

SPIRITUALLY AWAKE
in the
PHYSICAL WORLD



Sharon Shane

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by
Sharon Shane



Liquid Light Center

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For All

Spiritual

Aspirants

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INTRODUCTION

As a channeled intuitive and spiritual teacher, I have witnessed the need in the spiritual community for a greater understanding of how to integrate the meditative, spiritual experience with the physical world experience. To quote the Ascended Masters from my channeled book, *Architects of Light*, “Wherever you see need, fulfill it.” This need inspired the writing of *Spiritually Awake in the Physical World*. It has come about as an extension of the ongoing one-on-one work I do with clients and apprentices. During sessions, I guide the spiritual aspirants on meditations through the inner landscape of the spiritual realms towards revelation. I then teach empowerment of integrating each spiritual awakening into the physical experience. Because everyone is on a uniquely individuated path and because the awakening and integration process is infinitely eternal, it is not possible to cover the totality of the spiritual experience in books. It cannot be emphasized enough that the ongoing practice of meditation and the subsequent integration process is essential to the spiritual journey. The books are offered as guidelines for integration of the spiritual experience.

Because I have awakened to the twelve-chakras, my previously published book, *The Rhythm of the Cosmic Pulse*, was written from my own level of awakening and integration experiences. Realizing that there is important information missing in that book linking how to balance the seven chakras within the three-body system as the initial steps to then attaining twelve-chakra awakening, *Spiritually Awake in the Physical World* addresses these steps.

It has always been my tendency to approach the physical world by starting at the Cosmic abstracts and down stepping my

way back to the physical level. In this lifetime, I do not know what it is like to be without clairsentient abilities, since I was born with them already active. Over the course of this life, my disciplined focus of meditation developed these abilities to a heightened degree. It has been my challenge to build the bridge from the Cosmic and ground the energies into the physical plane. *Spiritually Awake in the Physical World* adds a great deal of basic fundamentals to the more esoteric teachings in *The Rhythm of the Cosmic Pulse* and *Architects of Light*, while also working as a companion to *In the Garden of the Goddess*. All of the books complement each other by offering different areas of knowledge to fill in some missing gaps along the spiritual path. Any reiteration of terms and descriptions used between the books is necessary to bridge those gaps.

Throughout this book, the word “levels” is used frequently as a term to describe the multitude variations of resonant vibration. This includes the variations in the vibrations of fear and also refers to the variations in the vibration that is Divine Love. Easy to follow meditation exercises to merge the spiritual and physical experiences are offered as practical tools of application of the principles outlined. Some of the exercises are geared towards beginner and intermediate levels of meditation with a general overview of integrating the spiritual experience into the everyday, conscious awareness. An introduction to more advanced forms of meditation and integration with a focus on the discipline of mastery is also included in the last chapter. Identifying blockages, clearing and aligning the three-body system through a basic understanding of spiritual psychology and ego behavior identification are explained with generalized examples.

Spiritually Awake in the Physical World describes ways

to build the bridge between the ineffable spiritual experience and the realm of the physical world. May you enjoy your journey on the path of spiritual progress, as you bring more joyful awareness into every level of your conscious physical experience.

Namaste,
Sharon Shane



Practicing Meditation on the Path of Spiritual Progress

Whether you are a serious aspirant immersed in a disciplined spiritual routine or someone new to the spiritual journey seeking a more casual approach, practicing meditation is a necessary step on the path of spiritual progress. However, practicing meditation without integration can sometimes increase a sense of disconnection from the physical experience rather than enhancing it.

There are those who may practice meditation with breathing exercises or body relaxation methods, yet they still confront too much stress in their daily lives or the ongoing contention of physical ailments. There are others who make the intent and goal of meditation an escape from the physical realm. After meditating in a calm and peaceful way with no distractions from the external world, upon re-entry into the daily routine, they may encounter the same physical, emotional and mental challenges to contend with prior to meditating. Where they may achieve peace and accord in their inner meditations, they may find just the opposite in their daily interactions with others in conflict and discord. Other times, the peaceful state attained in meditation may carry over into the physical experience briefly but then rapidly dissipates again with the least disruption from the external world. For some the visionary realms may open up so beautifully to radiant splendor in the inner landscape only to confront a harsh

clash of personal or global events in the outer landscape upon opening the physical eyes. Building a bridge between the ineffable visionary realms and the physical world can be quite a challenge, as the chasm between these two aspects of conscious experience may appear so vast. The spiritual aspirant will come to realize that this split of duality between the spiritual and physical experience will continue unless the process of integration is achieved. This is why learning to integrate the meditative experience into the physical everyday world is so important on the path of spiritual progress. Integration is achieved by bringing more spiritual awareness into each physical moment and at each newly awakened level of the spiritual experience.

Many people ask, "How can meditation and spirituality be made practical in the daily life?" Practice is what makes it practical. Initially there are two steps to practicing meditation and integration. There is the practice of sitting with eyes closed in the inner meditative state, and there is the practice of bringing greater spiritual awareness gained from the meditative experience into the everyday activities. Practicing meditation without integration of the spiritual experience into the daily routine can actually hinder the progress of building the bridge between the realm of the spiritual and the physical world. If the ability to integrate the meditative, spiritual experience into the everyday life is lacking, one will still be encumbered with a disconnected feeling from both the spiritual experience and the physical experience. The ongoing and disciplined two-step practice of meditation and integration will eventually lead the aspirant to the unified experience of being spiritually awake in the physical world in each moment. It is also to be understood that the integration

to build the bridge between meditative experience and the physical experience is two-fold because it must take place initially in the world of duality. This is part of the challenge of unifying the inner and outer experiences. When learning any dance movement or new exercise, at first it always takes more conscious focus to concentrate on the steps. With practice of any discipline, the movements eventually flow smoothly. Achieving this unified and uninhibited flow of the internal and external experience is attainable through ongoing practice. Let's begin with a basic understanding of what creates the disconnected feeling between the realm of the spiritual and the physical world.

The infinite and eternal essence of the Spirit and Soul cannot be measured. Infinity cannot be confined within the measurement of dimensions. Eternity cannot be confined within the limitations of linear time. The spiritual realm is immortal for consciousness was, is and always will be. It is the realm of pure awareness.

The physical world of manifested form is measured and determined by the three dimensions of height, width and depth. It is experienced consciously within the fourth dimension as the movement of time. From the present moment, to reflecting on the past and projecting thought and imagination into the future, the fourth dimension of time is a tool of measurement. The physical world is the temporal realm of mortality for all things physical deteriorate, transform and change in the span of time. All experiences within the dimension of time are temporary. Our conscious awareness within the physical body experiences the world in relation to the myriad forms of objects and also through the reflection of the passage of time. However, it is not just the physical body of

painful bruising or sensations of pleasure that we experience in the physical world. It is also experienced as a world of emotions and thoughts. As all things physical are temporary and deteriorate with the passage of time, so do the emotions and thoughts fluctuate and pass on from one moment to the next. As all objects in the physical world can be observed through their form, the fluctuation of emotions and passage of thoughts can also be observed through the focus of our conscious awareness.

Defining the spiritual experience can be described as consciously awakening to the many attributes of Divine Love of the Higher Consciousness. The spiritual experience occurs metaphysically. Metaphysical means “relating to the transcendent or to a reality beyond what is perceptible to the senses.” Because the spiritual experience occurs beyond what is experienced through the physical senses, it becomes clear why there is the need to build the bridge between the spiritual experience and the physical experience. Building this bridge occurs with the step by step integration of the many levels of awakening consciousness.

In the pages that follow, the experience of the temporal world of mortality will be referred to as the physical, emotional and mental bodies. This three-body system of physical, emotional and mental comprises the physical experience. The immortal spiritual realm will be referred to as the Higher Consciousness or the Higher Self. There are no limits or boundaries to the spiritual experience for it is the realm of limitlessness.

Since the spiritual realm is that of the immeasurable infinite and eternal, how is it that the spiritual path can be referred to in terms of progress? Progress would seem to apply

only to that which can be measured by the passage of time. Progress, in this regard to the spiritual path, is to be considered as the progressive stages of becoming more conscious of the Higher Consciousness and the merging of this Higher Conscious awareness to the conscious everyday experience. Because a part of our consciousness exists at the conscious level which experiences and registers the physical world of limitations and measurements, it is also this part of our consciousness that measures the progress of spiritual awakenings. Even though they occur metaphysically outside of time and space, spiritual awakenings are perceived through the physical experience as “marker points” along the journey of the spiritual path. The spiritual awakening occurs in an instant, but the change in the level of conscious integration is registered in progressive stages through reflection of linear time and comparative measurement to the past. Just as repeated patterns can be measured in the present moment against the backdrop of the past, so can the progress along the spiritual path be observed when changes in the repeated patterns shift.

Spiritual awakenings are another way to describe the synchronistic moments when the conscious, physical experience is transcended to align with the greater spiritual essence of the Higher Consciousness. Integrating these experiences into the physical world is often a challenge, because the spiritual experience is beyond description to the physical senses. There are states of pure awareness of the “being-ness” of consciousness that when attained cannot be contained within the limitations of fourth dimensional descriptions. A metaphor that describes this breach of the integration process so well can be compared to trying to pour eternity and infinity into a

finite glass jar. The integration process must allow for an increase in the size of the metaphorical glass jar to be expanded in increments so that the jar does not shatter. The conscious mind must expand little by little to integrate the Higher Consciousness in increments so that the conscious mind does not shatter into insanity with the intensely overwhelming reality of eternity and infinity. There is a fine line between enlightenment and insanity. Integration is the balancing act to allow for enlightenment to occur gradually.

Meditation is the ongoing practice of turning conscious awareness away from the external world and momentarily stepping outside of time and space to attain greater awareness of the Higher Consciousness. This is called “transcending the limitations of the physical experience.” Integration is the ability to then bridge the transcendent experience of the limitless spiritual realms with the daily life experience in the physical world. As each level of integration is attained, the physical experience is uplifted in stages. This uplifting of consciousness along the spiritual path is referred to as “ascension” and “merging the dimensions,” for each level of consciousness exists in ever-expanding multidimensional spheres. As the spiritual experience of Higher Consciousness is integrated into the conscious physical experience in increments, the sphere of conscious awareness expands to become more inclusive of the many levels. With each integrative expansion attained, these then become the spiritual marker points along the awakening path. Spiritual awakenings are infinite.

In the physical world, consciousness experiences life through the individuated human ego identification with the physical body, the emotional body and the mental body. The physical body is the vehicle of physical experience in expres-

sion. The emotional body is made up of emotional feelings. The mental body is made up of thoughts, ideas and beliefs.

Practicing meditation begins with discipline by quieting the distractions of the physical body, quelling the disturbance of the emotional body and stilling the rambling thoughts of the mental body. The meditative exercises offered in Chapters Six through Nine are designed as tools for transforming the physical experience of time into pure spiritual awareness. In order to maintain this level of awareness in the everyday consciousness, the integration process must be understood.

Some steps of the integration process include an understanding of the functions of the three-body system in relation to the seven chakras. Other tools of integration require a basic understanding of spiritual psychology to recognize the ego's limitations through its behavior and how to interpret the metaphoric meaning in imagery both in the internal and external landscapes. Using these integration tools offered to merge the greater spiritual awareness attained from the practice of meditation into the conscious everyday awareness will aid in building the bridge of becoming more spiritually awake in the physical world.



What is Meditation?

Meditation is a discipline. Although the word *discipline* may evoke childhood and adolescent feelings of punishment, as the spiritual adult, discipline can be perceived as a field of study and self-control. Therefore, meditation can be viewed as a study of the inner landscape of awakening self-awareness and also as an exercise in self-control to subdue the interference of ego in order to open up to the Higher Consciousness. By removing just the two letters of *in* from the end of the word *discipline*, it forms the word *disciple*. A disciple is one who follows, and in regard to meditation, this can also be viewed as one who follows the inner path that leads to Higher Consciousness. Meditation is both a discipline and a path followed that takes the conscious awareness on an inner journey to the Higher Self.

There are various methods and levels of practicing meditation, some of which are body relaxation, inner visualization and shamanic journeying, breathing techniques, focussed concentration on a single point, as well as more advanced levels of attaining states of pure awareness through transcendental or Kundalini meditation. Daydreaming and pondering are also forms of an inner reflective meditation, when we become immersed in the flowing stream of consciousness of our meandering thoughts and musings. As we so often drift into our musings of the inner thought process,

the external world seemingly fades into the distance of our conscious experience even with the physical eyes open. There are centering meditative exercises, which consist of a variety of open-eye meditative states practiced by focussing on mandalas or other sacred symbols. Closed-eye varieties of centering meditations focus the inner vision of the sixth chakra “third eye” on internal symbols and imagery.

Sitting in uncomfortable positions with legs crossed in lotus fashion on the floor is not the only form of meditation. This practice is taught by some gurus of far Eastern Indian meditative practice for a reason that has to do with advanced stages of yogic meditation and Kundalini, which will be explained in the last chapter. Before approaching advanced meditation techniques, it is suggested that the apprentice begin with a basic understanding of the types of meditation and start at the beginner to intermediate levels of exercises. Some examples are outlined in this book, or seek those taught by an experienced meditation teacher.

Certain physical exercise programs, such as yoga and Tai Chi, can be considered as “moving meditations.” In some Eastern traditions there are teachings of specific ways to posture the hands called “mudras.” Mudra hand positions can be observed in many statues depicting the Buddha. Mudra hand postures can be held in a still position or sometimes will be elicited spontaneously into movements that are inspired from the Higher Consciousness. Moving meditations are designed to open to the spiritual awareness while being conscious of inhabiting and moving the body. Moving meditations applied at any stage of the spiritual journey are very useful towards integrating the spiritual awareness into the physical experience. Eventually, after practicing varying types of meditation

with great discipline, the adept will be able to attain levels of going about one's chores while walking within the daily physical experience in a moving meditative state of awakened spiritual awareness.

Although the purpose of this book is not intended to describe every method of meditation, a brief overview of some distinct types of meditation follows. In keeping to the focus of this writing, emphasis will be placed on how to integrate the meditative, spiritual experience into the daily life. In this regard, it is helpful to have an introduction to the purposes of the various methods of meditation in order to gain a greater understanding of how to build the bridge between the meditative experience and the physical. It is also suggested that the practice of only one type of meditation may not bring the fullness of the spiritual experience. Combinations of different methods of meditation may be required along the path of spiritual progress to attain and integrate the many levels of spiritual awareness from the conscious physical to Cosmic Consciousness.

The Inner Senses

When doing any kind of visualization meditation or shamanic journeying, imagery and sensations are evoked and experienced through the inner senses. Variations of different frequencies of color and sounds may be experienced.

The inner senses are often referred to as the "sixth sense" or extra-sensory perception (E.S.P.). Some people may have found they were born with an innate gift of one or all of these senses already active since birth. Others may be developing the inner senses more acutely with the ongoing prac-

tice of visualization meditation. There are interim stages of attaining and developing the inner senses, and there are levels of consciousness to understand when employing the inner senses. Integration of the inner senses with the external world is achieved when being able to intuit and sense the many overlapping levels of consciousness by employing both the internal and external senses simultaneously. Until that level is achieved, there are many stages of “reflection” upon both the inner and outer experiences. As the practice continues in the development of the inner senses, it enhances the ability to access different levels of consciousness. With each level of consciousness accessed, more integration into the conscious mind occurs and so on, ad infinitum.

Assessing the varying levels of vibration of consciousness in relation to the inner senses can be compared to the scale of musical notes or tones. As the musical pitch increases to higher notes, the vibration becomes faster. As the vibration becomes faster, the resonant frequency becomes more refined. The inner senses also adhere to this principle. In fact, it takes this exact principle to activate the inner senses. The inner senses register the higher vibrations beyond the physical realm. Following is an overview of the inner senses and a glimpse into some of the discernable levels of vibrations.

Clairaudience is the ability to hear beyond the level of the physical ears. It is the higher vibration sensory experience to that of the physical hearing. During some types of visualization meditations, the inner hearing may be activated to invoke similar sounds of the external world, as in the sound of birds singing or water rippling, as an exercise to develop clairaudience. At the level of the Astral/Causal planes, clairaudience includes being able to hear sounds of events

unfolding in the same time but different space. When clairaudience is developed to a very highly refined degree, one can experience internally hearing the spin of the electron into creation. This is often referred to as “hearing the music of the spheres.”

Clairvoyance is the inner sense of perceiving imagery and inner vision through the “third eye” sometimes associated with the sixth chakra as described in Chapter Five. It is the higher sensory experience to that of the physical eyesight. The internal experience of clairvoyance may offer the ability to see colors in varying degrees and radiations within and beyond the physical color spectrum. For some, it is possible to develop the clairvoyent ability to read auras and see into the metaphysical realms while gazing into the physical world. However, it is not necessary to be able to see clairvoyantly into the physical realm, as the inner clairvoyance will convey all the necessary information to integrate with the physical. Remote vision falls into this category of clairvoyance at the level of the Astral/Causal planes. Remote vision is the ability to see events or images in the third eye that are occurring in a different space in “Real Time” without having to be physically present at the event. Viewing images with remote vision in “Real Time” is like watching scenes in another space unfold in the same time as you are observing them. There are also clairvoyent experiences of viewing events unfolding in a “different time” and/or “different space” that is called reading the *Akashic Records*. The Akashic Records are the etheric imprint archive of all events recorded in the created realms through all time and space and in more dimensions beyond the physical linear experience. Other visionary experiences through the third eye occur beyond the realm of linear time or the

Akashic Records in what is called the “Light Realms.” Clairvoyant vision of the Light Realms will witness created forms with a luminous brilliance. Whereas the physical realm of creation is a world of reflected light, created form in the Light Realms is brilliantly lit from within and radiates beyond the confines of the form. The Light Realms are where the higher resonating and purest template of the physical realms are focused as the next step of planetary and human ascension through the process of transfiguration.¹ In other words, the Light Realms are the Divine Blueprint higher potential of the world of physically manifested form. Because of the fall into unconsciousness, the earth plane is out of harmony with the Divine Blueprints. Initial steps in ascension align consciousness with the template in the Light Realms. This is the realm where the existence of the *Light Body* and certain Ascended Masters create in “Light form.” Beyond the Light Realms, the “Visionary Realm” exists as the state of pure awareness that is “absolute concept and ideal.” The Light Realms are created directly from the Visionary Realm of Divine Source energy emanating the absolute ideals and pure formless essence of being. Also within the Visionary Realm is all potential that is “yet to be brought forth in any level of the multi-dimensional realms of creation.” It is the realm of pure conceptual awareness prior to bringing forth creation. A highly refined inner vision will open to vistas of extraordinary realms. Beyond the Visionary Realm is the absolute void. The absolute void exists prior to the Light of conceptualization. Concept and ideal are born from out of the void, but within the void there is still a full conscious state of awareness of pure beingness with

¹ See *The Rhythm of the Cosmic Pulse*, p 97.

out concept. Whereas, clairvoyance into the Light Realms perceives the luminous quality enhancing the created form, clairsentience is the gift used in the experience of the visionary realms because the concept of ideals is beyond all visualized form.

Clairsentience is the ability to sense or intuit anything that is beyond the normal physical senses. It is not the same as feeling the emotions. It is the ability to sense the subtle or more highly refined vibrations. In certain regards, it can be compared as the higher sensory experience of the physical sense of touch, but it goes beyond just the sense of touch to include the intuitive sense of knowing. The senses of taste and smell can also open up to the internal realm in the form of clairsentience. A person may have a clairsentient ability as a sense of intuitive knowing without having clairvoyant or clairaudient capabilities. Others may have all of the inner senses activated and this combination of them all might also be classified as clairsentience. Most often, clairsentience is considered to be the intuitive sense of experiencing metaphysically what exists beyond the physical level of vibration. A highly refined level of clairsentience will open to the pure essences of the Soul as beauty beyond words, truth that is clarity and the pristine quality that is purity. This degree of clairsentience is the pure and absolute awareness of the essence without form in the Visionary Realms.

Telepathy is the ability to transmit and receive thought patterns of vibration between those in the human kingdom, as well as conscious beings in the multidimensional realms beyond the physical world. Every single person transmits thoughts telepathically whether consciously, subconsciously or unconsciously, but far fewer people are telepathic receiv-

ers. Development of telepathy can pick up the transmission of other people's thoughts, as well as being able to consciously transmit thoughts to another receiver. *Telepathic rapport* also exists between the mineral, plant, animal and human kingdoms.² Telepathic rapport is the natural state of communication at the highest level within the created worlds of form. Beyond the created worlds of form, consciousness as the "absolute pure awareness as a state of being" does not need thought or reflection to experience its Self. Consciousness just "IS" in the state of pure existence. Pure awareness beyond thought and image is the realm of Cosmic Consciousness. Whereas telepathy is the transmission and reception of thought transference, the Higher Consciousness will also speak in a "voice" most clear and distinct from thought transference, which can be heard clairaudiently. If reception is clouded, telepathy through thought transference may at times be harder to discern between the thoughts being transmitted by one's own mental body and those thoughts being received. The "voice" of the Higher Self is more distinct and powerful and easier to discern. When this voice speaks, it commands the inner attention.

Empathy is the ability to feel what another person is actually feeling in their emotional body. For some, the term "empathy" may be confused with clairsentience, but they are not to be considered the same because clairsentience is experienced at a higher vibration than empathy at the emotional body vibration. Empathy can be considered as "emotional identity" or identifying with another person through the shared emotional experience. Empathy is not just relating to another person through a memory of some

² See *In the Garden of the Goddess*.

similar experience, but rather the true empath actually enters into the emotional state of another and takes on that emotion, even though it may not be generated from the empath's emotional body. The empath aligns their own emotional body with another person's emotional body and shares the experience of feeling at the emotional body level. Another way of phrasing this is to say the empath "takes on another person's stuff." A word of caution is always extended to anyone with an empathic nature to be mindful of not taking on other people's constricted emotions in the realms of pain or suffering or even that of the global suffering through your own emotional body. To do so only adds to the intensity of personal and global suffering. Empathy in its highest form of a gift can be used to transmute the constricted emotions of pain and suffering to joy in your own emotional body and then hold that resonance of joy for those around you and the greater world of humanity.

Sympathy is the ability to project one's awareness into the situation of another and understand what they may be going through based on one's own similar emotional experiences or the ability to project the imagination into the experience of another to conceive what it might be like. Sympathy is not the same as empathy, and the difference in these emotional experiences is sometimes also misunderstood.

Not to negate empathy or sympathy as being valid experiences of the highly sensitive emotional body, for the purpose of this teaching, empathy and sympathy are not to be considered as the inner senses activated during visualization meditation. Clairvoyance, clairaudience, clairsentience and telepathy will hence be referred to as the inner senses.

	Astral/Causal Planes	Light Realms	Visionary Realm
Clairaudience	Hearing in the same time /different space	Hearing the "music of the spheres"	Hearing "The Voice" of the Higher Self
Clairvoyance	Remote Vision Seeing in the same time /different space Akashic Records	Perceiving brilliant Light within created form	Perceiving Brilliant White Light without form
Clairsentience	Precognition	Sensing subtle vibrations beyond physical realms	Pure conceptual awareness
Telepathy	Telepathic rapport between human, mineral,plant and animal kingdoms	Telepathic rapport with Ascended Masters and Higher Self	Knowing without a shadow of a doubt

Do not be concerned if you are unable to visualize or hear through the internal senses when meditating. When entering into any visualization meditation, use the inner sense of intuitive knowing that is your clairsentience to the best of your current abilities, even if this means to feel or sense the inner experience without getting vivid images or colors. Clairsentience, however vague or developed, is just as potent a gift as having inner clairvoyent vision and clairaudient capabilities. Do not be discouraged if you have no inner sensing of the guided meditation at all. Continue on with the practice. Use visualization meditation as an exercise to stretch the proverbial muscles of the imagination. Many people trip themselves up on the path of progress by feeling

inadequate if they are unable to experience through the inner vision of beholding beautiful angelic beings or hearing the actual voice of the Higher Self. The feeling of inadequacy in and of itself will hinder progress to developing the inner senses towards further communication with the Higher Self. Encouragement to the aspirant is always offered to keep practicing towards developing the inner imaging and visionary experiences for great rewards will come from the diligence of opening up to more spiritual awareness.

Clairaudience, clairvoyance and clairsentience become more developed as the consciousness raises the level of physical vibration to the more refined levels of the metaphysical vibrations. Opening up to the inner senses is about trusting the Higher Consciousness to communicate with you through these senses. Understand that any level of fear and ego interference will inhibit these inner senses from developing. Fear is the great inhibitor at any stage on the path of experience both on the inner spiritual journey and in the external physical world of expression.

Body Relaxation

Body relaxation meditations are practiced for varying reasons. Firstly, its purpose is to become consciously aware of where nervous stress and tension are being held in the muscles or any part of the body and then consciously alleviating the stress and tension through relaxing that part of the body and the body as a whole. A second purpose is to bring more of the Higher Conscious awareness into the actual physical body. Some exercises are designed to bring more awareness down to the cellular and molecular structure. Yet

another purpose of body relaxation techniques is to discipline the ego by relaxing and quieting the body to set the stage for doing further meditative work on the emotional and mental body levels. Another approach is aimed at bringing a state of total relaxation to the body in order to surrender the conscious ego mind completely from the attachment to the body. This is practiced towards expanding consciousness beyond the ego physical awareness to open to the Higher Self.

With the physical body as the foundation of the worldly experience, there are many ways to work with the integration of conscious and Higher Conscious awareness at the physical body level. It is suggested to start all practice of meditation with some method of relaxing the body, however brief or in-depth the relaxation method may be needed at each stage of the aspirant's progress. Eventually, disciplined practice to attain the mastery of Higher Conscious meditation will relax the body and/or surrender ego attachment in a mere few seconds without the need for the ritual of lengthy exercises. This is the ultimate goal of the serious spiritual student to achieve the mastery of consciousness over the physical body as its vehicle of expression of the Higher Consciousness. For those at the beginner to intermediate levels of practicing meditation, any level of body relaxation achieved will bring a greater balance and harmony to your life. Just the simple focus of where tension is being held in the body will bring a greater awareness of how to alleviate the stress consciously throughout the day.

Visualization Meditation and Shamanic Journeying

Whereas the five physical senses are utilized to expe-

rience the external world through the physical body, when embarking on visualization meditations or shamanic journeying, it requires the use of the inner senses of clairvoyance, clairaudience, clairsentience and telepathy to varying degrees as described above. When practicing any type of inner visualization meditation, it is in the sensorial experience and the imagery encountered that defines this type of meditation.

Specific guided visualization meditations and shamanic journeys will lead the conscious participator into the inner landscape of imagery and sensory experience. Which-ever level of the mind and dimension of consciousness is being accessed depends on the type of guided meditation being practiced.

Introductory methods of guided visualization meditations may start out with making the external environment as quiet and free of distraction to the physical senses as possible. Then begins the practice of opening up the senses of sight, sound, touch, smell and taste in the internal landscape, which may appear very similar to the external landscape. It may be a beautiful place in nature or a memory of a childhood home. This is an exercise of recreating the sights and sounds of the external environment in the internal landscape for one purpose of sharpening the inner senses. Honing the inner senses to use in guided visualization is quite useful for many stages of integration, as will be more clearly outlined in the following chapters. With some duration of this level of practice from that platform of the inner experience, the internal landscape can then be traversed to encounter the multitude levels of multidimensional consciousness through a myriad of imagery and sensory experiences. As more refined

resonant levels of the spiritual realms are attained, the inner landscape will become more abstract and less likely to mirror the external world of form or limitation.

Shamanic journeys are another form of visualization meditation geared to encounter power animals and totems by delving into realms of the more ancient tribal roots of human existence. The shamanic journey is a useful tool to integrate the unconscious experience of the mineral, plant and animal kingdoms into the human conscious level of awareness. Each of the kingdoms represent aspects of the infinite Soul to be explored and integrated, and shamanic journeying is one of the tools of meditation to gain this integration, as are all visualization meditations.

Soul retrieval is another term often encountered on the spiritual journey. There are seven stages of the Soul's journey, two of which are perhaps more well known as the inner child and inner adolescent stages. Soul retrieval is another term for integrating phases of the Soul's journey into the conscious awareness. Interaction with these stages of the Soul for the purposes of integration into the conscious awareness can be accomplished through guided visualization meditation. Soul retrieval of "other lifetime" aspects can also be accomplished from other incarnations through a guided visualization or shamanic journey.

Both of these types of visualization meditation and shamanic journeys are conducted in the endeavor to reach a similar goal of revealing the meaning behind the imagery at varying dimensional levels of awakening the sleeping Soul from unconsciousness. At a certain juncture in the practice of guided meditation, the practitioner will be able to enter the inner landscape of their own endeavor to allow for a sponta-

neous experience. After the initial meditation experience of the inner visualization techniques, empowerment can then be employed by returning to the inner landscape to change and transform it as described in the Empowerment Exercise in Chapter Nine.

Breath Awareness

There are different types of breathing meditations. Breath awareness meditation is a concentrated focus on the rhythms of the inhalation and exhalation of the physical breath. Breathing and most functions of the physical body occur on the subconscious and unconscious levels of mind. The aim of focusing on the breath during meditations is to initially bring more conscious awareness into the body's rhythms through the breath. Certain breathing exercises are geared towards relaxing the physical, emotional and mental bodies from stress and worry. By concentrating on the breath, it brings all of the awareness of the three bodies into this rhythmic movement. When the awareness is focussed on the rhythm of the breathing, it takes the conscious mind away from the worries of the mental thoughts and away from the focus on any emotional turmoil, hence promoting harmony of the three-body system.

