeavor we undertake, when we rise and greet each new day, and even within

each moment, to become *The Fool* means to enter into the unknown aspects of ourselves and admit that we know nothing. This opens the space for our greater wisdom to emerge. *The Fool* also teaches us to laugh at the foolish ways of our limited ego and helps us to not take our ego so seriously. Left to our ego's devices, we stumble through life without having access to the wisdom to face each and every situation. Our negative ego tends to think it knows everything, when in fact it knows very little. Becoming *The Fool* means to empty ourselves of any preconceived ideas and beliefs about how anything should be and allow the intuitive parts of ourselves to open up to the infinite avenues of wisdom available to us. This then brings us into deeper access to the limitless cauldron of the Goddess, allowing energies to flow through that have previously been untapped by us. We must conquer our self-created and inflated fears in order to become *The Fool*. If we ignore our ability to access this powerful archetypal energy and likewise other archetypes, life becomes repetitive and tedious. Our senses become dull with such repetition. The world does not look brand new with each waking morning, but is glossed over with a perception of monotony. We are cut off from the source of our creative power. Becoming *The Fool* is always the first step on our journey to awakening within the landscape of the Soul. It is always the initial step to take in conquering our fear in order to return to the state of love.

As we become *The Fool* and open to more depths of consciousness, we are then able to access any of the infinite archetypal energies. We can call forth the archetype of *The Old Man*, *The Old Woman*, or *The Sage* and, through meditation and contemplation, dialogue with this part of consciousness to see what they have to teach us. Since the archetypes spring forth from out of the garden of the Goddess, the original source of all form, there is an ancient and infinite wisdom to be accessed there. It is a wisdom that heralds before time and outside of space, more ancient than eternity itself. This wisdom can then be applied to a current situation or anything that arises in our lives, giving us the keys to unlocking the mystery and magic at the source of all existence.

What I've attempted to do is offer an explanation of the source of archetypal energy and a brief overview of some major archetypes

The Archetypal Prime Time

as examples. The many basic archetypal forms have already been mapped in consciousness and are keys to awakening to more of the *god beings* we are. Learning to work with these basic archetypes can then open the doors to the realm of vision. From within the realm of vision, archetypal seed forms that have not yet been manifested can be co-created with the Higher Self. Awakening to the innate nature of our *god being* affords us the opportunity to tap into this well of archetypal energy towards creation of new form. From out of this archetypal well, new blueprints are created and new worlds manifest.

There are a host of archetypes to draw upon within the realm of the unconscious. Two of the active archetypal principles of importance relative to the imbalance of the masculine Spirit and the feminine Soul are *The Creator* and *The Destroyer*. These two forces must be in balance within us, in order for us to create and live in a balanced world. To create anything new, something old must be destroyed. In the physical sense this can mean that an old building must be torn down in order for a new one to be put up in its place or that forests must be destroyed and cleared to create skyscrapers in their place. What it means in spiritual terms is that the restricting walls of old beliefs and attitudes must be destroyed in order for us to reside within a more expanded version of our consciousness. Then our creation process can stem from this expanded and enlightened place. Energy is actually never really destroyed, but is converted or transformed. By our creative powers we are converters and transformers of energy. In reality to destroy anything means we transform it. We can either transform or convert energy negatively through our constrictive fears and beliefs, or positively through the expression of love from the expansion of consciousness.

How we can become more conscious of utilizing *The Creator* and *The Destroyer* archetypes in balance is to reawaken our connection with the feminine Soul to co-create in cooperation with all of nature and the entire web of life. To be truly in touch with the depths of the Soul is to feel the Earth alive under our feet. If we were to feel the Earth alive under our feet, would we not think twice or rethink the outward form of manifestation our Spirits would take towards a more Earth honoring way? When we can once again honor our Soul, we will

return to honoring the Earth. Our creations can be in harmony with our surroundings because the strongly intuitive nature of our Soul will guide us through our Spirit's actions. By tearing down the restricting walls of our belief systems and destroying the habitual patterns based in them, we can keep from destroying our natural environment. Instead, we can learn not only to live in balance with our environment, we can also harness unseen natural energies around and within us to enhance our life on this plane. In striving to find a balance between biology and our spiritual essence, our world will be able to heal from the scars of the damage we have done. More importantly, it will be able to begin the regeneration process from the all-sustaining, all-nurturing source of our origins in the garden of the Goddess.

Our egos' sense of separation has cut off our sensitivity to our natural habitat and our conscious lifeline to our unconscious beginnings at the primal roots of archetypal energy. Animating this power of the depth of the Soul and directing it in our lives more consciously, with a balance between both the masculine and feminine aspects of our divine source, brings us into co-creation with the divine within us. We can then in reality co-create even more beauty in our environment from out of the depths of our Soul, brought to expression through our Spirit. In order to create beauty, express beauty and then perceive beauty, we must be able to first find it within the depths of our Soul.

We can access the powerful archetypal energies to create new mythologies in the expression of love. *The Old Man* and *The Old Woman* can become allies on our path to calling forth our wisdom. Creation can become playful as we tap into the energy of *The Mischievous One*, literally teasing and enticing ourselves to play within our own self-created worlds. We can consciously become our own heroes as we rescue *The Wounded Maiden*, in essence rescuing ourselves from the initial wounding, while we allow *The Nurturing Grandmother*, the love that is grander than we can imagine, to lovingly heal the wound. By working in conjunction with *The Destroyer* and *The Creator*, we can allow the magic of new solutions through *The Magician* or *Wizard*, the aspect of us that holds the keys to our magical ability to transform and transmute energy. Our awakened *Lover* archetype injects passion

The Archetypal Prime Time

into our creation allowing us to experience the awe of love being so completely in love with itself, while *The Caretaker* can continue to nurture our creation. We can give our abandoned *Orphan* a home in the loving arms of our Soul. *The Mad Professor/Scientist* can teach us of new ways to invent our reality, and on and on as we delve deeper into the endless cauldron of the blueprints of creation and wake up to being the master creator that is our true spiritual heritage. The possibilities are endless, and we have eternity to play.

*The mystery and the power of the feminine
Is a state of being,
A state of knowing.*

There is no need to proclaim its presence.

*It is a gentle voice that travels on the wind,
Through the water,
Echoes in the crackling of fire,
And is rooted in the depths of the earth.*

*Do not underestimate the power of the feminine.
It can heal all wounds.*

*To rest in the arms of the Goddess
Is to exist in a state of being
In eternal love.*

Five



*In the garden of the Goddess,
gratitude replenishes itself
with even more gratitude.*

The Landscape of the Soul - *The Ever-flowing Fountain*

The landscape of the Soul is in the lush, fertile, and infinite depths of the unconscious. Deep within this vast and darkly, mysterious realm, the secrets of our Soul can be uncovered. To shed the light of conscious knowing on these dark mysteries can reveal such wonder and majesty hitherto left untouched and unexpressed in our world. Our natural environment is replete with metaphorical reflection on the depth of meaning that can be found in the landscape of the Soul. Within each kingdom of mineral, plant, and animal, we can discover endless symbolic references to the profundity of our own inner nature.

Many movies of the 1990's reflect humanity's collective deep-seated fear of our very own wild, instinctive, and intuitive nature. They mirror to us just what it is we need to look at and shed light on within the dark recesses of our personal and collective unconscious realm. If we are willing to enter into our own dark places to traverse this territory in consciousness and enlighten ourselves, we can open to the power, beauty, wonder, and awe of creation itself. As we each shed this light upon our Soul, the world Soul stirs and quickens the birth of a new vision.

To examine our fears of the nature kingdoms, specifically the arachnid and reptile world, we need only look at what their qualities are and where and how we are denying those qualities within ourselves personally and collectively.

The spider is an ancient symbol of feminine power spinning the entire web of life. The female spider bites the head off of her mate and devours him. This deep-seated primal fear of the original

feminine energy springing forth from the dark unconscious hales back again to the recurring theme of the “all-nurturing” of *The Creator* yet “all-devouring” *Destroyer* power of the Goddess. We realize that what is created must be destroyed. The fear is based once again in the original ego separation. Because the ego believes it is separate, it fears its own demise. What we are collectively afraid of is not the nurturing creative forces of divine love at the core of all existence, but our own power to destroy as the *god beings* we are. The repression of this powerful feminine energy is where our fears are harbored. We are terrified of our own feminine power. Our capacity to create, as well as destroy, is being reflected to us in our external world as an imbalance of *The Destroyer* archetypal energies because of this underlying fear. Our egos are so afraid of being destroyed that we consciously or unconsciously destroy that which we fear. In other words, we destroy our own interconnecting link with our environment and, therefore, literally ourselves. So afraid are we of our own metaphorical poisonous bite and stings of pain underneath the anger, that we literally poison our environment. A spider or snake strikes and bites only when it feels threatened, as do we strike out from the ego fear of annihilation. In truth we need to shift our perceptions back to original cause. Original energy at our source is never truly destroyed but only converted or transformed. Our ego fear of eradication comes simply from the perpetuation of the belief that it is separate from its source.

As creators and destroyers, we have the ability to transform energy from one form to another, like burning wood to ash. We also have the ability to transmute energy within the alchemical cauldron of our self from one type of energy to another. This process of transmutation can change base emotions such as shame into self-esteem, anger into passion, and pain into the precious, shining, gold essence of love. Furthermore, we also have the ability to transcend, which means to expand beyond our previous level of awareness within consciousness. Transcendence is a moving beyond the limits of our patterns of ordinary experience, which keeps us caged within the boundaries of beliefs. In order to transform the world, one must move “beyond the world” by transcending it. We must step into the

The Landscape of the Soul

realms beyond ordinary experience in order to utilize the energies there to transform the ordinary into the extraordinary. As in the case of those who first dreamed of flying, they initially had to step beyond the ordinary everyday world into the realm of vision. Moving beyond our current set of beliefs requires acts of courage to conquer our fears and a leap of faith into the unknown realm of all possibility. With this transcendence comes the understanding of how to transform worlds, which then again opens to a new level of transcendence and yet even more transformation infinitely. From the more expanded level of transcendent awareness, we can then direct our creative potential to changing the outward manifested form of our energy expression. The new expanded level of awareness creates a more enlightened version of the world, as the expansion of consciousness continues to stretch to the all-inclusive reality of love.

Reclaiming the power of the feminine within ourselves will allow us the nurturing aspect of love needed to tip the scales back to a harmonious outcome. Then to witness the spider weaving its web through the eyes of our Soul can reveal the deeper meaning of how we are all interconnected in the web of life and also how delicate and fragile this web is. Our collective deep-seated fear of the spider species would become obvious as a reflection of how we are mindlessly thrashing through and destroying the collective fragile web of all life. An awakening to just how powerful we are can direct that power of creative forces to the manifestation of higher dreams, as well as creating from the gentler, loving side of our natures.

The snake is also an ancient, primal archetypal form of feminine energy. Fear of snakes recedes far back into our mythological data banks as the source of humanity being rejected from the original garden. Perhaps our proverbial “fall” is not a mythology meant to put the blame on Eve, and therefore all women; as it more likely may be a reference to the collective repression of our inner feminine power and the subsequent swing towards an imbalance of patriarchal emphasis. In truth, snakes are symbolic of many things, one of which is shedding its old skin, a sign of renewal and transformation. It is also used to refer to the potent spiritual energy known as Kundalini. This is the serpent energy coiled at the base of the spine which, when aroused

from its sleeping state, travels upward to the crown chakra to return consciousness fully awakened to the source energy in God/Goddess. The snake represents our involution, the initial step in the individuation process away from the garden. Yet it also represents our evolution through the awakened uncoiled serpent of Kundalini energy and our return to the garden of bliss and ecstasy, fully awakened having tasted of the fruits of life and creation. This paradox of the metaphorical snake is perhaps most noticeable in the symbolic uroboros of the snake swallowing its own tail, an ancient symbol of the cyclical nature of creation and *The Creator* and *The Destroyer* archetypes. We, like the snake of the uroboros, are also swallowing our own "tale", caught up in the myth and drama of the ego separation from our divinity. Yet we can become as the snake, the serpent energy of Kundalini, to uncoil our tangled selves to awaken to our divinity. It is fear of our very own creative and destructive power that projects into fearful images of the largest of all snakes, the great anaconda, swallowing us whole. Our egos are afraid of the Goddess swallowing us back into infinity for all of eternity. If we can but let go of our ego's hold on fear and surrender to this serpent process of life, we can return fully awakened in the garden taking conscious participation in the creative process.

The overwhelming collective fear of the unconscious realm of the Soul has led us to the misconception that the only way to feel the depths of our Soul is through intense pain. The initial separation from our Soul is the original pain recreated in each painful moment of our life experience. During such intensely painful periods of our life, we feel the aching emptiness of our loss of Soul. In the depth of such pain, we sense the bittersweet longings for the closeness of our Soul. Our buildings turn into crumbling ruins, the homeless beggars wander our city streets, drugs are sought to numb out the pain, our natural nourishing foods get synthetically manufactured with chemicals, and the singer croons songs of repeated heartache and loneliness. Pain is not the only pathway of expression for our Soul, nor is it the most elegant. In fact, the pain is purely a recurrent reminder of our separation from our Soul.

Reconnecting to our primal roots in the landscape of the Soul is to discover that life is joyful and that this joy is boundless. Our

The Landscape of the Soul

Soul yearns to be expressed through the joy of celebration, through the voice of poetry, prosing and posing words to wrap around a feeling that can be expressed in no other way. It yearns to listen to, move to, or create music that prances and dances like spiraling rings around the moon. It seduces us into dreaming of savage, ecstatic, free-form movement swirling in a frenzy of bliss. In the landscape of the Soul, the truth of who we are runs wild in ultimate freedom across the tundra and through the jungle, rides the tide of never-ending waves of imaginative creativity, and soars through the heavens free from the self-made boundaries of our rational mental cages. Creative potential churns and burns within, waiting to burgeon onto the land to draw forth life and new beginnings.

One does not have to be an artist or musician to be in touch with the Soul. The yearning of this depth can be hearkened to in every waking or dreaming moment. The landscape of the Soul can be experienced when walking through a quiet forest of the standing trees of truth, or sitting and gazing in wonder and awe at how the squirrels teach us to walk in balance as we witness them performing their scurry across the high-wire telephone lines. We converse with our Soul every time we sit in daydream of some lofty ideal or imaginative enterprise. Its invisible effects can be seen when the wind lovingly caresses ripples across a pond's surface or runs its fingers through the wheat fields ruffling the hair of Mother Earth. Our metaphorical interior landscape is reflected to us in every aspect of life. What secrets hide in the depths of our oceans? How does the feline or owl see in the dark and find its way through the tangled jungles and wooded lands? What is dear to us can be seen mirrored in a mother doe's eyes. Since reflection is a function of the Soul, it is in the reflection of our external landscape that we can perceive the deep meaning of our Soul. In the outer reflection, we can also see just where or how we feel disconnected from our depths. What we are most afraid of is where our power lies within us denied and unclaimed. We can feel our separation from our Soul in all the pain surrounding us and in every painful moment we experience. If we allow beauty to touch us deeply, we are allowing ourselves to be touched by our Soul. The expression of the Soul of nature is the reflection of our very inner nature.

In the Garden of the Goddess

The sustaining quality of the Soul nurtures its creations, giving sustenance with love to all aspects of life. Goddess qualities are found within the nature of the Earth. She is abundant, nurturing, life sustaining, and regenerative but can also wipe out the same life it has given birth to in an instant flash flood or earthquake. The collective fear of traversing into the depths of the landscape of our Soul is based in the collective fear that life is freely given but can also be abruptly taken away. Raging thunderstorms reflect the power of our own inner rage, an anger covering painful deep-seated feelings of abandonment based in feelings of fear at the original split in the fabric of consciousness. Blustering snow and ice storms teach us that our anger and emotions are frozen like ice blocks in the unconscious, for fear of its overwhelming power to destroy. Earthquakes shake the foundations of our beliefs to the core showing us that we have become too stuck in our ways. Our fragile egos quake at our very own raw power brewing within our unconscious. Tornadoes spin a funneling vortex of destructive energy that mirrors our ability to access the creative vortices of our potential power. The message in this violent upheaval of the wind is to never underestimate the powerful forces at the center of creation. As we use our powers of creation to destroy and transform negatively from fear, the graphic images of devastation remind us to utilize our creative potential in the name of love.