In some yogic traditions, inhaling and exhaling through one nostril at a time is practiced by placing the index finger over the right nostril while inhaling through the left nostril. Then while placing the index finger over the left nostril the breath is exhaled through the right nostril. It is repeated in the reverse by placing the finger over the left nostril while inhaling. Then while placing the finger over the right nostril the

breath is exhaled through the left side. This practice is geared towards balancing the masculine right side (*Pingala*) and the feminine left side (*Ida*) of the energy fields within the three-body system explained further in Chapter Ten.

Other breathing methods are focussed on “rebirthing” as the original breath of life. These exercises may take you through a series of accessing the many levels of physical births, emotional births and mental births from the physical all the way to the Cosmic birth of the Soul’s initial individuation within Divine Source.

A type of breathing called “Breath of Fire” is practiced during Kundalini meditation. This is a form of breathing in the abdomen with a very shallow and rapid inhalation and exhalation rhythm. Some methods teach this as a conscious breathing exercise, but when the Kundalini is activated, the body may convulse into the Breath of Fire of its own accord. When and if this is experienced, the conscious awareness must align with the Higher Conscious awareness to take control of the breathing in order to prevent the physical body from going into hyperventilation. There may also be a tendency to cease breathing altogether when a certain level of Kundalini is activated. The breathing should be regulated at the Higher Consciousness level, until the states of Cosmic Consciousness are attained and *prana* becomes the higher form of breath. When the breathing is controlled Higher Consciously during levels of Kundalini activation, it gradually opens up the awareness to a greater rhythm of the Cosmic breath of creation while awakening to the many levels of Cosmic Consciousness. Referring to the Cosmic breath of creation is a metaphor for the vibration of creation that is sent forth from Divine Source. The very beginning stages of breath

awareness meditation exercises can prepare the way for the more advanced stages of meditation.

Focussed Concentration on Sacred Symbols

Focussing on mandalas or other sacred symbols with eyes open is an aid to bring the conscious awareness in alignment with the Higher Consciousness through centering. The aim of centering meditation is a discipline to bring conscious awareness into the center of the Self and to elicit an opening to the Higher Consciousness. Centering can be achieved through different approaches. A mandala is a sacred work of art designed most often of an abstract geometrical nature to bring the eye to the center point of the art and expand the conscious awareness outward from that center (see sample in Figure 1). Mandalas can be simple or more complex. The one thing they all have in common is the ability to bring the awareness to focus on the center point. Meditating with open eyes on a mandala is another way to bring the spiritual awareness into the physical experience. Integration occurs with the conscious awareness at the center of the Self and realization that consciousness extends from the center into all dimensions both externally and internally and simultaneously. Simultaneity is another way of describing spiritual multidimensional awareness.

Focusing on sacred symbols, either with the physical eyes externally or internally in the mind's eye, is another form of centering meditation. Sacred geometry within symbols are also used as keys to trigger the conscious mind to facilitate opening the portal to the multidimensional facets of Higher Consciousness. Some familiar and very simple sacred

symbols include but are not limited to the black and white yin/yang symbol, the pentagram, the Star of David and the lemniscate or infinity sign.

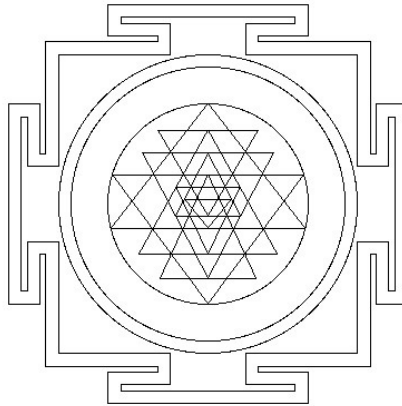


FIGURE 1: Yantra Mandala

One-Pointed Focus

One-pointed focus is an advanced and abstract method of meditation that is a tool of mastery. A fundamental practice of one-pointed focus begins with centering the inner awareness on a single point, often as a single point of light. This is done internally as a disciplined meditative exercise. The primary goal of this discipline is to develop a laser-like concentrated focus of pure awareness without waiver or distraction from the physical, emotional or mental bodies. Practicing this inward form of focus in meditation can then be integrated into the external physical experience of what is called the “ever-present NOW” of pure awareness. Another

form of this practice brings the awareness into a focus point at very specific levels of consciousness. For instance, the one-pointed focus can be placed at the center of a physical cell in the body to learn of the level of consciousness inhabiting the physical cell. Then another step would be to consciously communicate to the cell in order to promote its health. In other instances, the focus of awareness can be placed in the center of the universe to then further the exercise to expand the point of light outward exponentially. More advanced and intricate levels of mastery concentrate the focus on bringing the center of awareness into simultaneous points concurrently. One-pointed focus is a meditation technique that can be practiced at many levels of multidimensional awareness, and there is no end to the advanced and more complex stages of this meditation. The subsequent integration process of attaining advanced levels of one-pointed focus is to apply this to the mastery of advanced creation principles, where the focus of the Master Creator is directed into many single points simultaneously to Higher Consciously create worlds and universes.

THREE



Aligning the Three-Body System

Various methods of meditation and opening up the inner senses to enhance the inward spiritual journey were described in the previous chapter. Building a bridge between meditation and the physical experience involves many steps of integration, which includes the alignment of the three-body system. Let us first begin with an understanding of the three-body system and what is meant by the term “alignment.”

The physical body interacts with the external world of form and objects through the five senses. The emotional body is made up of emotional feelings and interacts with the external world through emotional projection and reactions. The mental body is made up of thoughts, ideas and beliefs. It makes assessments about the external world based on the boundaries of ideas and beliefs and subsequently reacting from and expressing these ideas and beliefs. Whereas the feelings of the emotional body and the thoughts of the mental body are in the realms of the intangible, the physical body is the realm of the tangible because it registers the vibrations of the external experience through the five senses of smell, touch, taste, hearing and sight.

Each of the three bodies is vibrating at a different rate of frequency. The physical body is the slowest vibration. The wave length frequency of the physical body is affected by the slightly higher vibration of the emotional body. The

wave length frequency of the emotional body is affected by the dictates of the mental body that is yet an even slightly higher vibration.

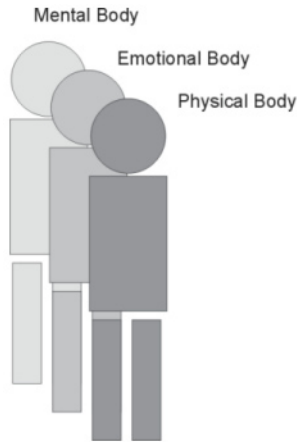


FIGURE 2: The Three-Body System

In Figure 3, the wave length frequency is determined by the small horizontal arrows. This registers the intervals between the vibrations, or in other words what the span is between the peaks and valleys of the vibration. As you can see by this diagram, which is not an exact measurement but merely a sample of explanation, the mental body is depicted as a more tightly woven vibration. This is because the physical eyesight registers the world of reflected light. Thought vibrates faster than the speed that light is reflected off of a surface and registered back through the physical eye, which then must travel through the nervous system to the brain before it is consciously recognized. Registering the physical world through the physical senses appears to occur instantly, but it is spaced out over an interval of time even though it is in the

infinitesimal measurement of nanoseconds. Perhaps you may have observed where you have an instantaneous thought, but there is a noticeable lag in the body's reaction time.

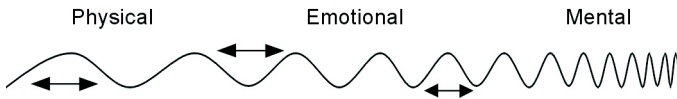


FIGURE 3: Vibration and the Three-Body System

Because the physical body is the only body perceived by consciousness through the physical senses of touch, hearing, sight, smell and taste, some may struggle with the concepts of the terminology referencing the emotional and mental vibrations as bodies. However, the vibration of the emotional body is registered in the physical body through the nervous system, increase in heart rate, muscle tension and many other indications of shifts in the emotional body. When a sudden emotional shock erupts, it is registered in the physical body by a more rapid heartbeat and pulse and so on. The vibrations of the mental body are registered through the physical apparatus via the brain synapses indicating trains of thought, formulating thoughts into speech, reflection upon memory, etc. The physical body also registers the experiences of the emotional and mental bodies through the physical reactions of laughing, crying and ailments due to emotional and mental related causes. In this way, the interaction of the vibrations and interconnectedness of the three-body system can perhaps be more clearly understood.

Now, imagine you are holding one end of a thin rope,

and you ripple it from the end you are holding so that it looks like Figure 3. The end of the rope being held represents the mental body thought. As the ripples snake through the rope, it gets less intense at the opposite end from the end being held. This is a metaphorical way to describe how the mental body vibration ripples through to the emotional and the emotional to the physical. The mental body initially sends forth the thought vibration, which then affects the emotional body and lastly the vibration extends to the physical body.

Stated in the previous chapter, the extra-sensory perceptions register and interact with the emotional and mental bodies of another person or the global community of humanity, as well as the mineral, plant and animal kingdoms. In addition the extra-sensory perceptions are used to interact with the multidimensional levels of consciousness beyond the physical realms. Fear resonates at the slowest rate of vibration and Divine Love is the highest and most purely refined vibration. Clearing the mental, emotional and physical body of the vibration of fear will allow for a heightened frequency of vibration to open up to the extra-sensory perceptions, which register the refined vibrations in the spiritual realms beyond the physical world.

It is also very important to understand that there are four levels of consciousness referred to as the conscious mind, the subconscious mind, the unconscious mind and the Higher Consciousness mind. Consciousness is awareness, and these are terms to describe different states of awareness at each of the levels of mind. The physical, emotional and mental bodies of the three-body system function within these four levels of mind. Different attributes and functions of the four levels of mind are briefly described as follows.

Deep in the recesses of the unconscious mind are all the denied emotions and belief systems that are hidden from the conscious mind. It is in the subconscious mind that all recorded memory can be accessed. The conscious level of mind is where the integration between the internal and external experiences occurs. The Higher Consciousness is the realm of the infinite and eternal and is not subjected to a confined description as the other levels of mind are. The Higher Conscious mind is the only level of mind where the dense vibration of fear does not exist. It is the Higher Consciousness that is pure Divine Love. Fear exists in the unconscious, the subconscious and the conscious levels of mind.

The indescribable essence of the Higher Consciousness is sometimes referred to as the “spiritual body.” Even though the Higher Consciousness is ineffable and cannot be limited to or defined in terms of a body, integration of the Higher Conscious spiritual body with the three-body system is referred to as the four-body system. The spiritual body has definition only through the Higher Conscious essence of spiritual ethics and ideals. Spiritual ethics and ideals draw the invisible boundaries of the spiritual body. It is formless in the way that it can only be described as a sphere of brilliant Light.

The metaphysical descriptive word for the alignment of the three-body system with the Higher Conscious spiritual body is “harmony.” To bring the vibrations of the three bodies into harmony with the Higher Consciousness is an essential part of the integration process. Understanding the metaphysical aspect of how the vibrations of consciousness at every level of each of the bodies interact and are registered in the physical experience is key to bringing the conscious aware-

ness in harmony with the Higher Consciousness.

Using music again as an example of how alignment of the three-body system with the spiritual body is accomplished, harmony occurs when the upper strings of any stringed instrument are played in conjunction with the corresponding lower vibrating bass strings. If the wrong note is played in any chord, a dissonant sound will be heard. If the mental, emotional and physical bodies are not vibrating in harmony with the spiritual body of the Higher Consciousness, then the discordant imbalances occur.

The portal to the Higher Consciousness is through the unconscious mind. Because of the nature of the unconscious mind being unconscious, there is so often a conscious block for most people to communicate with the Higher Self. Becoming conscious of the unconscious then leads to opening the portal to the Higher Consciousness. Whatever spiritual awakenings occur in the meditative journey or in the physical experience must go through the unconscious mind to seep through to the conscious mind. The conscious mind is where the bridge is built between the Higher Consciousness and the physical experience.

Programming of the mental body in the form of beliefs occurs in the unconscious and subconscious minds. For instance, if the mental body is vibrating at a belief system that promotes fear, the emotional body will then react to the world from this same fear, and the physical body will manifest the stress of perhaps an increased heart rate. All of the three bodies will be vibrating at the frequency of fear. In this way the three-bodies are in alignment, but, rather than being aligned with the spiritual body of the Higher Consciousness that is Divine Love, they are all three aligned at the vibration

of fear. When the Higher Consciousness stirs the conscious mind to a spiritual awakening of Divine Love, then the process of integration of the spiritual body begins.

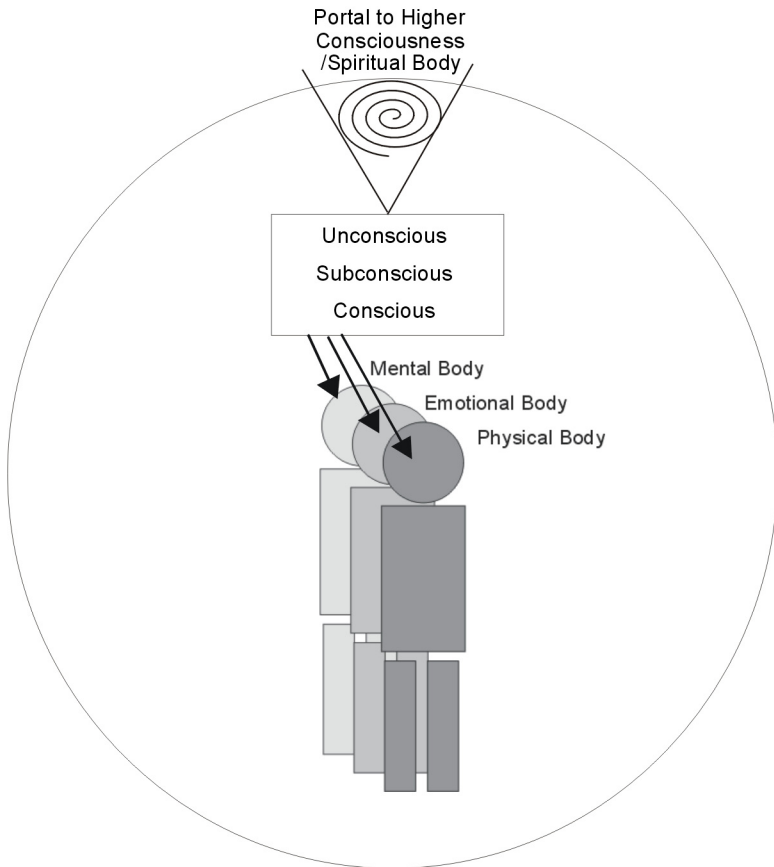


FIGURE 4: The Four-Body System

Alignment of the three-body system of physical, emotional and mental in harmony with the spiritual body of the

Higher Consciousness is attained through many stages of awakening. This involves “clearing the flow of blocked energy from Divine Source” also referred to as “purification of the three body system.” Fear is the only vibration that creates the block to Divine Love. Clearing is accomplished in the first steps of identifying where and how the constricting energy of fear is being generated in the mental body belief. Harmonizing the three-body system into the higher resonant vibration of Divine Love aligns the conscious mind at the three-body level with the Higher Consciousness spiritual body. Integration of the Higher Consciousness into the conscious mind follows by first understanding how each of the physical, emotional and mental bodies functions. Then each of the three bodies is uplifted in stages to inhabit more spiritual awareness, and thus the conscious mind becomes more spiritually awake in the physical world.

The term *Law of Cause and Effect* is the spiritual law that states “whatever cause is put forth its equal effect will return.” This is also called *karma*. The cause is put forth as vibration from one of the four levels of mind. In the physical world, the effect is experienced at the conscious level of mind.

For the most part, many people believe that accidents happen seemingly from out of nowhere because they cannot see where their awareness at the conscious level of mind could have created such an accident or other type of coincidence. This is because the cause of events and reactions to events experienced through the three-body system is largely generated from the unconscious level of mind. Experiences of magically spiritual phenomena that seem to appear from beyond the physical realm are events generated from the Higher

Conscious mind.

In the following descriptions of the three-body system, the experiences of the physical, emotional and mental bodies are registered in the conscious aspect of the mind. However, for the most part, the physical, emotional and mental bodies are all “programmed” from the belief systems in the subconscious and unconscious levels of mind. Programming of belief systems filters into the conscious mind in repeated thought patterns and emotional reactions. Oftentimes when a conscious thought choice is made or even expressed verbally, it may be in direct conflict with a belief system harbored in the unconscious mind. How many people say they would like to win the lottery? In the next moment after such a statement, a counter-belief may arise as perhaps the thought, “but I never win anything.” It is for this reason that many times a conscious choice does not turn out in the expected manner. This is also why so many people may be in a good mood and elated about going somewhere and seemingly out of nowhere they are involved in a physical accident or emotional mishap which immediately sends all of their conscious plans into a state of disarray. Some hidden agenda from the unconscious creates the course of events overriding what the conscious mind so carefully planned out. All physical ailments are also generated from the unconscious and subconscious minds.

There are a number of ways to discover what belief systems of the mental body and which denied emotions of the emotional body are hidden in the unconscious mind. One way is to consciously observe the thoughts of the mental body to see what patterns arise and to subsequently observe what emotions are attached to the thought patterns. This will reveal

both the belief and the denied emotion. Exercises towards this end are offered in Chapters Six through Nine. Another way that the cause of effects can be discovered in the unconscious mind is through an endeavor to consciously journey into the unconscious during meditation. One way the Higher Consciousness does reach out to communicate is through dreams. While sleeping, the conscious mind is at rest, the subconscious mind is still working to program the functions of the physical body, and it is the unconscious mind which erupts in a drama of seemingly bizarre dream images. Designated from the Higher Consciousness, these messages in dreams are often included with images from the recent day's memory from the subconscious mind mixed in with other past memories and a vast array of stored information from the unconscious warehouse. Analyzing the imagery in night dreams is also another way to process what is going on in the unconscious mind. One of the major keys to integrating spiritual awareness into the physical experience occurs by becoming more aware of the subconscious and unconscious during meditation and then building the conscious bridge of awareness to the Higher Consciousness.

As the physical body registers the vibrations of pain or pleasure through any or all of the five senses, it is the emotional body that registers emotional experience, and the mental body that then becomes more reinforced with the original belief. Experience in the physical world is metaphorically like *Alice Through the Looking Glass*. Just as Alice peered into the looking glass to behold that everything mirrored the room behind her but was somehow backwards, the physical experience is a world that actually functions like the mirror. Alice believed the room in the looking glass to be an entirely

different world, when it was just the world of reflection of the room she inhabited. Experience in the physical world only appears to be working in a forward manner. In truth it is reflected backwards upon the physical senses and the eye of the beholder, and it is the eye of the beholder that projects the holographic illusion outward to begin with based on the mental body belief systems in the unconscious mind.

For example, as a child you were told repeatedly not to touch the stove because it was hot. This now registers and reinforces in the personal unconscious mind as a belief, *“the stove is hot.”* The term “hot” may not be relevant to the conscious understanding as a child, if the experience of burning the hand was not registered. Nevertheless, the belief of the stove being a fearful image will be adopted from the parent or authority figure and carried through life unless altered. It will remain in the unconscious as a belief. As life unfolds and the child becomes an adult, burning the hand on the hot stove may likely occur unconsciously and the conscious association will not be made that it occurred because it was an unconscious fear manifesting. If, as the child, the hand was burned while touching the stove, it will register the pain as hot and the belief will not only be created in the unconscious, but now it will also be reinforced in the subconscious mind as recorded experience. All future recreations of experience with hot stoves will reinforce this.

Now that these belief systems are in existence in the unconscious and reinforced in the subconscious, here is further insight of how events might be created in later years. For example, perhaps you are moving a pan of hot water on the stove. Somewhere in the subconscious memory is the recorded event of burning your hand on the stove as a child.

Underneath the subconscious recorded memory is the unconscious foundation of the belief that states, “the stove is hot.” Even with just the thought that hot water might spill on you as you are moving a pan on the stove, the emotional body may react prior to such an accident happening. You may find yourself jumping from the imaginary fear in the subconscious being projected from a past experience of burning your fingers on the stove. Just the mental thought from the subconscious memory that you “might” burn your hand projects the programmed emotional reaction from the past event. A shock of fear may trail through the nervous system and the heart rate may elevate. This all occurs with a rapid motion between the three-body system unconsciously and subconsciously, so it is understandable that the conscious mind does not process this procedure over and again. As you move the hot pan, and the water does not spill or burn your hand, the emotional body then calms down with the conscious afterthought and understanding that there was nothing to fear. “Nothing to fear but fear itself” is the saying that springs forth of how fear is harbored and projected from the unconscious.

How this actually works is that the unconscious belief in the mental body creates the events and as the conscious mind experiences it through all three bodies, it then sends a further signal of reinforcement to keep the belief structure in place in the unconscious. Ongoing reinforcement of this two-step dance between the conscious and unconscious mind is not integration of spiritual awareness. It just digs a deeper rut of patterned behavior and constricted fear-based experience that adds to the disconnection between the spiritual and physical realms.

If you have ever witnessed a hypnotist offering the

“suggestion” to the hypnotized person that they are experiencing the sensation of “cold” while the hypnotist is running a flame over their hand, you are witnessing a “temporary shift in belief.” It is temporary, because the hypnotist plants the suggestion at the subconscious level of mind in the person being hypnotized. Having given their free will of the conscious mind over to the hypnotist, the hypnotized person is consciously aware of what is happening and simply follows the suggestion at the subconscious level given by the hypnotist. Conscious power is relinquished when agreeing to be hypnotized. When the hypnotist brings the person fully back to their conscious mind, the unconscious belief system goes back to overriding the conscious and subconscious hypnotic suggestive experience. The flame would once again return to feeling hot because that is the belief in the personal and collective unconscious. Because sometimes these hypnotic events are often done as parlor tricks or entertainment, the hypnotist may not even understand how to help a person reprogram the subconscious or unconscious mind. A yogi will be performing a similar feat when walking barefoot upon hot coals or levitating. However, the yogi is applying mastery of the Higher Consciousness over the three levels of mind. Weight loss and addictive behavior, such as smoking, have sometimes been successfully achieved by reprogramming the subconscious mind through “hypnotherapy.” A hypnotherapist may or may not have a full understanding of how to teach you to reprogram the subconscious and unconscious mind. This method does not work for everyone, especially if there is a very stringent belief stuck in the unconscious with an intense emotional body attachment, but it has been known to work for others. Following this route may or may not afford

you the conscious integrative and empowered understanding of how to reprogram the unconscious and subconscious minds on your own.

Now to add further clarity on the belief systems of the collective unconscious, everyone has a personal unconscious mind that is connected to the collective unconscious. The collective unconscious includes all species, all events, all of humanity, etc. There are belief systems presiding at all levels of the four kingdoms of mineral, plant, animal and human.³ This may be clearly evident to witness as the pups and kittens of the animal kingdom follow through unconsciously with traits and behaviors of their species. Long after they've been domesticated from the wild, household pet dogs will still walk in a circle of flattening out the wild grasses before settling down on the living room carpet to rest. These actions are prompted from the level of programming within the kingdom, species and racial mind in the unconscious. With any birth into any incarnation come belief systems from all lifetimes, numerous collective beliefs of the human race, as well as those adopted from the parents or other authority figures. Even if the parent or authority figure did not tell the child that the stove was hot, the child will enter the world with a certain set of belief systems functioning within the human kingdom from the collective unconscious including general beliefs such as, "fire is hot." Unless the child enters this world as a Master, there will be belief systems to contend with and overcome on the path of spiritual mastery.

In spontaneous instances of spiritual awakenings, the Higher Consciousness breaks through the boundaries created in the unconscious to burst forth into the conscious mind,

³ See *The Rhythm of the Cosmic Pulse* regarding the four kingdoms., p. 103.

which will override the conscious level of belief. A “spiritual awakening” occurs when the conscious mind is in harmony with the Higher Consciousness in a synchronistic moment also referred to as a “quickenings.” These awakenings can be described as the “aha” moments. However, the awakening is just the beginning of the process of integration for the conscious mind could just as easily fall back into the same routine of the unconscious mind programming if the awakening to the Higher Consciousness is not fully understood and employed.

Reprogramming occurs as the spiritual body infuses the mental body through the portal of the unconscious with the pure essences such as “truth,” “beauty,” “serenity” or “purity.” These conceptual ideals begin to take shape to override the old programming. Higher Consciousness instigates the evolution towards the integration of the conscious mind with the Higher Conscious mind to becoming more spiritually awake in the physical world.

The following breakdown of the physical, emotional and mental bodies will provide some insight into just how the cause and effect of the four levels of mind manifest in each of the three bodies. In the descriptive charts for each of the three bodies, the unconscious mind feeds the subconscious. The unconscious and subconscious minds both feed the conscious mind.

Physical Body

Without a background in the medical sciences and chemistry of the body, this is not meant to be a treatise on the full functions of the physical body but merely a general

overview to aid in understanding the three-body system interactions.

The physical body is experienced at the conscious, subconscious and unconscious levels of mind. The sense of smell is the oldest and most primal sense in the human physical experience and is the sensory evolutionary link between the animal kingdom and the human kingdom. Olfactory function bypasses the nervous system and goes directly to the brain, whereas all the other four senses are experienced through the nerve endings and subsequently registered in the brain. Because they must travel through the nerve endings, there is a slight lapse in registration in the brain of the other four senses. The physical brain is like the central processing computer of the experiences of the levels of mind. Conscious physical experience is registered by the five physical senses, and the brain acts as a computer to register and record experiential events. Interactions through the five senses with the external world are recorded as memory in the subconscious mind, but it is both the subconscious and the unconscious levels of mind that program the bodily functions.

The five physical senses of sight, hearing, smell, taste and touch are all registered as vibrations through the brain to not only interact with the external world, but also to interact with the internal physical processing of the body. Pain is carried through the nervous system to the brain and the message goes to the conscious awareness to signal that something is either out of balance internally or externally. Pain and physical discomfort are the main signals to be aware of at the conscious level of mind to realize any state of imbalance. The organs and all parts of the body are all made up of consciousness functioning at their level of

awareness. For instance in the normal bodily functions, the bladder will function according to its genetic programming in the unconscious mind. The subconscious mind will register when the bladder is full sending a signal to the conscious mind to prompt it to take action of relieving the pressure. The physical body is unconsciously programmed to carry out its functions by the DNA, which also determine the original genetic imprints. At birth, within the DNA is all the potential of each body part to grow to its full function in the designed blueprint of the human body. The DNA also holds a greater spiritual potential that can be programmed through the Higher Consciousness. To begin on the path of integration, it is only necessary to understand which level of mind is carrying out their programmed functions upon the vibration of the three bodies.

As consciousness experiences the vibration at the physical body level through the five senses, it is responding to the preprogrammed DNA at the unconscious level of mind. Because all of this occurs in the unconscious mind, the conscious mind is not aware of what the DNA is programmed to do or even remotely aware of how the functions of the organs and parts of the body are carrying on. The physical body is also responding to the emotional and mental bodies, which are also preprogrammed in the unconscious level of mind.

To harmonize the physical body with the emotional and mental bodies, it is imperative to look to the emotional and mental programming for the most part hidden in the subconscious and unconscious. Many modalities of therapy and conscious study have already long been a part of the integration process of becoming more aware of the

subconscious and unconscious levels of mind.

Some people have more trouble than others overcoming physical addictions or imbalances in the physical body. Addictions generally fall under the category of emotional cravings and/or the need to anesthetize emotional pain. Addictive behavior of any type may also arise out of forms of self-punishment stemming from the belief in unworthiness. Unless the emotional and mental imbalances are first recognized, any of the healing modalities to adjust the physical chemical imbalances may not work over the long run and the unconscious and subconscious programming can kick back in. With any emotional incident acting as a repeat of the initial emotional catalyst, the probability of returning to the addictive behavior is high if the emotional triggers are not consciously understood. Sometimes one physical ailment or addiction is healed, but it is only transferred to another addictive outlet or different ailment. Addictive behavior begins by unconsciously lying to oneself and subsequently to all others that there is a problem of addiction, and this is why a twelve-step healing program begins with confessing the truth about one's addiction.

Body chemistry is different in each person, although there are some generalized types. Why is one person sensitive or allergic to certain foods and not another? How can one person eat and eat and not gain weight, while another person jokes about gaining weight by just looking at it? Body chemistry is originally programmed in the unconscious DNA and genetics. Because everyone's chemistry is different, certain food allergies can be understood as a chemical imbalance. Eliminating these foods will bring about the chemical balance and state of well being at the physical body level. Body chemistry is also affected by the varying levels of vibration

of consciousness. A highly sensitive consciousness inhabiting a physical body will likely have a hypersensitive nervous system that may register as an allergic reaction through the chemistry of the body. Not to be confused with neurosis or hypochondria, true hypersensitivity, such as empathy and clairvoyant abilities, occurs when consciousness functions within the physical body at a heightened sensory vibration. Due to the heightened vibration of consciousness, the physical body will then be more sensitive to the vibrations of the physical experience registered in the senses. Loud noises to a hypersensitive person may literally shatter their nerves, whereas another person will be able to tolerate loud, discordant noises or may even crave loud noises to make them feel the vibrations of being in the physical world. Where a non-hypersensitive person will not be affected by weak or even strong chemical odors, the hypersensitive person will be able to smell the chemicals even at great distances. It is why one person can smoke like a chimney and not be affected, while the hypersensitive non-smoker may feel assaulted by the left-over smoke in a room weeks after the smoker has left the room. On the other hand, neurosis and hypochondria fall into the category of psychological disorders. Making the distinction between neurotic belief systems in regards to allergic reactions and hypersensitivity due to heightened consciousness sensory awareness has to be determined at the level of consciousness one is functioning at. One way to discern is to make a list of allergic reactions, hypersensitive reactions and past or current illnesses. Then do a cross reference check between them to find similarities or distinctions and process any underpinnings of the causes. For instance, if you find you are hypersensitive to the vibrations of noises and odors

but rarely get physically ill, there is little chance the hypersensitivity is stemming from neurosis, hypochondria or other fearful belief systems. Compulsive neurotic behavior and hypochondria stem from emotional body imbalances of fearful imaginings to the extreme beyond even that of most personal and collective belief systems. On the other hand, if a person believes that because the flu and cold season is being advertised on television and by everyone else in the local community and gets the flu or cold symptoms, this is due to aligning a personal belief with the collective belief.

The physical body appears to be the first or initial cause of an imbalance, but it is actually the last place of displaying any disharmonious vibrations. In other words, if the emotional and mental bodies continue to run their original cause subconscious and unconscious program, the physical body will ultimately reveal it in varying levels of physical ailments and disease. The physical body is the last place the message shows up, and it is sure to grab the conscious attention when pain is shouting. Physical maladies should not be looked upon as failure, but rather as a signal of where there is an imbalance in the three-body system. Delving into the foundations of belief systems generated in the mental body and carried out by the emotional body can be interpreted by spiritual psychology described in Chapter Four to understand the unconscious programming.

Outlined in the example of the hypnotist and subject, the programming of the physical body functions at the subconscious levels. Meditation to enter the subconscious and unconscious levels of mind can be a tool to finding anything amiss in the physical functioning and towards promoting harmony and balance. Imagery of a perfectly healthy body

can be applied to the programming, but understand that the emotional and mental imbalances must be first addressed for the reprogramming to take root in all three bodies.

Unconscious Physical:	Programming in DNA and genetics
Subconscious Physical:	Programming of body functions, i.e., organs, breathing, pulse, etc.
Conscious Physical:	Physical interactions and reactions through the five senses to pain and pleasure, ailments and injuries
Higher Conscious Physical:	Ranges in stages from perfected health in the physical body to the activation of the Light Body

Consciously aligning the mental body with the health and harmony of the physical body in accord with the Higher Consciousness is a step towards mastery. Programming to alter the DNA or genetic malfunctions would be done from the Higher Consciousness. This is a level of mastery that the Ascended Masters have attained in states of perfection in the Light Realms. Everyone is at different stages of spiritual practice. Remind yourself often not to compare or measure your own progress with that of others. Before physical balance can be accomplished, it will be necessary to understand what the emotional and mental body is communicating through the imbalances at the physical level.

Emotional Body

During infancy and childhood, the vibrations of the emotional body can be far too overwhelming for the conscious awareness at that stage to process and integrate.

When infants cry intensely, it can be witnessed that their little bodies and lungs can barely express the force of the emotions surging through them. Even when there are often adults able to explain and help soothe the child's intensity of the emotional body, in so many instances the child is more often left to their own devices to try to process all of their emotions. For the most part, all intense emotions experienced at the childhood stage are stuffed back into the unconscious as a survival mechanism. In adult years, these denied and unprocessed emotions can erupt in all sorts of dramas.

Although the emotional body appears to simply register and react to the physical experience, it is also programmed from the unconscious mind prior to an event and then projected into the conscious experience of events. Once again remembering the metaphor of *Alice Through the Looking Glass*, the emotional body projects into the physical experience the fears which are harbored as belief systems in both the unconscious and the subconscious. Then as an aftereffect of its own cause, the emotional body reacts as the events seemingly unfold. First it projects the emotions unconsciously, then it reacts emotionally in the conscious experience through tears, or laughter or perhaps angry outbursts. However, the emotional body also projects fears that are unfounded in anything based in past experiences. How often does the emotional body react from imagined fears, when there was nothing in the external world to provoke it? Then we may feel silly that we overreacted from a fear that seemed to erupt out of nowhere.

In the personal experience, fear in and of itself is a dense vibration. All degrees of fear and their preprogrammed emotional reactions can be found in the belief systems of the

mental body at both the unconscious and subconscious levels of mind. Fear can also be fed more intensity of dense vibrations through the conscious mind reinforcing the fear over and over again both personally and collectively. Emotional reaction to a past event recorded in the memory is elicited from the subconscious mind. If an emotional incident occurs based in no physical evidence or foundation, then those incidences are likely elicited from the unconscious mind, whether the personal unconscious or the collective unconscious. Horror movies are one example of how the collective of humanity creates and reacts to the collective unconscious fears.

Emotions are not logical because the emotional body is its own separate body of vibrations even though it functions in conjunction with the mental body. You may discover that at times it may appear that the emotions are in direct conflict with the logical and reasoning faculty of the conscious mind. You may burst into tears or anger, and then during such an outburst an inner voice kicks in telling you that you shouldn't be angry or crying over whatever it is that seemingly provoked the emotions. Between the context of external events and the internal emotional reaction and outburst, there may appear to be a wide gap of association. However, despite apparent conflicts, the mental body will always generate the emotions and fuel the emotional body. It only appears to conflict because the belief system is in the unconscious level of mind, as the emotions are being triggered to react from the subconscious or unconscious level of mind. This programming in the subconscious and unconscious is so often in conflict with the conscious intent that it can make integration a real challenge. The other reason for the appearance of a conflict in the emotional and mental process

is because the conscious awareness is not really conscious of or paying attention to the rambling thought patterns.

Here is an example of how this works. Perhaps you have an outburst of anger at a family member or co-worker. The sudden burst of anger seems to come out of nowhere, when in truth the anger is issuing forth from an incident perhaps in childhood that was stuffed back into the unconscious level of mind. The logic of the mental mind may then follow up this emotional outburst with an “authoritative voice,” which is also aligned with a certain belief. This logical authoritative voice may tell you that you have no justification for feeling this anger. This would be the voice of a belief that was perhaps adopted along the way by a parent telling you to not make a fuss about things. At the time of the childhood outburst, your emotions were very likely based in real issues of pain and then covered over with anger. The parent or authoritative figure at that time may have sent you a message of invalidating your emotional outburst. Adopting this as the belief about reality, the childhood pain and anger was then stuffed into the unconscious and labeled with a belief that the emotions felt and expressed are not valid. This inner subsequent authoritative voice aligned with this belief system inherited earlier in life will reinforce the feelings of shame and ridicule at the outburst. This voice will continue telling you that the outburst of anger was not valid, and then this will continue to send this message to lower the self-image and self-esteem. Meanwhile, the outbursts will repeat from the unconscious in many events over one’s lifetime sending you into a merry-go-round of repeating this pattern until it is addressed and consciously integrated. Giving validation to the original emotions when they were initially felt most likely in

childhood or adolescence will heal this emotional imbalance. Inner child and inner adolescent healing meditations work wonders to bring harmony to the early emotional body wounding.

From short waves of depression to the deepest and darkest nights of the Soul, depression is an emotional imbalance that many contend with. *The Dark Night of the Soul* is a state of utter hopelessness, and more clarity is shed on this in Chapter Four. Depression can be debilitating to all three bodies in the sense that it is generally associated with hopelessness in the mental body. On a physical body level, energy will be depleted and lackluster. Emotional depression can also be indicative of a physical hormonal or chemical imbalance, as in the case of postpartum blues or excess sugar and alcohol ingestion eating up the B vitamin balance of the physical body. Once again, the physical body will be registering these chemical imbalances causing the depression, but the mental and emotional bodies are likely to reveal the source of why someone is unconsciously choosing an unbalanced diet. Addictions to sugar, overeating, alcohol, tobacco, drugs and other substances are all physical symptoms of the physical body cravings, but what is the emotional body craving? What love is being starved for? What pain of wounding is being numbed temporarily with the quick hit of addictive anesthetics? Physical addictions mirror the cravings of the emotional and mental body. Numbing the stuffed emotions every time they arise from the unconscious is not a cure but a prolonging of the repetition of reopening the emotional wound.

Sadness is not as heavy an emotional vibration as depression. Sadness sometimes falls over the emotional body

when there is a need to let go of something. Nostalgic sadness can be based in fear of not wanting to lose something or someone. The ego will feel fear of loss due to its attachment agenda in the physical realm. Seeking the truth in this fear-based emotion of nostalgic sadness would be to realize that nothing is ever lost within Divine Love.

All emotional pain originally occurs in what is termed the “initial Soul wounding.” This pain of the initial wounding is repeated in patterns throughout the lifetime, as described in the section entitled *The Seven Stages of the Soul* forthcoming in Chapter Four. Because the wounding is first opened up in childhood, the pain can be far too intense for the child to process in the mental body and express in the physical body. Anger is actually less intense in vibration than pain and more readily explosive to burst forth in expression. Anger is also turned in upon the self in forms of self-denigration and self-punishment. When the pain of childhood becomes too much to bear, anger is the mask in later years which covers the childhood wounding. Repeated outbursts of anger will always reveal an underlying hurt that is rooted in the initial wounding being replayed. Anger that is suppressed will create many physical ailments. Cancer is the reflection of anger that literally eats away at the physical body over the duration of denial in the unconscious. Ulcers in the stomach will develop from years of unexpressed emotions.

Imagery and metaphor from dreams or other visualizations are very useful to detect imbalances in the emotional body. Bitterness and cynicism can be compared to throwing salt in one’s own wound. Cynicism crystallizes the bitterness much like salt is crystallized. Tears are salty. How often is more salt added to an already wounded emotional

body with the tears of pain and suffering?

Unconscious Emotional:	Original wounding Denied and stuffed emotions fueling outbursts of repeated emotions
Subconscious Emotional:	Recorded memory of emotional body experiences Repeated emotional reactions
Conscious Emotional:	Expression of feelings through communication, crying, laughing, anger or sudden unconscious outbursts
Higher Conscious Emotional:	Higher vibrations of Divine Love in the expression of joy, bliss, ecstasy, tranquility, peace, etc.

Balancing the emotional body is geared towards diminishing the incidents of fear and inviting Divine Love in its place. Because the emotional body is programmed in the unconscious mind to repeat the emotional reactions over and over again from the mental body belief, when doing any kind of emotional healing, if the belief that created it in the first place is not understood, the pattern will continue to repeat. Emotional body clearing comes with the meditative work to go into the unconscious and subconscious minds and heal the original emotional wounding by opening up to the Divine Love that is denied and cut off. The emotional body is dictated to by the mental body, so the work of clearing these two bodies goes closely hand in hand.

Mental Body

Whereas the emotional body can be viewed as

often appearing irrational, the mental body attempts to put everything into logic and reasoning. However, the mental body is not limited to the confines of logic when spiritual awakenings occur beyond the borders of the rational mind. Belief systems are what define the rational and reasoning boundaries of the mental body.

There is some confusion between the definition of what faith is in comparison to a belief system. Following a religious belief without question is based in adhering to restricted and structured belief systems. Religious belief is not the same as having a direct spiritual experience of the Divine Higher Consciousness. True faith is not the same as following or acting from the basis of a restricted or structured belief system. Putting faith in the unknown aspects of the Higher Consciousness falls into the category of trust. Beliefs, religious or otherwise, that are based in fear will keep one from having true faith, for one must truly conquer fear in order to place pure faith in the unknown aspects of the Higher Self. Placing trust in the Higher Consciousness through an act of faith is a beginning step to open to the direct spiritual experience and communication of the Higher Consciousness. Beyond the boundaries of belief systems is the state of consciousness that is pure spiritual awareness.

As described in the previous chapter, the emotional body responds to the belief system in the mental body. Digging beneath the emotional body fluctuations to see how they are choreographed in the mental body will get to the foundation of the belief system.

All limiting belief systems are defined by some degree of fear. Fear presents itself in the physical world of our proverbial Alice's mirror in numerous images and forms. The

key to understanding fear is to know that all fear comes from the initial separation from the Divine Love at Source. Some common fear-based mental body belief systems that feed the emotional body include but are not limited to:

- Fear of abandonment – Everyone has some degree of fear of abandonment from the original split in consciousness from Divine Source into the individuated incarnations. This fear may have been exacerbated if left alone in the crib to cry during infancy or childhood. If one or more parents or parental figures died or otherwise left home, or were emotionally absent, this will also reflect an intensity in this fear-based insecurity. A possible belief pattern may be phrased such as, “I’m all alone. There’s no one to help me.”
- Fear of the unknown – Everyone has some degree of fear of the unknown. It is another aspect of the initial fear created when falling into the abyss of the unconscious and can also be the first fear encountered when returning consciously into the infinite unknown territory of the Higher Consciousness. Exacerbated in childhood if things in the world were not explained. A possible belief pattern may be phrased such as, “The world is a dangerous place.”
- Fear of expression – As consciousness initially splits itself into the illusion of separation from Divine Source that is the unconscious, this initial

fear of individuation of expression is created. Exacerbated in childhood if told not to speak or if emotions were invalidated. A possible belief pattern may be phrased such as, “No one listens to me. I have nothing worthwhile to say.”

- Fear of intimacy – Initiated from the fall into unconsciousness this degree of separation anxiety fear is compounded with the fear of abandonment from Divine Love at Source. Exacerbated in birth and childhood if not given physical comfort and emotional affection. A possible belief pattern may be phrased such as, “No one can be trusted.”
- Fear of demons or devils – Initiated from the fall into unconsciousness as the ego is created in the projection of its own shadow in the perception of duality. With the initial ego perception of duality comes the external projection of all fears. Dark shadow traits of the ego create the fear-based imagery of all demons and devils. There is no devil other than one’s own dark shadow traits cast upon the personal, global and universal dramas. It is the ego’s fear of its own dark traits that casts a shadow blocking the Light of truth that is the Higher Consciousness. As long as there is duality, exacerbation is ongoing in the world with projection of dark shadow at the personal, global and universal levels. Belief patterns range from the fanatical religious projection onto any external mythological devil, as in the serpent or a fallen

angel to any perceived evil projected outward into the world and onto other humans.

The mental body in actuality projects the belief system from the unconscious mind into the physical experience and the conscious mind “perceives” the outcome. The ego aspect of the psyche will entrap the mental body into the logical realm of mental reasoning talking one in, out or through any situation with no real substance of wisdom to back it up. All of the inner dialogue of the mental body can be observed to display limiting beliefs about the way the world is or is not. Errant rambling thoughts surging from the subconscious and unconscious aspects of the mental body take up a lot of room in the conscious mind.

Programming from the incessant blare of television and other external sources can be seen to reinforce belief systems harbored in the unconscious, as well as creating and feeding new versions of the same old fears. Soft voiced commercials luring the subconscious mind to program what is being fed to it may go completely unnoticed consciously. The unconscious and subconscious shopper may wander through the aisles of the stores and pick up the brand name that was subconsciously programmed from the television commercial without having any conscious relationship for why this choice of purchase is being made. Name brands will appear familiar from the constant televised programming, and this is why a good majority of the marketing ploys work on the unconscious masses. Many marketers focus on playing to the collective fears of the masses, whether they are doing so consciously or unconsciously from their own fear-based belief systems. Viewing the world news can be assessed as

the collective unconscious creation of events and is a useful tool to consciously process personal dark shadow traits and fear-based belief systems. If you find yourself taking sides in the world arena of events, look at which limiting belief you are in aligning with consciously or unconsciously.

Attraction to certain groups of like-minded thinking people will also reveal the belief systems. Conversations with friends and family will find you agreeing on the same belief systems or disputing conflicting ones, which also once again reinforces the belief whether it is something that is constricting or perceived as more free-spirited. Free-spirited can be a disguise for irresponsible ego actions and not the same as spiritual freedom attained through each acceptance of more spiritual responsibility and empowerment. Fancy free and fantastical behavior can also be devoid of spiritual empowerment. The point is to know what beliefs are being adhered to and whether they are fear-based or being expanded into the Higher Conscious spiritual awareness and expression aligned with Divine Love.

Constricting beliefs can be identified from the level of fear that is being displayed through the emotional body. When processing belief systems, the tool of recognizing fear vs. Divine Love must be used. In fact, this basic tool to assess fear vs. Divine Love is the foundation for processing all of the three-bodies within the unconscious, subconscious and conscious minds. Divine Love is an absolute, but there are degrees of resonant vibration experienced in the emotional body at the intensities of joy, serenity or bliss and in the mental body through the concepts of ideals some of which are truth, wisdom, harmony, beauty and purity. The physical body will reflect a state of health and well-being. Anything

that is unlike the qualities and attributes of Divine Love is fear-based also from some degree of minor worry and doubt to intense paralyzing fears. Some fear-based belief patterns are easily observed, while there may be others that are more hidden in agendas not as easily recognized.

In any given moment, the mental thought patterns are very consciously rambling on and on. When this happens, the pattern of thoughts can be detected to find the trail to the underlying belief. Dissecting all of the smaller belief systems will ultimately lead to one life lesson belief running through the entirety of the Soul's path.

Unconscious Mental:	One singular belief pattern as the "life lesson" running through all incarnations feeding all other belief systems like a circuit board
Subconscious Mental:	Recorded memory and current lifetime belief systems
Conscious Mental:	Thought and ideas arising from belief systems Passive reflection on the past through the thought process Projection of thoughts into the future
Higher Conscious Mental:	Ideals and spiritual ethics and principles, visionary concepts

"Mind over matter" is a phrase that describes the mental programming at the level of Mastery over the three-body system. It is the knowing beyond all thought and belief that only exists at the level of the Higher Conscious mind as mastery.

Clearing Energy Blockages

Energy blockages is the term used to describe where there is an imbalance and discord between the mental, emotional and/or physical bodies, which ultimately blocks the conscious alignment with the higher resonant vibration of Divine Love. Fear is the only blockage, but fear comes wrapped in many packages and disguises and sometimes cannot be so readily ascertained.

Clearing of fear-based energy blockages in the three-body system can be accomplished in various approaches. When a physical or emotional event occurs that is out of harmony, it is always suggested to look to the mental body first and foremost to find the source of the belief. This approach would include monitoring of the thought process and breaking down the belief that is underlying the thoughts. The meditative and writing exercises in Chapters Six through Nine are designed to bring more conscious awareness to the functioning of the three-body system for the purposes of recognizing the patterns and integrating the understanding into the conscious level of mind.

Belief systems are often adopted from a family set of beliefs, a parent or other authoritative voice dictating repeated phrases or often self-adopted through the chosen path of learning spiritual lessons along the Soul's path. Within each incarnation experience, the individuated Soul has a specific focus to awaken from the designated restricted beliefs to the spiritual gifts aligned with Divine Source. When beliefs are discovered through processing the repeated thought patterns, the emotions relating to the mental body thoughts can reveal their pattern of emotional reactions. For instance, if observing

the mental conscious thought pattern reveals phrases like, “I never get what I want,” there is a belief system that is fueling this thought process. The belief may have been adopted in early childhood from a parent or other authority figure constantly telling the child they can’t have what they are asking for. If the authority figure from childhood did not explain why the child could not have what they wanted in the moment of asking, the child may begin to imagine all sorts of reasons why they can’t have what they want because they are unloved by the parent. Feelings associated with this dismissal in childhood would be in the area of limitation that may reflect a lack of deserving or low self-worth. Emotions that may accompany this belief would be those of low self-esteem with feelings of perhaps shame, self-denigration and/or depression due to hopes and dreams having been squashed earlier in childhood or adolescence. Into adulthood, this inner belief quite frequently is still being acted out in similar situations. A self-sabotage agenda around this issue is set up in the unconscious and subconscious levels of mind and the scenario is created over and over again by the belief of “I never get what I want.” This belief and associated emotions will permeate every choice aligned with this pattern.

A person with this belief may choose to go on a job interview for a position they hold in high-esteem all the while the conscious mind is doing battle with itself. On the one hand the conscious thoughts will be saying, “I really want to be hired for this job position” but at the same time battling it out with “but I never get what I want.” A battle between these conflicting thought patterns may be visible to observe in the conscious mind. However, deep from the unconscious mind, the phrase “I never get what I want” may never even surface

to the conscious mind, and this unconscious programming will override the mental affirming thoughts of "I really want to be hired for this job position." Overwhelming feelings of insecurity may arise in the emotional body to intensify the voice of the mental body. Perhaps the job interview is for a position that is stretching this person's self-image of capabilities, a challenge that they really consciously want to attempt for its possibilities to afford growth and expansion of their expression. Perhaps the job offers more pay which may be conflicting with a belief rooted in a low self-worth. Maybe even based on other experiences, they consciously know they are a good learner and can adapt to the situation, but the emotional body keeps triggering fearful insecurities. Emotions will be steeped in the unconscious belief system that they are undeserving of the job position. This will come as translation from feeling unloved because perhaps in only one very poignant instance or repeated instances as a child they didn't get what they asked for. Remember that the intensity of the emotional body during childhood is extremely difficult to process at the child level of conscious awareness, and this is what will be erupting during the current event as an adult at the job interview.

The physical body would also reflect this belief system in the way of ailments, as the last resort of sending a louder message of this pattern of fear. In the case stated, it may be that the physical body responds by getting an upset stomach during the interview and/or breaks out in a sweat or emotional upset. Fumbling nervously over the answers to the questions asked, the person in this case scenario may not be able to show how competent they really are for the position because their inner belief system sets off this entire trigger of

events. Even if the interview went well, the message repeated in the conscious mind may be filled with the belief that this is yet another opportunity that will slip through the fingers because of the self-image reflecting the lack of deserving.

In this example, it may be quite clear to see the conflict in the three-body system blocking the way for the Higher Consciousness to enter in, but not as clear to see in one's everyday patterned behavior and reactions to the external and internal experiences. Once again remember that which is in the unconscious mind is unconscious to the conscious mind until processed and integrated consciously.

Another way to approach the search for the root of the cause that creates the effect is after an experience of emotional upheaval. Process the emotional body even while the emotions are brewing or quickly after they settle down. By delving into what it felt like to experience the intense emotions, describing the emotional body experience will then formulate words in the mental body which may lead to childhood memories and belief systems underlying the emotional outbursts. There is such a saying that "someone or something is pushing my buttons," and all this really means is that some external person or event is triggering the emotional and mental bodies to align with the original programming and repeating the program. If you have ever seen a movie that is called a "remake," you will be able to see how the remake of the original movie has basically the same plot, but it may be in a more modern or updated setting and with entirely new actors. When your emotional buttons are pushed, it is like a remake of your own personal movie, and sometimes initially it is hard to tell that it is the same movie plot because the actors and setting are slightly different. In one incident the "button pusher"

may be a parent, while in another scenario it may be a boss. In each case they are pushing the same button that triggers the reminder of your emotional wounding. Until the underlying cause in the mental body is discovered in the personal subconscious and unconscious minds, there will always be someone or something that will push that emotional trigger. When the pattern repeats often enough, the puzzle pieces become clearer to see the bigger picture of how the strings of events are mirroring the same underlying belief system.

Clearing the energy blockages in the three-body system begins with understanding the foundation of the belief underlying the fearful emotions. Because the emotions of pain were invalidated by either an adult authoritative figure or by the child's own misunderstanding of the emotional body, as long as the ego clings to blaming the cause of the emotions externally, this will continue to fuel the emotions. Blaming the pain, hurt and suffering on external causes will come in the form of the ego justifying the right to feel angry, the right to feel hurt and possibly even the right to want to take revenge on the external world. Because the emotions were invalidated or stuffed back in the unconscious, the antidote that the ego uses to attempt to correct the situation is to use the mechanisms of self-righteousness. Validating the emotion as being "justified" because those that were doing the invalidating were wrong to do so only feeds the ego the message to continue to fuel the pain. Justification keeps the pain alive. Healing is not about condoning the abusive actions of others at the time of the incident. Healing occurs by uncovering the belief underneath the emotion, validating that the emotion felt was real and then opening to the true compassion of the Higher Self. True healing comes with self-forgiveness for not

having the conscious awareness at the time to be able to integrate the understanding of the wounding and then forgiving the perpetrators for acting out their own unconscious wounding.

Discovering repeated patterns can be accomplished by making a “time-line” of significant or outstanding life events of either great emotional upheaval or impact. Writing out the significant events along a time-line will show repeated patterns of the emotional and mental bodies or perhaps even similar repeated maladies in the physical body. Break down each event to look for the similarities in the emotions surrounding the events, and break it down further to look for the underlying belief that is being repeated. A separated similar type of “time-line” can also be written out of significant uplifting events to get to the source of how they were created and experienced.

In regard to the issue of accidents and coincidences, there really is no such thing in the universe of creation. Every effect has an original cause. Any seemingly accidental mishap or injury to the body will come from out of the unconscious programming. Because it is coming from the unconscious and is not readily seen at the conscious level of mind, it appears to come out of nowhere and is labeled as accidental. If an accident occurs, it may be looked on as a blessing to slow down the pace of life in order to reflect and process why the accident occurred from the unconscious mind. This may be part of the message to slow down the pace and stop speeding through life on the highway of denial of the unconscious programming. Accidents and coincidences are words that have been used to describe the underpinnings in the unconscious level of mind yet to be understood.

Another way to clear fear is to confront it directly. When possible, attempt to accomplish to some degree that which you fear. If you have a fear of public speaking, begin by speaking in small groups to conquer the fear. Confronting fear in meditation works powerfully as described in Chapter Nine.

When working on any level of physical healing with medical doctors, homeopathic healers, accupuncturists, herbalists, shaman or any of the scientific or alternative healing modalities, be mindful to work with the healer by doing your own processing of the emotional and mental bodies. This will greatly aid in the healing process on all of the three-body levels. Healing methods employed at the physical level will help to rebalance the physical system. Arriving at the underlying cause in the mental belief system will better alleviate the possibility of the return of physical systems of the same ailment or other forms of imbalance presenting itself physically in a variation of symptoms. In the least, it will bring to the conscious forefront of the mind the repeated patterns in order to halt them in their tracks rather than dragging maladies on for a lengthier duration.

Focussing on a cleansing diet or fasting process for the physical body can sometimes work in a reverse programming manner. Disciplining the physical body through a regimen of dietary shifts would give the mental and emotional body a signal to change the old habits of mental and emotional attachments. Emotional and mental patterns will likely arise when going through such a stringent dietary process, and this is another way to clear out the intangible patterns and harmonize the three-body system. Although this approach can work, it may not work for everyone, as the emotional and

mental bodies may overpower the conscious will of discipline to change the physical diet. There are usually belief systems in the mental body and emotional agendas in the emotional body that will be in need of conscious reprogramming in order to harmonize all three bodies during any physical cleansing process.

Clearing begins with recognizing that the mental body may try to talk the emotional body out of feeling the way its current emotions are running their course, and the physical body may rebel against the both of them and create an ailment. Listening to soothing music, getting a massage, while perhaps breathing in aromatherapy fragrances are great healing modalities to bring this sense of harmony to the vibrations of all three bodies. Rather than being caught up in too much television subconsciously programming the mental body, reading spiritual material or meditating upon words of wisdom and other forms of spiritual study can help to keep the mental body on the journey of awakening to the Higher Consciousness. Without the understanding of the spiritual psychology that creates the imbalances in the first place, and without changing the belief systems and working to elevate the emotional body to states of joy, the imbalances will likely continue to return.

If you become impatient with the clearing and integration process, know that this is of the ego level of distractions. It is the ego that measures impatience against the backdrop of moving time. Divine Love of the Higher Self has the patience of eternity. Attempting to put the cart before the horse may cause the aspirant to lose all patience and revert to the programmed behavior patterned in the unconscious and subconscious minds. It is always suggested to begin with the

first steps of harmonizing the three-body system rather than wasting energy on attempts to levitate objects while there are imbalances that will impede these “mind over matter” accomplishments.

As long as consciousness inhabits the three-body system, there will be imbalances to contend with until complete and full mastery is accomplished. Do not be disheartened by this, but rather understand that this is the ongoing practice of meditation and integration that brings about the harmony of the conscious experience through the three-body system with the Higher Consciousness. With each progression achieved, the center point of balance is more easily maintained. The pendulum does not have to swing so far to the right or left in order to catch the imbalance and any slight leaning to either side will awaken you more consciously to aligning conscious choice with Higher Conscious awareness. Practice makes the master.

Applying some knowledge of spiritual psychology will aid greatly in processing the mental, emotional and physical imbalances. You do not need to grasp the total understanding of the psyche in order to be able to connect the dots and recognize the repetitive patterns in your life.



An Introduction to Spiritual Psychology

Spiritual psychology is based on some fundamentals of the study of human psychology but then takes it further into the journey of the awakening Soul. Uncovering spiritual qualities as gifts from the Higher Self and bringing forth these qualities into the conscious experience is part of the integration of spiritual psychology. Spiritual psychology begins by identifying the ego aspect of the psyche, as well as the four levels of mind that function at each level of the three bodies. In a certain way, spiritual psychology can also be considered as learning to read the roadmaps and markers of both the internal landscape and external landscape along the Soul's path. This integrative understanding is attained in part by deciphering the meaning of imagery and metaphor through the language of the Soul.⁴ The Soul's awakening is the relationship of the physical experience as a part of the journey with the infinite and eternal nature of the spiritual experience.

What is Ego?