The over-emphasis of our ego focus through the rational mind attempts to dominate nature in arrogance instead of working in cooperation with nature and the elements. When denied and kept in the unconscious, our refusal to consciously claim our power as creators and destroyers can be seen in the devastating effects of the upheaval of natural forces. It is the force of *The Creator* and *The Destroyer* archetypes at the source of consciousness that hold the balance of determining which of our personal and collective beliefs need to be destroyed in order to transform and transmute our energy and transcend our current levels of experience.

Since the feminine energy of the Soul has the infinite vessel of the Goddess at its source, it is the Soul that reminds us that we have everything we need and want already. Upon reflection through the eyes of our Soul, as we gaze upon the external manifested world, the truth

The Landscape of the Soul

of our Soul would reflect that the Earth abundantly sustains us ongoing, if we choose to live in harmony. Living in harmony means a balance of masculine and feminine energies. It is this life sustaining nurturing aspect of divine love that is ever present, if only we can awaken in remembrance. The current imbalance in our natural environment and the rapid depletion of our resources is a reflection in the deep pool of consciousness that we have disconnected from our feminine Soul, the source of all abundance, allowing our masculine Spirits to dominate our nature. This imbalance of masculine and feminine energies has allowed us to give our power away to outside authority in the form of father figures in government and institutions. As we each individually reclaim our feminine power, homage is then given to the internal source of love as the only power that can heal, transform, and uplift consciousness to new levels. Love in its compassion cannot stand by and watch as children go hungry, innocent people are slain during battles of governments, or while the Earth is cut up and sold for profit. First we must relinquish our tendency to blame those we give our power and authority to and reclaim it within ourselves. What is needed is an internal shift in consciousness away from creating through the negative impact of fear towards a more positive impact of love, which will elevate our planet into a whole new level of experience. A balanced masculine expression of love through the feminine Soul nurtures its creation. It does not wait on outside authority to act on its behalf, but simply puts love into action.

Abundance is not limited to merely describing the wealth of manifested material things. The beneficent energy at our source is brimming with higher resonant emotions that our fear has not even allowed us to get close to feeling. In conquering our fear to reclaim our potential as *god being* creators, a return to such emotional states as gratitude, wonder, awe, peace, joy, bliss, and serenity is experienced. With a reawakening to the depths of the Soul, a more expansive expression of these energies through the Spirit can provide the richness and quality to life that we all seek.

The landscape of the Soul is lush and fertile territory because it is the domain of Goddess energy. It is an energy that sustains and replenishes itself infinitely and is eternally abundant. To feel the depths

In the Garden of the Goddess

of gratitude in the full knowledge that you are truly loved then takes you to new depths of feeling even more gratitude. You feel grateful that you are able to feel such depth of gratitude, which then generates even more gratitude and on and on perpetually. To feel the depths of awe then takes you to new depths of feeling even more awe, feeling in awe of the very state of being known as awe. Gratitude begets more gratitude. Awe begets more awe.

Within the very essence of the deep and soulful energies, lie the mystery and magic of infinity and eternity. Feeling the depth of these emotions opens up the space for more depth. The landscape of the Soul is a territory in consciousness that opens to the very gates of infinity. The Soul creates the space for the experience of these deep and infinite feelings, and the Spirit fills the space with the eternal expression of these feelings. The garden of the Goddess is an everlasting fountain of self-creating, self-generating, self-sustaining energy expression. Love is all there is. A simple reality, yet love in its measureless complexity is all these things and more.

It is in the landscape of the Soul that we can discover the door to new beginnings. To step beyond that door will take us to the black void of the cauldron of the Goddess, the portal beyond time and space. From this place we can consciously dream and co-create a new world, one that is self-generating, self-sustaining with no ego fear of separation from our all-fulfilling source, and no fear of depleting our resources. From out of this core of creation is a never-ending energy source. This is where we will find our supply of perpetual energy in order to stop the draining of our natural oil and gas. This supply of perpetual energy will fuel the birth of our planet into the starburst of light that we are.

Consciousness awakening within its divinity resides within the depths of the Soul, seeking to delve ever deeper and seeking to express through Spirit more of the beauty and rapture uncovered there. Allow the feminine depths of the Soul to swallow you, engulf you, consume you, so that you become the depth and are able to express more of your limitless being through your masculine Spirit. Perceiving through the eyes of the Soul is a beauty beyond our imagination for it is *Her* imagination. Whatever you can imagine, the Goddess always imagines

The Landscape of the Soul

more. The Goddess is the wellspring of all creation and Her well will never run dry. God is the instigator of all evolution and His fervor to extend through expression will never die. The landscape of the Soul can be recognized in every aspect of nature within itself and outside itself and introduces us to the experience of a passionate, intuitive, emotional, and magical way of life.

I follow a trail of love to see where it will lead,
Along which I find treasures of the heart
And gifts from my soul.
The sound of distant music echoes a refrain
That sings my name,
And like the sirens, calls me home.

I follow a trail of love to see how it unfolds,
And beauty bursts forth from my heart
Exploding into the dance of creation.
The sight of swirling, breathing colors
Coalescing into form lures me home.

I follow a trail of love to see what it reveals,
And I find a doorway locked with ancient seal.
The secret in my heart turns the key.
Floodgates pour forth a river of love
For anyone to follow.

Six



*In the garden of the Goddess,
every dream comes true.*

The Dream Time - *Deciphering the Symbols of Metaphor*

Within the archetypal soup of imagination dwells a language of symbols both ancient and immortal. Symbols and imagery are preverbal. Images spring forth from the vessel of the Goddess, Her imagination, into this dance of unfolding and enfolding consciousness. A snake is, always has been, and always will be a snake. A cup is, always has been, and always will be a cup. It is a snake, a cup, or whatever the image existing within the feminine aspect of consciousness as an idea or concept until brought forth into manifestation through the masculine aspect of expression. The *energy between God/Goddess* in asking “why?” dances itself awake through these primordial images, and from this *relationship between*, the answers are revealed in the reflection of the other. Archetypal energy eternally remains the same even though the shape or form of the expression it takes may vary slightly. The feminine energy of a snake is that of transformation, sexuality, and creativity, among other things. An image of a snake, whether encountered in the landscape of night dreams, meditative visualization, shamanic trance journeying, or what is commonly referred to as normal waking life, will always hold the same energy and ultimately the same meanings. Shapes, sizes, and breeds of poisonous or nonpoisonous snakes round out the variety of forms of this energy. A chalice, cup, or cauldron will always be identified with the vessel representing the energy of the feminine and that of nurturing and enfolding. In this sense the meanings of the symbols are forever universal. It is in the

actual *relationship between* the symbolic imagery that the depth of meaning can be found, just as is true of the primal creative principle of the dance between the feminine Soul and the masculine Spirit at all levels of consciousness.

Different levels of consciousness are simply, yet complexly, various levels of awareness awakening within the great Cosmic Dream. The ascended master guides are higher aspects or more expanded versions of my very own consciousness, for there is only *One Conscious Being*. The outpouring of imagery from the depths of the unconscious realm is a continuous stream of preverbal symbolism awakening us to more of our *god selves*.

From the messages of our night dreams, as well as our daydreams, fantasies, meditative visions, and externally manifested waking life, we can learn to integrate the many aspects of *The Self* into wholeness on our journey of individuation through this mythic web of interconnectedness. It is not that the individuation process means striving to attain complete wholeness, for we are already whole. It is a perpetual awakening to the reality that we have the power to access the whole of the creation process at our fingertips. With each awakening to more of the powerful energy at the source of creation, we then have the ability to expand our awareness exponentially. Learning to decode the metaphoric language of dreams is to uncover the mystery of the *relationship between* the masculine and the feminine principles, thereby shifting one's awareness into a state of revelation. The dreamscape can be interpreted in the same way that all meaning to life can be gleaned, through the eyes of the Soul.

There are three levels of interpretation to dreams, but most people find they have enough information to deal with in the first, which is the personal level. The second level of dream interpretation is global, while the third is universal. Interpreting your dreams beyond the personal level comes with more awakening consciousness and spiritual responsibility.

The first thing to be aware of throughout the interpretation process is that all images and characters in the dream represent an aspect of the dreamer and in the universal sense an aspect of God/Goddess. To make sense of the bizarre imagery of night dreams,

The Dream Time

we start with the basic elementary, underlying, creative principle and premise of masculine and feminine energy. For the purpose of interpretation the body is divided into two halves, the right side being the masculine expression and the left side that of the feminine receptive nature. Dream imagery of a sun, or the gold solar aspect, will be symbolic of the masculine, whereas the silver of the moon represents the feminine. In accordance with the yin/yang symbol, white is attributed to the masculine expression of light within the mysterious black of the feminine. White is also the color associated with higher spiritual awareness of enlightenment, and black can mean the shadowed mystery of denied or unenlightened aspects of consciousness.

Masculine	Feminine
Right Side	Left Side
Sun/Solar	Moon/Lunar
Gold	Silver
White	Black
Active/Expressive	Passive/Receptive
Will	Emotional/Intuitive/Imaginative
Strength	Power

Since the masculine aspect is that of active expression, to dream of an unfamiliar man tells you that there are parts of your consciousness not yet being expressed. The indicator of which particular aspects of your consciousness lie dormant would come from the various symbols and movement of the man within this particular dream in relationship to the landscape of the dream. The same would hold true if the dream image was that of a woman, but the meaning then would be conveyed to aspects of the feminine intuitive or nurturing qualities. If the dream contains people from your daily life or your past, one must look to what that person represents to you in your life. It is best to note what characteristics stand out that are most noteworthy about the person and then try to tie them into the rest of the meaning in relationship to the other images. Gold jewelry

or coins might represent something to indicate how you perceive your value expressed through the masculine, yet if the coins were silver it is consigned to that of the feminine qualities.

The body is next divided into the seven areas of the chakra energy centers. Each chakra center has a color associated with it, as well as a level of consciousness illustrated in the following table. Dreaming in color can tell you which energy center may be blocked or even overactive creating an imbalance in the dreamer's overall sense of well being.

Chakra	Color	Level of Consciousness
First	Red	Security
Second	Orange	Creativity/Sexuality
Third	Yellow	Emotions
Fourth	Green	Heart/Compassion
Fifth	Blue	Communication
Sixth	Purple	Psychic Ability/Intuition
Seventh	Violet/White	Higher Consciousness

One example might be, if a woman dreams of a young girl in a red dress, this would point to issues dealing with security in childhood and perhaps the subsequent blockage of feminine energy in relation to whatever else the dream may be revealing. To dream of a small boy instead changes the direction of interpretation from that of feminine energy to masculine energy expression. Such images could be a message that the dreamer adopted a belief or fear about the masculine aspect of self-expression or the feminine aspect of creative imagination through a childhood incident. The age of the child in the dream, whether one of your own offspring or an unknown child, would indicate the age in the dreamer's childhood when this imbalance occurred. The dream would be offering a message that this incident is replaying in one's current life through such imbalance.

The setting of the dream is an important indicator of the past, present, and future, as well as different levels of consciousness. A car represents movement and direction of *The Self*, and whether a car is

The Dream Time

parked or moving indicates which areas of consciousness that are either expanding, blocked, or perhaps even stuck somewhere in the past. The reverse movement of a car could also indicate that energy is flowing back upon oneself instead of flowing freely into creative expression. Are you in the driver's seat or sitting in the back as a passenger? Who is driving the car in your dreams? If you find that you are the passenger in such a dream vehicle, this could determine that you might be relegating some of your conscious power over to whatever unconscious aspect is driving the car. In order to glean the depth of the meaning, all symbols must be read in relationship to the other symbols in the dream.

There are four levels of consciousness referred to as "mind." The subconscious mind is like a database of all information from the present life experience. The unconscious mind is a much vaster database, and is in reality infinite. It contains all the information from all life experiences, both personal and collective. The conscious mind is the aspect that is focused on the physical plane, while the Higher Consciousness contains all of the three lesser aspects of mind.

Houses and buildings will represent the different levels of consciousness. Metaphorically, a basement is indicative of both the subconscious and the unconscious, the first floor is the conscious level, and the upstairs is the higher consciousness. Dreams taking place in a basement quite strongly suggest that the issue being addressed is buried in this realm and is surfacing to the conscious realm through the dreaming state. Likewise, dream events taking place in the upstairs or attic of a house point to the higher spiritual potential available to the dreamer. Rooms in the house also have their own particular meaning. The bathroom is a place of cleansing or purification, while the kitchen is that of nurturing. A living room is the place where consciousness presently lives or resides, while a bedroom may indicate the need for rest or even perhaps giving an issue rest and letting it go. A family room would indicate the process of integrating the different aspects of consciousness into a greater sense of wholeness. If the building is a house from childhood, it will point the dreamer in the direction of reading the symbols in relationship to the past. If they dream of a new house unrecognizable to them, it refers to unexplored new territory

in consciousness. An elementary school symbolizes lessons to be learned from experiences in childhood, whereas high school would indicate the adolescent level of awakening consciousness. Colleges or universities are higher learning associated with spiritual knowledge. In some instances it may refer back to someone's past to an incident that may have occurred during that time period. If the dreamer is in an office, it may indicate that there is spiritual or emotional work to be done. However, if a person normally works in an office day job, the Higher Consciousness via the dream imagery can also be attempting to call attention to incidences in daily life that may be clues to uncover which fragmented pieces of consciousness need integration. A warehouse is a place where things are stored, as in the unconscious or subconscious minds. Once again the dream setting relies on the action and other dream symbols all in relationship to attain a clear meaning of the dream.

The four natural elements of water, wind, fire, and earth also have their basic meanings. Water will always represent emotions, but the question arises as to whether the water is flooding, still, raging, flowing, muddied or clear, or frozen as in ice and snow. A dreamer who finds oneself in a bathroom with running water that is cloudy or muddied is getting a message that emotions are not necessarily blocked but are not being expressed clearly and cleanly. Emotional purification would be the healing message for this dreamer. The wind represents new thoughts, while fire can be either passion or anger. Earth is commitment, as well as the nurturing feminine qualities. Outdoor dreamscapes oftentimes occur at a beach or in the mountains. Mountains might indicate higher vision or spiritual fortitude. All four elements are present in a beach scene, and I find this can often mean a balance of all four, or that the dreamer needs to balance all of these inner elements of consciousness.

Any road or street is the spiritual journey or the path to awakening to more of our inherent wholeness. Whether you are in the fast lane of a superhighway or walking along a country road could indicate that you should either slow down or that your path is being accelerated in quantum leaps and bounds. A city can sometimes denote the individual consciousness in relation to mass consciousness,

The Dream Time

or any other number of things depending on the actual city scene and movement in the dream. Depending on the other imagery, it just may represent an individual dreamer's disconnection from nature or Soul.

At first glance the dream world appears most bizarre and baffling. With a little practice in understanding the relationship in the language of metaphor, the dreamer can awaken to more meaning to his or her interior world, while also seeing the same reflection in their daily outer world become more meaningful. In reality there are many levels to dreams. Delving into the depth of the many levels can take time and practice and is not always necessary unless the dream is haunting you in the conscious realm, calling you to explore it more fully.

An example of dream interpretation through the magic of relationship of some of my own dreams is as follows:

Dream #1 - May, 1989

I'm in a library looking for books on astronomy for a paper that's due. The books seem like children's. They contain no new information that I don't already know. An older woman is trying to help me. She's no help at all. I make a face at my female best friend sitting nearby. I'm sitting at one of the tables arranging my papers. There are music sheets that are supposedly biofeedback on parts of the body. My friend and I are amazed, and I'm trying to understand the meaning. There are middle-aged housewife types sitting around the table. The older woman instructs them to help me, but I know I will have to help them or explain to them.