When the myriad aspects of the Soul individuate into the many expressions through the kingdoms and realms of creation, ego is created as a function of the

⁴ For more information regarding the language of the Soul, see *In the Garden of the Goddess*.

psyche at the human level of evolution. Ego is not present in the kingdoms of creation at the mineral, plant and animal stage of evolution. The ego is the aspect of the human psyche that is temporary. On the evolutionary path, as consciousness awakens from out of the unconscious to the fourth dimension of time in reflection of memory and musings, ego is created as the window of perception upon the creation. Initially it was meant to only observe the experience of the temporal world of reflection through the physical senses without judgment. Its original function was designed to be like the reporter that only reports the facts. Due to the fall of consciousness into the dark realm of the unconscious and being cut off from the brilliant Light of intelligent self-awareness of the Higher Consciousness, the ego is left on its own to attempt to figure things out. Because its inherent nature is temporary, it has formed an inordinate attachment to all things of the temporal world through the physical, emotional and mental bodies. It is the ego that exists in the state of mortality and lives in a state of fear of its own death. As long as a part of consciousness exists in the physical human experience in the world of the temporal, there will be the ego to contend with. At the level of Ascended Mastery beyond the physical realm and at the Higher Conscious level of mind, there is no ego. The ego functions from the unconscious, the subconscious and the conscious levels of mind and identifies completely with the physical world through the experiences of the physical, emotional and mental bodies.

The human being is the evolutionary stage of awakening conscious awareness that has the challenge of overcoming the ego's over-identification with the physical realm and the functioning from the unconscious mind. Striking this

balance between the conscious physical experience and the spiritual experience is the task of the awakening spiritual human being. It is one of many layers of meaning to the phrase, "as above, so below." The ego defines itself by the limitations of the physical, emotional and mental bodies through beliefs and constrictions. Because the ego fears its own death or annihilation, it puts up walls of resistance to anything that is spiritual or ineffable for inherent in its temporary nature is the fear that spiritual infinity can swallow up the temporal ego into boundless eternity. This is truth that the infinite and eternal nature of the Higher Consciousness does eventually dissolve the ego beyond the physical plane, but the unique individual nature at the awakening Soul level is never lost.

There are phases during each incarnation along the Soul's individuated path that give birth to and subsequently build up the ego. However, what has occurred with the initial fall into unconsciousness is that the ego has been built up and reinforced with more power than it knows what to do with functioning at a task it has no ability to carry out. The misuse and abuse of conscious power by the ego has created a frenzy of drama through the pain and suffering of a disconnection from the Soul. When the ego aspect of the psyche is behaving in a limiting way, it is herein referred to as the constricted or negative ego. A positive ego is meant only to be a window or door of perception without judgment of the external physical world. Because the ego has taken more power than it understands and run amok, the best place to start unraveling the discord is to identify the ego's voice of fear and negativity.

At the very foundation of understanding spiritual psychology is the identification of limitations and constrictions of the ego through observing its behavior. It is also important

to gain knowledge of what level of mind the ego is functioning at through the physical, emotional and mental bodies.

Identifying Limitations through Ego Behavior

The ego is the greatest instigator to deterring the meditation process for its main goal and agenda is to stay focused and keep its very tight grip on the physical realm of experience. It is unequipped to understand the spiritual realm of experience. It is the aspect of consciousness that clings to fear through each of the three bodies. Whether it is a fear of the unknown or fear of its own annihilation, overcoming the limitations defined by the ego's barrier of fear is the spiritual challenge. From the very creation of this barrier of fear, the spiritual path of progress is inhibited from its path of evolution, awakening and integration. It is in the very essence of the unknown aspects of the Higher Consciousness that the spiritual seeker must delve in order to transcend the limitations of the ego. The ego must surrender its fearful grip on the conscious mind in order to allow for the spiritual experiences of transcendence in the Higher Consciousness to occur. As shown in the example of the Christed One who mastered the ego's temptations with the empowered words, "Satan get behind thee," conquering the ego's fear is imperative on the spiritual path of mastery. This empowered statement was the Master's conquest over the ego's tempting illusions in the physical, emotional and mental bodies.

Like a tug of war needs two people to hold each end of the rope, the ego will pull harder on its end of the rope when a spiritual challenge arises. Beginning the surrender of the ego's hold can be as simple as dropping one end of the rope.

I have suggested this powerful imagery to many students of the spiritual path to use whenever encountering ego conflict in the external world or internal battleground. By consciously letting go of your end of the rope in the internal imaging of a tug of war concept, the projection of the “battle with the other” will have nothing to tug back on. Realization that the only battle is with one’s own ego will come over the course of busting through the ego’s illusions.

The ego will speak through one of two distinct voices both in the internal dialogue as well as its vocal expression in the world. The voice of the ego will either inflate itself up to overblown or diminish itself through the voice of denigration. It knows it has no real basis of knowledge or power, so it will talk itself bigger through arrogance and self-importance in the roles of controller or manipulator. This ego voice will scoff, mock and ridicule others to promote self-inflation of its own agenda. No amount of scorning and ridiculing others will ever alleviate the underlying deep-rooted insecurities prompting this ego behavior. True empowerment is the voice of wisdom. On the other hand, the ego voice will attempt to create a false sense of humility by talking smaller and weak as the victim or martyr. True humility is demonstrated through quiet actions rather than proclaiming a speech about it. Both of these voices speak as the ego’s ploy to keep from acquiring true spiritual power that is mastery over the ego. A specific trick of the ego will often go about denigrating itself in public as a façade of humility, but what it is really doing is wearing a false face of humbleness to hide unconscious shame or other dark shadow traits. What the ego is disguising through this demonstration is perhaps the real insecurity it is feeling and does not want the world to know about. Attention is what it

is seeking in place of the real Divine Love the underlying self is starved for. When the ego is usurping power that is only supposed to be relegated to the Higher Consciousness, it will define power as arrogance, revenge, control and manipulation. Ego agendas with the false sense of humility can be recognized by the limiting voice of martyr, blame, and victim. All of these agendas may give the illusion of power or false humility to the ego, but they are disempowering impediments along the spiritual path. Listening to the internal and external dialogue of the ego can reveal just what the constricting beliefs are and how they play themselves out in the drama of life.

The ego is also the aspect of the psyche that is “self-conscious.” Being self-conscious is not the same as “conscious awareness” or attaining levels of spiritual “self-awareness.” Self-awareness through the integration of the meditative, spiritual experience in this respect is the process of becoming Higher Consciously aware. Whereas, self-consciousness is the ego belief that the world revolves around or is totally focussed on it for it has inflated its presence up to be the center of its own attention. The ego becomes more self-conscious in its early stages of adolescent development through feelings of “embarrassment,” for it is steeped in the belief that it is the center of attention and everyone is looking at it. Humiliation and embarrassment are only experienced at the ego level of the psyche. It hides within the confines of its own “shame-based” mental beliefs covering over emotional scars. At this stage of being “self-conscious,” the ego is in the very childish and adolescent stages of development no matter what the chronological age in life.

“Self-righteousness” is also a behavioral trait of the

constricted ego. The small inner voice and perhaps even the billowing external voice of an arguing ego always has to be right even when its logic or argument is based in nothing of substance. Self-righteousness is one of the greatest defense mechanisms created by the ego's agenda to maintain its throne and self-appointed position of ego self-importance. This ego agenda can be based in a fear of humiliation of its own self-perceived weaknesses.

"Selfishness" is another trait of which to recognize ego limitation. This form of complete self-centeredness should also not be confused with the term "self-love." Self-love is the nurturing quality generated from the Higher Consciousness. The ego reacts in selfishness once again through a belief that it is the center of its world and that everyone and everything must revolve around its dictates. Such childish and adolescent behavior of the ego is detrimental on the spiritual path in more ways than can be listed. Selfishness being acted out through greed comes from a deep seated fear of loss or fear of not having enough and not being enough.

Learning to decipher where the ego is interpreting the experiences and when the Higher Self is doing the actual communication is developed through this study of consciousness that is spiritual psychology. The voice of the ego will always make excuses and argue on the side of limitation and fear. The voice of the Higher Self will always be empowering towards expansion of spiritual awareness and expression of pure wisdom. Discernment of whether it is the ego that wants more power of manipulation by aspiring to create magic and miracles or to develop the inner senses for its own ends is also key. Whether on a personal or national level, does the ego wish to have remote vision to spy on a perceived fear-

ful enemy? Does the ego wish to have telepathy for the use of mind control or to know if someone is talking about them behind their back? Is the ego functioning from a savior complex and wishing to save or somehow fix the world due to the hidden unconscious wounding of feeling unloved, unsafe and unprotected? These are all fear-based reasons derived at the ego level of the psyche from its own fear of annihilation, insecurities and abuse of power due to feeling out of control because it has no understanding of the real power of Love. When aligned with Divine Love, there is no fear that anything anyone could say or do will disrupt the refined vibration of love.

The Seven Stages of the Soul's Path

As described in *The Garden of the Goddess*⁵, the Soul, as the Divine Feminine aspect, is the unique and individuated qualities and essence of the state of being. The Spirit, as the Divine Masculine, is the expression of the Soul in dynamic action. The journey of the awakening Soul passes through seven stages, some of which may be recognizable passages of the formative years and later years in the physical experience. Not only do these stages occur in each individual incarnation into the physical world at the personal sphere, but these stages of the Soul permeate the global and universal spheres as well. In addition, the four kingdoms of mineral, plant, animal and human are a major part of the integration of the Soul.⁶ Focussing on integrating the awakening Soul in the personal sphere is most important for this in turn affects

⁵ See *In the Garden of the Goddess*.

⁶ See *The Rhythm of the Cosmic Pulse*.

the global and universal spheres of consciousness through all of the kingdoms. In essence, each sphere reflects the other and vice versa. As consciousness expands into the Light from out of the dark unconscious, this pattern of the seven stages of the Soul's path can be seen to occur on a myriad of levels in the physical experience as also in the spiritual realm. Following is an outline of the seven stages and how the ego perceptions can be transcended at each stage to the Higher Conscious awareness.

The First Stage: Birth

At the point of physical birth, the consciousness of the infant still feels itself to be attached to the mother in the sea of oneness that is the womb. In the spiritual sense, the mother's womb echoes the reflection of the sea of oneness that is the Divine Feminine. Even as the umbilical cord thread is cut in the detachment of birth from the physical mother, a thread of awareness of Divine Source, the silver cord of the Soul, is still intact. This silver cord of the Soul can never be cut from Source, but exists in the unconscious as the lifeline of nurturing that is Divine Love. The pure, unconditional Love of Divine Source trickles through this thread into the unconscious mind. Projection of the Divine Feminine and Divine Masculine upon the external parental figures begins in the infancy stage of the unconscious, as the physical parents will inevitably fall short of the pure, unconditional love that is known at the Soul level. The external search for unconditional love is purely unconscious in this infant stage.

Birth, as the first stage of the Soul, begins with the

name. The many named and yet to be named are the infinite aspects of the Soul in its unfolding path of spiritual awakening. Infinite Soul births and rebirths both in the physical and spiritual realms follow the initial Soul birth of individuation. At the physical stage of birth, the power of the name is the vibration that grounds the Soul into the earthly incarnation. The power of the name of the Higher Self vibrates in a higher vibration and beckons the Soul to align in harmony on its return to Divine Source, so the journey of the Soul is set forth into involution and the awakening path of evolution.

Birth is always the first stage of the creation of the Soul's unique and individual aspects in both the physical experience and the spiritual experience. Just as no fingerprint is identical to another on a newborn infant, each Soul imprint on the incarnation is unique. Whether at the physical level of birth as a newborn infant or the many births of spiritual awakenings, this first stage of the Soul is the heralding of a "new beginning." Even as conscious awareness is focussed on each moment, and as each moment unfolds to make way for the next, it is a birth of a new beginning. A new thought is born, a new emotion follows and a new physical and/or spiritual experience can occur. It is indeed the truth that everything is born anew and begins again in the essence of Divine Love that is the birth stage of the Soul.

The Second Stage: Individuation

As birth marks every new beginning, the human infant is not yet conscious or aware that it is separate from the mother even as it enters into the physical world from out of the safe harbor of the womb. In actuality, it is not until

the child approaches the age of two and enters the phase of what is referred to as “the terrible twos,” does the individuation process consciously begin. As the parents guide the child with boundaries, the ego at the child stage defiantly states, “No!” and revels in this newfound idea of its own free will of ego separation. From the spiritual perspective, this second marker along the Soul’s path indicates the initial individuation process of the spark of consciousness that separates its self within Divine Source. The separation initially begins at the birth stage in the unconscious, but the individuation stage begins to become conscious in the recognition of having a separate and free will of the ego apart from Divine Will. This is the first sign of the creation and development of the ego and its expression of separation. No matter what the physical age of the personality, in this stage of spiritual childhood, the defiantly stubborn ego’s will dictates to the conscious mind. Subduing the ego’s stubborn defiance to align with Divine Will is the Higher Conscious attainment at this second level of Soul integration.

The Third Stage: The Dream and the Wounded Child

The third marker along the Soul’s path is when dreams and visions emerge from the unconscious through the most potent energy of imagination. During childhood the consciousness is rife with vivid and colorful imagination. Imagination has no bounds, no limits and no constrictions on what is possible. Flying without wings, wizards popping out of thin air to wave a magic wand and other miraculous adventures are born from the child’s imagination. Childhood dreams abound in their world of fantasy, and somewhere in the

seedlings of childhood dreams is the calling of higher aspirations echoing forth from the Higher Consciousness. The child knows the imagination has no limits but self-doubt begins to creep in as the child's illusions are confronted by externally imposed limitations. Something occurs at this stage that will open the deep wounding of the Soul's initial separation from Divine Source. Every wound being played out in the drama of physical life is based in the initial separation as the Soul gives birth to its own individuation within Divine Source. Physical, emotional or mental abuse inflicted on a child at any level will open the deep wound as a reminder of this separation from the Soul. Verbal abuse can injure the self-esteem and self-worth. Physical and sexual abuse is a loss of innocence, which cuts short the childhood sense of wonder and amazement. In other instances, the child may be rudely awakened from their fantastical imagination by the sheer harsh reality of the limitations of the physical world simply from a scrapped knee. Whatever the wounding, it is a poignant reminder as symbolized in the separation at birth from all comfort of the mother's womb which in reality is the illusion of separation from the absolute safety of Divine Love at Source. Because of the intensity of the emotional wounding, the child has no conscious way to integrate this experience, so it becomes shoved deeper into the unconscious to arise like a repeated pattern throughout the adolescent and adult life. Attention span of the child is short, however, so off into another playful fantasy it frolics, as the imagination has no limits until over time the childhood dreams get stuffed back into the unconscious to make way for the logic of the limiting beliefs.

As the imagination is awakened in childhood fancy, so also the spiritual adult at this stage of the Soul's awakening

and integration of the Higher Consciousness has no bounds, no limits and no constrictions on what is possible to envision from out of the realm of all possibility. Dreams of new worlds and visions of endless horizons abound. This phase of the Soul is the meaning of “unless you become as a child again, you cannot enter the kingdom of God.”

The Fourth Stage: Crash and Burn Syndrome

Adolescence in the teen years is when the ego attains its full percentage of identity. The adolescent is the phase of life when the ego is most self-conscious and perhaps most selfish and self-centered. Whether the personality is introverted or extroverted, the intensity of the mental, emotional and physical ego identity experiences can feel extraordinarily extreme like life and death. If the teenager doesn't get a date for the prom or new clothes or cell phone like all the other teens, it may feel like the end of the world. When in public, the teenager feels that all eyes are focussed upon only them and either all of their self-conscious flaws or the opposite extreme of pompous arrogance thinking they are the center of the world as prom queen or football hero will be internally adopted if not externally expressed.

At this fourth stage of the Soul's journey, every youthful teenager also has moments of feeling the burning passionate drive of immortality. Physical death is blatantly defied in the face of this passion of youth. Although aware of tragedy and mishap in the world, the adolescent does not believe that anything tragic or the death card could ever be dealt to them. This is a trick of the over-emphasized adolescent ego and why so many young people live daringly, drive fast and

recklessly and otherwise push the envelope some often without surviving. Teenagers that pass through this stage frozen in complete fear to push the envelope will have the challenge of overcoming these fears in later years. Whether expressed or repressed, in either case, it is a time of great extremes and great passion. The energy of this passion is needed to fuel the Higher Conscious aspirations in the seeds first planted in the childhood dreaming.

Perhaps one of the rudest awakenings on the Soul's path is what is termed the crash and burn syndrome of the childhood dreams and the adolescent immortality. During this fourth stage of the Soul's path, when striving for the dream in the midst of the burning flames of passion, the deepening of the childhood wounding occurs and is most poignantly described through the mythological story of Icarus flying too close to the sun. Icarus was the son of the artist Daedalus who had been imprisoned by King Minos of Crete within the walls of his own invention, the *Labyrinth*, but the artistic brilliance of Daedalus would not remain to suffer in confinement. He made two pair of wings from feathers and wax. Giving one pair to his son, Icarus, he cautioned him that flying too near the sun would cause the wax to melt. Icarus in his burning immortal youth phase and adolescent arrogance became passionately ecstatic with the freedom to fly and didn't heed his father's warning. The wax melted, and Icarus plunged to his death in the sea. The artistic brilliance in this mythology represents the spiritual potential of the Higher Consciousness. It cannot be imprisoned or lost forever in the labyrinth of the unconscious mind. Icarus as the "son" plays an important role in the mythological drama, as in all stories of the son as the offspring of the creator. The inexperienced son attains

the ecstasy of reaching to the Light of the Higher Consciousness in this case symbolized by the sun. Without the wisdom of how to maintain the ecstatic attainment of the Light of Cosmic Consciousness, Icarus, depicted as this phase of the Soul's dream of soaring in return flight to the Light, burns and crashes falling back into the sea of the unconscious.

During adolescence, if the teenager does not get to go to the prom or make the football team, they may feel as if their life is literally over. Life is hopeless to them. How can they return to school and face their peers? The truth is that all the other teens are in the midst of their angst and feel like everyone else is focussed on them also. Because the ego is functioning at about one-hundred percent during adolescence, teenagers can be very cruel in their gossip and arrogant behavior stemming from their own deep-seated insecurities. Each individuated Soul has their crash and burn of dreams during this time. However big or small the disappointment may appear on the outside, the Soul going through it feels the depths of the wounding of childhood reopening. Throughout life, the resurrection of old dreams or the birth of new dreams may be followed with more crash and burn syndromes of varying intensities and deepening of the Soul lesson. Dreams that are outgrown in the Soul's awakening need to make way for new dreams. Adolescent anger masking the pain of the crash and burn must be transmuted into passion to fuel the dreams of the Higher Self.

Every crash and burn of a dream, however big or small the dream may appear, will be followed by some type of *Dark Night of the Soul*. Not to be confused with depression caused by hormonal or chemical imbalances in the physical body, the type of depression that occurs during any Dark Night of

the Soul is that of complete hopelessness. Such an intense state of sheer hopelessness is the darkness in consciousness where no light of hope appears able to enter. Drowning in the quicksand of this type of despair brings a sense of unwillingness to go on. Repetitive thought patterns may reveal phrases like, "Why bother?" and "Nothing matters." Connection with the Higher Consciousness or any spiritual experience may appear to be completely cut off during these dark passages even though connection can never really be cut off. Duration and intensity of the aftermath of a crash and burn depends on the level of the Soul's awakening to its greater infinity of expression. It also depends on how far the pendulum swings to either side before regaining a centered balance. Some people recover with renewed purpose more rapidly. Others go so far into the depths of the wounding that it may take a greater span of healing to regain a renewed sense of purpose. For some it may be like wading into a shallow pool and being able to easily step out. For others it is like falling into the deepest parts of the ocean and drinking it all in while taking a longer span of processing before resurfacing to the light of conscious day.

As rude an awakening as the crash and burn syndrome can be, it is a necessary part of the Soul's journey. Until this loss of hope at the physical level of disappointment is experienced, how can there be any fertile ground for the Soul to find renewed spiritual purpose aligned with the Higher Self?

At this fourth stage, the highest potential of the spiritual adult that is the burning flame of the Soul awakens to the true immortality of the infinite and eternal Higher Self.

The Fifth Stage: Resurrection of the Dream

Childhood dreams and facing one's own physical immortality all comes crashing down around in many variations of individuated experiences. After the crash and burn comes resurrection. Resurrecting the dream seeds of childhood and adolescence calls for discernment. Some childhood and adolescent dreams that are mere fancy are meant to be put to rest. Look underneath the childhood dream to uncover the hidden treasure of spiritual gifts of the Soul so long buried in the unconscious. Search through the aspirations of the adolescent to find where the wind was knocked out of the sails across the seas of endless passions. Sifting through the Higher Conscious seeds planted in childhood can resurrect the dream with greater spiritual vision.

Like the proverbial Phoenix rises from out of its own ashes of the crash and burn, with this deepening of the Dark Night of the Soul, the dreams and visions must be resurrected into an entirely new level of awakened mastery. Hopelessness must be conquered to birth new expectation. Courage to overcome the rude awakening of the crash and burn is the strength of the enduring Spirit along the Soul's awakening journey. At this fifth stage of the Soul's path, one must consciously enter the fifth dimensional realm of imagination and dare to dream again. Not only must one muster the courage to dare to dream again, one must step into the faith that is beyond all limiting belief and into the realm of pure vision. Holding the Higher Conscious vision without waiver takes the spiritual endurance and soulful conviction of eternity. Creation is now empowered at the level of co-creation with the Higher Self to birth and manifest new dreams and new

worlds.

The Sixth Stage: Dark and Light Shadow

In the sixth phase of the Soul's journey aligned with the sixth dimension, it is the challenge that duality must be integrated into wholeness. During the birth into the physical world, any experienced traumas that are unable to be processed and integrated will be stuffed back into the unconscious mind. Tidal waves of emotions in childhood that are felt to be overwhelmingly larger than life get stuffed in the unconscious. Because these emotions cannot be expressed or understood, or perhaps they were invalidated, as the child grows into adolescence, these emotions can be triggered like a time bomb of explosive angst. The adolescent consciousness still does not have the tools to be able to process or integrate the emotional body all at once. Once again they are likely to be stuffed back into the unconscious. Ego agendas of the blaming victim or martyr and manipulation and control stemming from insecurity are devised as survival mechanisms throughout childhood and adolescence. Projecting blame into the external world from an ego agenda is not taking spiritual responsibility for creating the cause. Ego manipulation or control to abuse power is not taking spiritual responsibility of negative impact. These ego agendas make up the *dark shadow* of denial projected from the unconscious into the physical world. By adulthood, there is now a trunk full of emotional baggage being carried around and an ego agenda or two masking the wounding. Add to the stuffed emotions all of the belief systems attached to them, and there is a bit of processing to do. Identifying the denied traits of the dark

shadow and unraveling the threads that weave together the life lesson running through the dramas does not have to be a cumbersome task once the understanding of how it all works becomes clearer.

There is also what is termed the *Light shadow*, which is the combination of all unclaimed qualities of the absolute Divine Love that emanates from the Higher Self. When ego agendas of the dark shadow are owned, forgiven and released and the power of the ego to act from denial is taken consciously back, the responsible spiritual adult can then claim the Light shadow aspect of what was also denied. Underneath every aspect of the dark shadow is the spiritual gift of enlightenment. During some guided meditations, gifts in the form of potent symbols and imagery are received from the many aspects of the Higher Self. Gifts exchanged with the inner child, the adolescent, the Higher Self, and any number of archetypal faces along the inner path will reveal the meaning of what dark ego trait must be traded in to claim the gift of the Light shadow. When these beautiful attributes of the Light of the Higher Self are also denied and not owned and claimed, they are unable to be expressed. In the same manner of projection of dark shadow traits, perception of others with these Light gifts may bring envy or admiration to the ego. In either case the ego is still denying one's own unconscious Light shadow and projecting it onto others externally. Being inspired by someone's expression of the Light is not the same as giving power away to placing one on a pedestal of admiration or jealous envy. Envy at the ego level is a denial of one's own expression of the Light. Projection of either the dark traits of the ego agendas or the denied qualities of the Light create the shadow aspects.

Once the dark shadow is owned, the Light can then shine brighter. Light dissolves all shadows and the gifts and qualities once hidden in the shadows can then be brought forth in the physical world of spiritual expression from the Higher Consciousness. Wisdom is born into beautiful sayings, beauty is born in ever-new expressions and the radiance of Divine Love glows warm to light the way of others. To go into the dark areas of the unconscious to shine the Light on the dark shadow will bring more Light from the Higher Consciousness into the conscious mind and into the physical world.

Both the dark and Light shadow exists at the personal sphere, the global sphere and the universal sphere. These spheres enact the dramas of shadow plays, and some may perceive the universal or galactic sphere of consciousness to somehow be superior to the personal or global sphere of experience. Once again, a caution is suggested to realize that this type of measurement is issuing forth from the ego aspect of the psyche. In truth, the global sphere is just a larger mirror of the dark shadow than the personal, and the universal is a larger mirror than the global. The same dark and Light shadow mythology can be discovered playing out the drama at each level, so to focus on doing the dark and Light shadow work in one's own personal sphere is to shift all of the spheres into the Light gradually.

Whenever an individual person projects blame onto another person or external cause, this is projection of the dark shadow. At the individual ego level, the inner thought process and emotional pattern will reflect self-righteousness and justification of its own position. An extroverted ego personality will pronounce self-righteousness to those who will

listen, and those who will listen may align with the same self-appointed indignation and join in the blaming. Nations and groups of people will also act out the dark shadow collectively. Whenever the peoples of a country project blame onto another country, this is projection of the collective dark shadow. At the national level, large groups of people may display self-righteousness and justify their position as a nation without owning anything that its own government or nation has put into effect in the larger global community. Blaming governments or other authority figures represents giving spiritual power to act responsibly away in trade for ego blame. To reveal how the dark shadow plays itself out at the universal or galactic level is to witness the many messages circulating regarding the battles and wars between the White Brotherhood and the Dark Brotherhood. Perhaps it can be clearly seen that this is just another form of ego denial of the dark shadow and projection at the universal mythological level. Those that align themselves with either the White or Dark side will be denying the shadows in their own unconscious and adding to the ongoing shadow projection at the global and universal levels. Duality sets the stage for the battle of shadow projection and all battles are wars waged from the ego, whether an argument between individuals, a world war or galactic wars of light and dark forces. It does take the duality of two sides to perpetuate war. This duality is the split in the personal and global human psyche of ego projection, as well as the universal sphere.

On the personal level, if the dark shadow is not owned, over the course of later years it sets the stage of senility when all the dark secrets of the denied shadow then spew forth and ego behavior goes into ever more regressive

stages. Owning the dark shadow means to consciously take responsibility for the hurtful impact of the ego upon the self, upon others, and upon the greater world. The Light work of integration to be done is to own the dark shadow and ego at the individual level, and this then aids in shifting the greater collective dark shadow into the Light. Honesty with the self, forgiveness of all actions of ego hurt and blame, and taking responsibility for creating and adding to the collective dark shadow is some of the most important integrative Soul work that can be achieved. The next step is claiming the positive attributes and qualities of Divine Love to bring forth the Light out of the shadows in expression in the world.

The Seventh Stage: Death as Transition

As stated previously, it is only the ego that fears death. Because of its attachment to the physical, emotional and mental bodies, it is physical death that the ego fears. Death represents transition at any level of consciousness. As the physical body slowly deteriorates and dies, the ego clings to this form in even more fear. As dreams die in the crash and burn phase, the Soul experiences death of the dream. With a greater understanding of spiritual psychology and the meaning of dying to the old patterns in order to make way for the many spiritual births and rebirths of awakening to the Higher Self, death eventually becomes a friend on the Soul's spiritual path. Death is then welcomed for the transition it truly is. Fear of death, which was perceived previously through the ego's eyes as the ultimate annihilation and end of its existence, can then be seen as simply being the fear of change based in the insecurities and fear of the unknown. Perpetuation of the on-

going ego fear of death in actuality can be seen to promote a slower death at the daily routine of broken dreams, disheartened faith and hopelessness. Every stage of the spiritual process at all levels of consciousness begins with birth and ends with birth for the seventh phase of the Soul as death of the old makes way for birth of the new from the seventh dimension of endless creativity.

There is a wave of focus on plastic surgery and physical body enhancements occurring that are not health-related as much as actions taking place from ego fear. This is once again emanating from the insecure adolescent stage of ego that fears the aging process, which is a sure indication of its own death. Much of this behavior also stems from the ego's search for external approval providing a false sense of self-esteem in place of the reality of Divine Love accessed within. Underlying this strive to regain youth is the adolescent ego longing for the immortality of the burning eternal youth stage of the Soul. The voice of the ego will attempt to proclaim that it is good to make these superficial changes in order to boost the self-esteem, but self-esteem can only come from the truth of self-love inwardly and cannot be based on external measurements. There's only so much time plastic surgery can buy, and that too will run out as the aging process continues to claim the ego's domain. Once again, due to the lack of the deepening Soul experience, the ego remains stuck in this adolescent stage, no matter what the physical age. The ego quite simply will never attain immortality by its very own nature of temporality. Seeking immortality through the ego will always be a lost cause. Attaining true immortality of conscious ascension beyond the physical world is Mastery, which is far beyond the ego's level of comprehension.