I find it easier to interpret this particular dream in retrospect, and as in all things close to us it is often more difficult to interpret our own dreams as opposed to others. I never went to college or studied astronomy, but it is the study of the stars, and also things that are of an astronomical nature. This has a dual meaning in the sense of immeasurable and celestial. The depth of my feminine Soul

In the Garden of the Goddess

is immeasurable and the light of enlightenment of this depth is stellar. The library is the aspect of consciousness where knowledge is stored and can be referenced. In looking for the answers to my questions in books, this dream is telling me that I already have the knowledge. The older woman represents an aspect of my feminine. The fact that she is no help at all indicates that at the time of the dream I was out of balance with my feminine energy, but it also represents the old way of being too passively feminine in the world. The housewife types also show this meaning clearer. I was a divorced, single working mother when I had this dream. Making a face at my female best friend about the older woman trying to help also indicated my own lack of feminine patience at the time. I was not allowing my ancient feminine knowledge to help me. The music sheets have layers of meaning, not only in the sense of the music of the spheres that literally sing us into being, but also because I am a singer. The message about the biofeedback on parts of the human body is where the real clue lies to uncovering the deeper, hidden spiritual meaning pointing the direction on my path to understanding the energy of sound and the human body in spiritual terms. In the final portion of this dream I start to come to the understanding of my role as a spiritual teacher in the knowing and acceptance that it is up to me to explain the meanings.

Dream #2 - February, 1993

I saw an owl behind a brick wall. I said to my mother that it looked almost identical to the mask I made except its beak was a little shorter than the mask. My mother and brother were afraid of it. As it came towards us around the wall, it was walking, stumbling instead of flying. We saw it was wounded. I was being affected by my mother and brother's fear and realized I didn't have to be afraid of this owl.

The owl is an ancient symbol of the feminine wisdom. At first the owl is behind a brick wall, not totally blocked from view, but yet somewhat inaccessible. I make comparisons to an owl mask that I created saying the beak is much shorter, which is the mouth of the owl

The Dream Time

and represents communication. This in essence is a message meaning that my expression of wisdom was being diminished. Because they are aspects of myself, my mother represents my feminine nurturing Goddess qualities and my brother the expression of those qualities. The wounded owl symbolizes my own wounded relationship with the Goddess, my own feminine, as in the owl stumbling instead of flying freely. In the dream I realize that family fear is affecting me or, in other words, part of my fear was adopted through family beliefs. This dream is an indication that I was conquering more fear in order to express my feminine wisdom, as I realized within the dream state that there was nothing to be afraid of.

Dream #3 - April, 1997

I was sitting before The Christ and The Buddha. They both had extraordinary light halos around their heads. I told them I could "see" where they existed in consciousness from where I was conscious. I could witness their fully awakened conscious state, but I wasn't there myself yet.

This dream is an awakening to more of my spiritual path of ascension. I realize that if I am able to see it from here, I will be able to get there from here. I felt this spiritual goal was within my reach and remember waking up with this feeling of newfound strength on my spiritual path.

Dream #4 - November, 1997

I was sitting with a woman showing her how I could run my fingers through my hair without any tangles.

Hair is our power and crowning glory, the radiance of our crown chakra. This dream reveals that I have learned to balance my feminine wisdom and power with masculine expression. The lack of tangles is the statement that the expression of feminine wisdom, power, and my crowning glory is freer flowing.

The next dream is from my student, as told by him in the first

In the Garden of the Goddess

person. In this context, when he refers to “you,” he is referring to me.

Dream #5 - July, 1998

I was a little baby bird, and you were a mama bird. We then morphed. I became a little lion cub, and you were a lioness. We then morphed into two cobras which intertwined. As cobras, we squeezed each other so tight that I morphed into the form of myself today and you as a llama. Then you looked into my heart, and I looked down and started to see this big ball of light coming from my heart. Then you started being engulfed by this ball of light yourself. We both turned into these balls of light and shot faster than light into the sky.

The imagery of the bird refers to me teaching my student the freedom from fear and the soaring of spiritual flight, and the imagery of the lion is the teaching of spiritual strength. The cobras are a reference to Kundalini energy when he is ready. I found the reference to the animal of the llama more or less to have the meaning of a spiritual Lama, or the indication of me as his spiritual teacher, although I am not graced with such a title. In the awakening of this potent powerful Kundalini energy, consciousness can return to a state of pure light consciously awakened to divine love.

Through the magic of communication via the Internet and e-mail, I have interpreted over 200 dreams for people from around the world, the majority of whom I have never met. Many people often ask me simply what a particular image means, and although I tell them that snakes or water will basically mean the same thing from dream to dream, the interpretation will vary in accordance to the snake or water in relationship to what is happening in the dreamscape. Although there are books on the market which catalogue dream symbol meanings, I have found that the real depth of understanding the symbols will be found in that mystical quality of energy created from the *relationship between*. Anyone can learn to master the language of symbolic metaphor with practice. However, opening to

The Dream Time

the intuition of the Soul enables one to begin to comprehend the depths of this language without years of study.

The universal creative principle of the unfolding dance of Spirit allowing itself to be enfolded by the Soul, only to break through that boundary and expand into the next continuously, is the rudimentary principle running throughout all levels of consciousness. The language of dreams can expand our awareness to more of the *god beings* we are and is just another step in the awakening process within the great Cosmic Dream. Understanding the simple statement, "*I am the dreamer and the dream,*" is empowerment beyond our current imagination. It is the power to utilize the fundamental life force energy at our source by harnessing the imagination of the Goddess and consciously exerting the masculine will of our *god selves* in co-creation with God thus directing this energy to manifest the dreams of our Higher Self.

Deciphering the language of our night dreams, visions, and meditations opens us up to direct communication with our Higher Self, which is the portal of communion with God/Goddess. They are not so far away as some distant galaxy but are as close to us as we allow ourselves to dream and be dreamed.

*I walk through oceans of eternity
To meet myself again and again.*

*I pause to listen to the sigh of the wind
Only to hear my own voice.*

*In rapture I gaze at the beauty of all souls,
And I dance the dance of oneness
Across heaven's floor.*

Seven



In the garden of the Goddess, all things flourish for all is loved.

Telepathic Rapport - *The Original Language*

Our belief that the human kingdom is somehow superior to the animal, plant, and mineral kingdom is a belief steeped in fear of our very own primal natures. We are, in essence, explicitly interconnected with the web of all life and life form expressions.

Our fear of the deep mystery of the feminine dulls all of our senses, and most specifically our natural gift of telepathy. Telepathy is intrinsic in all of life expression. To be fully awakened to our Soul is to reintegrate our awareness to the Soul of all species and the entire web of life. What better gift could be bestowed upon us than this gift of life with the ability to soar like an eagle, walk gently over the land as a deer, burst forth in fragrant colorful blossoms, and enjoy the fruits of our endeavors.

Flocks of birds turn in the same direction mid-flight, while herds of wild animals veer instantly in the same direction across the savanna plains, via their telepathic rapport. Schools of fish collectively scurry in reaction to sudden movements in their watery habitat. As the tribe of humanity, we too can remember our deep telepathic connections with each other and the mineral, plant, and animal kingdoms.

Since all of consciousness is essentially one and inseparable, we can communicate with any other aspect of the *One Conscious Being* that we choose or vice versa. Intercommunication with the angelic realms, the elemental fairy realms, life forms of other physical planes or planets in other solar systems, ascended beings, as well as telepathic rapport with all life species on the Earth plane is the beauty of the innate reality that all of consciousness truly is one.

In the Garden of the Goddess

During the involution process and the sleeping forgetfulness of separation from the whole, the ego overly emphasizes its quest for individuality thus shunning our instinctive animal nature. There is no reason to cut off our divine connection to the variety of forms of life expression throughout all of the kingdoms in the fear of losing our individuality. In its striving to express individuality, the ego removes itself further and further from the roots of its origins in the primal kingdoms. This endeavor to rise above our animal instincts in the feeble attempt to have the ego feel unique and special among the herd of humankind actually thwarts our efforts at individuation and the evolutionary return to our divine source. Individuation is meant to be a process of awakening to our totality within the whole, an awakening to the truth that because we are the same energy as the source of all life, we have access to its multitude of forms in expression.

Each Soul is clothed in a blueprint of originality and uniqueness that is unlike any other. Our distinct gifts are what we present to life and our world. Our very presence is the gift. Individuation should not be mistaken for individuality. Individuality dwells in our ability to translate and express the divine in our own exceptional way. Genuine expression of individuality adds to the collective whole as each thread is needed to weave a fabric, and each thread is unique in its fiber and color adding to the completed textile. Even if all the threads are dyed the same color, each thread holds and reflects the color expressly to give the texture of the fabric its overall, collective sheen. We exist within the unified source of the whole, and, therefore, we consist of everything that is the whole. We have access to the entire fabric of consciousness at any time we choose to return to wholeness. Most of us need to slow down the process of awakening our infinity within eternity to a pace of taking one step at a time, one linear moment at a time. The path of individuation is a realization that we are a piece of God/Goddess made of all the same ingredients as God/Goddess. Individuality is our choice of how we use our specific gifts to uniquely express aspects of this divine wholeness. Each individual has special gifts that no one else can lay claim to. Stirring our latent memories and reclaiming those gifts is part of the individuation path of awakening and integration. However, telepathic rapport is an ingredient of the

Telepathic Rapport

fabric of consciousness intrinsic in the very reality that there is no separation within the *One Conscious Being*. Every species of creation has this ability, whether it lies dormant in the unconscious realm or is activated in the conscious realm.

Within the depths of our Soul, symbiotic with each other, lies compassion and our ability to respond to the cries of our fellow humans, as well as our ability to share the heights of our joys and celebrations. Within these depths also lie the compassion and our ability to heed the cries of nature, as well as our ability to participate in the conscious act of co-creation and the nurturing of our Earthly habitat. As we listen to the voice of our own Soul, the cries of the world Soul and the natural environment can then be heard and responded to with Love.

Telepathic rapport is not limited to hearing another person's thoughts or sending another person your thoughts. Although thought transmission and reception is included in telepathic rapport, telepathy runs much deeper on a Soul level. It means quite literally that when any of the species throughout all the kingdoms is feeling pain, you feel the pain in the depths of your Soul. It also means that to be able to feel such depths of pain is to have the power to transmute the pain into compassion and back into the ecstatic bliss at the heart of all creation. To awaken to such levels of sensitivity is to be really alert and alive on more levels of consciousness than mere ego-centered behavior. Just before this book went to print, I was sitting at my computer and telepathically felt the fear of tens of thousands of people experiencing a massive earthquake. Hours later, I learned through the television news of the huge quake in Turkey killing tens of thousands of people, which occurred at the same time that I telepathically felt it. We are all connected in the one web of life. Extrasensory perception is the awakening and utilizing of the senses beyond the physical level of consciousness. An example of how some mothers or fathers may have experienced this deep symbiosis is that when a child falls and scrapes his knee, a parent empathetically feels the pain throughout their entire etheric, emotional, and physical bodies. The parent resonates in mutuality with the child's hurt on all these levels of consciousness. Additionally, a parent celebrates the joys and many of their rites of passage along their growth path, having the wisdom and experience of

already passing through those same portals. There is a glimmering of a sense of the unified whole in these universal empathic experiences.

When my son was conceived, I was so intuitively in touch with my layers of bodies that I literally felt a spark of divine light and creation occur deep within me. I knew the instant I became pregnant. It felt as if an infinitesimal universe quickly exploded within me giving birth to a tiny light star. Weeks later a home pregnancy test and the doctor confirmed my intuitive knowing. In the months prior to conception, I felt my son's Soul engaging me through telepathic rapport to enter into agreement to be his mother, his portal into the physical realm. During my third month of pregnancy, I had a dream revealing to me that he would be born a boy with almost white blonde hair. He was indeed born a towhead, even though his father and I have brown hair. When he was growing up, my son often tried to sneak up on me and scare me, but I always telepathically felt his presence lurking behind me and would catch him at his game.

Opening to telepathic rapport unveils the channels of communication through the etheric net of all life. We expand our awareness to exist not only in our physical, emotional, and mental bodies but also in our etheric bodies. Through our etheric bodies we have access to things normally considered "off the spectrum of the visible or seen world." Textures appear lush and vibrantly light, literally teeming with life's energy. In this etheric net of life are the experiences of hearing color, seeing sound, or feeling a tug on the net if someone we love is pulling on it. Love responds to itself. The exquisite reality of love is this symbiotic relationship of being able to respond instantly through telepathic rapport.

On my trip to Ecuador, during one particular ceremony ritual, a group of us made a giant human dream catcher. Someone started by tossing a ball of yarn across the circle to another while still grasping the end of the yarn. The person catching the ball would speak from their heart and then toss it to another person in the circle, while still holding their portion of the yarn. This created a large interlocking dream catcher type of web in which we all held onto a piece of the yarn linking us to everyone in the circle. During this ceremony, I found myself acutely aware if someone tugged on the yarn through his or

Telepathic Rapport

her regular movements while speaking or shifting their body. This is a wonderful exercise in helping us to awaken to our interconnectedness to the larger web of life and other individual unique expressions within the web.

Another way to encourage telepathic rapport with others is participation in community drum and dance circles. The beauty of these events is that no one has to be an accomplished musician to participate. It is not a competition or a performance but is ritual as old and ancient as our tribal ancestry. Each person brings to the circle their own unique sound, rhythm, and movement. Whether they are simply keeping time with a single beat on a bass drum or tapping out a rapid paradiddle, each individual adds something to the collective that could not occur singularly. Those who choose to dance in the center of the circle are not performing, but equal in their participation as their movements inspire the drumming and the drumming further inspires new movement. If a person gets up and leaves the circle while we are drumming and shaking our rattles or other percussion instruments, I have noticed that I feel their energy being removed from the collective. I also feel the added energy of a person who may arrive late and join in. The energy of the circle shifts, as we all inwardly and externally shift. These communal gatherings of drumming and ritual are valuable tools to help us resurrect our latent telepathic abilities. At one particular circle, I brought a hand carved wooden flute someone had sent me as a gift to show a friend who is a master at making drums from the spirit of the wood. Although I didn't know how to play the flute, I felt prompted to pick it up and try to play a few notes during the drumming. When I did, my drum maker friend laughed and called out above the drumming that he was psychically sending me thought waves to pick up the flute and play right at that moment. At another drum circle, we all chose to express our drumming through a certain color. As we concentrated on our colors and drummed, I looked around the circle. With my inner eye, I could see the colors that others were choosing to express. Afterward my student and I told three people what colors we psychically saw them emanating and they were all amazed at our accuracy. Such community ritual helps to diminish the over-inflation of the ego and brings us back together as a tribe of

humanity communicating at the level of oneness. Our individuality does not need to be squelched, but can be recognized for its addition to the effort within the whole.

Having personally awakened on certain levels to telepathic rapport with others, someone once asked me, "In order for two people to be telepathic with each other, does that mean there can be no fear between them?" My response to that question is that fear must be overcome in order to be able to transmit and receive another's thoughts. The more fear that is quelled the clearer the transmission and reception will be. Trust is what opens the telepathic lines of communication. In truth, we are all connected via our Higher Self at the source of all being. There is no illusion of separation on that level of consciousness. It is the over-inflated ego steeped in fear that is wary of having another person read the thoughts that may be scrambling through its unmonitored mind. The ego trapped in the illusion of separation is unaware that love does not judge the thoughts of another or even oneself. If a person is awakened to the level of telepathic rapport, it is usually an indication that the person would have learned to reside their consciousness more often within the heart of love rather than the illusory separation of fear. A return to divine love at our source allows us to be able to telepathically communicate with others via the open channel of the Higher Self. Love and fear cannot co-exist, so in order to open to telepathic rapport, fear must be conquered for love to abide in its place. Love is all-inclusive and has acceptance and forgiveness for all things already inherent in its divine primal energy. This all-forgiving and all-accepting aspect of love is called the state of Grace. Our belief in separation and the subsequent fear that arises from such belief does not allow the space for the reality that we are all innately and deeply interconnected in the larger web of life. Our personal and collective fears erect a wall between one another and the other kingdoms in the belief that we are keeping ourselves safe. What really is happening is that we keep love out. By constructing our barriers and walls of fear around us, we keep at bay the very source of love that can alleviate our fears, loneliness, and insecurities.