To befriend death is to disempower the ego's fear. Befriending any stage of death, whether the death of dreams, the death to limitations of the past in order to be reborn into the expansion of Higher Consciousness, or the physical death transition, are all necessary to overcome and surrender the ego's fearful grip. If you find reading this segment about death as the seventh stage of the Soul frightening, then there is the ego's fear to contend with. Befriending death does not mean giving it an invitation to step in and do its deed. Communicating with this seventh phase of the Soul will open up a deeper understanding of death as transition and where the ego is clinging to fear. It begins with the first step of surrendering the false sense of ego power over to true empowerment of the Higher Consciousness.

The physical death of the body is preprogrammed and replayed in the unconscious mind by the ego through its own innate fear of death and limiting beliefs. Because it fears its very own death, it creates it, however slowly in the deteriorating way or quickly in the sudden way. A person may have conquered fear of death and still experience physical aging and death. Aging and death are also programmed through the collective unconscious human race level of belief systems, as well as individual belief systems, and fear is not necessary to carry out the aging programming. The physical experience is the world of the temporal, and it is meant to be temporary. Intense ego fear will most definitely fuel the frenzy of the physical death experience through violence, as well as silently clinging with a tight grip on the body even when it is too deteriorated to function any longer.

Programming in the unconscious can change through Higher Conscious awakenings. However, some in their egos

may read this and once again want to attempt to take a short-cut to immortality of the physical body rather than applying the discipline over lifetimes to attain true spiritual mastery. It is the physical cause of death that is preprogrammed, but the “when” of death is somewhat more flexible to the Soul’s choice along its path and can shift the timeline to some degree according to choices at the Soul level. Physical death is not a failure along the spiritual path. It is just another transition of the Soul’s ongoing process of death and rebirth. Clinging to the fear of death inhibits the evolution of the Soul. In Mastery, the ascension beyond the death and rebirth cycle of the physical realm is achieved through total ego surrender of its attachment to the physical world and by Higher Consciously undoing all of the preprogramming and consciously raising the resonance into the Light Realms. Mastery is not ordinarily accomplished very easily within one incarnation, so the death and rebirth at the physical level affords many opportunities towards this discipline of Mastery over the ego. Once again, be mindful of not giving the idea of immortality to the ego’s fears to attempt to hold onto the physical body for it will be an ongoing exercise in futility. True immortality of the Spirit and Soul is total freedom from fear at all levels of consciousness and spiritual detachment to the physical, emotional and mental bodies.

Even though these seven stages of the Soul are lived through in the physical world linear fashion of infancy to old age and death, they also exist at the very core level of the spiritual experience. One does not have to wait until adulthood to begin doing the shadow work or gaining the wisdom of a crash and burn of dreams. Dreams are often crushed during childhood and resurrected perhaps more quickly the next

moment or day. The attention span of a child moves more quickly than that of the adult. Wisdom is born at each level of the Soul's awakening path. How often does a child open their mouth and pearls of wisdom flow forth so abruptly and to the point? The spiritual path is open-ended and each phase of the Soul's journey goes through multidimensional degrees of becoming more conscious of the Higher Consciousness.

Dying to the old repeated patterns of the dark shadow, the limitations of the ego, opens up the way for renewal and rebirth. The child stage of the Soul enters into the physical world and the spiritual experience with the purity of innocence. It is the crash and burn of dreams falling down around that grounds the visions and dreams into the physical experience through wisdom, but it is also the wisdom that is born from the deepening, soulful experience. The resurrected Phoenix is the promise of immortality of the spirit to rise again and again from the ashes in rebirth to realize that greater dreams and visions can now be born and manifested. Grounding the visions and dreams into the physical world through the wisdom gained from this stage of the Soul's journey is one of the most important aspects of integration to build the bridge between the spiritual and physical experience. It takes great conviction and strength of spirit to rise from the ashes and dream anew for the Phoenix to rise and soar to greater heights. It takes great courage to conquer the fears harbored in the unconscious to clear the path on the Soul's awakening return to Divine Love.

As the Soul awakens at each of the seven stages, the conscious mind learns to become more spiritually aware of the Higher Consciousness and attains the individuation to become the spiritual adult or the master creator aligned with Di-

vine Will. First the shadows cast must be recognized, owned and forgiven in the Light of conscious day.

Ego Projection and Shadow Boxing with Denial

As the Soul awakens along its journey, the physical world is a theater that reveals the deeper mythologies and dramas being played out upon the personal and global stage. The physical world is a world of the reflected light of projection and holographic illusion of the unconscious, subconscious and conscious minds. The stage lighting reflects the myriad of characters and the scenery backdrop consists of all past experiences playing out the same drama over and again throughout history. Egos clash with other egos in the story of duality and separation. Hidden agendas of the dark shadow aspects in the personal unconscious of one person project onto and intersect with similar or opposing agendas colliding with another person's unconscious reactions. The collective conscious is the arena for this shadow boxing. Sometimes, we are spectators in the arena, and at other times we find ourselves center stage in the boxing ring punching out at our own shadow.

Because the emotions, beliefs and dark shadow traits are not processed as they occur at each stage of the Soul's passage, the ego devises mechanisms and agendas of denial. During childhood and adolescence, these agendas are used as survival mechanisms. Into adulthood, they become handicaps on the spiritual path, and they must be dismantled. These denied traits of the dark shadow harbored in the unconscious then get projected onto the external world. While doing the processing to dismantle the mechanisms of the agenda, the

ego will kick up in greater fear, as it feels the need to keep these survival mechanisms in place. Once again, the fear of death kicks in at the ego level because its perception to dismantle the survival mechanism of the dark trait agenda equates to its death. This is the illusion of the ego that must be conquered. The collective dark shadow is the combination of all personal, global and universal levels of denial of fear-based beliefs, and ignorance is the lock that binds the chain of recurring events. The developing ego uses the agenda as its survival mechanism tool to project the imagery of fear onto the external world, but there will always be a hidden perk that will continue to fuel the agenda to reinforce its own vain imaginings. Taking spiritual responsibility for the dark shadow requires recognizing and owning the denied negative attributes as projections. Underlying every ego agenda is the pain of the initial wound of the separation from the Soul and a real longing and search for love. Ego agendas do not take responsibility for generating life events. Inherent in the agenda is a forfeiture of spiritual power and an inability to elicit change at any level of consciousness, as shown in the following examples. Some samples of the ego's mechanism and agendas that are created unconsciously and the fuel that keeps them running include but are not limited to:

- Victim: The victim agenda will not take responsibility for creating anything in its experience and will blame everything that goes wrong on the external world. The dark shadow projects blame on others whenever something goes wrong in their life. Wallowing in the mire of victim keeps one in a perpetual quicksand of helplessness. Blame fuels

the ego in the state of victim and perpetuates the perception that it is everyone else's fault and the victim can do no wrong. The ego's anesthetic to numb the pain of the wounding is self-pity. Higher Consciousness quality is true empowerment.

- **Martyr:** The martyr agenda seeks to get praise for whatever it does in the world motivated by a need stemming from a lack of self-worth and low self-esteem. Due to the lack of self-worth, the ego searches in the external world for approval to keep it bolstered. Self-punishment is self-inflicted through long-suffering in search for the temporary fix of ego approval. Whatever external praise the ego gets will never satisfy the martyr's need for love, so it continues to repeat the pattern. The martyred ego will complain out loud that no one appreciates them or silently complain to themselves in their own inner dialogue. Bitterness and cynicism fuels this agenda. Being unappreciative of others and lacking gratitude are the dark shadow traits that are the ego's anesthetic. Higher Consciousness quality is gratitude and bliss.
- **People-pleaser:** The people-pleaser agenda will bend over backward often hurting themselves in self-sacrifice to try to please others. This ego agenda stems from a belief that if he/she is a good little boy or girl by going far out of their way to the degree of self-sacrifice to please others, then they will be loved. People-pleasers will spread them-

selves thin trying to please everyone. Because of these ongoing actions, their own self-denial creates anger and resentment that will fester beneath the surface killing off their dreams. A false sense of humility, sacrifice and servitude is the ego's fuel anesthetized by projecting anger onto those whose needs are being served. Higher Consciousness quality is being of service to others aligned with Divine Plan in self-fulfillment of highest potential expressed.

- **Peacekeeper:** The peacekeeper agenda will go to great lengths to keep the peace in their environment. If two people are arguing, the peacekeeper will jump in the middle and try to mediate to keep the peace, even though perhaps the two persons arguing may need to work through their own differences. This ego agenda is not to be confused with true diplomacy but stems from a fear-based insecurity that perceives any argument between other people as a threat to their own sense of safety. Most often it stems from the childhood experience of parents arguing that impacted the emotional insecurity. Perhaps all of the parental arguing led to divorce or disruption in the household. Their own fear of any type of confrontation renders the peacekeeper powerless to take a stand for themselves. Fueled by a false sense of purpose the ego clings to denial of true self-expression as the anesthetic to its wound. Higher Consciousness quality is spiritual conviction and alignment with

a higher purpose of equilibrium with the balance of being able to see both sides of any situation in a fair and diplomatic outcome for all involved. Attaining true inner peace replaces the ego's need to force peace upon the external world.

- **Controller:** The ego that needs to feel in control and manipulate everything in their world is steeped in fear of being out of control. Rooted in a deep-seated insecurity, fear is harbored of its own weaknesses being exposed. An ego that feels the need to control will attempt to manipulate others, events and everything in their life in order to keep its secrets of insecurity or ineptness safe-guarded. Dark shadow projection is a general mistrust of others because they know they can't be trusted for always doing things on the sly. This ego agenda believes that if he/she can control everything, then there will be no surprise fear-based attacks from the external world to hurt them or expose their perceived weaknesses. Inevitably, the controlling ego will always be surprised by its own hidden agenda surfacing from the unconscious mind and being caught in its own act. Greed, self-centeredness and selfishness fuel this ego agenda. The ego's anesthetic to the wounding is revenge. Higher Consciousness quality is complete trust in the Higher Self and spiritual freedom.
- **Perfectionist:** The perfectionist agenda needs everything in the external world to be perfect. The

physical world experience will never be perfect. Compulsive types of neurotic behavior can be the more extreme result of this agenda. The distorted belief is that "If I keep everything perfect in the physical world then I will be perfect, and I will be loved." Basis of this belief stems from the underlying imperfections as perceived through the ego's assessment of its own flaws. Perfectionists will view the world and others as imperfect, when they are really projecting their own dark shadow of feeling imperfect and flawed themselves. This ego voice often rants that they are better than or could perform actions better than everyone else. Ego is fueled by a false sense of superiority. Arrogance is the anesthetic to numb the pain. Higher Consciousness quality is to plant the seeds of visionary ideals in the soil of the collective conscious.

Ego agendas are often attracted to each other's opposite to play out their interconnected agendas and roles. For instance, whatever role was taken on in childhood as the ego agenda, people and events similar to the childhood events will trigger the ego mechanism to react in the repeated pattern. A victim may unconsciously subject themselves over and over to others who are controlling. Martyrs may attract greedy people that take advantage of them. It is not always the case that the ego agenda will be associating with its opposite ego agenda. Like agendas will also attract like agendas into the shadow boxing arena. Multiple ego agendas may have been adopted and intermingled in varying life situations. Projection will be placed upon others even when another

may not be running any ego agenda hooking into it. Because the ego's agenda all takes place in its own mind and then is projected onto the external world, ego perceptions are often grossly distorted to the actual events. One person with an ego agenda may be complaining about a situation, whereas another person without the agenda will be wondering why they are making such a fuss. When not peering through the same ego agenda lens, it may appear from the outside that the other person is making a big deal out of things. For them it is a big deal because it is stemming from the unconscious hurts and pain of the wounding. Until the mechanism is consciously disassembled through the process of integration, these patterns are likely to repeat over and over again in various disguises.

Although for the most part the ego mechanisms are prompting the behavior from the unconscious mind, there are those at the ego level that are conscious of the agenda but do not wish to let it go. Ego behavior at this level is more divisive, and the ego has really kicked its heels in stubbornly to hold onto its agenda. Any person who refuses to take responsibility for the negative impact of their stubborn ego behavior and bust its agenda believes they are gaining more from the ego agenda fuel. Fueling the ego over and over again with the self-righteousness of the mechanisms will only continue to inflate the agenda out of proportion. Such a defiant ego will block the very truth that they are missing out on attaining the Higher Conscious spiritual qualities and true empowerment.

Entering the unconscious through meditation or through some type of conscious therapy in search of the dark shadow to find the negative traits being projected and perpetuated in the world is the first step. Once the mechanism of the agenda is identified, it is a matter of consciously taking

responsibility and owning the dark shadow in order to stop it in its tracks of repetitive behavior. Remorse, compassion and forgiveness for the self is the healing that will free up all of the energy being used to run the agenda in exchange for spiritual empowerment. However, no one is required along the spiritual path to subject themselves to another's ongoing ego agendas. Self-compassion allows you to remove yourself from any line of fire of another's agenda, as long as you take responsibility for your own ego agenda based actions and reactions. Just because you take responsibility for your dark shadow does not mean other people automatically will drop their agenda. They may drop out of your life magically and be replaced with loving and supportive people once you have handled your agenda. Be aware of the ego's tendency to want to avoid confronting ego agendas as an escape route from taking responsibility for one's own ego impact. Welcome any encounter with ego agenda's, whether it is your own or others, as a healing ground toward spiritual empowerment. Remember that all of the healing work only needs to take place within your own consciousness on your own spiritual journey.

In the same manner that the ego projects the denial of its limitations of negative constrictions, it will also project the denial of its expansive traits of Divine Light and Love that is the Light shadow.

Through the process of inner visualization meditation, the imagery of fear and love can be detected as a message of how much dark and Light shadow we are willing to claim and take responsibility for at any given point. If you are experiencing the inner world or external world of imagery encountered as being "separate" from your greater Self, then

this is an indication of the need to integrate these aspects being presented through the communication of the imagery. In the case of encountering a fear-based image, if you are still in denial of what this image represents as the ego's fear, you will continue to project this imagery of fear into the world.

There is a vast difference between projection of shadow and ego agendas and the wisdom of a higher knowing that is spiritual discernment. Projection can be detected through the very ego limitations revealed within the projection process. A person that goes around claiming in every instance that everyone else is wrong and they are the only one that is right will project onto everyone else this attitude of judgment. Quite often a stubborn ego will now even latch onto this psychological term "projection" and blame others for projecting upon it. By doing so the person will allow the ego agenda to continue by refusing to take responsibility for its hurtful impact on themselves and others in the world. To discover if you are allowing your ego to attach itself to spiritual terminology without fully accepting the spiritual responsibility, you must begin with being honest with yourself. If you find defensive argument taking any position within your own inner dialogue, it is the argument of your ego, for all argumentative agendas are devised as a defense mechanism to numb the pain of the initial wounding. Question your actions and reactions by using the integrative tools of processing outlined. Search beneath the voice of the ego for the wounding, the limiting beliefs and what hidden ego agenda was adopted as the mechanism of survival in childhood. Then the inner sage accessed through integrating Higher Conscious awareness will have a sense of wise knowing beyond the limited levels of the ego's assumptions. To attain this level of wisdom is to

quiet the negative voice of blame within oneself and observe the behavior of others without judgment. It is to cease the voice of self-denigration, gossip, mockery and the belittling of others. With wisdom comes great discernment, but it only comes to those that can quiet their own ego voice. There may be times when that wisdom will be spoken profoundly and/or profusely and there may also be times when the tongue of wisdom is held in silence when another is running an ego agenda. To avoid entering into debate with someone's ranting and self-righteous ego projection is the path of wisdom. Arguing with an ego steeped in the self-righteousness of always having to be right is part of that ego's agenda to set you up for a debate that they will never let you win. Such debate with any ego agenda is a waste of spiritual focus. If you find a need to argue your position, look to your own ego agenda of self-righteousness and surrender by entering into the forgiving circle of the Higher Self.

Developing the Positive Ego

Developing a positive ego does not mean that when the dark shadow is identified and owned, the voice of limitation is then replaced with a positive affirming voice that says, "Good for you!" Although positive mental and emotional reinforcement of affirmation is one format to help consciously undo the negative programming, these kinds of affirmations don't always work. No matter how much you affirm yourself in the conscious mind, the unconscious can override the conscious programming with any belief and emotion aligned with the fear agendas. A negative ego feeds on negative or constricting belief systems, and a positive ego feeds on posi-

tive belief systems. Positive beliefs are also limiting in the form of the ego's ongoing need for reaffirming and can continue keeping the walls of limit in place as a block to the limitless Higher Self. Being vigilant with the conscious mind to observe what programming is running is not the same as becoming needy of the positive affirmations. When trying to lift a low-self esteem to that of self-worth, changing the mental programming with positive thought patterns and positive affirmations is only part of the process. Replacing the inner negative programming with the inner positive voice to attempt to build up the courage and self-esteem for some may actually work in reverse by adding to the ego's insecurity. If, at the unconscious level of mind, the mental body belief system does not believe the affirming voice and the emotional body does not embrace the positive emotions, the ego will once again set itself up for "the fall." Healing the inner emotional wounds and replacing the fear-based emotions with the true sense of the Love that is Divine opens up the channel of communication to the Higher Consciousness. Eventually there is no need for ongoing conscious programming, as the Higher Consciousness now becomes the voice of wisdom expressed.

To reprogram the ego with positive thoughts is not the same as awakening to and claiming spiritual power. In truth what developing a positive ego actually means is to release all ego attachment at the physical, emotional and mental levels. Taking conscious and Higher Conscious power back from the ego is accomplished by releasing all judgments. All judgment begins with self-judgment, which creates the dark shadow of projection upon the external world of other people and events. Since the constricted ego is so attached to the phys-

ical world of experiences and fears death, this attachment must be overcome in order to make way for integration of the conscious physical experience with the Higher Conscious awareness. Whereas the constricted ego defines the world of experiences through the boundaries of fear and limitations, a positive ego in the true sense is simply the window of perception to the external landscape with no judgment, assessment or attachment to outcomes. While the constricted ego judges and defines its experiences in the world through limiting beliefs and painful emotional reactions, the positive ego does not judge its emotional reactions but simply observes as the emotions flow in order to process them. The positive ego also allows for its windows of perception to merge the inner experience of joy, peace, tranquility and bliss with the physical experience from the level of Higher Conscious awareness.

When attaining the pure awareness levels of the state of being in joy, in peace and in bliss, it does not matter what chore or physical event is occurring in the external world. The external world does not dictate the level of joy that is spiritual attainment. If there is still reaction to the external world, then there is still the level of ego attachment. Simply return to meditation to clear whatever fear is blocking the inner pathway to the Higher Consciousness.

The Revelation of Significance

Because the inner senses and imagery are invoked when practicing visualization meditation or shamanic journeying, it is imperative to open up to the revelation of significance within the imagery and sensations. These are those wonderful “aha” moments of expansion of consciousness.

Some people have profuse visionary experiences, yet they seem unable to make any sense of the imagery or what level of conscious awareness they are tapping into during visualization meditation or shamanic journeying. This is one of the reasons for a lack of integration. Because the spiritual experience is of the infinite and eternal realm, there are always more levels of meaning to uncover, which is the profound beauty of tapping into the ever-abundant Source. Always look at both sides of the meaning being conveyed whether through the eyes of ego limitation or expansion into the Higher Self.

There is great revelation that can be attained in the inner experience through the heightened vibratory senses of clairvoyance, clairaudience and clairsentience. Even though the inner landscape encountered is universal in nature, every inner journey is unique to the individual awakening soul experience. This truth in and of itself is indicative of the infinite and eternal nature of the spiritual journey. Therefore, it is not possible to list every potential interpretation of imagery, color or feeling encountered in the internal visualization process. However, there are some very basic principles to use as a guide. It is first important to understand that imagery will hold the same meaning whether experienced in the external world of events, the dream world or the inner world of meditative visualization. The interpretation of imagery can be applied to both the internal and external experiences. Meaning can also be gleaned from the personal, global and universal spheres of awareness. This is one of the major keys to understanding the integration process at any level of consciousness experiencing created imagery and form.

First and foremost, it is necessary to understand that all imagery and events whether in the external world or in

the internal landscape are created at some level of the unconscious, subconscious, conscious or Higher Conscious mind. Purest states of spiritual awareness exist beyond any and all imagery, which will be addressed in the last chapter. For now, when working within the created fields of imagery and sensations, the inner sensorial experience can be understood as a tool to beholding the very mystery of the Soul that is such a big part of integrating the spiritual experience with the physical world of form.

Interpreting the imagery and sensorial experience of visualization meditation is a form of communication between the levels of consciousness. It is one of the poignant ways to bridge the immortality of the Higher Consciousness with the temporal everyday experience. Like a telephone or computer connects people to communicate with other people, the realm of inner visualization journeying is the opening up of this line of communication through the imagery and the inner senses. Interpreting the imagery or the extrasensory experience is often the stumbling block for many.

Imagery in the inner landscape may resemble that of the external landscape or it may reach heights of the Light Realms. As in the case of night dreams, imagery may appear bizarre or unusual in comparison to the external landscape.

What differentiates the conscious practice of visualization meditation and the spontaneity of night dreams? When entering into a guided or spontaneous meditative visualization or shamanic journey, one must enter the realm of the unconscious to open up to the Higher Consciousness. The participant opens the portals to the subconscious, unconscious and Higher Conscious minds by entering into the guided meditation consciously. When falling asleep, the awareness shifts

from the conscious mind into the subconscious and then into the unconscious mind. Falling into the unconscious mind is where the term “falling asleep” comes from at both the physical level of sleeping and the spiritual level of falling into the unconscious from which the Soul awakens. While sleeping, the Higher Consciousness intersects with the unconscious mind and chooses the imagery from the vast well of the unconscious and subconscious presenting the dream in a flood of what appears to be a bizarre array of imagery. These specific images are chosen by the Higher Self in relationship to each other as messages in order to by-pass any ego interference. The ego is not smart enough to really assess what the dream imagery means. Intelligence of the conscious awareness can then by-pass the ego by venturing into the exercise of seeking the magical “aha” moments of meaning in harmony with the Higher Consciousness through dream interpretation, as well as guided visualizations.

Accessing the Subconscious Mind

A guided meditation of imagery to envision yourself at a peaceful lake surrounded by trees does not require entering into the unconscious level of mind but can be accessed in the subconscious mind. One simple way to recognize when in the subconscious mind during visualization meditation is that the imagery will also be quite recognizable to the external physical experience whether or not you have actually visited such a lake. Pictures, movies and television offer enough visual identification of what a peaceful lake is like to translate the inner journey into the same kind of experience. This type of guided meditation in the subconscious mind is used to-

wards enhancing body relaxation, calming emotional imbalances and quieting the mental thought process.

Inner child and inner adolescent healing at these two stages of the Soul can be accomplished by accessing the subconscious mind, for this is the level of consciousness that holds all recorded memory of events in the current lifetime.

Entering the subconscious mind is also useful in developing the inner senses. Often when I am leading guided meditations, I begin by suggesting to open up each of the inner senses. The questions are posed to the participator, "What are the sounds of safety? What does safety feel like, and what does safety look like?" Before traversing further into consciousness, creating inner safety is the starting point for the inner as well as the outer journey from the foundation that is Divine Love. Creating this inner space of the safety of Divine Love is the spiritual foundation for physical experience.

Accessing the Unconscious Mind

Entering the unconscious mind while remaining conscious can be a challenge especially if the ego is allowed to distract you from this type of deeper visualization meditation, but it is attainable with practice. Surrendering the ego must be practiced if there is an ongoing struggle to quiet its inner or external voice of distraction.

Entering the unconscious mind is necessary in order to access information of the Soul's expression in alternate or other lifetimes. The portal to the Higher Conscious mind will be found in the unconscious mind. Until the communication between the Higher Consciousness and the conscious mind is more directly established, the unconscious mind must be

bridged consciously.

Whereas the subconscious mind is utilized to access familiar imagery from memory or life experience, the unconscious mind is the realm of archetypal energy and form, which is universal by nature. Imagery in the unconscious can appear very bizarre or otherworldly. It can appear somewhat familiar but with strange twists or distortions to that of the physical world imagery. One can either choose to consciously enter the unconscious mind through meditation to reveal and confront all that is hidden of both the dark and Light shadow aspects, or one can wait until the unconscious erupts and spews all the hidden aspects into the external world. Harbored in the unconscious are the images of both demons and devils, as well as images of angelic beings and fairy realms. All images of heavens and hells will be found in the unconscious. Imagery and everything in the internal as well as external experiences reflect very basically one of two things. The image will reflect either where the ego is clinging to fear or where the Higher Consciousness is sending a message of the unification into wholeness that is Divine Love. Any image of devils or demons is certainly to be regarded as imagery projecting the ego's dark shadow fears at any level of consciousness. These are messages that fear needs to be conquered and dispelled as illusion. An image of an angel is certainly bringing a message of Divine Love and the qualities of the unclaimed Light shadow. All imagery associated with Divine beings is where the Higher Self intersects with the unconscious mind, which then intersects the conscious mind hovering on the space/time continuum. Any sensings of the Divine is a message of Divine Love in one of its myriad shapes and forms of expression.

Accessing the Higher Conscious Mind

Guided inner visualization can lead the conscious mind across the landscape of the unconscious to the portal of the Higher Consciousness. Landscape of the unconscious realm will present itself in imagery, but consciously stepping through the portal to the Higher Consciousness is where the pure experience of communion with the Higher Self can be experienced. Stepping through the portal to the Higher Consciousness will afford the experience of the Light Realms and beyond that at the threshold of Divine Source of the Visionary Realms. These treks into the multidimensional spiritual realms may bring forth more abstract imagery, sacred geometrical shapes and colorful light beyond normal description to the everyday physical senses. Higher Consciousness is a territory that cannot be fully mapped in its infinite and eternal essence, thus the quest continues ever on into the unknown aspects of the Higher Self.

Discernment on the Inner Journey

When interpreting any experience, whether in the conscious everyday events to the most profound spiritual visualizations, if there is anything defined by limitation or of a fearful nature in the experience, it is all ego-based. This is the very first clue that the spiritual experience of the purity of Divine Love is being overshadowed and tainted by the ego's fear.

Discernment should not be confused with fear. Just as the limited behavior of the ego must be identified through the interactions with the physical world and transmuted into

the positive window of perception, the inner journey must be approached in like manner. It is the Higher Consciousness that is communicating with the conscious mind through the imagery of visions, dreams and meditative visualizations. To interpret the imagery or sensory experience through the limitations of the ego is to once again inhibit the expansion of consciousness and waylay the integration process. So much of the interpretation of meditative, spiritual experiences is still being perceived through the ego, and, unfortunately, this misses the most profound communication towards the expansion of consciousness that is the Higher Self. The easiest method to interpret any imagery is to first look at the very basic understandings of the levels of fear and love. If there is any imagery encountered anywhere at any level of experience, that is in the daily life, night dreams or visionary meditations that is of a limited nature, then this is an ego creation. For instance, walls blocking the way or boulders that appear too heavy to move are messages of limitation.

There are many variations on the “trickster” level of the ego to be on the lookout for in the inner journey as well as in the external ego agendas. When encountering the trickster of the ego in any of its many disguises, be alert to not give energy to the negative impact of the trickster. Identifying the trickster on the inner path will always fall into the category of the inner voice of distraction. Of special importance to note is that at each spiritual threshold of empowerment approached, the ego will kick up more resistance. If encountering a goblin, monster or other demon-like image during the inner journey, pay attention to your inner reaction. Is your spiritual power to change the illusion of the image being inhibited by fear and hesitation? During any encounter with fearful imagery

or sensations, first take conscious action to remind yourself that it is all illusion and that you are creating this imagery of the illusion of fear from one of the three levels of mind. First look to the message of where the fear is being generated, then take your conscious power to call on the Higher Self to work with you to dispel the imagery of fear. Generally, a guideline to follow in recognizing the walls of limitation is by allowing the visualization journey to unfold without judgment. Be the observer within the meditation to understand what is occurring. After the meditative experience, then allow the conscious mind to process the experience from the newfound expansion.

Imagery encountered in the inner journey often represents very potent archetypal energies. Discernment must always be applied to how this energy is utilized in the inner world and then brought forth in the external world of the physical realm in behavior. Keep a watchful eye for the ego to interpret and misuse the archetypal energies towards its own end. Reminders to exercise discernment of ego behavior are sprinkled throughout the chapters of this book as guidelines to develop your own spiritual discernment. If you are unsure about your inner encounters on the visualization journey, break it down through the image or emotion and thoughts that are provoked during the meditation. Is it scary or comforting? Look to the message of fear or love. Whether an image of fear or an image of love, be ever mindful not to make the imagery more powerful than it is. The image in and of itself holds no power other than conveying the message of communication between the levels of mind. Intensity of the fear or intensity of the qualities of Divine Love in the message of the imagery is what needs to be discerned.

Some examples of the revealed meaning through inner sensory experiences of clairaudience, clairvoyance and clairsentience are outlined below. With these examples given, allow it to trigger a greater awakening connection to your own intuition and communication with the Higher Self in order to reveal more meaning to deepen your physical life experience and expression. When interpreting the experience through the inner senses, the same discernment applies in the distinction between Divine Love and fear. When journeying into the inner landscape, the inner senses will reveal if there is fear blocking the portal of inner communication with the Higher Self.