One of my students is particularly clear on sending and receiving telepathic thought and images. In a number of exercises

Telepathic Rapport

we've done, he has been accurate most times in telling me what the image is that I am transmitting to him. He knows I can read his energy and has learned to trust that I am guiding him with the hand of love. I often send him a thought to pick up the phone and call me to see how attuned he is. On one occasion I sent him this thought, yet while I was transmitting this telepathic message I knew that he was in his kitchen with his mother discussing an episode of a famous television sitcom and unable to call. When he called a half-hour later, I told him I know he was unable to call right away because he was preoccupied with this conversation. I even told him the name of the sitcom and which room in the house the discussion with his mother occurred. He laughed at my accuracy, acknowledging that he was aware of my thought message and was trying to end the conversation so he could call. The telepathic events that occur between this student and myself are too numerous to detail, but suffice it to say that the level of love and trust he has placed in me has opened him to this higher form of communication. By opening up my telepathic channels of transmission, I was also able to receive that data of what was occurring for him at that precise moment. We have noticed that the rapport flows between us much smoother when allowed to intuitively unfold. In certain controlled tests we've tried, this sometimes tends to put the ego in the forefront of trying too hard, as if it is performing and needs to pass a test. This inevitably blocks the flow of telepathy. Thought travels instantaneously at the speed of light. Since we are all connected through the web of light, telepathic rapport through the process of thought exchange occurs instantly.

This inborn gift of telepathic rapport runs through all of the kingdoms and does not exclude one kingdom from being telepathically aware of another kingdom. Communicating with the other kingdoms occurs on a slightly different level than communication between the same kingdom. A tree will speak to me in its own language of images and feelings, but it is my conscious mind that translates the message into human thought. Love is the conductor of telepathic rapport, the bonding link between all species and all of life. Love is the original fabric of consciousness prior to our ego rending the fabric with fear. When we allow our egos to split the fabric of consciousness with fear, we construct a thin veil of illusion between the divine and ourselves

cutting off the flow of love and, therefore, our innate telepathic abilities.

My spirit guides are ascended masters who communicate with me through telepathic rapport. Mostly I hear them in direct dialogue slowed to a pace at which I can converse with them. Other times I receive what I can only term as large packets of simultaneous data, which I must then sort into linear understanding like some super computer processor within my conscious mind. Why I've coined this term "large packets of data" is because sometimes my guides give me a spiritual overview of a situation or person. I receive information in layers, and these layers contain data from the past, present, and possible futures. In this way I am able to see a person's energy or situation as viewed from the past and how it was arrived at in the present. My spirit guides sometimes show me the brightest future possibility of growth and the missing link as to how a situation can be handled or how the person can bridge the gap between the present in order to quantum leap to their next evolutionary stage.

Within the mineral kingdom the rocks themselves are formed from the very essence of Earth energy. The rocks over time erode, converting and transforming some of their energy into soil. In the plant kingdom there is a direct link with the Earth's energies running right through the roots. The soil is the conductor of the energy of the water, while the plants and trees depend on the soil to bring the water up through the roots like a proverbial umbilical cord from Mother Earth. On their evolutionary path to return to the source of divine light, plants reach towards the sun. The sun nurtures and reflects to them the light of who they really are, and they continue to reach further. The plants in turn produce oxygen, the air upon which the animal and human kingdoms depend, taking the carbon dioxide we emit and transmuting it back into the breath of life. They are aware of the interdependence of working with the soil and the other elements to allow their growth and expression on this plane. Within the animal kingdom there is a kinship between all animals of one species, as well as an instinctual awareness on soul levels to all the other species. The prey knows it is the source of food for its predator and relinquishes itself in order to give life to the predator. It is this cycle of life giving life to its self that we have become

Telepathic Rapport

out of step with. Instead we have allowed our egos to stomp all over what we, in our false sense of supremacy, have termed the “lower life forms.” Upon our evolutionary leap into the human kingdom, we have forgotten that we still also get our nourishment from the soil through the roots of the plants that we ingest for food. The animals give of their life so that we may extend ours. It is all one interconnecting flow of energy recycling its own life.

In the human kingdom, as we begin to once again reintegrate our Soul into our conscious plane, we awaken our telepathic rapport with all the realms. It is a remembrance that we are also conscious within the other kingdoms. The ability to listen to the voice of a rock, a tree, or animal species comes with the awakening of consciousness to this web of oneness throughout all of life. The roots of any plant or tree can teach us of our own roots in the primal jungles of our beginnings. As we crumble old beliefs upon which our attitudes are resting, the rocks can support us in our newly discovered foundations on which to build a new, more expansive reality. Burning a piece of coal or wood shows us that any shape that energy takes can be transformed into a new form of energy expression. The birds can teach us to soar to new heights, while still being grounded in the roots of the tree through the process of transformation. We must become one with the plant, the rock, the coal, the bird, and the tree by remembering that we were never really separated from the experience of being a plant, a rock, a chunk of coal, a bird, or a tree.

What is called for in the transformation from human being to the next stage of evolution, the *spiritual human being*, is a surrendering of the ego to the Higher Self. The process of involution to evolution is this surrendering of life giving life to its self. Quieting the voice of the ego places it in its proper place as a window through which to perceive our reflection from the external world and allows for the voice of the Soul to speak through the Spirit. The balanced combination of these two energies of Spirit and Soul allows the inner voices to become one telepathic voice, that of the Higher self, the aspect of consciousness that has never strayed from its place at the source of God/Goddess. It is through the eyes of the Higher Self that we perceive ourselves to be one with all of creation and discover our unique place in the web of

In the Garden of the Goddess

life. It is through the telepathic rapport and voice of our Higher Self that we can express more of the *god being* that is our true essence.

I stand here on this beloved Earth, my roots digging deeper into the depths of her Soul and my branches reaching forth to express the eternity of Spirit. Every leaf upon the branches is the unique spiritual expression of each individual. Like snowflakes and fingerprints, no two leaves are the same. Each member of the tribe of humanity and each species of life has something so beautifully unique to add to the whole, as each voice is lifted in joyful harmony with all voices. There is only one world and one voice speaking the many languages of love.

*The soul can only be known
Through experience.*

*To try to understand it by
Grasping is the precise
Moment you lose it.*

*To understand the soul...
Simply invite it to dance.*

Eight



*In the garden of the Goddess, serenity
walks hand in hand with tranquility.*

Remembering Ritual - A Return to Balance

How is it that we have given our evolutionary path of awakening as *god selves* over to our egos to use as arrogance and domination instead of awakening to the wholeness of divine love and compassion at the source of all creation? How is it that we have become so deafened to the voice of our Soul in the expression of our Spirit?

Our fear, through the involution separation process, has become so blinding in our present modern day world because we have lost our sense of the sacred mystery running deep through all of life. We continue to feed our egos on the feast of our external manifestations, creating more and more things in an attempt to quench our insatiable appetites. In doing so, our conscious focus remains on the surface of life and creation. To simply skim over the surface in fear of the dark, enigmatic depths, we miss the satiating fulfillment of drinking from this deep well of sanctity. The sacred runs deep and is a mystery because the individuation process calls for such mystery. It is the initial asking of the question "why?" and the continual search for the answer that invites us to explore our very own mystery.

Throughout our repetition of history, there have been those who understand ritual as the enactment of intent to awaken to the sacred, a way of focusing the attention on the sacred within all of life. Shamans and mystics are aware of the other realms of consciousness and bridge the gap between these worlds and the physical world. They are walkers between the worlds, having the ability to step outside of time and space to utilize the raw energy of creation, to listen to the

Remembering Ritual

voices of wisdom, and to bring that wisdom to life directing the forces of energy consciously. Revered icons and images are recognized to be the keys to unlocking the mystery of the divine. The shaman and mystic give great reverence for the life-giving and life-sustaining energies of Earth and all the elements, as a reflection of the abundant wealth flowing from the Goddess and expressed in the likeness and image of God. They do so through recognition of the metaphors and symbols of the language of the Soul.

During one particular Kundalini awakening, I saw the image of a caduceus in my third eye. It was a brief flash of a vision, but the dual snakes coiled and rising around a rod was unmistakable in its simplistic, beautiful meaning. The dual snakes represent the balanced masculine and feminine energy rising around the rod of the spinal column towards its reunion with God/Goddess through the crown chakra. With this vision came the realization that such symbols are inward signs indicating when we are on the path to our home at the source. Primal hallowed geometric shapes such as circles and crosses are road signs in consciousness, leading us through the archetypal energies to the source.

The many customs and rituals of holidays are performed today by the masses quite often without the least bit of knowledge about their origins or original meanings. So many of them are remnants of early pagan Earth honoring traditions. Dressing up for Halloween, whether in the ghouls and devilish costumes or the lighter fanciful fairy princess garb, is an old ritual replete with spiritual meaning. Today our children just go from door to door to collect candy, play acting out their personal myths and fantasies with no real understanding of the deeper meaning. Why does the child dream of being the hero, the villain, a witch with magic powers, or the beauty of the fairy princess? What is it about the super heroes who are able to transform themselves into different shapes and sizes with mighty powerful strengths and forces that attracts the fancy of children? Within such childhood dreams and fantasies lie the clues to our beginnings of innocence awakening to the super hero aspects of the *god beings* we are. The ancient oral tradition of handing down knowledge by telling the next generation the secrets to the ritual was lost somewhere along the way. How beautiful it would be if the

children were taught around this holiday about the many archetypal faces of the unconscious and the choice they have to wear any of these faces in their daily life to awaken to more of who they really are. Where are the wise ones teaching the children of their own innate powerful creative forces of transformation, their deep, inner beauty, and their magical powers to brew up healing herbs and potions just like the super hero, the princess, or the witch? Halloween is a time of sacred ritual, when we allow ourselves to set loose our innermost myths and dress in costumes or faces we may ordinarily be afraid or reluctant to wear. It is a sacrament to bring forth buried aspects from the mysterious depths of the unconscious realm, whether they are our dark shadow or our light shadow, allowing them to dance in the conscious light of day.

Bringing a live tree indoors during the Christmas season is an old Earth honoring rite originally performed on the Winter Solstice as a ritual to honor the primordial symbol of the tree of life. An evergreen tree was cut and brought into a cave symbolizing a return to the original mother's womb. Fruits and berries were hung on the branches to decorate in reverence to the cyclic nature of the fruit-bearing Earth, which provides our every need. The evergreen was the choice of trees because it represents the reality that the abundance of Earth and the Goddess are ever present, even while lying dormant within the seeds of creation and during the longest, darkest day of winter. Today evergreen trees are chopped down with no sacred ritual or honor and commercially sold for profit. We put them in the house for a week or two during the holiday, tossing them out with the weekly trash, as if they don't have a life of their own. Where has the meaning of this ritual and the honor to life that it represents gone? In our current situation of diminishing forests, can we really afford to take this ritual and our life-sustaining Earth for granted?

The Winter Solstice is celebrated as a time in consciousness to go within our depths, a return to the womb of our unconscious to walk the landscape of the Soul and receive the many gifts of *The Old Man* and *The Old Woman*. In our modern day most parents unconsciously follow this ancient rite. They bring the children material gifts in the guise of Santa Claus, one of the many faces of the archetype of *The*

Remembering Ritual

Old Man, with little or no conscious understanding of the real magic of the many gifts of love that are given so freely to us from God/Goddess. Originally the ritual meant that the seeds of new growth are cultivated in the unconscious to await their blossom at the Vernal Equinox. Spring is a time when these seeds literally spring forth in beauty in the external world as a reflection of the sprouting seeds of new growth and the expansion of consciousness. The multi-colored eggs of Easter once again represent the universal life-giving egg of the cyclical feminine energy. Summer Solstice is the time to enjoy the fruits of this bountiful growth and express them in outward activity in our daily life. The Autumnal Equinox is the celebration of reaping the harvest of our spiritual growth with newfound expression of the wisdom of the never-ending, spiraling evolvement of the ages. Once again the cycle starts all over, with the Halloween ritual arousing the ghosts of our unconscious and revealing more of the unfathomable depths.

There have always been those who have walked and still walk fully awake in the garden of the Goddess. The cycles of Earth are honored as a reflection of the cosmic cycles of the involution/evolution process of creation and growth. Because the boundless garden of the Goddess exists within us in the landscape of the Soul, not only can we remember and recreate the ancient rituals with more awareness of their original meaning, even more so we can allow our imaginations to work their magic in creating new ceremonies. We can listen to the inner voice of guidance assisting us in creating new myths and new rites of passage.

I have found a way to update the Winter Solstice ritual to honor the feminine Soul of our world during these modern times. Our population is quickly increasing and our trees are just as rapidly vanishing and the wildlife with them. Instead of bringing a live tree into the house, I have started a yearly tradition of going into the wooded areas on Solstice eve. Apples are tied to the trees for the deer and nuts and berries are spread on the ground for the smaller creatures, while at the same time the elements and archangels of the four directions are honored. In this way we focus our intent to a return to the sacred through ritual, to rebalance the scales that have been tipped too far

in one direction. Our population increase has diminished the natural areas where the wildlife once roamed freely, reflecting our disconnection from our Soul. A few apples hanging on a tree for a handful of deer to enjoy will not regain the balance we need, but it is with the conscious intent to return to the sacredness of all life through ritual that is of key importance.

In the cycle of giving back to keep the flow of creation going, our rewards are as magical as the gift of life itself. While walking with a friend through a forest, a large mother doe leaped across our path, stopped, and turned to stare us down. We froze in our tracks not wanting to scare her off. She then did something so magical that it was hard for us to believe our eyes. On her front right foreleg, she halfway kneeled and bowed to us. In my amazement at her wild beauty, I intuitively and reactively dipped my knees and returned the bow. Bending her front foreleg while tilting her head slightly down, she bowed again. Once more I returned the bow, she bowed a third time, and I did likewise. Afterwards, as we were walking away, I realized she was honoring my presence for having honored the spirit of the deer with my Winter Solstice ritual gift of fruit. The magic of this event still remains with me. It is in the *relationship* between the kingdoms that the magic can be experienced.

Telepathic rapport between the kingdoms is so very real, and the sacred act of ritual is a way of honoring oneself. As we honor other life, we honor the sacred within ourselves. These initial first steps by a handful of people can act as a lead for others to follow in turning the tides once again towards balance. As we take the outward steps of sacred ritual, it helps to keep us mindful and alert to our natural surroundings throughout our daily walk in our world, whether we live in a city or a more rural area. City people feed the pigeons, whether unconsciously or consciously, because it makes them feel good to give back and to do their small part in making the cycle complete. The Earth is abundant in her treasures of life-giving nutrients, but we cannot expect to dishonor life and keep thriving. If we don't water the houseplants or feed the domestic animals under our care, they will perish. The cycle of love is to give and receive. It is time to give back through our own self-awakened love what is so abundantly and freely

Remembering Ritual

given to us. In this way we reclaim the power of our *god selves* to love our creations in the same way we are unconditionally loved.

The ancient custom of handing the baton of wisdom to the next generation through the oral tradition of storytelling has been replaced with movies and television. There are many artful movies and television shows that carry on the tradition of acting out the myths and stories, but where are the wise ancient teachers who are understanding the depth of meaning and passing along the teachings? Shamans and mystics interpret the myths and dreams to help unravel the tangled mysterious web of life. Where is the place in our modern society for the shaman, the mystic, or *The Old Man* and *The Old Woman* archetypes? One does not have to be an old man or old woman in chronological age to glean the wisdom of the ages, or even a shaman or a mystic. This archetypal wisdom is at the core of every human being and can be accessed at any point in one's life. This can be witnessed when a child blurts out anything profound that makes us do a double take at such wisdom from out of the mouths of babes.

In our ancient times around the fires at the center of the tribe, the elders would sit and pass on their wisdom and tradition of ritual. There was a sense of handing off of power in this oral tradition between the generations. The wise ones held the power, for wisdom is power. Bequeathing it through oral tradition to the younger generations was to empower the next generation to live consciously within the sacred web of all life. Even though we have lost our understanding of the deep meaning of ritual and relinquished our inheritance to our wisdom by cutting off our roots and thus our lifeline, we still have the spiritual potential to awaken our own innate wisdom from within. We can sit around the campfire in our inner world and dialogue with the many archetypal faces of wisdom to teach us more about who we really are. We can return to our inner traditions of ritual still alive at the source of all existence.

Through meditation or shamanic journeying we can access the many inner realms to return to balancing our energies, as well as enacting outward ritual to focus our attention on the sacred. Our night dreams and daydreams are gateways to the terrain of the Soul. A walk in the trees can be a sacred ritual, if we are alert to the many metaphoric

In the Garden of the Goddess

meanings surrounding us mirrored from our inner world. Gathering a group in a circle for any number of rituals from drumming, chanting, or honoring the four elements and four directions can awaken us to the blessed circle and cycle of life. Every step we take and every breath we take can be a conscious choice of ritual. Being aware of every breath we take opens us to this precious gift of life where every moment is a new beginning allowing us to be really awake and alive throughout the entire ritual of life.

Also during my trip to Ecuador, I was honored and privileged to meet seven shamans. I remember the words of one distinguished shaman in the Andes telling us to be aware of every bite of food we take. He told us to savor each bite and relish the flavor to taste the richness of the experience of life. Feeling fully awake I knew what he meant at the time, and I remember and think of him even now should I lapse back into my own sleeping forgetfulness. Sometimes during a meal, I see his wise and gentle face in my inner domain and smile a gift of gratitude for his loving reminders. Every meal is a ritual to the life-giving, life-sustaining energy of the Earth and the Goddess.

Our choice of actions to express our Spirit in our world comes from one of two sources. Our choice is based either in love by honoring the sacred or based in ego driven fear. For instance, jogging can be a sacred event if the consciousness is aware of the rhythm of the breathing, the rhythm of the movement, the rhythm of all of life, running in step to the heartbeat of the Earth. If we are exercising as a sense of nurturing our living cells with more oxygen, the breath of life, it can be a sacred sacrament. On the other hand, it may be an ego fear driven activity based simply on improving one's appearance in the sense of exterior glamour. There is nothing inherently wrong with improving one's appearance. Fear-based motivation seeks to get attention to the ego, thereby consigning it back to the antics of looking outside oneself for love to replace the insecurity of the separation of the ego from the source of divine love. Self-esteem comes from within and is a component of self-love. With self-love, there is no need to look outside oneself for love, although it will be seen reflected there.

As we take the steps to a return to the sacred, we will then live our lives emanating the sacred from within and honoring the sanctity

Remembering Ritual

of all life expression surrounding us. Honoring the sacred within shifts us into living from a more aware state of consciousness of the entire web of life, and our outward actions will follow suit. We have the power to consciously choose to continue the illusion of separation and serve our ego, or we can take the steps toward a more sacred, holistic lifestyle, an awareness of our unique individual expression and our place within the whole.

This does not mean that we must eliminate fun and continuously be serious. Quite the opposite is true. It is the ego which usually takes itself too seriously, whereas the awakened Soul and Spirit finds fun in the expression of joy at the same time it is bringing forth the sacred. It is then that we can learn to laugh at how silly our egos are in their self-importance.

To return to sacred ritual we can begin by honoring the four directions and the archangels that govern them. We can tribute Raphael, the guardian of the Air and the East, for giving us our breath of life and for cleansing everyone it brushes with new thoughts and new beginnings. We can invoke the archangel, Michael, of the South to instill us with Fire to fuel our passion and provide a zest for creation, as well as burning away the dross consuming the old to make way for new growth. Water is governed by the archangel of the West, Gabriel, and can be understood as the ever-flowing fountain that quenches our thirst for wisdom and allows our emotions to flow fluidly. As we place both feet firmly upon the Earth, our beloved Uriel and mistress of the North, we stand upon our spiritual convictions to draw forth strength, integrity, and sustenance from the roots of all existence. To call forth the energy of all the four elements is to call on the number four energy of transformation working in cooperation to change the form of how we create our world.

When we light a candle at an altar, whether in church or home, we can be aware that it represents the abiding light within. By lighting the candle with conscious intent, it focuses one's attention on staying awake to the reality of divine light and our place within the whole. There may be many individual candles burning. They all shine the same light but flicker and dance their colors in a unique way. We can learn to let go of the tight grip our ego has on us and lighten up.

In the Garden of the Goddess

Enacting sacred intent through ritual can help us to attain access to more depths of our limitless Soul in its never-ending dance with Spirit as reflected everywhere in creation. To walk hand in hand with our Soul is to be in a state of eternal love, to see through the eyes of love, to exist in the state of Grace, and to behold beauty unfolding within and without. Our Spirits have the powerful potential to create our world in beauty as conceived and perceived through the eyes of our Soul. Sacred ritual can aid us in finding our way back on our path through the garden of the Goddess.

*Within the stillness
Of a quiet heart,
There is great activity.*

*Love stirs and moves,
Reaching like the roots of a tree
Digging deep into the Earth,
And in turn is embraced
By the sky.*

Nine



In the garden of the Goddess, wonder and amazement spring forth from every bubbling brook and waterfall.

The Primal Jungle of the Unconscious - *The Amazon Rainforest*

In January of 1998, I entered into another meditative shamanic journey. When I came out of this journey, I wrote the following account of my experience.

I stand on the brink of the abyss. With outstretched arms, I fall forward, as if in a swan dive, off of a tall cliff. I have no fear of falling. My arms metamorphose into bird's wings, and the wind carries me soaring, floating like a feather. The wind whistles all around me its song of love. With bird's eye vision, I can see. I hear the voice of the old shaman woman, as if carried on the wind whispering, "This is the lesson of 'seeing' like the bird; to be able to see the bigger picture from spiritual heights."

The future lies before me. The past extends behind. Parallel worlds stretch out on either side. I can move in whatever direction I choose. I drift and turn ever so slightly, as I glide toward some familiar yet unknown realm. The light is bright here. It is one of many possible futures. I can see the heart of the Mother and feel her warmth even at this altitude from the striking bright green beauty of her luminous heart chakra. Flying high over the Amazon jungle, I feel her pulsing heartbeat, and it is in tune with my own. I flap my wings to the cadence of the tribal

The Primal Jungle of the Unconscious

drumbeat. I know I will alight right in the center of Her heart, as I can see this future. I make my choice to follow the path with heart.

I am wolf spirit of keen senses and loyalty to the pack, loyalty to the tribe.

I am tiger spirit with the strength to stand under the weight of spiritual responsibility.

I am Birdwoman, ancient and immortal. I sing myself into existence. I dream the world into existence. I dance to the rhythm of pulsating life.

I am flying home.

Later this same year in April, I made a conscious choice to follow this shamanic vision through on the physical plane of manifestation. After reading the book, *"The World Is As You Dream It,"* by John Perkins, I dialed the phone to make travel arrangements to take a trip with John through the grass roots organization, Dream Change Coalition. The trip was scheduled for the last week of October. I was to accompany a group of people I had never met on a tour to the Amazon Rainforest and the high Andes of the beautiful country of Ecuador, South America. I was slightly astounded by the level of fear some people reacted with, when I shared the joyful news of my pending journey. Comments about the bugs, the water, diseases, and all sorts of fearful imagery lurking in their unconscious spilled into my conversation with them. I responded the only way I could, sharing my lack of fear and total excitement over having a dream come true.

In September, while traveling on the road with a friend and heading to the southern section of the United States to teach some workshops, we stopped in Indianapolis to visit with another friend. It was during the morning hours, as I awoke in my motel room, that I had an experience of being in the Amazon. This was just six weeks prior to my scheduled trip there. As I lay in bed, I was aware of being in the motel room, but all of my sensory feelings were somewhere in the future. In this future vision, I was standing on a hill surrounded by dense tropical jungle, and I could see, hear, and smell the Amazon Rainforest. The feeling of this vision was that I was vibrantly awake, alive, and in awe

In the Garden of the Goddess

of my surroundings. I knew I was somehow already there, yet I was also aware that I was still in a linear sense in Indianapolis and had not yet left for my trip to Ecuador. While anticipating this upcoming trip, I shared with some friends the intuitive feelings I was experiencing that this journey would provide me with an opportunity to ground my energies more deeply into the Earth. I also had a strong sense that I would miss the indigenous people of the jungle tremendously before ever having met them.

In October of 1998, I boarded a plane that flew me to Miami to meet most of the group that would soon become known as “The Tribe,” as we were to bond on deep spiritual and emotional levels throughout this endeavor. We were an eclectic group of artists, musicians, shamans, and healers, on this adventure for personal, as well as collective, spiritual reasons. Each of us accessed the archetypal Fool within. We jumped into the abyss of the unknown traversing a course of profound awakening to more self-awareness.

After spending a few days in the Andes, we headed by bus to a small town on the outskirts of the rainforest. We purchased rubber jungle boots to wear in the wet tropical climate and then boarded the small plane that would fly us to our destination, a remote section of jungle in the Shuar territory. There were no roads leading to where we were heading, no electricity or contact with the outside world except for one radio in communication with this small airport. As we flew at a low altitude over the jungle, I reminisced about my initial shamanic journey of flying over as the bird. For me this plane flight was an absolutely stunning and magnificent experience, and I felt the radiant warmth of my Inner Light, which told me I was on my brightest spiritual path. My anticipation was mounting with each passing minute, seeming to be beyond any known measuring scale. It felt as if my heart was literally leaping ahead of the rest of me.

The pilot had to stall this small plane in the air, as we hovered over the tops of the trees just short of the landing area, which was but an abbreviated grass airstrip. We were immediately greeted by a few dozen of the Shuar men, women carrying babies, and children who had gathered to welcome us. The Shuar guides carried our backpacks for us to the canoes, just a short walk through the dense tropical foliage.

The Primal Jungle of the Unconscious

As I took these first steps through the jungle, I felt intensely aware on a very deep level that I was walking through the lush fertile garden of the Goddess. This was the home of the giant anaconda, the serpent image of the all-devouring energy in the source of the Goddess.

Within a half-hour of landing in this primordial paradise, I joined a few members of "The Tribe," as we jumped and splashed into the cool clean currents of the nearby river, a river that I later found out was fed from the Thermal Falls. I found myself automatically letting out the first of what would become a series of tribal howls. Floating naked and free on my back while watching the moon coalesce into its crescent shape in the dusk sky, I yelled aloud "I'm home!" Laughing with ecstatic pleasure, I found myself listening to my voice emanating from somewhere deep within my own primal beginnings echoing back to me from the jungle environ.

This first night, after dinner, we danced under an open circular straw hut around a central fire to traditional Ecuadorian music performed on guitar by a Shuar native. "The Tribe" loosened up ever so quickly, as we all let out our howls and danced until late hours freeing ourselves instantly from any previous self-imposed societal roles. I kept trying to pinch myself awake to the reality that I was dancing ecstatically around the glow of firelight in the pitch black of the jungle far from the world of civilization. The Shuar are an ecstatic and sensual people. It was as if we were bestowed a great gift to be draped in the mantle of safety by the ebony night while allowing the lure of ecstasy to surface in wild raving dance movements on this jungle dirt floor. A few Shuar men and women demonstrated their dance of the mating ritual and also answered questions posed by us. They have a natural basic wisdom of life that can't be found in our school textbooks. Once again I found myself so drawn in by my sheer excitement at finding myself sitting in the dense jungle listening to the natives of this paradise share their ancient wisdom, a wisdom that has been handed down to them for generations. We danced some more until fatigue set in.

In my cabin, as I closed my eyes in half-exhaustion, half-elation to sleep to the lullaby of night insects, a host of animal and insect spirits were vividly alive in my inner vision and speaking to me all at once. It was somewhat spiritually overwhelming. This primordial

place was literally and spiritually teeming with a life and vibrancy previously beyond the realm of my conscious experience. There was a sense of awareness that on more levels of my consciousness than I could presently understand, I was awake and alive in the primal jungle of the unconscious. I was fully surrounded by the outer reflection of the landscape of my Soul.

The following day after breakfast, during a hike led by Shuar guides to a very special waterfall called the Thermal Falls, I felt fully grounded to the Earth's energies. This was a challenging hike, and I slipped and came very close to falling a number of times, but one of the Shuar men was always there magically to catch me and aid me across the terrain. They are quick and alert in their surroundings, totally in touch with their instincts. I felt myself automatically having implicit trust in them, as I placed my life in their hands on several occasions. All of us from America, who had been removed from our own natural origins for so long and enclosed within our cement cages of cities and high rise buildings, found ourselves constantly looking at the ground to get our footing. The Shuar guides taught us to keep our heads up whereby we could see in more directions with our peripheral vision.

This was a grueling trek even for those in our group who were accustomed to hiking. Having trudged for three hours through dense tropical foliage, hugged the Earth's numerous big-breasted boulders while balancing on four-inch ledges, and waded sometimes hip deep through the white water rapids of four rivers, sitting in the pool created by these falls was like finding heaven on earth. There are two separate falls pouring into this rich mineral pool that was soothing our aching muscles from the long trek. One is ice cold traveling downward to the Amazon basin from its source high in the Andes, and the other springs from deep within the volcanic Earth's core sprouting its hot waters from a hole in the side of the large rock wall. Together they meet and blend in a dance of Spirit and Soul made manifest. Here I was sitting within the pool of blended hot and cold waters of the rich heights of the Spirit and the depths of the mysterious Soul, soaking up minerals so refreshing to my physical body. There was so much iron in the hot falls that it literally was petrifying a dead tree trunk into an orange metal beam.

The Primal Jungle of the Unconscious

On the second day of our stay, we were invited to have lunch at one of the Shuar family huts. We hiked up river through a muddy jungle path that had been soaked from heavy downpours the night before, and our jungle boots were getting stuck in the mud. We crossed the river in canoes steered by our trusty Shuar guides. After disembarking from our canoe, we got drenched with a typical rainforest downpour, while we waited for the rest of “The Tribe” to cross. I stood soaking up this rain in a feeling of one of those perfect moments. We had another hike over hills and through valleys, as we headed towards the hut. The rain had retreated, and on one particular hill I stopped briefly to turn around and scan the vista. I was so awake and alive, so vibrantly aware of my surroundings with all of my senses in a state of sheer bliss. I instantly remembered that I had visited this moment a few months earlier, while lying in bed in a motel room in Indianapolis. Having shared this “future vision” previously with a few in the group prior to landing here, I now was able to turn around and jokingly tell them, “I finally caught up with myself.”

We arrived at the hut and sat on hand-carved log benches inside and around the perimeter. The Shuar do not have a fresh water supply for drinking. The women of the tribe chew the root of the manioc plant masticating and mixing their saliva with the juices of the root. It is then spit into a large cauldron to sit and ferment like beer or cider, and they call this drink *chicha*. This process was explained to us prior to our arrival at the hut and how sacred this drink is to them, as it is their life sustenance. When offered the bowl to drink, we were told we could pretend to sip it or drink if we chose. I was so very honored to participate in the sharing of their life sustenance. As I took large gulps with each offer, I felt myself to be drinking from the Goddess’ original life-giving cauldron. I could think of nothing more beautifully intimate than sharing the waters of life through the saliva and nurturing efforts of the Shuar women. In fact, my mind kept wondering and trying to calculate how many hours of chewing it must take to produce this large cauldron filled to the top. In their custom, men are not allowed to make this drink, nor are they allowed to touch the cauldron or bowl. It must be offered to them through the women. I found this to be a beautiful demonstration of honoring the feminine life giving energy,

while the men are the warriors, hunters, and protectors of their lives.

After dining on cooked fish caught from the river and raw plantains served to us on giant palm fronds provided through the graciousness of our Shuar hosts, I was thrilled to have my face painted from the red dye of a tropical plant in traditional female Shuar fashion. I then tested my skill at the blow-dart, missing the target and hitting the bushes quickly realizing that this heavy item was better left to the strength of the sturdy male Shuar warriors to tote through the jungle.

On the journey back to our camp, we took a longer canoe ride down river. This was the most pristine of experiences, with wild birds taking off in flight and every sound imaginable from the calm hush of the canoe cutting through the water to the distant echo approaching small white water rapids. As each of the canoes approached these rapids, we would let out our by now recognizably unique tribal howls back and forth between canoes. Although I could not understand the language of our Shuar guides, the tone of their laughter revealed their enjoyment of our primal tribal spirit reawakening and becoming more in tune with theirs.

It was here in the territory of the Shuar, who are not subject to Ecuadorian law, that I witnessed what it means to live in balance and harmony with the Earth and all of the natural kingdoms. The Shuar are absolutely beautiful, loving people with great integrity for each other and their land. They are a hunter/gatherer society. For ages the men of this tribe have been fierce warriors and expert hunters, while the role of the women is to use their intuition to tell the men when there has been too much war and too much hunting. This creation dance of masculine and feminine energies has enabled them to keep and maintain a balance within the tribe and with their surrounding natural habitat. They dwell right in the heart of this proliferate garden, yet they are not the ones destroying it. We are. By the very choices of our current lifestyles, choices made largely due to our separation from our Soul, our connection with our primal roots is rapidly disappearing at this stage of evolution. As long as there is an aspect within the totality of consciousness that feels repressed, there will be the aspect of consciousness that plays out the drama of the oppressor. Striving for the ultimate freedom of all life expression is our highest path to

The Primal Jungle of the Unconscious

the all-inclusiveness of divine love. Our forward leap in evolution is not to return to this separation of the roles of gender, but for each man and woman to balance their masculine and feminine energies within themselves to return to a state of wholeness.