Integration comes with understanding the metaphoric meaning as the examples given here to follow the clues of revelation and awakening where the three-body system may be out of harmony with the Higher Self. Revelation from the significance in the language of the landscape is about the relationship between the images and varying aspects of the psyche.⁷

Inner Hearing

On the inner journey, clairaudience is a gift of being able to literally “tune” into the pulse of the vibration. The ability to hear the sounds of wind rustling the leaves may bring a sense of something stirring in the consciousness or stirring up thoughts of the mental body. Listening to the water in a bubbling brook falling gently over the rocks can soothe the flow of the emotional energy body, and it is surely a message

⁷ For more information regarding the space between created in the reflection of relationship, see *In the Garden of the Goddess*.

that the emotional body is not blocked or is clearing through the meditative practice. Sounds of ocean waves will be conducive to the rhythm of breathing exercises when practicing breath awareness, as well as aligning your conscious awareness to the greater rhythms of unifying earth experience with the Cosmic Pulse of creation.

Practicing opening up the inner hearing through visualization meditation will enhance the inner experience and open up the lines of communication to be able to eventually hear the direct voice of the Higher Consciousness.

Inner Sight

The ability to see colors in their abstract without form is indicative of the sensing of the distinct vibration of each layer of the many-colored prism. Color and sound are inseparable. If you are able to see color without hearing the sound or hear sound without visualizing the inner landscape in color, the understanding that they are one and the same can aid in broadening the experience of sensing both aspects of this vibration. Visualizing form in great detail will reveal the ability to be able to direct multidimensional consciousness on many points at once. There is a saying that “god or genius is in the details.” Detail oriented compulsive behavior towards perfecting everything in the externally projected world is the ego’s own self-perception of being flawed. Paying attention to detail in the inner journey, as well as in the external world without the need for perfection, will reveal more layers of meaning. In all the subtle details, great truths and wisdom can be revealed.

Referring to the chart in the next chapter for the col-

ors of the chakras will help to uncover which aspect of the physical, emotional and mental bodies may be out of balance or overactive through encountering these colors in the inner journey. Experiencing colors beyond the chart of the chakras will indicate an opening up to multidimensional realms of endless vibrations. The many subtle vibrations and tones of color are infinite and so is the inner experience of them all.

Inner Sensing

The sense of touch will inwardly reveal the texture of the inner environment. If the texture is rough or coarse, perhaps there is a message about the experience of harshness. Does the world feel too harsh and unsafe? If the texture has ridges, are you being too rigid and need to loosen up in your judgments of self and others? Soft and smooth textures will imply comfort, ease and safety.

Fragrances may reveal the essence or qualities of the Soul. If you receive an inner scent of a certain fragrance, explore this further to understand the pure essence being conveyed. Is the fragrance of a flower? Which type and what color of the flower do you sense? Delve into receiving more details in each endeavor.

The Four Elements

Earth symbolizes the physical body and is an indication of the conscious, subconscious and unconscious levels of mind. As the vibration of the Higher Consciousness lowers the high frequency resonance into the dense vibration of the physical realm of the earth plane, this is the fall into the un-

conscious, subconscious and conscious levels of mind. When traveling on visualization or shamanic journeys to inner earth or the underworld, those journeys will take you first through the subconscious and then deeper into the unconscious landscape. Entering the unconscious mind through the earth element can occur by descending in a cave deep into the core of the earth or climbing down the insides of a tree trunk. Referring again to the saga of *Alice in Wonderland*, Alice fell through the rabbit hole to land in the unconscious to behold a bizarre array of characters and events. Earth also represents the physical experience for it is the world of reflected light rather than the brilliant luminosity of the Light Realms. The earth is the most solid of all the elements, as is the physical body. They mirror each other in this way.

Water will always symbolize the emotional body. Imagery of water is very useful in determining the balance of the emotional body. Is the water moving or still? If the water is still, it can indicate either a peaceful calm or perhaps stagnant emotions. If the water is muddied, it is likely that there are fear-based imbalances in the emotional body, whereas clear water represents emotional clarity. Water that appears muddied or stagnant is a sure indication that there is need for emotional healing. Stagnation is not the same as stilling and quieting the emotional body. Stagnation through some sort of mental or emotional fear would reflect the meaning of emotions needing to be closely examined for their inability to be moved through expression. To see the water flowing reveals a movement of emotions. What kind of movement is there? Is it turbulent or softly flowing? If the water is frozen, this indicates frigidity to the emotional body that will need to be melted by the warmth of Divine Love. Acute fear will freeze

up emotions in a paralyzing way. What type of body is the water? Is it a small pond, a waterfall, slow moving tide, or a tidal wave? A small pond might indicate that the emotional body is restricted in its expression, or that the emotional issue being addressed may not be so overwhelming a task. The waterfall can be refreshing and powerful. Encountering any sense of water raging in large tidal waves or flooding is an indication of feeling overwhelmed by or out of control of the emotions or emotions too long denied surging forth from the unconscious mind. Any fear of such overwhelm is most likely coming from the inner child level of the Soul, as it is the inner child that feels emotions intensely and does not have the ability to integrate the understanding of its experiences at that tender age. On a global scale, the tidal wave and flooding represents the collective unconscious dark shadow at the emotional body level. How much fear and anger is repressed in the collective unconscious that comes surging forth upon the conscious shores of humanity? Water is less solid than earth. Water can soak through the earth or flow around rocks and other solid objects. This is indicative of the vibration of the emotional body being of a slightly higher vibration than the physical body.

Wind or air will always represent the mental body. The winds of change bring new thoughts. When people say, "Something is in the air," they are expressing a truth of the collective thought patterns stirring up. Is there a tornado stirring in the dream imagery or the external landscape? These vortices of wind energy can alter the landscape in minutes. How much power is there in a single idea or thought to create or destroy? The collective power of fearful thoughts brings forth mighty tornadoes which literally change the physical

landscape. Couple that with the watery emotional body and these powers become magnified as the reflection of the collective unconscious in the physical world as hurricanes. Unconscious fear unleashed in fury can be quelled by entering consciously into the fear and anger to transmute it. Air is invisible to the physical sight and is at an even higher vibration than water and earth. Air reflects the higher vibration of the mental body.

In the physical world, the element of fire is perceived as destructive through the eyes of the ego perception when it threatens personal property. However, it appears to be forgotten or buried in the collective unconscious that prairie and forest fires have long had a way of purifying the land for new growth and regeneration of the soil of the earth. Fire can warm the body, cook food or offer light. Fire transforms more rapidly than the erosion of water, wind or the slow decaying process of the breakdown of the earth element. It is the element of transmutation. In the inner journey, the element of fire can indicate the warm glow of love or the burning passion of creation. The element of fire also fuels the raging anger of the emotional body. As all things in the duality of the created worlds, passion must be understood to have two natures. If it is fueled with anger, it rages into a fiery outburst of destruction. Passionately expressed destructive words, thoughts and deeds can wreak havoc in the personal, global and universal spheres of creation. If the fire of passion is fueled with Divine Love, it can birth beautiful creations of sheer beauty from the physical birth of a child to worlds and universes. Fire, as represented in the physical element of the sun is "radiation." An overexposure to this type of radiation will destroy anything in the physical earth plane. Solar fire at Divine Source is not to

be confused with the physical sun solar fire. As the higher essence at the threshold of Source, one aspect of the solar fire is the warm “radiance” of Divine Love. At Divine Source, solar fire is also to be understood as the “Flame” in the term “Rays and Flames.” Solar fire can devour the ego with the flames of burning passion referred to as the “Divine Romance” with the Higher Consciousness. As fire on the physical plane transmutes and transforms the physical landscape so rapidly, the Higher Consciousness as the solar fire aspect is what ultimately transmutes the three-body system into the Light Body, which is described in more detail in Chapter Ten.

Archetypal Imagery

There are a host of archetypal images and symbols, of which only a handful are suggested as examples. To give a clearer idea of what denotes an archetypal image from other imagery is to understand more fully the individuated Soul’s awakening path. Archetypes are vivid signposts relaying the many challenges of mastering these potent forces and energy of creation in the awakening journey. Whether the High Priestess, Wizard, the Sage, the Warrior, the Fool or any of the more familiar archetypes, the characterizations of both the dark and Light shadow qualities will be found in each playing out in personal, as well as unified global and universal themes. These images are so potent in their essence that they appear numerous in movies, cartoons, ancient and ongoing mythologies, dreams and meditative journeys. The ongoing proverbial battle between the dark and Light forces in movies, cartoons and countless stories will cast many of the archetypes in full dress regalia. All of these stories and

myths reveal the ongoing battle of conquering the proverbial evil of the ego's fear-based agendas and projections and attaining enlightenment through the Divine Love of the Higher Consciousness.

In the Tarot deck, the Major Arcana draws the picture of many of the major archetypes encountered along the Soul's path. For instance, the archetypal Fool at the level of ego would make a fool of itself through ignorance and embarrassment would follow. At the awakening Soul level, the ego must be humbled by its own foolishness to realize it knows nothing in order to open up to the wisdom of the Higher Consciousness. The archetypal Warrior at the ego level would destroy its own creation, while awakening to the spiritual warrior is to stand strong within the truth of spiritual convictions. Each archetypal character reveals an aspect of dark shadow traits when utilized by the ego or the Light shadow qualities of the Higher Consciousness. When the ego employs use of the archetypal energy, it is associated with limitation and fear and this adds fuel to the ongoing projection of the dark shadow.

A more fundamental example can be offered. A bowl may be an image that is utilized in most countries in the world. Energy is neutral until consciousness acts upon it. If the unconscious level of mind is acting upon energy with fear, the object may be used in a fearful way. The bowl can be used to eat from to nurture the self or offered to a guest to eat from offering nurturance of love to another. To pick up and use the bowl as a weapon to hit someone would be considered fear-based. However, in some remote tribal villages, perhaps they do not use bowls but still may eat directly from their hand. When a tribal member taps into the collective unconscious

and decides to carve a bowl out of a piece of wood, then the tribal member is awakening to the unconscious archetypal form of a bowl. It has already been created elsewhere in the world, but to the tribal members, it is new. Once again, if one of the tribal members decides to use the bowl as a weapon, it is the level of fear or awakened consciousness that determines how it will act upon the archetypal imagery. This is one level of archetypal form.

Now to take this example a step further, perhaps the tribal members crown one of the leaders of the tribe as their king. The tribal king holds the tribal staff of power that has been handed to each of the tribal leaders in tradition and perhaps wears some sort of headdress. Is the actual staff or headdress worn as a crown in and of itself powerful, or can the power be found in the association of the meaning of the archetypal staff and crown? At the collective level of the tribe, the king is perceived as powerful, possibly from a display of leadership or a family history of royal descent. The staff held by the king and the headdress or crown is the symbol of power and leadership, whether in the tribal populations of jungles or at the Royal Palaces of numerous countries. They are archetypal symbols from the unconscious that denote the meaning of royalty, power, glory and leadership.

To encounter these symbols on the inner visualization quest can be easily translated into spiritual meaning. Wielding a scepter is to direct the power of Higher Consciousness, and a crown signifies being crowned in the glory of Divine Love. Crowns are worn on the head and this is the area of the seventh chakra, which opens to the Higher Consciousness. Hair at the seventh crown chakra has long been a symbol of power also, as in the story of Samson losing his power when

Delilah cut his hair. Any symbol of a royal nature is not to be given to the ego towards the arrogance of feeling superior with subsequent abuse of power, but to the reality of the regal nature of truly empowered Higher Consciousness. One of the most potent meanings that can be gleaned from any archetypal symbol of royalty is that of power. Power is to be held at the Higher Conscious level of mind rather than relegated to the human ego of controlling and manipulation or on the other end of its narrow spectrum through self-denigration of feeling powerless. If there is hesitation on the inner journey of allowing oneself to pick up the proverbial scepter of power or being crowned in the glory of Divine Love, look to the ego's agenda of not wanting to take spiritual responsibility. Humbling the ego to take the conscious stance in the power of Divine Love of the Higher Self to bring forth more Light into expression is what is called for with the message of these symbols.

Whereas goblins and demons will indicate the ego giving power to the illusion of fear, the archetypal figure of the Grim Reaper represents the seventh stage of the Soul. Appearing with the infamous scythe that cuts down the remains of the decaying crops, the potent archetypal message is that of death as the start of a new beginning to plant for a new harvest. Should you encounter the Grim Reaper through the stages of the Soul, address it with questions about your fears of death. Likewise, the death card in the Tarot deck frightens many people when interpreted through the ego's fear, when it only represents the same transition that is the seventh stage of transformation of the Soul's path. Do not give power to the fear of the imagery of death, but conquer the ego's fear by listening to the messages of this aspect of the Soul. Do not give

power to any fearful imagery, but use the imagery to interpret where the fear is rooted in order to conquer it. Open up the communication to all the many aspects of consciousness in the archetypal imagery to understand and unleash the powerful energies of creation in a new form.

A few samples of other archetypal symbols will be found in the likeness of a tree as the symbol of the tree of life, bowls or cauldrons as the Divine Feminine womb of creation and gold keys to unlock the portals of consciousness. Gold rings or wedding rings symbolize the Divine Marriage with the Higher Self, while reaching into magic bags will reveal gifts as qualities of the Light shadow. Gemstones will indicate the precious nature and value of the Soul. The imagery is too vast to list, but this is what makes the journey to seek the revelation of significance so rewarding.

Inner Realms and Kingdoms

For the purposes of understanding the significance in the inner journey of sensory experience, only the realms and kingdoms of visualization meditation will be addressed. Multidimensional abstract realms abound, but there are certain markers in the inner landscape that can be identified through associated imagery.

As stated, entering the inner earth or underworld represents the unconscious level of mind. Whether entering into “middle earth” to cavort with the fairy kingdom or arriving at the pearly gates of heaven to communicate with the angels means you are approaching one of the many thresholds where the Higher Conscious mind intersects with the unconscious mind. Interaction with the angelic realms and the fairy realms

is often misunderstood or once again perceived through the limitations of the ego's focus on separation. The devic kingdom of the fairies is the higher essence of the mineral and plant kingdoms. Communicating with the fairies or elves will reveal qualities of the Soul at the plant and mineral kingdom level of consciousness. The angelic realm is only one aspect of Divine Source archetypal energies of creation. Angelic forms can represent qualities of the purity of Divine Love. Energy vibrations emanating as imagery of angelic beings are not to be confused as individuated and evolved Souls in and of themselves. The angelic realms are representations of specific qualities of the Higher Consciousness and creation principles.⁸ These qualities in each of their particular forms are conveyed as messages to the human kingdom to aspire to become more consciously aware of the innate qualities of the Higher Self within. That is why angels are also called messengers. Projecting these qualities onto an angelic being outside oneself is still ego perception of duality. Believing that the human kingdom is evolving into angels can be limiting at the ego perception if not understood in regards to the higher science of the creation principles. Awakening to the Higher Consciousness includes all of the qualities of the archangelic and angelic kingdoms, the fairy kingdom and the higher attributes of the four manifested kingdoms of mineral, plant, animal and human plus so much more infinite beyond description. Perceiving the archangels and angels as being more powerful or omnipotent than the Higher Self is once again from the ego's perspective, as it is the Higher Consciousness that calls forth the archangelic and angelic energies

⁸ For more information on creation principles, see *The Rhythm of the Cosmic Pulse*.

into manifesting creation. All of the higher essences of all the realms and kingdoms are within the Higher Consciousness as archetypal energies and can be identified by their presence in the form of the imagery. Following is a simplified chart and abbreviation of meaning and qualities of the four main archangelic archetypal energies of the physical plane creation. Other archangelic energies are assigned to creation principles beyond the earth plane.

4 th Dimension Direction	Archangel	Element	Symbol	Higher Self Quality
North	Uriel	Earth	Bowl or Cauldron	Standing on foundation of Spiritual Commitment
West	Gabriel	Water	Horn, Cup or Over-flowing Fountain	Abundant self-generating joy and bliss
East	Raphael	Air	Sword	Cutting away false to reveal Truth
South	Michael	Fire	Scepter	Directing passion into creation

It is the quality of the essence that is being conveyed in the imagery of the angels or angelic beings as an aspect of the Light shadow or the powerful message of one of the many aspects of the creation principles. Claim the quality as one's own and bring forth more of the quality into the physical world. Wings of any angelic

being symbolize the freedom to soar beyond limitations. With clairvoyance or clairsentience, they will be perceived as the energy emanations of more refined auric vibrations of creation beyond the dense vibrations of the earth plane and not seen as actual wings. The aura of Light emanations is the Light of the Higher Consciousness rippling in waves of vibrations sent forth into the creation fields that may appear as wings fluttering. Archangels are often depicted and encountered in the inner landscape with symbols such as Gabriel's horn, which sounds the call of awakening from the unconscious to the joyful presence in the Higher Consciousness. Whereas the wind of speaking on the breath can be cutting if expressed through the ego's voice, Archangel Raphael's sword cuts away the false notions at the ego level to reveal the highest levels of core Truth. Archangel Michael's scepter is held high as the brilliance of passion to fuel creation, and also depicted in the Divine Feminine aspect through the Statue of Liberty as she holds the light of compassion high to welcome weary Souls. Compassion is the cool Divine Feminine balance to the burning fires of Divine Masculine passion.

Whenever accessing any of the archetypal energies, the forms may appear to be more intense because of the nature of the potent energy emanations. Guidance cannot be offered enough to awaken to the realization that there is no separation between the Higher Consciousness and the archetypal energies whether of the angelic realms or the fairy kingdoms. Due to its infinite nature, how can the Higher Self be limited to only one form of expression? Integration of the Higher Consciousness into the spiritual awakening of the conscious mind is the realization that all of these potent archetypal energies are the Higher Self at the threshold of Divine Source.

You can consciously access these energies to harness and put forth into co-creation with the Higher Self. It is only when the ego tries to call forth these energies for its own use of manipulating the physical realm to do its bid that the scene from the Disney cartoon, *The Sorcerer's Apprentice*, becomes vividly clear. As the great wizard sorcerer in full archetypal form in the cartoon represents the Higher Conscious understanding of how to direct the powers of creation, he leaves the castle and relegates the chores of mopping the floors to his apprentice. Played to the hilt by the cartoon character, Mickey Mouse, as the apprentice, Mickey dons the wizard's pointed magic hat, opens the large "Book of Spells," and proceeds to put forth "the word" of incantation to call forth the mop to clean up the floor. *The Sorcerer's Apprentice* represents the ego wishing to call forth power without understanding the nature of the powerful forces of creation. It is of great relevance to understand that the apprentice was wanting to cast the spell in order to avoid doing the chores of mopping the floor rather than doing the work of arriving at the integration of the Higher Consciousness before calling on such powers. Mopping the floors would have helped to humble the ego before attempting the high magic of the creation principles. Without this integration of the Higher Conscious knowing, the apprentice casts the spell on the mop to do the chore of mopping the castle floors. A host of floor mops parade through the castle with buckets of water, which symbolize the flood of emotions in a tidal wave of fear and also the overwhelming nature of the forces called forth at the ego level of unconscious ignorance. Running about frantically in a panic of fear, the apprentice tries to call back the power only to have the castle made a mess of with flooded waters by the time the great wizard

sorcerer arrives home to catch the apprentice. While the wizard scolds him for his folly, the apprentice is humbled from the experience as he hangs his head in true humility having learned from his misdeeds. All ego level of creation is tainted with the fearful reflection. Only the Higher Consciousness can masterfully and powerfully command the archangelic energies. Attempting to give the power of the archangelic forces over to the ego will inevitably result in a *Sorcerer's Apprentice* failed attempt. There is such wisdom to be found in the simple myths and cartoon stories that apply to understanding spiritual psychology of how the ego level of consciousness is interfering with the integration process.

When interacting with the devic or fairy kingdom, just like the archangelic realms, each of the many types of fairies and images in the devic kingdom embodies a potent archetypal energy filled with meaning. Encountering images of fairies can be a reminder to be like the child with the childlike states of wonder and excitement in the daily life. Depending on what realm the fairy-like elementals are encountered will also reveal meaning. The sylphs or water fairies will once again be bringing a message of the emotional body. A person who is flighty and entrapped in the fantastical unrealized dream worlds may encounter the gnomes or elves as a message that more grounding to the earth energies is needed. Spritely pixies may be a sign of mischief and perhaps a warning of the ego's mischievous nature to trick you. Rather, the mischievous nature of any of the fairy kingdom archetypes can be approached as an exercise to transmute the childish or adolescent impact of mischief into that of enticing yourself to be more playful with your own inner mystery.

Inner Landscapes

Scenery in the visualization will also be very indicative of where you are on the integration roadmap. The internal landscape of the subconscious mind may resemble the external landscape almost in an identical fashion. Mountains, oceans and trees may appear the same, with the sounds of birds chirping mimicking the sounds of the physical world of nature. Landscape scenery in the unconscious realm may look somewhat familiar but with strange, bizarre twists much like the imagery in night dreams. Other visualization journeys into multidimensional realms of consciousness will reveal abstract landscapes, such as purple trees made of spiralling, swirling energies, blue grass and green skies or any number of non-ordinary experiences.

A house will indicate the “place where you live” meaning where your conscious mind is focussed or currently resides. To go into the basement of a house is to enter the subconscious level of mind, and to go into the attic or tower or ascending stairs is to step up the vibration towards reaching to the Higher Consciousness. “Stairways to Heaven” themes are famous archetypal forms found in art throughout the ages. If it is a house from childhood or the past, then the blockage of energy will be located in that stage of the Soul’s path. An unknown house or landscape will reveal entering new territory in consciousness or getting comfortable with a new level of conscious integration.

Riding in a car or driving a car will indicate movement in consciousness, moving beyond the blocked energies to the next step, or moving to the next stage along the path. If someone else is driving the car, then power is being given

away. Trains may indicate an increase in speed of transition or perhaps a quantum leap level of evolution. On the other hand, trains may reveal that you are perhaps stuck on the same linear track and arriving at the same destination repeatedly. Space ships or space travel can herald an expansion of consciousness, or if there is fear of abduction involved, the ego is usurping power and giving it to feed fear.

Hills and mountains climbed are to achieve new heights and to open up to a broader vista of perspective beyond previous limitations or to higher vision. Valleys may indicate being in a rut or having limited sight of future potentials. On the other hand, valleys can indicate entering into the depths of the Soul. Traveling over hills and valleys represents the ups and downs of vibration of the physical, emotional and mental bodies, or in other words, the ups and downs of life and the journey of the Soul. Forests are indicative of ancient feminine wisdom and spiritual growth. A clearing in a forest will mean that you are perhaps seeing your way clear by gaining wisdom, or will open to a place of gaining clarity with the wisdom of the ancient trees surrounding you. Sacred temples will always signify the sacred sanctity of the Soul and entering the temple is to enter the innermost part of the Soul.

With just these few examples given as guidelines, open up to gaining new consciously awakened insight into the metaphoric meaning in all imagery of the internal and external world.

Abstract and Sacred Symbols

Abstract and sacred symbols are road signs along the

inner journey that reveal intersections in the multi-dimensional landscape of consciousness. These symbols emanate from the very sacred geometrical blueprints underlying the form of creation at many multidimensional levels. From the very basic black and white yin/yang symbol depicting the Divine Feminine and the Divine Masculine to more complex geometrical designs, they cover a range of significant meaning.

Three sided-pyramids indicate the trinity of creation principles. More complex geometries will reveal multidimensional aspects of creation grids. Spheres can be an indication of wholeness or the reflective nature of creation.

To offer a simple example of how to consciously and purposefully integrate the spiritual with the physical by bringing the meaning of an abstract symbol into the physical world, the image in Figure 5 was chosen and placed at each chapter of this book specifically from the integrated awareness of metaphoric meaning. Although some may only see perhaps a cute, simplistic ribbon-like design, this abstract iconic picture was chosen for its meaning that accompanies the title of this work. In this ribbon-like image, you may notice the figure eight in the center. When the number eight is turned on its side, it becomes the lemniscate or infinity sign. The number eight symbolically represents the eighth stage of infinite creation. The two curled ends of the ribbon streaming through the center of the figure eight represent the linear time line vibration of the three-body system and where it intersects with the infinite Higher Self depicted by the figure eight. Expressed in this particular example of a simple icon shows how much meaning can be brought forth in so many things that often go overlooked without the integration of the Higher Conscious

spiritual awareness.



FIGURE 5: Ribbon Icon

Often the conscious mind is drawn to symbols and other imagery intuitively without understanding why or not always having the ability to consciously integrate the deeper meanings. Any work with symbols or sacred imagery can provoke an awakening, but once again to arrive at the significance in the meaning is what builds another portion of the bridge between the Higher Conscious and conscious mind. Although there are some good volumes listing the spiritual significance of symbols and imagery, no singular volume or dictionary of imagery can cover the infinite layers of meaning in every inner or outer experience whether through the sensory experience of image and form or more abstract in nature. When interpreting the language of the Soul is learned, it becomes clearer how to process the significance at each intersection of experience until it becomes so much a part of the conscious understanding. Like learning any new language, once the vernacular is grasped, it becomes so much easier. The two-step dance of communication eventually becomes the singular point of awareness opening up to all of the inter-dimensional and multidimensional experiences.

Spiritual psychology is an in-depth study that can take eternity to fathom, but do not be discouraged at this statement. In essence this is the beauty of awakening to the Soul's infinite depths along the path of spiritual progress. Remember it is the ego's attachment to the physical experience that mea-

sure time and sets its focus on an ending goal. In the realm of pure spiritual awareness where consciousness intersects with its Self in the physical experience and the world of time, there is all the time in the world.



Integrating the Seven Chakras with the Three-Body System

Acquiring an understanding of the seven chakras that make up the mental, emotional and physical bodies, and how the ego is functioning in fearful expression through any or all of the chakras is the next step.

Chakra is an Eastern Indian term from the yogic meditation practices which describes the seven energy vortices of consciousness that unify the physical, emotional and mental bodies. Gaining insight into the functions of the seven chakras will assist in harmonizing the three-body system with the spiritual body.

Keeping in mind the principle of vibration, just as a prism breaks down sunlight into the multi-colored rainbow, the same scientific principle applies at the consciousness level that creates the physical world experience. As the vibration of white Light that is the Higher Consciousness is refracted into the hues of rainbow reflected light, the seven chakras emanate the exact colors of the rainbow in ascending order.

Each chakra has its own particular awareness and each of the seven functions like a mini-mind center or consciousness center. The variation in the vibration of the color is what determines how this energy manifests itself as its own mini-mind center. As the white Light is broken down prismatically into the rainbow colors of the chakras, consciousness enters into even more levels of separation from the unified whole of

Higher Consciousness. Because each chakra functions like its own mini-mind center, if any one of the chakras is aligned with fear-based belief systems in the mental body, constricting emotions in the emotional body, or ailments in the physical body, it will reveal an imbalance in the overall three-body system. These seven chakra energy centers unify the physical, emotional and mental body into a triad system.

Figure 6 shows the area of the seven chakras in the physical body, starting with Number 1 as the base chakra and ascending up the spine to Number 7 as the crown chakra.



FIGURE 6: Seven Chakras

The chart below outlines the particular characteristics of the “mini-mind” center of each chakra and the rainbow color associated with each. When working with spiritual psychology and the revelation of significance, the chart of the rainbow colors will be useful in understanding any messages in dreams, inner visions or the external world that show up in these colors regarding which parts of the three-body system

may be out of balance. The characteristic defines which issues determine what level of fear is repressing the energy or what level of love is expressing the energy of each chakra center.

	Physical Location	Energy Color	Mini-Mind Center Characteristic
1 st	Base of the Spine	Red	Safety and Security
2 nd	Pelvic Region /Sexual Organs	Orange	Sexuality/Creativity
3 rd	Solar Plexus	Yellow	Power/Vulnerability
4 th	Heart	Green	Compassion and Forgiveness
5 th	Throat	Blue	Communication/Expression
6 th	Behind the forehead /pituitary gland	Indigo	Intuition and Clairsentient Abilities
7 th	The center of the crown /pineal gland	Violet /White	Communication with the Higher Self/Telepathy

From these seven chakras the human aura is created. The human aura emanates the colors of the chakras extended out beyond the physical body. Although the majority of people are unable to view these colors of the chakras with clairvoyant sight, special Kirlean cameras are in use that can photograph the aura. The colors of the aura will indicate which chakras are open and active or sometimes those that may be overactive on any given day. On any particular day and even from moment to moment the aura colors will change with the fluctuation of the mental and emotional bodies. For example, if the emotions are triggered in the emotional body at the first chakra level around issues of safety or security, the aura may

show up mostly red in the photograph but with a murky quality denoting the upset of fearful emotions. Perhaps the red color will be blended with some of the other active chakra colors. Colors that may be absent from the aura at any particular moment does not necessarily indicate that those chakras are blocked. It may determine a blockage of energy flow, but, on the other hand, it may simply denote that the chakra is underactive at that moment and not necessarily blocked. Aura photos are one way to look with the physical eyes in the proverbial metaphysical mirror to see how the three-bodies are interacting and what chakras are perhaps overactive at any given moment. Keep in mind that the rainbow colors of the aura change with great fluctuation of the three-body system, and this is not an overall assessment of spiritual evolutionary progress. Just as the colors of the rainbow do not change their order of appearance in the reflection, the chakras do not change their colors in their order in the three-body system. One or two chakras may be more overactive and may appear to dominate the aura at any given time. This is merely an indication that those chakras are the ones that are overactive, and a designation that the other chakras may need some conscious focal work to achieve a balance of all the seven chakras working in harmony. Once again, be mindful to not allow the ego to judge these things based on its limitations of measurement and comparison. The red color of the first chakra is no less than the indigo of the sixth chakra. Each chakra color is merely an indicator of how to achieve an overall balance. Just as all the muscles in the body keep the foundation of the bones aligned and have their particular functions, even though all the muscles aren't in full use every moment doesn't mean they are not all a necessary part of the

whole body. All of the beautiful colors of the rainbow make up the definition of the world of physical form.