On the last night of our stay, and beneath a straw roof under the deep, dark, jungle night canopy, I received a healing from an old Shuar shaman. As this old wise healer was chanting over me and brushing me with a bouquet of herbs, I had a powerful vision. I saw a tree, but the tree was moving in fast motion like time lapse photography. The roots of the tree were growing quickly and burrowed deep, while the branches of the tree were sprouting leaves and reaching towards the heavens in syncopation with the growth of the roots. I heard two words loudly from my inner voice - "growth and movement." I understood the deep meaning of such an ancient, primal archetypal image as the tree of life, but it would not be until the next day when I would awaken more profoundly to the meaning of this vision. John Perkins later translated a conversation between the old shaman and myself. Without fully understanding why at the time, I made a promise to bring the story of the Shuar back to my people.

It was late morning of our last day in this ancient forest and we hiked to the airstrip to meet the plane. After exchanging our rubber jungle boots in trade with the Shuar for jewelry made from local seeds, drums, spears, and other handmade items, they loaded our backpacks on the plane. We all said goodbye and thanked them with the depths of gratitude for welcoming us into their homes and territory.

As I sat on the small plane looking out the window at these exquisite people, I broke down in tearful sobs and did not want to leave. My heart was being wrenched from my chest. I cried, as if from the deepest wellspring of longing. I had not yet left the ground, and already I missed these people tremendously. The plane took off, and while airborne I experienced a gestalt awakening of why I felt the urge to follow up on my shamanic vision journey with the physical trip to the Amazon. The realization was that I had returned to not just my roots but the roots of all of humanity. It was my tremendous aching for all of humanity to return to our primal roots in the garden of the Goddess. My Soul ached for the world Soul to stir from its lengthy

sleep and rise and look around to behold the beauty of its creation. Time moves differently in the rainforest, as if swallowed up by the very mouth of eternity. It seemed as if I was there much longer, but in reality I had only spent three days and nights in the primal jungle of the unconscious, symbolized in my vision as the roots of the tree digging deep and growing through the nurturing soil of consciousness. The words “growth and movement” echoed in my mind. Without success I tried to grasp the meaning of the branches spreading. I knew it meant the expression of my Spirit and the need to return to my modern day world to express what I had learned here on this amazing adventure, but I did not yet realize what shape this expression would take.

On the last night of our stay in the Andes, “The Tribe” had a closing ceremony before a warm cozy fireplace in the oldest hacienda in Ecuador. Each of us took our turn to try to encapsulate and to express in words the intensity of the nine-day trip. I stood in front of the fire feeling the warmth inside my heart being reflected to me on my body from the heat of the fire. A flood of tears got in the way of what I wanted to tell this newfound family of Spirit and Soul. What I tried to express was that for year and years, deep within my innermost sense of self, I have been dancing around a campfire with a tribe, slowly waking to the ancient beginnings at the core of each of us. There was no way to describe to these lovely people how grateful I was that they participated in dancing this dream awake with me. Each of them had a unique part in helping me bring this personal dream to life thereby creating a new collective dream. I realized deep in my inner being that I could not return to the path of the awakened oneness of individuation alone. We need to incorporate all of individual life expression into our conscious awareness. These lovely members of “The Tribe” helped me to understand more fully the reality that there is only one tribe of humanity, and we must awaken together as a species.

Upon returning to my world of computers, telephones, cars, and e-mail, I walked around in a daze feeling as if I had fallen into the deepest depths of myself. This is, in essence, exactly what happened. Having fallen so deep within my Soul caused me slight worry that I wouldn’t be able to come out from these depths in order to express my newfound awareness. Nothing in my external world made sense

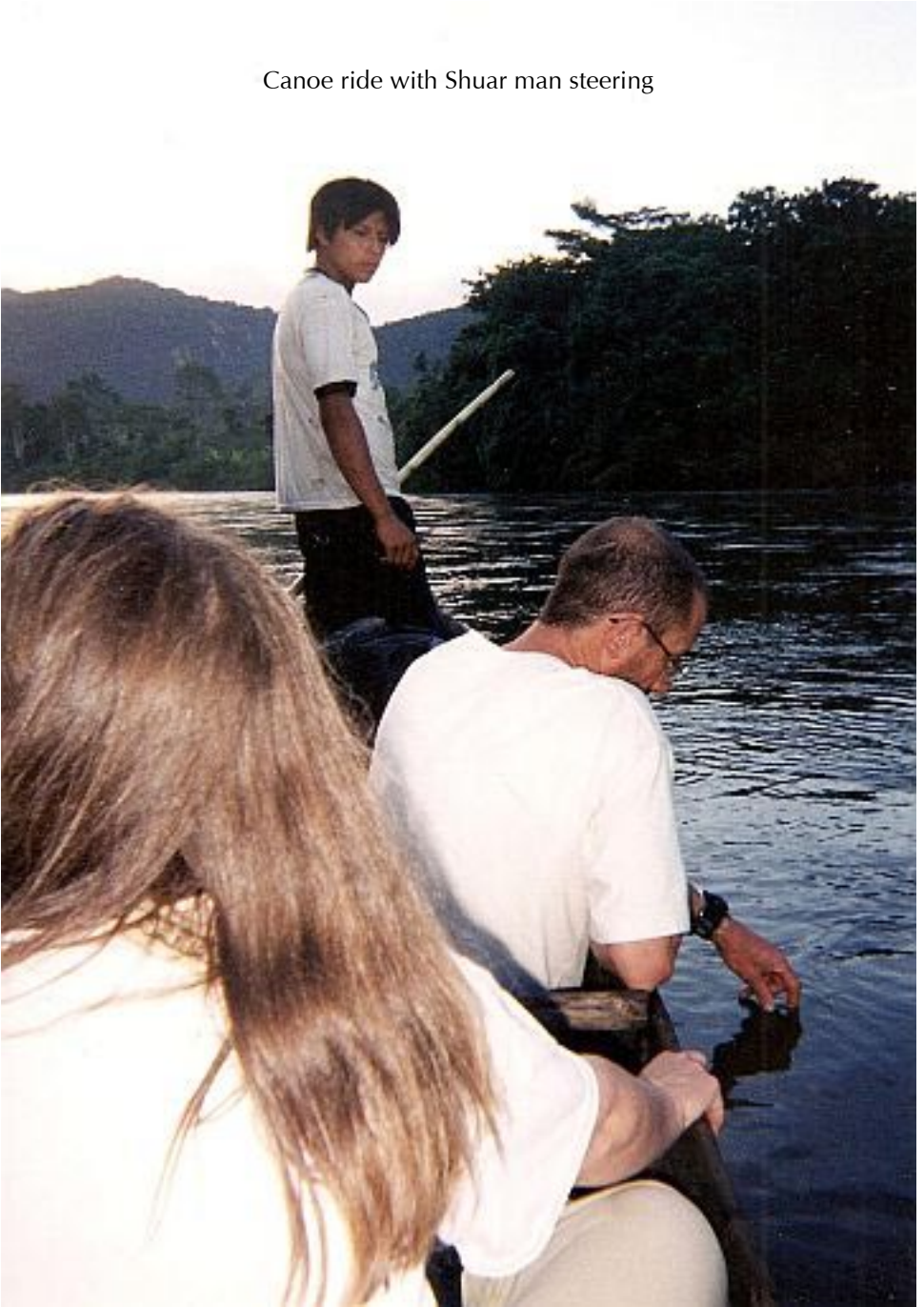


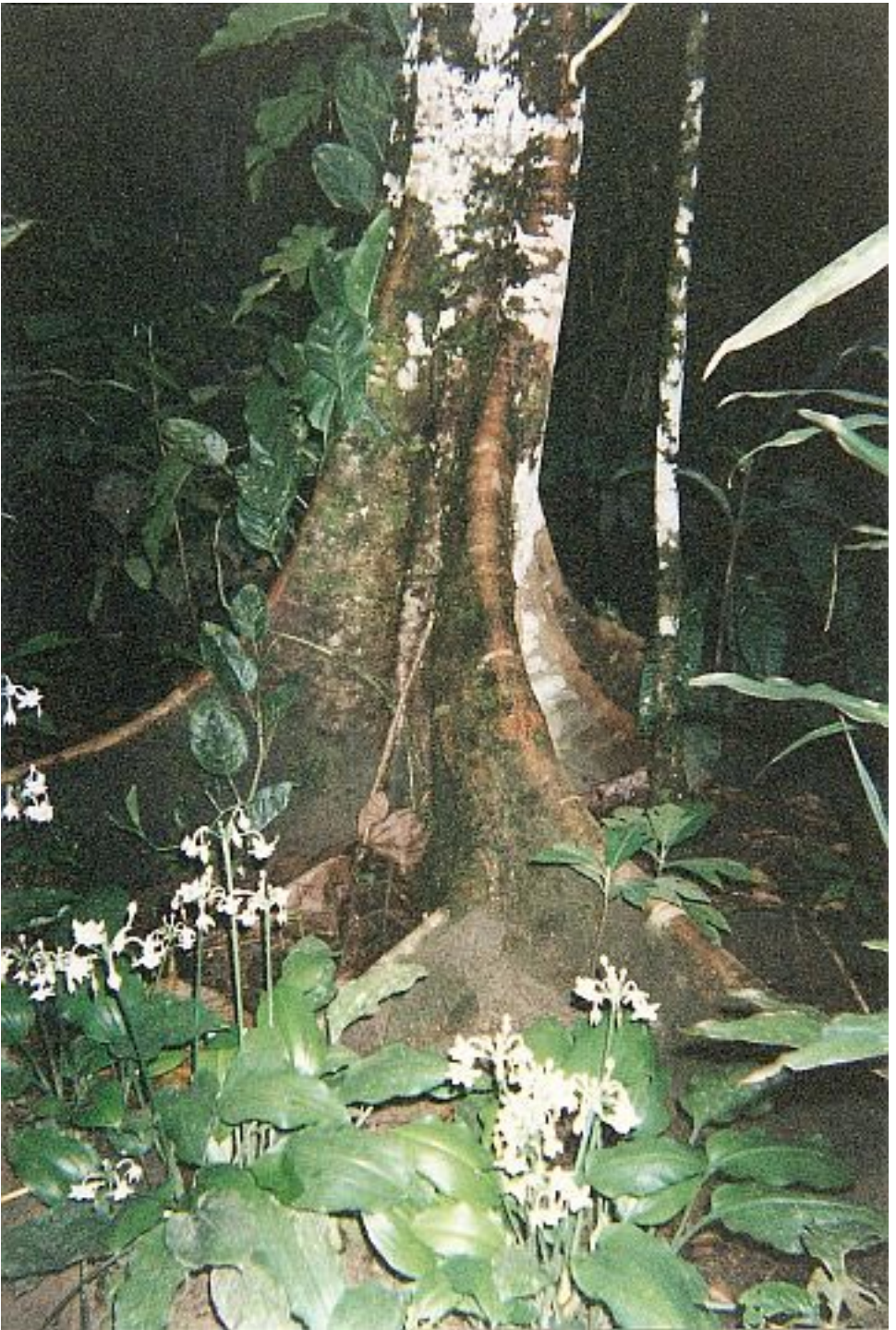
Above - Grass landing airstrip

Below - Author, Sharon Shane, on Suspension Bridge



Canoe ride with Shuar man steering



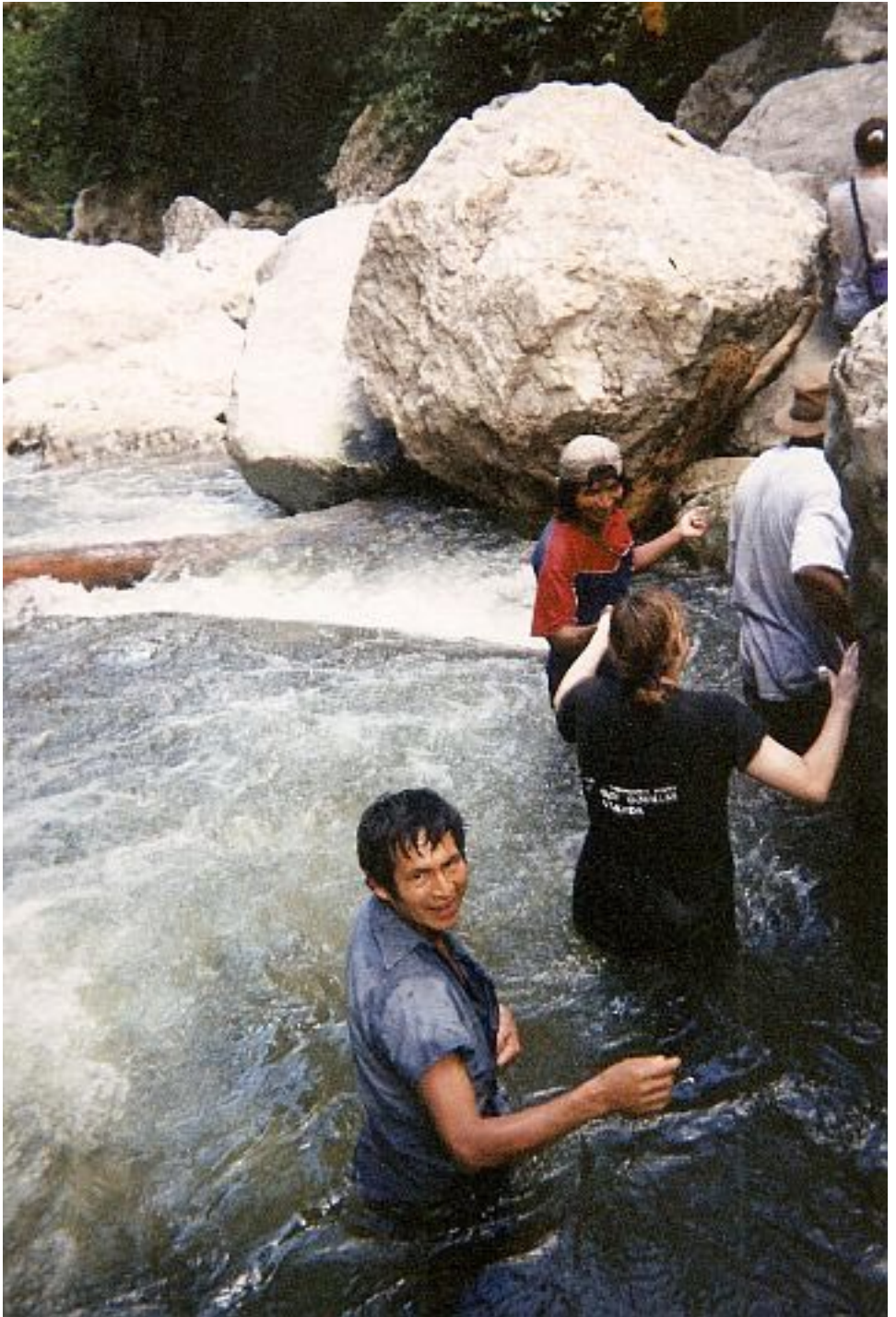




Above - The “friendly” tapir in the round hut

Below - Colorful tropical birds





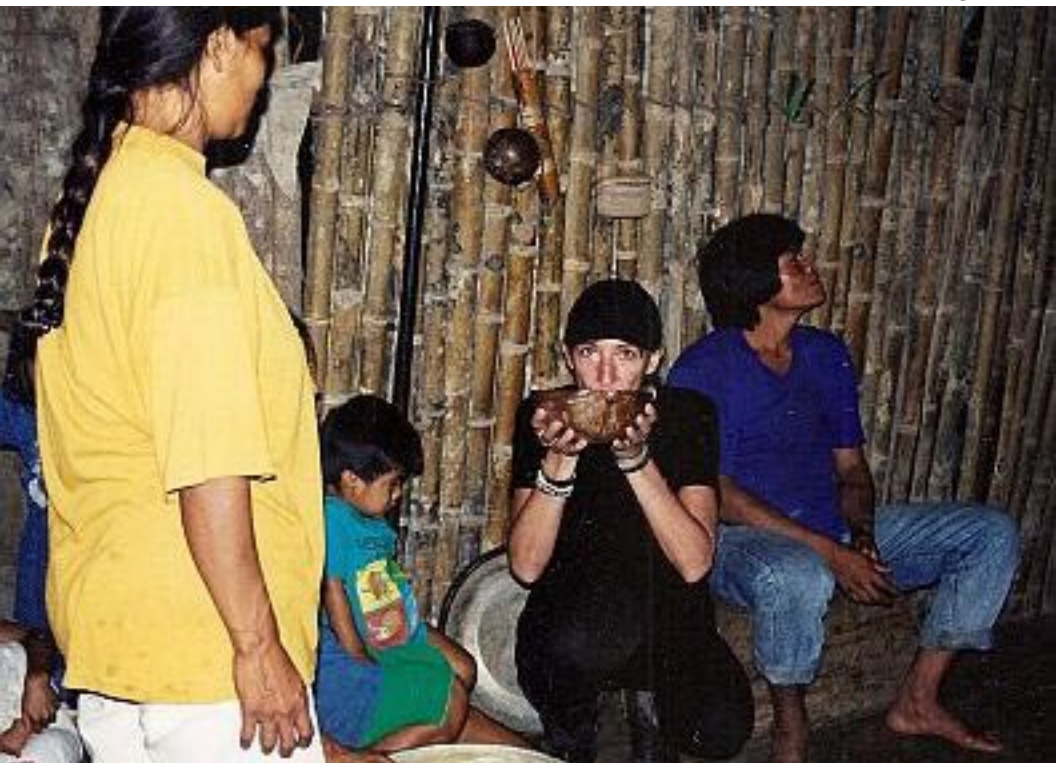


Soaking in the Thermal Falls with "The Tribe"