White Light in the aura will indicate an open channel to higher consciousness and an indication of telepathic rapport. This most often is due to an active and open seventh crown chakra, but white Light may not necessarily emanate from the crown of the head and may be seen in other parts of the aura.

When all the chakras are balanced in the central heart chakra, the crown chakra will open up to the Higher Consciousness and the twelve-chakra system. For more advanced understandings of the twelve chakra system, there are five more chakras beyond the seven chakras, which unites consciousness from the earth plane to the universal and cosmic planes.⁹

Each individual chakra is functioning at the three levels of mind just as the three-body system is functioning at the three levels of mind when not in harmony with the Higher Consciousness.

Now things may appear to be getting a little more complex along the path of integration with the introduction of the four levels of consciousness functioning in the three-body system and also in the mini-minds of the seven chakras. A complex understanding is not necessary to be able to associate where and how fear is functioning in the three bodies and the seven chakras. With an understanding of the mini-mind centers of the chakras, it actually brings forth even more clues to search out in order to detect the source of imbalances.

⁹ See *The Rhythm of the Cosmic Pulse*.

Each of the three levels of mind feed into each of the three bodies as shown in Figure 7. Follow the arrows to see the path of the unconscious and subconscious programming that sustains the mental, emotional and physical bodies, which then feed the seven chakras. For example, when there is an unconscious belief in the mental body, there will be denied emotions in the emotional body, and subsequently a physical imbalance will eventually follow. Whichever area of the physical body the imbalance occurs will indicate the chakra imbalance. If fear in the unconscious is blocking the portal of Divine Love from the Higher Consciousness, it will manifest in the chakras specific to the traits of the mini-mind centers.

As described in Chapter Three, the spiritual body of the Higher Consciousness is the sphere of Light consciousness of Divine Love. Harmonizing the three-body system with the spiritual body is known as integration of the four-body system. In Figure 7, the resonant vibration of Divine Love as the spiritual body of the Higher Consciousness is designated in the illustration by the open sphere to indicate a sphere of Light. In reality, the spiritual body is not delineated by any limitations in the physical sense, but its boundaries are defined by higher essences of spiritual ethics and principles. As the three-body system is cleared of fear and brought into alignment with Divine Love at each of the seven chakras, the resonant vibration of the three-body system elevates and harmonizes with the Higher Consciousness spiritual body. A sense of well-being will pervade the physical body down to the cellular level, joy and bliss in the emotional body and the clarity of truth and wisdom in the mental body.

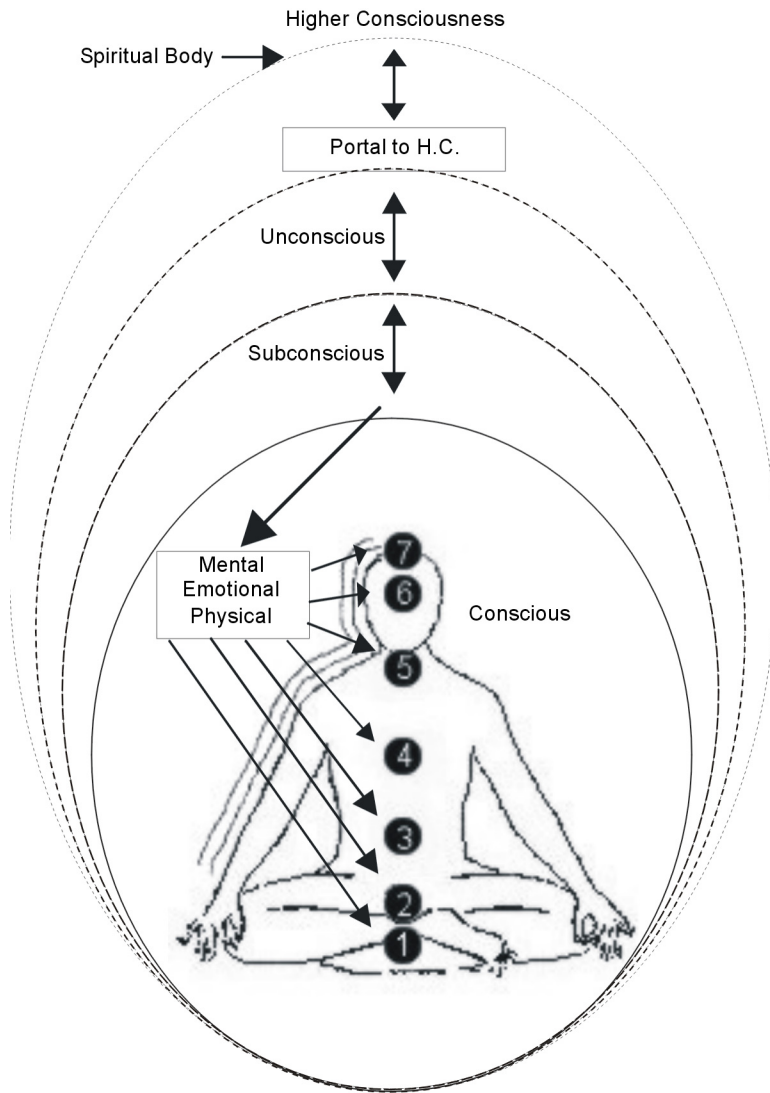


FIGURE 7: Harmonizing 4-body system through the 7 chakras

	Emotional Body Fear	Mental Body Fear Belief	Higher Self Integration	Higher Conscious Awareness
1st Chakra	Fear of not having enough or being enough Fear of success All fear to the physical body safety	“There is not enough to go around.” “The world is a dangerous place.”	Standing on a new foundation of the safety of Divine Love	I AM the conduit of infinite abundance Divine Source is my supply
2nd Chakra	Fear of intimacy Fear of creative expression	“No one can be trusted.” “I have no creative ability.”	Marriage of Divine Masculine and Divine Feminine	I AM the Creator and the Created
3rd Chakra	Fear of emotional vulnerability and personal power	“Everyone’s out to get me or against me.”	Empowerment	I AM openly vulnerable to be touched by Divine Love
4th Chakra	Fear of not being loved manifests as ego arrogance	“I am better than everyone else.”	Compassion and Forgiveness	I AM filled with the radiant splendor of Divine Love
5th Chakra	Fear of expressing ideas or emotions	“I have nothing worthwhile to say.”	Wisdom Speak or “Walking the Talk”	I AM the voice of Wisdom and Truth
6th Chakra	Fear of owning dark shadow manifests as denial in the form of not wanting to see	“Seeing is believing.” “My dreams never come true.”	Inner Vision of the Light Realms	I AM open to the realm of vision
7th Chakra	Fear of not fitting in Fear of thinking outside the box or status quo	“I’m all alone.” “No one understands me.”	Telepathic Rapport with the Higher Realms	I AM that which I AM

Beginning with the first chakra and each subsequent chakra, the chart above is designed to offer guidelines of how the three-body system functions within each mini-mind chakra center. Each chakra will indicate where the imbalance is to be examined in order to release the energy of limitation and overcome the fear in order to integrate the awareness of Higher Consciousness into the physical experience.

The chart is a general outline of basic examples. Some of the generalized fear-based statements may appear extreme, but there are many more subtle variations of mental body beliefs, emotional body expressions of fear and ways the physical body manifests imbalances. The basis of the limiting beliefs will fall into the categories of the seven chakras. When processing the inner landscape of imagery and sensations, be aware of patterns in external life events, such as physical illness or emotional upheavals that repeat in order to find what belief in which of the chakras is causing the repetitions. Using the combination of spiritual psychology with an understanding of the chakra mini-mind centers will help connect the dots between the beliefs in the mental body and the emotional and physical imbalances.

Any level of physical, emotional or mental irritation, however mild or acute, is a sign that the three-body system is out of harmonious alignment with the spiritual body and being dictated to by the ego. Following the outline of the two charts will help determine which chakras are related to any physical body ailment, emotional body fear and mental body belief system.

As an example, look at the above chart in the Mental Body Belief column. The stated belief at the second chakra that says, "I have no creative ability" is not based in the truth

of the Higher Consciousness. Everyone is creative. Just thinking a thought is creative and can manifest in the created worlds. Is the thought creation fear-based or expanding into the expression of Divine Love? Somewhere in childhood perhaps negative comments were made about a scribbled childish drawing and the belief was held onto. With that belief in place, it creates the closed portal to the Higher Consciousness of endless creative supply. One doesn't have to be a great artist to be creative and have creative expression. Use the chart as a guideline to find which chakras harbor your limiting beliefs and then find the balance of integrating the spiritual awareness of the Higher Self. Expand the limitations of the belief to integrate the higher understanding.

Let's examine another example using the belief, "No one understands me." Clearing this fear-based belief in separation does not mean that perhaps now there will be others in the world that will magically understand you. The Higher Self knows you better than anyone else in the world ever will, so as you clear this particular belief, it opens the way for a greater self-awareness and understanding directly from the Higher Consciousness. As long as the ego projects these limiting beliefs into the external world, it is disempowering and delays becoming more spiritually awake in the physical world.

Some further examples of how the chakras within the three-body system interact and manifest imbalances are as follows. The seven tiers of the chakras all relate in an ascending manner.

Beginning with the base chakra, a sense of safety that is the protection of Divine Love is paramount to ensuring the overall sense of safety in the other chakra levels. The emo-

tional body will register any level of fear around issues of safety. The mental body will trigger those emotions based on the belief system of issues around safety. Because the feet and the base of the spine represent the first chakra foundation of the physical experience, the physical body will react in an imbalance in those areas. When the first chakra of safety is vibrating as feeling unsafe, the ascending order of chakras are likely to have the fear of safety intermingled. Divine Love is the true foundation and sanctuary of safety, and all of the second through seventh chakras will align with safety when harmonizing the first chakra with the Higher Consciousness.

Let's work with this example of a belief that states, "The world is not a safe place." Any issues of fear that will be distorting the first chakra vibration that is the ultimate safety of Divine Love will manifest with threats to one's physical bodily safety, as well as issues of safety in the home environment. As the fear of safety ascends to the second chakra, it may manifest as a lack of feeling safe in sexual intimacy relationships. It may also manifest as not feeling safe in the world to bring forth creative expression for fear of being ridiculed or judged. At the third chakra level, it can manifest as feeling powerless in situations to effect change in one's life where safety is threatened, as perhaps can be witnessed in the "battered woman" syndrome or any other type of intimidating or controlling relationships. In intimate relationships, a defensive wall will be put up in the solar plexus area of the third chakra and a fear of vulnerability will fortify that wall. To be completely open and vulnerable to the Divine Love of the Higher Self in the third chakra begins with a sense of safety at the first chakra level. At the fourth heart chakra level, it may manifest in a closed portal to the Heart of Hearts of the

Higher Self. Opening the heart chakra with the foundation of safety is to feel true compassion and forgiveness for the self first and then extended to the world. Heart attacks and heart disease is prevalent as a manifestation of a closed heart chakra. At the fifth chakra level, there would be a vocal expression of fearful thoughts that are associated with the issues around safety, such as speaking incessantly about how “the world is a dangerous place.” Someone with this chakra imbalance may enter into conversation and perpetuate this fear through vocal expression all the way to standing on a soapbox or perhaps the media to promote this fear also. On the other hand, there may be a complete fear of expressing one’s views on any topic for fear of being locked away or belittled for speaking. At the sixth chakra level, fearful nightmarish images may be encountered in the inner imagination or encountered in imaginary fears of physical safety in the world, indicating where the fear of safety is manifesting through imaging. This fear would block the ideal visions of Divine Love. The seventh chakra might manifest this fear of safety by blocking the portal to the Higher Consciousness with perhaps a locked and bolted door for fear that it is the devil’s work to be open to spirit phenomena and fear of some sort of demonic possession of the body. As outlined here as a sample, ego attachment to fear at the very first chakra level of safety may manifest to some degree in any or all of the others.

Let’s take the next step of revealing how this fear of safety in the first chakra might manifest in the three-body system. In the physical body an injury to the feet or lower back spine may manifest in the personal level. Earthquakes shaking the very foundation of the earth as the sense of safety beneath one’s feet may be a first chakra message of fear at

the personal and/or global level. Without fear present, earthquakes can be perceived to be a shifting of the foundations of beliefs to make way for an expanded consciousness. A fear of aliens landing on earth to take over and obliterate the earth with a laser blast or invading one's bedroom at night to abduct someone in their sleep with imagined invasive probes into the physical body will indicate the universal level of first chakra fear. The emotional body would manifest in varying levels from intense and paralyzing panic to minor paranoia around issues of safety from the original mental belief that "The world is not a safe place."

Now let's look at this in reverse as the opposite of fear and instead with an open communion with Divine Love. There would be a feeling of safety in all things at the first chakra level permeating all of the other chakras, as the Higher Self would be the new foundation of safety. At the second chakra, there would be an open channel of intimacy balancing the inner Divine Masculine and inner Divine Feminine energies in union in the Divine Marriage with the Higher Self. The third chakra would be centered in empowerment of the Higher Consciousness, while the fourth chakra would pour open the compassion to all sentient beings. Sixth chakra "third eye" perception is likely to be vivid with brilliant images from the Light Realms, and seedlings of visions from the Visionary Realm because the seventh chakra portal would be aligned with telepathic rapport with the Higher Consciousness.

These two opposing examples are given in the extremes if fear were to permeate all seven chakras just from the base chakra level interference and when Divine Love permeates all seven chakras in unification and harmony. There

are variations to the degree of imbalances that occur in the chakras. Some chakras may be more aligned with Divine Love, while others are closed down from fear. The ultimate goal along the path of spiritual progress is to align all seven chakras in balance and harmony to unite with the Higher Consciousness that is the expression of Divine Love.

Any manifestation of physical loss of home or personal property through theft or natural disaster will be fear manifesting at the first chakra level. A few more examples offered will show that “power outages” in the neighborhood or home will be an indication of giving power away to the ego on some level from the mini-mind of the third chakra. Fear at this level will block the truth that the power of Divine Love is the only Light and source of all energy. Broken communication tools like phones or e-mail will bring conscious awareness to focus on where there is fear at the fifth chakra of expression and communication. Is there a fear of expressing one’s opinions or feelings? Perhaps it is a message that it may be a time to hold one’s tongue and not speak from the ego’s reaction until doing more inner processing and realignment with the Higher Self.

Seeking the clues in the mini-mind centers of the chakras will aid in understanding how the imbalances are being generated in the three-body system. Belief systems will become more apparent, emotions will be observed to erupt around chakra related issues, and the physical body will be the last place that the energy of fear will make itself known in the form of bodily ailments. Each individual person must do the processing of fear at the degree it is being manifested and to the levels of conscious integration attained. Utilize the chakra charts as a generalized map to locate the imbalance

during the integration of spiritual psychology. The key is to consciously follow the path of fear in reverse to see where it leads into the unconscious programming, and then transmute the emotional wounding and shift the belief at its roots.

After discovering the root of the belief system, a simple meditation can be employed. Enter into meditation and visualize an old tree with a door or opening. Step into the tree through the opening and climb down the roots to the “underworld.” As stated previously, it is not always easy to access the depths of the unconscious mind while staying conscious. To ensure that you enter the unconscious, be sure to climb down deep into the underworld by the roots of the tree in order to shift the conscious mind into the unconscious. See yourself going down deeper and deeper into the center of the earth until it opens to a landscape. In this realm of the unconscious, walk a path and look for a garden with beautiful flowers but with many weeds. Notice the particular colors of the flowers in this garden. Are the flowers blossoming beautifully or drooping? Which colors are growing, and which colored flowers are dying? Begin to dig and pull the weeds up from their roots, and, as you do so, release the emotions attached with the belief as symbolized by the weeds that are choking off the growth of beauty in the garden. Then invite the Higher Self into the garden in whatever form they appear. Ask their guidance to help you envision clear, sparkling water flowing from the fountain of the Higher Consciousness watering your garden of the unconscious to blossom into a beautiful array of colorful expression.

This is your quest, and it can only be defined through your relationship with the Higher Self. This relationship is cultivated ongoing when projection of trust in the external

world is turned within as trust in the Higher Self at all seven chakras. Search the inner landscape for the signs and roadmaps. Read the messages being conveyed by the mini-mind centers of the seven chakras to determine if the inner voice is that of limitation and fear or the soft hush of Divine Love. In seeking the Higher Self, know that you will always be found.

When you discover what chakras may be out of balance and after doing some conscious processing of the mental belief and emotional imbalance, you can also do a meditation to focus on each of the chakras by using the color associated. As you envision the color of each chakra, you can add Light to the color to bring the vibrancy of vibration aligned with Love. You can also use the gemstones of color associated with each to send the message of value and preciousness. If there is a particular chakra you wish to focus on, use the column in the chart of Higher Conscious Awareness and intone the statement associated with that chakra while focusing on the color.

With a basic understanding of the levels of mind within the seven-chakra system that unites the physical, emotional and mental bodies, and with an introduction to spiritual psychology, the exercises in the next chapters are offered as tools of practice. Practice makes the integration of the ineffable realm of spirit practical in the everyday physical world.



Quieting the Distractions of the Physical Body

Because the ego is so attached to the physical realm, it will use the physical body to distract the conscious mind from focusing inwardly on meditation. The ego does not wish to give up its realm of power so easily because it is conditioned to only pay attention to the body and the physical world. Its entire identity is fully engrossed in the physical experience. Steeped in the fear of its own death, the ego repeatedly sends out the alarm of fear that to let go of its control of the physical realm is to promote its own death. As you concentrate on relaxation of the body, you may notice that you become even more acutely aware of physical disturbances through the ego level of distraction from the inner realm. From tickling or itching sensations to external sounds of disruption, there are a number of ways the ego will entice you to stay focused on the physical. Even falling asleep when trying to meditate is the ego's way of avoidance. This can be a challenge for many people to overcome in order to follow through in the practice of meditation. If you have a tendency to fall asleep, make sure you meditate at a time when you are well rested. Be patient and keep your intent focussed towards the exercises. If you lose your patience, know that it is the ego that is impatient. Whenever you find your ego mind making excuses or the mental body drifting away on other thoughts, bring your conscious awareness back to the exercise. If emotions arise

when trying to do the physical body exercises, make a note to focus on this area of the emotional body to process.

All of the exercises offered are to be used as tools of practice. Along the path of spiritual progress, tools are great aids to apply to the integration of the meditative experience. It is always and ever suggested as a reminder to not give power of consciousness away to the ego aspect by becoming too attached to the tools. Recognize the purpose of the exercises as an aid, but if at any point you become attached to any tool or form, be aware of the ego's need for attachment. Detachment exercises are also offered in Chapter Nine to bring more awareness on how to release the ego's attachment. For now, simply be aware if any need arises of doing the exercises perfectly before moving on or also its desire to skim over and move too quickly. Let go of the need for the ego's definition of perfection and/or its impatience to practice .

When practicing any of the exercises suggested, always remove your shoes and wear loose fitting clothing. Turn off the phone or any other distractions in the physical environment. Ask family members to grant you some quiet time alone. It sometimes helps some people to burn incense or aromatherapy or play soothing music to help set the stage of intent to meditate, but for others this may prove to be a physical distraction. If you are unaware of the level of distraction your ego is prone to, experiment and see what works best for you. Pure aromatherapy essences are vibrating to a very heightened degree that can aid in raising the resonance of your consciousness beyond the physical distractions. However, the use of aromatherapy, especially if it is not pure essential oils, for others may entice them to stay focussed on the external sense of smell. Some music is aligned in accord

with harmonious vibrations as an aid to uplift the vibrations and other music can be extremely discordant. Do not use music with lyrics of any kind while following these exercises, as the mental body can drift into the lyrics rather than focusing on the meditation. In the plant and mineral kingdom, herbs and crystals can also be used as tools to aid in the rebalancing of the three-body system and the chakras. None of these external things are necessary to attain pure states of awareness in meditation but can be great healing aids to imbalances. For the purpose of meditation, be aware that the ego will also cling to the need for these kinds of extraneous methods with an attachment by assigning more power to the objects rather than taking Higher Conscious power beyond the temporal realm.

For the sake of beginning the practice of these exercises, it is suggested to forego any external stimulation that may further the distraction of the physical senses when working towards developing the heightened inner senses. Because each person is at a different level of progression, trust your own intuition of what works best for you in each circumstance. You are the observer and keeper of your consciousness, so it is only up to you to keep your focus on where your consciousness is at each and every moment.

Earth, water and air are the elements that will be associated with the physical, emotional and mental bodies respectively in the exercises in this chapter, as well as Chapters Seven and Eight. Although the focus is placed on each of the three bodies individually in each chapter, for the purposes of further integration of the three-body system, some of the elements are mixed together in the exercises. To spare the practitioner confusion in this regard, simply be aware that each

of the elements being called forth are utilized in harmonizing the three-body system.

Body relaxation exercises are geared towards bringing more conscious awareness into the body and learning to befriend the body as the vehicle of expression for the Spirit and Soul. They are also geared to bring relaxation through trusting the physical body to function as a part of your integrated consciousness. By bringing more awareness into the body consciously and then Higher Consciously, the unconscious and subconscious mind must each relinquish its programming from creating the stresses, tensions and physical ailments. Practicing the exercises without following up on the conscious processing through gaining the understanding of what is creating the imbalances will not offer the full advantage of integration. Before beginning each of the body relaxation exercises, bring your awareness to the truth that there is a part of your consciousness in all parts of the physical body, from the molecular and cellular level to each individual organ and to the body as a whole. Begin to allow your conscious awareness to think of the physical body as the temple of the Soul and the vehicle of expression of the Spirit. Treat your body well with love.

Exercise #1 – Basic Body Relaxation Technique:

Begin this exercise as in all exercises by getting the physical body in a comfortable position but not too comfortable that you will fall asleep. Laying down on a comfortable mat or mattress will work for some people, but for others it may induce them to fall asleep when becoming too relaxed. Know your own challenges and approach them as the indi-

vidual that you are. If at first you try laying down and find yourself drifting into sleep, then sit upright in a comfortable position. If sitting in a chair, keep the feet placed flat on the floor to alleviate any constriction in the blood flow. If sitting cross-legged, sit on a cushion or mat to aid in the physical comfort of the body. These exercises are about “working with” the body not against it.

- Step 1: As you get your body in a comfortable position, begin by noticing where your awareness is focussed. Bring your awareness to focus on the physical body.
- Step 2: Bring the attention of your awareness to your feet. Notice the consciousness in this area. If there is tension, just let go and relax the feet.
- Step 3: Bring the awareness up the legs. Notice the consciousness in this area of the leg muscles. Relax any tension.
- Step 4: Bring the awareness up from the legs to the pelvic region. Focus the consciousness on the pelvis and stomach and notice if there is any tension. Relax the stomach muscles.
- Step 5: Bring the awareness to the torso and the heart center. Focus the awareness on the heart and feel it beating in a steady and relaxing rhythm.
- Step 6: Bring the awareness up both arms. Relax the arms.

Drop them to your side or lap and release all tension in the muscles.

Step 7: Bring the awareness to the neck and shoulders. Relax the shoulders. Feel the shoulders slump and the neck relax from supporting the head.

Step 8: Bring the awareness to the head. Notice if there is any tension in the mouth. Are you gritting your teeth? Relax the muscles in your cheeks. Relax the eyelids.

After you finish this simple body relaxation exercise, sit in meditative contemplation on the experience. Take notice of which parts of the body were the most tense and the level of difficulty you had in letting go of the tension. Do not judge the experience. These are exercises to bring conscious awareness to the areas of the body that are functioning unconsciously and subconsciously. Just because there is no acute sense of physical pain in an area of the body does not mean that the energy is not blocked by tension in some way. This simple relaxation technique can be used any time and most especially if there is noticeable tension or stress in the body. When you feel you have attained the ability to consciously bring relaxation to the body, move on to Exercise #2.

Exercise #2 – Integrative Body Relaxation Technique:

Repeat the steps as described in Body Relaxation Ex-

ercise #1. However, at each step, now talk to the area of the body and send it a positive thought or emotion. Send gratitude to each part of the body for its cooperation in working together with all the other parts and with your greater sense of being. After doing this through all eight steps, then feel your awareness in all parts of the body and sense your consciousness within the entire body as complete and whole.

An alternative to this exercise is to close the eyes and speak to a part of the body that may have a physical ailment. Envision the organ or section of the body and dialogue with this part of the body. Ask it what it needs. Pose the question, "What can I do for you to help you return to balance?" or "How are you feeling unloved?" Imagery or feelings may arise for you to process. You may not get an immediate response, but this is a beginning to start integrating the subconscious and unconscious minds with the conscious mind to open the lines of communication with the physical body.

Exercise #3 – Breath Awareness Technique:

Begin this exercise with a simple body relaxation technique to release any tensions being held.

- Step 1: Close your eyes and bring all the awareness into the rhythm of your natural breathing.
- Step 2: Continue to be aware of the natural rhythm of the breath as you inhale and exhale. Do not force the rhythm, but simply be aware of the breath. Take notice if the breathing in the natural state is most likely very shallow in the lung area or the dia-

phragm area of the solar plexus.

- Step 3: Now take deeper breaths as you inhale through the nostrils and exhale through the mouth and continue to keep your awareness on the deeper breathing rhythm. Breathe deep all the way into the solar plexus diaphragm and then filling the lungs. You may wish to count as you inhale, 1, 2 and 3, then exhale on the count of 1, 2 and 3.
- Step 4: Continue this deeper breathing three times and then return back to your normal breathing rhythm.

Do not jump up immediately, especially during breathing exercises. To avoid hyperventilation, be aware of the physical body feeling too light or with any sense of light-headedness. Allow the breath to return to normal and stay still in the state of awareness before arising. Sit up or get up slowly.

During this entire exercise, be sure to keep the conscious awareness on the breath. If you forget at some point, always bring your conscious awareness back to the breathing and the rhythm. The point of the exercise is to bring conscious awareness to the body's natural rhythms and then to consciously participate in the breathing and directing the breath. Practice this a few more times and increase the number of breaths until the conscious awareness on the breath becomes clearly focused without waiver. Now move on to Exercise #4 to further enhance the breathing exercise.

Exercise #4 – Purification by Air Technique:

Once again remember to keep the awareness focussed on the breath. Focusing on the breath in this exercise not only relaxes the body but also replenishes the blood supply being carried throughout the body with oxygen.

- Step 1: Close your eyes and bring your conscious awareness to your natural rhythm of breathing.
- Step 2: Take a deep breath inhaling through your nostrils and as you inhale bring your awareness to the breath and imagine it expanding beyond your lungs and filling your entire body.
- Step 3: As you exhale through your mouth, feel the breath cleansing out all of the tension and impurities in the entire body and release the breath by toning “ah” throughout the entire exhale.
- Step 4: Repeat the deep inhaling breath filling the body and exhale cleansing the body two more times, or a minimum of three times in total.

At this point, you may relax and end this exercise, or you may continue by adding the following steps to further advance the exercise.

- Step 5: Take another deep breath and feel it filling each cell of the body expanding the cells just slightly.

Step 6: As you exhale, feel the breath cleansing out all of the impurities on the cellular level with the exhaled breath toning “ah.”

At this point you may also stop again and continue practicing the first stages of this exercise or you may continue to increase the exercise level to the following steps:

Step 7: As you inhale, imagine the rhythms of ocean waves receding from the shores, and then breaking on the shore as you exhale.

Step 8: As you get into this ocean rhythm of breathing, next expand your awareness to align with the Higher Self in rhythm to the Cosmic Breath.

Step 9: As you exhale, breathe into all of your three-body system the awareness of the Divine Love of the Higher Self. Repeat this three times. Remain still until your breathing returns to the normal rhythm. Rise slowly to avoid dizziness.

At each level of practicing the body relaxation techniques, bring into your conscious awareness any blockages of the flows of energy through muscle tension or distractions of a physical nature.

As you have now practiced the body relaxation techniques, it is suggested to begin all of your meditative practices with some level of body relaxation. It is imperative to surrender the ego’s attachment of tension at the physical body level in order to open up to a greater enhancement of the inner

spiritual experience.

Exercise #5 - Centering Technique

Here is a very simplified centering technique to practice to incorporate the physical body with a conscious centered awareness. Earth is the element of the physical body, so to feel centered with the earth beneath the feet will bring forth a great sense of balance.

- Step 1: Begin by standing straight with the in-step of each foot about 6 to 8 inches apart with your eyes closed.
- Step 2: Stand straight but not stiff. Do not slouch, but keep the body relaxed enough not to tense the muscles. Simply allow the muscles to support you gently.
- Step 3: Imagine a string or a very thin light beam running through the center of your body from above your head down to the earth beneath your feet. Even if you do not know where the center of your body is, stretch your inner senses to feel the center point of your body.
- Step 4: Bring all of your awareness to the center along this line and keep the weight of your physical body evenly distributed over both feet.

The duration of the exercise will be up to your own level of discipline and your own level of mind wandering,

as well as physical balance. Take notice while your eyes are closed if you have a tendency to lose your sense of balance. If so, practice with open eyes, and then return to gradually practicing with closed eyes. An alternate method is to practice this centering technique exactly as described in Steps One through Four but with eyes open while focussing on a mandala hanging on a wall at eye level.

When you practice this enough at home with eyes closed, this is a good exercise to do with your eyes open while out in the greater world. If you are standing in any line waiting perhaps at the grocery store or elsewhere, simply bring all of your awareness into the center of your body by practicing this exercise. Not only will this bring your awareness of your external environment into a more centered place, keeping your physical weight evenly distributed over both feet will give you a greater sense of balance and poise and ease the physical burden of standing still. You may discover that this will calm any ego impatience of waiting in line.