Above - Exterior of Shuar hut Below - Interior of Shuar hut Sharon Shane drinking chicha

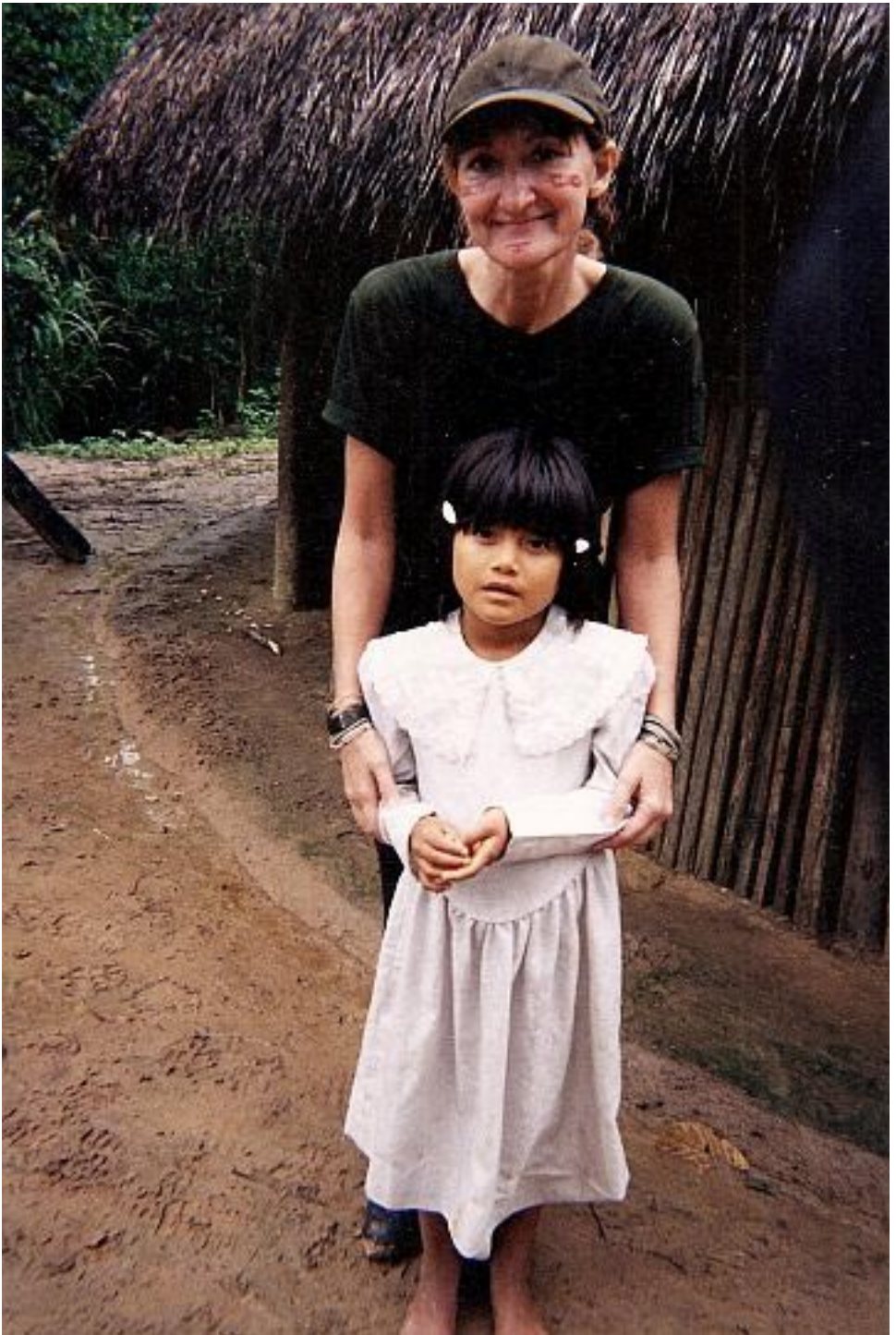




Above - Sharon Shane getting face painted

Below - Sharon Shane trying blow dart







Above - Male Shuar guides

Below - Authors, John Perkins and Sharon Shane



The Primal Jungle of the Unconscious

anymore. Everyone here lives in a frenzied severance from our natural habitat and each other. We lock ourselves within the safety of our minds and the cells of our homes and workplaces without ever really touching the depths of one another or life itself. We have strayed so far from our original garden, and the vibrant green of our own heart chakras has dimmed. My Spirit guides gently reminded me daily that I would need time to process and integrate the depth of this adventure before I could formulate an avenue of expression. Their guidance alleviated my worry and allowed me to really linger in the depths and assimilate it into my conscious mind.

The expression of Soul through Spirit in the linear sense of time and in this physical realm of atoms and molecules is a process. Having just spent literal physical time and space in the primal jungle of the unconscious, a return to the soulful depths of the garden of the Goddess, the shape or form that this experience would take was the job of the Spirit. Expressing this newfound depth of Soul through my active, dynamic Spirit would be the dance between the two energies of the creative principle. My Soul, having more fully reawakened to the depths of this garden, provided the imagination and the concept. It was my Spirit that typed and edited the words of this book, the third entity created and manifested from this dance between the two. You may perceive the book to be an inanimate object, but there is a life and energy all of their own to the expression of this particular combination of words. It is the unique individual expression of my individuation process within the whole, but nevertheless what really is happening here is consciousness conversing with itself, asking "why?" The very curiosity that prompted you to pick up the book in search for answers to the mystery, are in fact pieces of the answer to its own question of "why?" Your participation in reading the book is the reflection of consciousness upon itself. With the reflection of this internal activity projected externally, it is the perception of the finished creation that stirs us to conscious participation in such a magnificent dance. The fourth step to the creative process is that of transformation and change, to change the form of our lives. This trip to the Amazon has already changed the form of my life, and if this book impacts one other person positively through love to do the

same, then spiritual evolution occurs.

I watched a PBS special on the Nukak indigenous people of the Amazon in Columbia. Missionaries have entered their region, and civilization encroaches upon the fringes of their territory. The Nukak are rapidly being turned from nomadic hunter/gatherers to farmers, and the coca trade is enticing them into the lure of money and addictions to sugar drinks and cookies. This documentary went on to say that there are no more old people in the tribe because they are dying from a lack of immunity to the flu and colds, while their young are forgetting the wisdom of the forest. Farming is accelerating the depletion of the nutrient rich soil. Where they once lived off the land, briefly moving on to allow the jungle to regenerate within a year or two, they are now becoming settled and the landscape reflects overuse. Their nightly traditions of holding each other in a tight circle while singing and chanting and then moaning out the day's trials or tribulations in an emotional release of tribal communal bonding are being replaced with actions of abandoning their children in trade for dogs and other things.

In another PBS documentary about a tribe in the rainforests of Indonesia, the voice of the shaman said, "They say in the outer world people have to pay for food, clothing, shelter. Why would I want to live like that when I have everything I need right here for free? It seems too high a price to pay."

It does not take genius to recognize the effects of civilization to create such imbalances, but it does take reflection on it. We have drowned out the beautiful, reflective voice of the Soul amidst the noise of airplanes, freeways, and shopping malls. Are we paying too high a price?

During my stay in the jungle, what impressed me most about the Shuar children was their genuine affection, as they came up to me and held my hands and hugged me. Here I was, a total stranger not speaking their language, yet they had no fear to come up and love me as one of their own. In conversation with a Shuar woman who spoke English, she questioned why it was that another woman in our group was sobbing in pain releasing long held traumas to the healing forces of this wild jungle garden. I found it difficult to explain

The Primal Jungle of the Unconscious

to the Shuar woman that we are born into our world of civilization in dysfunction and do not always feel the love from family and society that they share among themselves. Yet one single missionary man has been able to convince the entire Shuar tribe of thousands that their nakedness was shameful and clothed them in Western garb. Our small band of Americans, "The Tribe," in our enthusiasm to get back to Eden eagerly shed our clothes in a return to beauty as we skinny-dipped freely in the river with no shame. We are the Nukak, the Shuar, the Aborigines, and all indigenous people. Every race of humanity and every species are indigenous to this Garden of Eden Earth. Suppressing the voice of the feminine Soul blinds us to the beauty of creation, the beauty of the indigenous tribes who live in freedom with no shame, no guilt, and no blame but live simply from the abundance of the garden of life. The Shuar woman who speaks English lived for a short time in America, only to choose to return to this wild, primal paradise to rear her children in Shuar tradition. They wish the message to reach the rest of the world that they do not want to relinquish their lifestyle in the jungle to our encroaching civilization. Since all of consciousness is the dreamer dreaming the dream, the shamans of Ecuador would like to teach us to dream a new dream and to help us awaken from our collective nightmare of fear breeding fear. I am able to keep my promise to the old Shuar shaman by bringing their story to my people through this book.

I was blessed to be able to dance in ecstasy with my very own primal beginnings in the green, garden jungles of the Amazon rainforest, the literal garden of the Goddess. They are not just my beginnings, but the origins of all creation, as ancient and immortal as God/Goddess. Through this book I extend myself to you and offer an invitation to ask you to join the dance. Where does your own unique individuality shine within the wholeness of the divine? What is the voice of your Soul trying to say? Allow it to lure you into the ecstasy that is your birthright.

*My heritage mirrors to me
Who I was...
Who I am...
Who I am becoming.*

*There is a way to balance
The past and future
In the present.*

*Where there is love,
All things flourish and grow,
And the world becomes a garden again.*

*In love's eternal Eden,
Fear is just a dim shadow
Of some parallel world.*

Ten



*In the garden of the Goddess,
all things blossom with joy.*

Reawakening in the Garden - *Creating a New World*

For thousands of years, humanity has resided so completely within the nightmares of a fear-based created world. Why are we so fearful when it comes to knowing we are totally loved and abundantly provided for from the fruits of the garden of the Goddess?

Reawakening in the garden of the Goddess opens the senses to new depths and brings forth our expression to spiritual heights literally beyond our present imagination. At least it is beyond our human imagination, for this means we must momentarily tap into the original garden of the Goddess, the cauldron of *Her* imagination to entice into the world just a miniscule portion of eternity. A reawakening to our Soul bestows the feeling that every need is fully satiated and all our wants are granted. From this place in consciousness, we dwell within the center of all things, deeply knowing that everything is within our reach. The gift endowed to us through our intrinsic spiritual heritage is the gift of life. It is a feeling that goes beyond brief moments of security, for it is eternal and everlasting. Since all is one, we literally can feel ourselves to be the leaves on the trees, the geese in formation flight, the essence of all living expression when we rekindle our experience of this oneness at the core of all life.

Where we focus our attention is what we create in our world. This holds true in all realms of consciousness. The energy behind our creative power is fueled by one of two forces, that of either fear or love. We create from our conscious rambling thoughts, as well as from the more subtly hidden beliefs harbored in the unconscious. How many times have we been afraid of something and kept repeating,

"I just know that's going to happen," until it finally does? Then we say, "I knew that was going to happen!" We knew it was going to happen because we kept thinking it was going to happen until we finally created it. Then we are surprised that our very thoughts have created our experiences. Sometimes our intuition tries to warn us that if we keep thinking these thoughts we will manifest them, but so often we don't heed such good advice. The ego tends to relinquish its claim to participation in creating our world, preferring rather to lay blame on some external circumstances. It quite truthfully cannot handle the power of such spiritual responsibility, nor is it meant to. The ego is blinded to the truth lying latent in the unconscious realms, which is that there is a lot of personal and collective fear erupting from this domain. Since the ego is meant to be only a window to the external world, it does not have the ability to understand the unexplored territory of the unconscious. It is the job of the masculine Spirit to pursue the mysterious feminine Soul in this terrain. Every time we give our power over to the unequipped ego, we continue the pattern of creating our world through the lenses of fear and separation. Our attention to fear, whether it is from the conscious or unconscious level based on buried beliefs, repeatedly creates the same drama patterns. The nightmarish realities we witness in our world of the starvation of millions, abuse, the gruesome effects of war, and pollution are but a holographic mirror reflecting our personal and collective fear and perpetuation of the belief in separation.

The positive ego is simply meant to be a portal to the external world, but quickly turns into a negative ego when we give it more power than it can handle. A positive ego would report to the conscious mind its findings and not attempt to interpret them. It would report what it sees in detail without judgment. An example of such a report would be, "I see before me a woman with dark hair, tall, wearing a red blouse and silver earrings." The negative ego might interpret the same scene like this, "I see before me a woman with dark hair. She needs to lose that blouse and the fifty pounds that make her look lousy in it. And where did she get those earrings? At a bargain basement?" We can easily recognize the voice of our negative ego by its negative judgmental opinions. Also the woman in this scene may very well

Reawakening in the Garden

remind us of our own mother or other authoritative figure such as a schoolteacher. Accordingly, we may project any number of negative characteristics on this complete stranger or mere acquaintance quite unconsciously when we allow our egos to tap dance all over our reality. The negative ego feels so totally inept and insecure that it must grasp at all manner of projection of judgment in a feeble attempt to inflate itself. This effort is an act to compensate for its insecurity of feeling unloved. Because it doesn't feel this love, it tries to puff up its false sense of self-image.

This particular negative voice of the psyche also replays the same pre-recorded tape in the mind of always having to be right. If we take a moment and listen to the rambling thoughts of our negative ego, especially after some sort of fight or confrontation with someone, we will most definitely observe this voice incessantly insisting that it is right and the other person is wrong. There is no limit to the hurt to one's self and others that the negative ego will resort to in order to convince itself that it is right and the other person wrong. This inner dialogue of the negative ego reinforcing its faith in itself through every argument in favor of it being right is really very sad, as it is a sign of the lack of love we are all so starved for. The voice of the negative ego is also responsible for convincing us of all those limiting beliefs about our self-image. It is the loud voice that tells us we're not good enough, not deserving of good things, we'll never amount to anything, we're useless, and all other manner of self-effacing thoughts. Every negative thought we have is the product of this aspect of the psyche.

A positive ego does not mean that we must shower someone with compliments whether they are honestly felt or just feelings of obligatory graciousness. The positive ego simply reports the data. The message of viewing a woman with dark hair standing before you with a description of the physical details is its only job. It is up to the Higher Self to interpret the data for us through the language of metaphor. Through the eyes of compassion the Higher Self sees that everyone and everything is more than deserving of love. The Higher Self knows that love is everyone's natural inheritance. To behold the outward expression of Spirit through the eyes of the Soul interpreted through the voice of the Higher Self is the sheer beauty and poetry in motion

that I mentioned at the beginning of this book.

In the same way that our attention to fear and the negative ego can create a disharmonious world, our attention to such beauty can create a beautiful world. I do not speak of the external glamour that entices and enslaves us within the ego illusion, but of the rich beauty of creation itself. As we become co-creators with our Higher Selves, our fear departs to make way for creation from the source of love. Real beauty is indescribable in words. Traces of it can be witnessed or experienced through various mediums of art, music, and heard through the words of poetry. Even so, these means of expression are still only dim reflections of the unfathomable, beautiful energy at the heart of creation itself. It can be heard in all the calls of the wild kingdom or the early morning forest song. Within the glow of a single flickering candle or in the golden brilliance of the sun setting on the horizon, we can witness the warmth of the light of our love. The silent hum of illimitable stars shimmering against the blackness of forever can bring us to our knees in sacred awe.

The beauty of our Souls can be personally and collectively mirrored to us from a brand new world, a world conceived and manifested through the light of diving love. Instead of the external world being a creation of the dim reflected shadow of forgetfulness, this new world is a world where everything emanates the light that is at the source of all creation. When we begin to look within ourselves to find the truth and beauty, we no longer need to seek our reflection in the external world. Instead, the collective world of manifestation will make a quantum leap into emanating the divine light of love. To then peer outside of ourselves we will see the light of our true essence glowing throughout all of creation. The real worlds are radiant worlds, illuminated from the very source of divine love. The physical world is an illusion created by us personally and collectively from the energy of divine light and love, but covered over in layers of fear dimming out the brilliant light at the source of all existence.

If we continue to collectively allow our negative egos to run uncontrolled in a furor of fear across the surface of consciousness, the surface of the Earth, our tribal roots will be annihilated. If we destroy the roots of the tree, how can our branches reach toward heaven and

Reawakening in the Garden

return to the star beings that we are? Our return trip to the light of the stars is not one in which a space ship is needed. We must dig our roots deep into the lustrous soil of consciousness to grow and allow ourselves to extend our branches of love throughout our world and shine our light to the universe. Deep in the soil of the landscape of the Soul are the nutrients we need to irrigate our parched and brittle existence, and it is the only place where we will find the nurturing qualities of regeneration. We must descend into the depths of the Soul, embodied in the Earth, in order to ascend to heaven. This continuous delving deeper and stretching higher is the process of ascending this planet Earth, this plane of consciousness, literally creating heaven on Earth. One does not expand beyond and away from the Earth plane but brings it along in the expansion of consciousness through ascension. This is the eternal spiritual evolution of the infinite Soul, the alpha and omega everlasting.

We have reached a point where simply sustaining our environment is no longer an option. To turn the tides towards a brilliant future, what our present situation calls for is a larger quantum leap of our consciousness tapping into the energies of regeneration. This is our saving Grace. The gift of the state of Grace is the total forgiveness of any and all actions even prior to them being committed. All of our actions of self-destruction can be completely washed away in a miracle of an instant through the potent energy of Grace. The deer and antelope leap in graceful splendor for they exist in a state of Grace. The eagle soars with ballet like movements dancing elegantly across the stage of the sky with the wind as its partner. Dolphin and fish playfully weave spirals and circles within the liquid light of water. Creation in its natural state is the state of Grace.

We need only to mend our self-created split in the fabric of consciousness by truly forgiving ourselves for our errant ways and subsequent actions of self-destruction and return to the loving embrace of God/Goddess. God is completely and utterly in love with the Goddess. The Goddess is completely and utterly in love with God. This divine love is expressed through their giving of the gift of life to all of their offspring, their extensions into the many realms of consciousness. They bestow us with the gift of life, the power of the

In the Garden of the Goddess

creative principle and free will to exercise our creative potential. “As above, so below” means that a return to the state of Grace through self-forgiveness is our ticket home and the key factor in manifesting a world created anew each moment through love rather than the repetition of creating through fear. God/Goddess does not hold us in judgment for any of our choices. Our negative egos, on the other hand, are full of judgments against ourselves, which we then project onto others. As we are able to forgive ourselves, we are able to forgive others.

As we find our way back home to love through the maze of ourselves, we will understand that with love there is more than enough space for all life expression to live together in harmony and cooperation. Cooperation is a key component of the energy of the Goddess. A return to Her garden is a return of the human kingdom working in cooperation with all of creation, working in the co-creation process with our Higher Selves at the source of all creation. It is the next quantum leap in evolution from the human being to that of the awakened spiritual being, a remembrance of the *god beings* we really are.

Waking up in the present moment of *now* empowers us to see in all directions simultaneously. From within the center of the present moment, all moments burst forth exponentially and can be seen from this vantage point of power. Like the wise old shaman woman taught me in my lesson to see as the bird, our spiritual power lies in the present moment of each choice we make. With this overview of panoramic spiritual sight, we can see the past and the future exploding in all directions and the multitude of infinite choices we have at our disposal. As we learn to listen to the voice of our Soul, we can rely on our own intuitive guidance to aid us in which choices to make to create our brightest world, a world rich in meaning and abundant in supply of our every need and want.

We must first return to our roots in the primal Earth beginnings in order to raise the resonance of this plane of consciousness. The ascension process is a matter of grounding into this slowest frequency of the physical realm and awakening within each cell. This means the cells of the personal physical body, as well as the entire body of Earth, namely the various cells of all consciousness in the multitude of life

Reawakening in the Garden

forms on this plane. As we each individually individuate within the one, we can then lift our resonance to a higher frequency towards divine light and love. With each individual awakening within the whole, this collective plane of consciousness called Earth that we all share is rising above its current level of vibration. The Earth is a conscious entity, as are all the elements of Fire, Water, and Air, and she has chosen to ascend her consciousness. Telepathic communication with the Earth and the other aspects of consciousness is a return to the feminine quality of creation through cooperation. This next phase of evolution of the human being taking a collective quantum leap to becoming the awakened *spiritual human being* is the process of ascension. This is accomplished by raising our resonance within physical creation. We cannot progress on our path of evolution by severing our roots in the garden. To sever our roots clearly leads to extinction. We cannot leave behind any aspect of consciousness, and it all must be awakened and integrated into the whole. The tree of life cannot continue to grow without its roots.

Our current concepts of civilization are not necessarily in line with the reality of spiritual evolution. I am not suggesting that we should all return to a lifestyle of eliminating our modern conveniences. Rather what I am envisioning is collectively creating our world from a new level of spiritual awareness awakened and alive within our creation. To birth this resplendent, luminous world where all manifestation is illuminated from the light emanating from the source, we must awaken on all levels of manifestation, mineral, plant, animal, and human in order to make this next giant leap. As we conquer our fear to make this leap into a previously unexplored future concept, we must utilize the power emanating from the source of who we really are. Then we will be able to work with energy levels previously beyond our grasp. Sound and color will be used in conjunction to realign energy, as will also a deeper understanding of the principles of the science of magnetism and electromagnetism. External uses of aromatherapy will elevate to the understanding that through the ascension process we embody and emit these higher frequency aroma essences. Such an understanding of magnetism can teach us to realign disharmonious energies. Electromagnetism is the key to unlocking the mysterious

In the Garden of the Goddess

energy of the *relationship between*, the cohesive force of magnetism at the source of the Goddess energy and the endless electric impulse to express through God, only to magnetically attract once again back to the source. Love will be conveyed through a telepathic embrace of all living things. In order to truly love something you must become what you love. Telepathic rapport opens us up to the higher ability of communion, communication through union. The sacred ritual of communion of eating of the bread and wine, the flesh and blood, that originally meant the Higher Self become one with the physical body, can now be experienced in full, merging our Spirits with the Soul of all life in a synthesis of unconditional love. Communion with the Higher Self and other life forms is like an energy meld through all of the layers of bodies that one is conscious within. Through communion with our own Higher Selves, we receive the gift of communion with all of life.

As we look around our concrete jungles, we see the separation of families and tribes breaking down into wandering the streets lonely and separated. The energy of the Goddess is the cohesion that keeps the great family of life together. We can find *Her* reflected in our Soul. A return to this garden of the Goddess will be a matter of manifesting what is real, and love is the only thing that is real. *Her* love is a soothing energy, the healing balm for the original wound. It comes quietly in the "in between times." If you look carefully, you can find it hiding in the nooks and crannies of the reality of day to day life. To be able to feel this soothing energy, you must halt in the midst of the ego madness and inwardly whisper in a commanding tone, "Hush!" Stop in the self-made tracks of spinning in endless circles and listen to the fathomless, dark silence. Deep inside the innermost core of that quiet, you will hear *Her* soothing voice, like waves caressing you from a calm ocean of never-ending love.

As we each, one by one, remove our mantles of fear and replace them with the mantle of love, the brilliance of the real world will be a beauty to behold. The garden of the Goddess is alive and brimming with life, and we are in the midst of *Her* garden every single moment. Walk with me into this garden and bathe in the clear waters of deep emotional love. It is a place where your Spirit is always uplifted on the winds of new beginnings. Feel the fire of

Reawakening in the Garden

passion to fuel the creative forces of the *god being* within. Draw upon the placid strength of the Earth with a commitment toward creating and expressing more and more beauty. We must be able to bend and lean into the embrace of the wind like willow branches yet stand sturdy as the solid oak in our spiritual convictions. Be present in your life for you are the gift. Splash your colors of creation across the sky in the dawn of new origins and the dusk of pure magic. Make a joyful noise as the voice of the many is uplifted into harmonious resonance and becomes the one voice of jubilant gaiety echoing throughout the corridors of creation. The gift of free will allows us to play in our playground of manifestation for however long we choose.

With each individual awakening to the depths of our Soul, comes the awakening of all of humanity to a remembrance of our roots. As each adds their movement to the whole, the tribal dance of awakening continues, until one by one every human being joins in. Our Souls awaken as one, and our individual Spirits express the multi-faceted, infinite variety of ways to become more of who we really are, our *god selves*, alive and awake within our co-creation of the physical form and the physical worlds. Within our reach is an everlasting supply of all we could ever possibly need or want from *Her* fruits, as we walk fully awakened through this garden of the Goddess.

The New World is a luminous world emanating light directly from the numinous. Bask in the radiant splendor of your magnificence and stand strong in the light of love. Shine like a beacon for all to see, not just one star shining brightly in the sky proclaiming the birth of a single spiritual master. Now there shines a million stars so bright to herald in the age of countless spiritual masters reclaiming their power blazing the light of their love.

Love in its compassion does not turn away but patiently awaits your arrival. Awaken, dear hearts, and you will have eternity at your fingertips and infinity as your playground. Awaken, dear Souls, to your highest potential and create from the pool of endless possibilities, as you walk through this garden of everlasting love.

*In the garden of the Goddess,
I rest in her arms,
And she rocks me gently.*

Epilogue

Just after I returned from my trip to the Amazon Rainforest, I had the following visionary journey while doing breath work exercises.

I found myself breathing so deeply and quickly that I thought I might hyperventilate. The room was cold causing my body to spasm and shiver. I took slower breaths to calm the spasms and found myself in my dream body hovering in space. With each deep breath, I found myself to be a great cosmic being. With each exhalation, from out of my mouth came worlds within universes. With each inhalation, I breathed these worlds and universes back into myself. I felt as if my breathing was taking place over eons and millenniums.

I saw the Earth hovering in space. I gazed upon it for what seemed to be a very long time until I heard the moaning, groaning, and sighing of pain from a multitude of people. I knew I was being pulled there, that divine love and compassion were needed in large doses on this planet, this plane of consciousness.

I returned to the room where my body lie now barely breathing in a familiar state of yoga breathing when the breath almost stops and the bodily processes slow almost to a halt. Knowing I was about to give birth, I somehow curled my arms around my womb and pulled my legs up, although I could hardly feel my body. It was a short and easy labor, as I gave birth to a New World. I gently cupped this world in my hands rocking and cradling it with love.

My body became cold again, and I started shivering. At first I thought of going to the Great Central Sun, as I could see it in the distance, but then I decided instead to travel to the core of the Earth where it would be hot with molten lava. As I warmed myself in this intense heat, I realized that

In the Garden of the Goddess

the spewing forth of this molten lava onto Earth's surface was the outbursts of anger of all of humanity expressed through the energy of the Earth's consciousness. I chose to transform this molten lava into liquid light and saw this light emanating from out of the core of the Earth up to the surface creating a New World conceived and birthed through the light of love. It was a slow process but yet more accelerated than the regular pulse of creation. As the light reached the surface of the planet, I knew with great assurance that everyone walking on the Earth would feel the light of the love. Love would be carried around the planet on the winds of change, as each person would breath deeply from the source of this love, while its fire flamed from within their hearts. I knew that each person dipping his or her hands in the waters to drink from the ever-flowing font would feel this light. Everyone would see his or her own light emanating from within reflected in the waters of the Earth. Everyone would feel the security of love, while standing with their feet on a new ground of being... a being awakened to the infinite depths of the Soul and the Spiritual heights of the eternal expression of the multitude of forms.

I returned to my physical body and opened my eyes to behold this New World.

Once again, I dwell within the center of my inner sanctum of peace and serenity...the ocean that is my heart. I realize that all things are true. Imagination is true. Fantasy is true. I direct my heart to uncover what is real. The ocean that is my heart sings me a lullaby. Love is real. Love flutters like a million butterflies in the ocean that is my heart, creating waves that build and crest and crash upon the floor of all human kind...a wave that permeates and caresses all planes of existence and every life expression.

About The Author

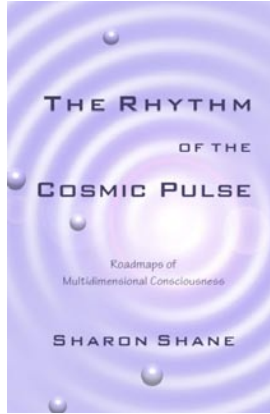
Sharon Shane is a channeled intuitive, teacher, healer, singer, artist and author of five spiritual books and three children's books.

Since 1997 she has written a series of online e-mail newsletters entitled, *Awakenings*, *Endless Possibilities* and *Spiritual Essence*. Through the medium of the Internet, Sharon has interpreted hundreds of dreams for people from around the world. Her travels to teach workshops have given her a broader reach to many wonderful people on the spiritual path. In addition to teaching groups, she works closely with her students through one-on-one counseling and apprenticeship programs.

Liquid Light Center was implemented in 1999, and is a conceptual co-creation between Sharon and the ascended master guides. The concept of Liquid Light Center is that wherever "I AM" there is the Center of Light. The healing is based on the "I AM" mastery ascension and awakening to more of the god being that is our spiritual heritage.

In the Garden of the Goddess is the author's first book.

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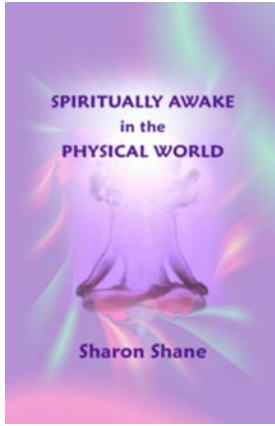
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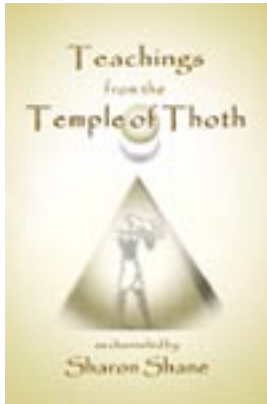
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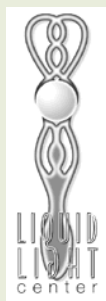
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In the Garden of the Goddess

Sharon Shane

In the Garden of the Goddess takes the reader on a pilgrimage of awakening to conscious participation in the beautiful dance of creation between the universal feminine and masculine principles. The book weaves a combination of the author's personal, spiritual experiences and spiritually channeled information into a uniquely colored fabric. Contained within its pages are accounts of shamanic trance journeys, samples of dream interpretations, and a descriptive narrative of a profound expedition to the heart of the Amazon jungle. *In the Garden of the Goddess* offers knowledge of practical spiritual application, as well as uplifting, visionary imagery. It serves as a handbook for anyone concerned with balancing the energies of Earth. Those seeking to balance their energy will find themselves being drawn by the luring poetic voice of the Soul on a return journey to the original garden. This book can aid both men and women alike in discovering a deeper understanding of the archetypal feminine and masculine energies that each and every human being embodies. The author invites you to take this journey into the landscape of the Soul to awaken to the gifts of becoming more of the "god being."



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