When the physical body is sufficiently attuned to relaxation, the next focus on clearing the emotional body can begin.



Quelling the Disturbance of the Emotional Body

The universal visualization technique of imagery to work with the emotional body is that of the element of water. A few key ingredients of understanding how to interpret the imagery of water were outlined in Chapter Four of the revelation of significance.

Every emotion will have a thought process behind it in the form of a repeated thought patterning and belief system. The following exercises will begin by focussing on the emotion itself without delving into the thought pattern behind it. If the thought pattern reveals itself through these exercises, make conscious note of it without judgment. When these exercises are sufficiently achieved, then you can follow up with the integration process by dissecting and understanding the underlying belief system and patterns of thoughts that accompany each emotion.

It is suggested to use some form of the body relaxation techniques, even if abbreviated, when approaching the exercises for the emotional and mental bodies. Relaxing the body is always the first step in all meditation practices.

Exercise #1 – Still Water of Peace Technique

The following exercise will aid in bringing the awareness of the thoughts and emotions to a still and quiet repose.

It is also designed to bring more awareness into mastering the emotional and mental body rather than being at the mercy of the ongoing unconscious eruptions of thoughts and feelings. I remind you to not be concerned if you are unable to visualize or hear through the internal senses, but use your inner clairsentience to whatever ability you can.

- Step 1: Close your eyes and bring all of your awareness and external senses inward. Open up your inner senses.
- Step 2: Using your inner senses, create a still pond of water in a setting in nature.
- Step 3: Gaze upon this still pond of water without allowing anything to ripple the surface like a shiny smooth mirrored surface.
- Step 4: Now gaze into the pond and see what imagery is reflected back to you. Observe your reflected image without judgment. Observe what thoughts and emotions arise.
- Step 5: Now see the water become clear and transparent. Gaze into the pond to see what is just underneath the surface. Do not judge but bring the awareness of the imagery back to the conscious mind by opening your eyes.

Look for the metaphoric meaning in any of the imagery observed in the still pond, and then ask yourself what

belief system would create the thoughts and emotions that may arise during the exercise.

Exercise #2 – Deep Pool of the Unconscious Technique

Delving into the water is to go in search of what emotional agendas are hidden in the unconscious.

- Step 1: Close your eyes and bring all of your awareness into your inner landscape.
- Step 2: Using your inner senses, create a still pond of water in a setting in nature.
- Step 3: Approach the still pond of water and remove any clothing you imagine you are wearing. This sends the subconscious and unconscious minds the message to leave behind any restrictions of self-image to allow opening up to the Higher Consciousness.
- Step 4: Wade to the center of the pond and sink into the depths of the water, and, as you do so, be consciously aware that you are sinking into the depths of your emotions. Allow the emotions to arise or call forth an emotion you wish to transmute. Observe the emotion without judgment.
- Step 5: Feel and inwardly express the emotion with as much energy as you can muster as you sink deeper

into the pool.

- Step 6: When the emotional energy is expended, imagine that you have landed on a new shore where a treasure chest awaits you. This will send the message to the subconscious and unconscious minds that you are now willing to be in a new place of integrated consciousness. Open the treasure chest and take the gift awaiting you.
- Step 7: Open your eyes and bring the gift back to the physical world. The gift will indicate an essence of the Higher Self to express in the world.

After exiting this meditation, process the restricted emotions of pain or anger that surfaced while sinking into the depths. Also, seek the spiritual meaning and quality of the gift now received and how this can relate to bringing more of this gift to the physical experience.

Exercise #3 – Purification by Water Technique

This exercise is designed as a tool to refresh and energize the emotional body. Be mindful that unless the processing of the beliefs and mental thoughts that feed the emotional body are contended with, the imbalance will likely keep returning until the understanding of true harmony of the three-body system is attained.

- Step 1: After the body is relaxed, bring your five physical senses inward one at a time.

- Step 2: Use your inner senses to create an inner landscape environment with a beautiful refreshing but gentle waterfall spilling into a shallow pool.
- Step 3: If you are imagining yourself wearing clothes, remove all clothing. This sends a message to the subconscious and unconscious levels of mind that you are removing all preconceived self-image and opening up to the Higher Self.
- Step 4: Step into the shallow pool of water and stand under the waterfall.
- Step 5: Feel the water washing over you and through you purging you of all fears, worries, doubts or other constrictions.
- Step 6: Feel the water refreshing you with energy and exuberance of the effervescent energy of joy.
- Step 7: Step out of the waterfall and wrap your inner self with a warm and cuddly robe of love.

This exercise can be consciously integrated and extended to the physical experience while taking a shower. Simply bring your conscious awareness of cleansing the emotional body while taking a physical shower. Imagine that the shower is emanating from the ever-flowing fountain of the Higher Self at Divine Source.

Now that you have completed the beginning steps to

practice processing the emotional body, be aware that the emotional body holds the charge of the initial wounding. It may take some repetition of the exercises to reveal the associated emotions. Out of these three exercises, sinking into the depths of the pool in the unconscious to inwardly express the emotion is the most powerful release of the constrictions to the emotional body. Go back into that meditation whenever an emotional incident erupts in life's unfolding events to release and process the emotion again, but always be sure to delve underneath for the belief that is generating the original wounding. The original wounding does take the patience of nurturing and care to attend to its healing, so be sure to give yourself the patient and tender care you deserve through the process.

As a follow up to processing the emotions, next within a visualization meditation, create a forgiveness circle and sit within it with the Higher Self. Dialogue with the Higher Self regarding the wounding and ask to elicit the healing through forgiveness. Forgive yourself by letting it all go in tears of remorse and relief to not have to carry the burden of the heaviness any longer.

When you feel you have attained some healing movement in the emotional body, then take the next step of stilling the rambling mental thoughts.

EIGHT



Stilling the Rambling of the Mental Body

Stilling the rambling of the mental thoughts can be one of the more challenging aspects of meditative practice. Thoughts emanate from the unconscious belief systems via the subconscious mind spilling into the conscious mind. Repeated thought patterns can be observed through exercises in conscious awareness. Observing where a thought pattern feeds the emotions can offer a new level of awareness. This level of awareness can then progress to still the rambling thoughts that will ultimately be a masterful tool to use to quiet the emotional body to a peaceful repose. The practitioner will likely find that just the thought of focusing on the thought patterns will issue forth more new thoughts. For example, by consciously focussing on the exercise, the very thoughts of the exercise will more likely than not invade the conscious thought process. As this occurs, just release each thought that arises and focus on using the tools of the exercise. If emotional frustration sets in at any time, abandon the exercise for an interim. Frustration will indicate an emotional imbalance, and it is suggested to return to focussing a bit more on the emotional identification and purification process by linking the belief system and thought pattern. Stilling the mental body does not mean to numb out the emotional body. Simply return to the emotional body exercises to express and clear the emotions and then process the source of the emotions

rather than trying to control them. Keep in mind that stilling the mental thought process is one of the most challenging of all the exercises, for it is the mental body that dictates to the emotional and physical body. This is a level of mastery, and to do these exercises even for brief intervals will aid the aspirant at any level of the spiritual journey. If at any time you feel you are not prepared or making progress with the mental body exercises, move on to working in other areas of your spiritual path as long as you are still discovering revelations.

Exercise #1 – Observer Technique:

The element of air or the wind is the universal visualization technique when working with the mental body and thought patterns. As the wind comes forth from the lungs in the physical body and passes through the throat and mouth to form the expression in words of communication, so does the wind come forth in the world in the form of thought patterns linked closely with the emotional patterns. Air, if you remember reading earlier in Chapter Four, is a more refined vibration than the water element of the emotional body or the earth element of the physical body.

- Step 1: Close your eyes and bring all of your awareness into the center of your forehead to the brain.
- Step 2: Bring all of your conscious awareness to your thoughts.
- Step 3: Bring your conscious awareness into a passive state as an observer, as if you are internally lis-

tening to yourself speaking your inner dialogue of thoughts.

- Step 4: Listen to your thoughts without judgment or interference to the thought process. Just listen as the observer and watch where your thoughts go.
- Step 5: Bring your awareness back into the present moment of the ever present “now” and direct your thoughts by being present and aware.
- Step 6: Be aware of which thoughts you wish to consciously choose to focus on and be present in the conscious thought process.

The above exercise can then be practiced while going about your daily routine, while driving, shopping, working or having a conversation with another person. Become aware of how your thoughts ramble away when someone is speaking to you. Become aware of how your thoughts drift into the subconscious mind of “automatic pilot” while driving and bring your focus back to being consciously present. This exercise will enable you to be more fully present and engaged in relating as an observer and listener to others, while at the same time, it will aid in bringing your conscious awareness to the present moment in all of your activities.

Exercise #2 – Wind on the Water Technique

- Step 1: Close your eyes and imagine yourself sitting next to a very still pond or lake in a setting in nature.

- Step 2: As you observe your inner thought process, see the wind stirring on the surface of the water.
- Step 3: Observe the motion of the wind on the water. Is it stirring in great upheaval or rippling slightly?
- Step 4: Within the meditation, now consciously send forth an intense thought associated with an intense emotion and witness the wind whipping the water into a churning upheaval.
- Step 5: Now consciously call on the Higher Self and together calm the water to a peaceful state.

In this imagery, the wind or air as the mental body plays upon the surface of the water as the emotional body indicative of how the watery emotions and the airy thoughts interact. As the interaction between these two bodies is observed and more consciously directed, observe without judgment where any imbalances reveal themselves. Process the experience with the use of spiritual psychology.

Further advanced stage of this meditation is as follows. Repeat Steps One through Five and then add these additional steps. Be aware that if there is ego emotional imbalances, it will interfere with the level of Divine Love being generated .

- Step 6: Open up to feel a sense of Divine Love emanating from the Higher Self, then fill the pond up to the brim with a warm glow.

Step 7: Consciously send a thought on the winds of pure, unconditional Divine Love over the water of the still pond and watch the small waves ripple gently out to touch the shores of all humanity.

Exercise #3 – Richter Graph Technique:

This exercise offered is based on my own experience when in the birthing labor process of pregnancy in 1981. As I was hooked up to a fetal monitor, I could see that the graphic needle would make large squiggly lines when I had a contraction. I also could see that when I was doing the LaMaze breathing techniques, the squiggly lines were much shorter. As the labor pain intensified, I chose to forego the breathing exercises and put my consciousness into a state of transcendental meditation. After I did so, all pain ceased, and I was immediately ready to give birth, and the monitor registered a completely straight line. Approach the exercise with this scientific proof of how vibration of consciousness at the three-body system can be mastered.

Step 1: As described in Exercise #1, bring all of your awareness to your thought process as the observer.

Step 2: Inwardly picture your thoughts like a wavy line of energy moving or like the needle moving on a Richter type graph, as depicted in Figure 8.



FIGURE 8: Richter Graph

- Step 3: Observe the graph needle moving faster as you speed up your thoughts and moving slower as you calm down the mental thought process.
- Step 4: Now calm all thoughts as still as possible and image the mental activity like the straight line in Figure 9. Every time a thought arises, just still the mind like the straight line.

FIGURE 9: Straight Line

Use these images to invoke in your mind's eye if it is helpful to you, but do not confine yourself to these suggestions. If there is another symbol or image that works well for you, use it as your tool until the tool is no longer needed. Creating a still pond of water as described in "Wind on the Water" technique Step Five can be used also to still the mental body for it is the air of the mental body that stirs the water of the emotional body.

Exercise #4 – Emptying and Filling the Void Technique

Exercise #4 and #5 are geared towards mastery beyond meditative visualization. Do not be overwhelmed if the task proves difficult. Mastery is the disciplined path of the spiritual aspirant and takes considerable practice.

- Step 1: Close your eyes and still all of your thoughts using one of the previous techniques or whatever works for you.
- Step 2: Without using any imagery or any other of the inner senses, focus all of your awareness on the concept of emptiness.
- Step 3: Every time a thought or image enters the mental body, bring your awareness back to the concept of emptiness.
- Step 4: After you practice emptying the mental body of all thought and when you have attained sufficient success at achieving the state of awareness of emptiness, then fill the emptiness with one word. It is suggested that you pick a word that is conducive to a deepening spiritual experience, such as “truth,” “beauty,” “peace,” etc.
- Step 5: Meditate and ponder upon this chosen word.
- Step 6: Step 6 can be practiced one of two ways. First, if

images arise that seem to be aligned with the chosen word, remember them and bring them back to conscious awareness when opening the eyes and process the metaphoric meaning to deepen the experience. The second method is to dismiss all imagery if it should arise and bring the awareness back to the pure concept of the chosen word as a state of being.

This exercise can be done with an image in place of a word, and the image can be simple like an abstract geometric shape or with more detail like a flower or lotus. Be sure to make this an exercise of observation without judgment to break through the ego voice of limitation and open up to the pure experience of awareness. Integration follows with bringing the “state of being” practiced in the meditation merged throughout the conscious external movements of the physical daily experience.

Exercise #5 – One-Pointed Focus:

- Step 1: Close your eyes and bring your awareness to the sixth chakra at the center of your forehead.
- Step 2: Still the rambling thought patterns.
- Step 3: Bring all of your inner awareness and focus on a tiny, single point of Light.

Practice this repeatedly over a period of time to strengthen the ability to focus on a single point. When you

are ready, repeat Steps One through Three and move onto the following steps.

- Step 4: As you focus on the single point of brilliant Light, imagine the point of Light expanding into a sphere.
- Step 5: Imagine stepping into the center of the sphere of Light by bringing all of your awareness to the center of the sphere.
- Step 6: With the inner senses, visualize or sense the Light expanding from the center of your awareness in many points of streaming Light.

When you open your eyes from the above exercise, bring this awareness of the Light into your world. Feel the Light emanating from the center of your awareness. Process by asking, "What does it mean to "be the Light" in the world of activity?" "How is the Light expressed into the form of how I do my life activities?" Practice this integrative technique until you attain the awareness of "being the Light" in the physical world of activities.



NINE

Spiritual Detachment and Empowerment

With the suggested exercises practiced and followed up with conscious processing, the next level of integration will be approached at the place of *empowerment* and *spiritual detachment*. Empowerment and spiritual detachment may appear to be in opposition when they are perceived at the ego level of duality. How can one be empowered and involved in life while still being detached? In truth, these two aspects of integration are very similar in the stages of mastery over the ego. Spiritual empowerment occurs when the power of the conscious, subconscious and unconscious minds are retrieved from the will of the ego's dictation and surrendered to the dictates of Divine Will of the Higher Consciousness. Spiritual detachment occurs when power over the three-body system is taken back from the ego's reign and returned to the Higher Consciousness.

Empowerment

One of the most important things to realize in any visualization meditation and also in night dreams or daydreams is that you also have the power to change the outcome. In the scenery of the landscape, you can consciously direct the imagination to create a smooth and soft feel to the texture in the inner place of safety. You have the power to play with

colors and form. Recognizing the voice of the ego and replacing it by listening to the voice of the Higher Self can also be accomplished through the meditative practice. If you find that there are angry emotions and you fantasize in your inner world of lashing out at someone or punching, kicking or screaming, clearing can begin in the meditative process to move the energy of anger from the emotional body in a safe way without hurting another. As you are venting the emotion inwardly, be aware that this is only the first part of the process of clearing. Uncovering the wounding and the associated belief will require going into the childhood and adolescent stage of the Soul within a meditation and healing the wound where it is continuously festering in the subconscious.

Practicing in the internal world using the tools of empowerment will ultimately empower the ability to co-create one's life according to Divine Plan of the Higher Consciousness. Once again, a reminder is offered to keep a vigilant watch over the voice of the ego as depicted by the example given in *The Sorcerer's Apprentice*. Harbored in the shadows of the unconscious ready to pounce on any idea of a Higher Power, the ego will attempt to interfere by grabbing the idea for its own purpose even when you may believe you have quieted its voice. Look for any hidden ego agenda underneath the spiritual goals and aspirations. If you discover it is the ego that desires to acquire psychic abilities for the purpose of alleviating its fear in the external world, simply change the motivation. Shift the goal from acquiring psychic abilities to attaining the true communication and communion with the beloved Higher Self. Seek instead the meaning of Divine Love and all of its qualities. When approached by this path, the gifts and abilities will develop aligned with wisdom

and discernment. Do not give conscious power to the ego voice of limitation and eventually the voice of the Higher Self will be recognized for the truth and beauty that it purveys.

Visualization meditation is a two-way communication tool. Imagery in visualization meditation can be used to interpret whether the messages are issuing from the unconscious and subconscious programming of fear or messages from the Higher Consciousness. Imagery is also a very powerful communication tool to send messages to the unconscious and subconscious levels of mind. Following guided meditations with the use of specific imagery from the Higher Consciousness makes a powerful impression upon the subconscious and unconscious levels of mind. After working ongoing with a practice of guided imagery meditation, the conscious mind will then be more alert to the unconscious and subconscious programming to endeavor to consciously change it within the physical world experiences as they arise.

With spontaneous visualizations or while following guided visualization meditations, it is always suggested that you initially allow the imagery and scenery to unfold from the subconscious and unconscious and be the conscious observer and participator in the inner experience. If there is a message of any limitations of fear between the three-body system, the next step is to recognize the message in order to undo the limiting belief system. Exit the meditation and process the meaning of the imagery and what beliefs are associated with fear and what are the messages of Divine Love. Then follow up with an empowerment technique to further clear the energies by re-entering the meditation and going back to the same landscape and imagery. This time instead of allowing the imagery from the subconscious or unconscious

to spontaneously unfold, simply direct the imagery in an empowered manner to overcome any fears or blockages of your greater spiritual expression. As an example, if the waters are muddied, envision them as being crystal clear. If fear is encountered in any form of monster or demonic image, confront the image perhaps with an archetypal sword or scepter raised to command it to transform into its higher nature or imagine it dissipating. If you find yourself wanting to do battle on your inner landscape, then look to what anger might be covering over a festering original wounding. Use the salve of Divine Love to heal all wounds. Invite the Higher Self into the meditation and allow them to cradle you in comfort. You have the power in the inner landscape to design it anyway you so choose. After processing the meaning and messages of fear consciously, re-entering the meditation to change the inner imagery sends the subconscious and unconscious a new program. It may take a bit of time before the program takes hold and becomes a natural part of the conscious mind or the change may occur more immediately. Whenever constricting thought patterns of the mental body or fear manifests in the emotional body, do more processing or simply step back into the empowerment of the spiritual awareness by changing the pattern consciously. Be patient and continue with this process for it does work as long as the conscious integrating process accompanies it. Spiritual awareness in the physical experience will become the conscious way of life.

All of the information outlined previously regarding visualization meditation and the understanding of integration can now be applied through conscious and Higher Conscious empowerment. Using the guidelines for this empowerment exercise can be applied to inner child and inner adolescent

healing, night dreams, daily events, or any of the many visualization or shamanic journeys embarked upon.

Inner Child and Adolescent Healing

Because of the original wounding, childhood and adolescence are the stages of the Soul that prevent further spiritual progress until healed. In the childhood dreaming, the wound is opened and in the adolescent stage the wound is deepened with the crash and burn. When attempting to take another step forward along the path of spiritual progress, if left unhealed, these two stages of the Soul will snap you back like a bungee cord. At these times, it may appear as if all of the spiritual work you have accomplished has brought you back again to square one. It is not that the spiritual awakening attained up to that point is rendered invalid. The real reason it may appear as if you are getting nowhere is because it is not possible to advance along the spiritual path and leave parts of the Soul in separation from the integration with the Higher Consciousness. All aspects of the Soul must be integrated and brought along on the conscious awakening journey. It is simply not possible to move ahead on one's path to the Light while leaving a wounded inner child and adolescent stage of the Soul in the dark of the unconscious. Emotions and memories from these stages get buried, as the adult tries to put greater distance to the pain of the past in finding ways to numb out the original pain. With each strive to attain enlightenment, ascension or to integrate conscious spiritual awakenings, all aspects of the deepening Soul must be brought home. A repeated pattern will be detected whenever a step forward is taken. Fears and pain will inevitably kick up preventing suc-

cessful integration. Inner child and inner adolescent healing meditations are extremely empowering to heal the wounding and release the energy locked in these phases making way for Divine Love to fill the void of the wounded separation of the Soul. Using a visualization meditation method or simply returning to a childhood or adolescent memory can be one of the most useful tools of empowerment.

For example, in a visualization meditation or to encounter the inner child or recall of a childhood memory, you may discover that the child is cowering in fear of an adult that is intimidating, whether teacher, family member or the neighborhood bully. If this is the case, then within the meditation you can call forth the memory of the incident and stand in front of the child in a stance of protection to *“champion”* the child. In a commanding voice as the adult that you are today, do not allow the perpetrator to intimidate your inner child, and in this way you can be the *“Divine Protector”* that may have been missing in the physical experience at this phase of the Soul that is the inner child. The same procedure can be followed when waking from an eventful night dream. Nightmares or other dream imagery can also be confronted in a meditation by recalling forth the dream or imagery and dispelling it in a commanding way. As the adult, you have the power now to speak to the inner you as the child and offer the comfort and support you needed at that time in your life. You are the only one that knows what your inner child and inner adolescent craves and needs in the way of love. This empowers you to call forth the Higher Self and receive or lay claim to that which is already yours. Divine Love is the innate truth of your being at all stages of the Soul’s journey.

Another form of this exercise is to observe your inner

fantasies. When observing your inner fantasies, watch what role you choose to play. Be alert to what it is you are fantasizing about and why it remains in the realm of fantasy rather than reality. Often the realm of fantasy is coming from the inner child and inner adolescent stages of the Soul. This will indicate a type of arrested development at that Soul stage. If you discover that the subconscious and unconscious mind are issuing forth childhood or adolescent fantasies, an easy meditation exercise works wonderfully to free up this aspect of the consciousness. Simply go into the memory of the past childhood or adolescence and give the inner child and adolescent the answer to their dreams. If the child fantasizes about having a puppy, give the inner child a puppy. Perhaps as an adult you wouldn't really want a puppy that you dreamed of as a child or the responsibility it takes to tend to a puppy. It may be that the inner child is coaxing you to fantasize about having something that was missed in childhood that you have no real desire for in your life as an adult. When feasible, one way to integrate the inner child and adolescent with the adult stage is to test it out to see if it is a dream that is outgrown and needs to die in the past to make way for greater dreams. If the fantasy is something that you as the adult may think you will also enjoy like going camping, then afford yourself this dream of the childhood that was missed out on. Some childhood dreams were so fantastical and far-fetched in the imagination that they were never really feasible to manifest in this world, so give these things to the inner child and adolescent in meditation. Send the inner child up in a fantasy bubble to fly over the earth if this is the kind of fantastical imagination that you had as a child. Recognize if there is a sense of adventure into the Higher Realms within this aspect of the Soul, or if, at the

time of childhood, the fantasy was used as an escape from some painful or harsh external reality that was unable to be dealt with in childhood. In this way, the inner fantasy life and dreams of the child and adolescent can be determined to have been outgrown and put in proper perspective to allow for the visions of the Higher Consciousness to now be birthed through the spiritual adult. Doing these meditative exercises will free up the energy that is repeatedly trapped in daydream fantasies to make way for greater dreams and visions to manifest from the Higher Consciousness. Wild and fantastical childhood imaginings can make way to harness true imagination and wonder fueled with the passion of the burning immortal adolescent phase when co-creating new dreams with the Higher Self.

There are archetypal forces at play during the stages of the Soul, and often there is a lesson to be learned from the fantasy life that will be key to understanding what areas of the psyche need to be strengthened and integrated. The work of integrating these two stages of the Soul will be some of the most rewarding and empowering work you will do on the spiritual journey. You are worth the price of admission to admit to yourself when the ego is taking hold of your consciousness, if the inner child is reopening the Soul wounding or if you fear to dream again because of the crash and burn syndrome. The reward of the journey is that you will meet your true self.

Conquering Fear

Another tool of empowerment can be used to enter meditation and confront fear in and of itself without associa-

tion to anything in particular in your life. Imagine the fear as a frightening image. Ask it to identify itself. If it cooperates, speak to it and see what it has to tell you but do not feed it any more energy of fear. If it is uncooperative, that is a message that the ego is stubbornly clinging to fear. Wield the metaphorical “Sword of Light” and simply stand in command that the fear makes way and then walk right through the illusion of the image to the other side fearlessly. If you are not able to visualize the inner landscape, then do so with your sense of what it would be like to dissolve the fear. Perhaps it will feel like a big gray blob of heavy energy, then sense a brilliant Light dissolving it into nothingness.

Once again, a reminder must be given to process the levels of fear that exist in the unconscious at the stages of the Soul for the integration to really take root. Otherwise the visualization technique remains locked in a fantasy level of the ego’s false sense of power and does not attain true spiritual empowerment, as shown in the example of *The Sorcerer’s Apprentice*.

It is extremely important to recognize that the external world of manifested events will not often change magically before one’s eyes when doing the work of processing and integration. There is a vast difference between what can be referred to as spiritual miracles of mastery and ego expectation of outcomes. Expectations can be generated from the childhood fantasy and often of the ego level of the psyche that will time and again set the spiritual seeker up for disappointment. What is very important to understand is that as the blockages of the three-body system and seven chakras are recognized and which stage of the Soul’s passage is being impacted, it is the spiritual adult that now steps into em-

powerment and handles the physical world experiences more smoothly. Reactions to external situations will be able to be observed as having changed. As the inner child settles down into the safety of love, and the inner adolescent resurrects from the crash and burn with a new burning passion to create new dreams, the spiritual adult is free from interference of the past programmed responses. Eventually manifestations will be witnessed to change according to the shifting and expanding belief systems. The voice of the Higher Self becomes more clear in defining the full potential of expression in the physical realms, as well as opening up to the multi-dimensional realms of consciousness that are limitless. Unconsciously programmed reactions to the physical world experiences will then become the empowerment of conscious choice aligned with the Higher Self. Spiritual empowerment is a level of mastery attained at the state of consciousness that knows without a doubt of the outcome, but the power of mastery is taken back from the ego a little at a time in the steps of integration.

One of the best ways to awaken the conscious mind to the subconscious and unconscious to discover where the choices are emanating from is a writing exercise, especially for those who have difficulty in quieting and quelling any of the three bodies in the meditation exercises from the previous chapters. Slowly writing out a dialogue with your inner thoughts helps to build the bridge of communication between the four levels of mind.

Writing Exercise #1

This writing exercise is employed to observe what

level of mind is making the choice and what fears or beliefs are limiting. Before the conscious mind can open up to hear the voice of the Higher Consciousness, the path of communication needs to be cleared. Distinguishing the ego voice of limitation needs to be observed, and the constrictions need to be dispelled. This exercise is good to use when an emotional situation arises, but do not limit yourself from utilizing this exercise by waiting for an emotional upheaval to occur. Empowerment also includes stepping in to consciously do the processing work rather than waiting for something in life to go wrong spurred from the unconscious. Use the writing exercises to keep an open and ongoing dialogue with the Higher Self.

With pencil or pen, write out your conscious thoughts on a pad of paper. It is suggested to begin any writing exercises with paper and pen rather than typing. Also, don't plan on using post-it note size paper, for this exercise requires a good deal of writing on multiple pages. Although typing will also work, handwriting is a slower process, and it allows for the conscious mind to get in the flow of the stream of consciousness. Write quickly from one thought to the next without stopping to correct errors or spelling. Allow the thoughts and emotions to just flow through the hand onto the paper. Do not allow any judgment of the exercise itself to interfere with writing the steady stream of consciousness flow that needs to be put out on paper for reflection. Capturing the stream of consciousness that is the steady thought pattern jumping from one phrase to the next will lead to what is underneath the rambling thoughts. If there is a judgment thought or feeling, do not discard this information but also write out the judging voice in as much detail as possible. This is an ideal way to

identify the judgmental voice of the inner authoritative aspect or the voice of the ego in the arrogant or self-denigrating mode. If you are in an emotional turmoil when doing this exercise, freely write each and every thought that goes with the emotions. Continue the writing until the emotions settle down and then continue writing more until you feel or sense you have arrived at a quiet place to now reflect. Then sit back after the exercise and from the beginning of your writing read all the way through to the end slowly to reflect upon what meaning can be uncovered in this exercise. Check back to Chapter Four in the section on the ego's mechanisms and the limiting beliefs to see if any of the wording written down is aligned with these agendas. Own the agenda and release the fuel that keeps it perpetuating, and always follow up with forgiveness. This exercise is not quite the same as keeping a journal or diary, although a daily journal can be one way to stay alert to the mental body and to keep the communication lines with the Soul open if there is no ego interference.

As suggested above, you can either simply write out your current stream of consciousness, or you can pose yourself a question to answer. Start each writing exercise suggested below by fully writing out one of the questions first, and then follow up with writing whatever answers come to mind.

The following are some samples of questions, but feel free to ask yourself anything that you would like to find the deeper and most truthful answers to.

- What do I really want?
- What am I looking for?
- What will make me happy?

- Why are my emotions triggered whenever (insert such and such event) happens?
- Who am I? If identification with job title or family role comes up, continue writing to dig deeper for a more expansive response to this question.
- If I could have anything in the entire world, what would I choose? Why?
- If I could have anything in the entire universe, what would I choose? Why?
- If I could have anything in the entire Cosmos, what would I choose? Why?

By posing these types of questions to yourself, perhaps you can begin to see how the stage is set for digging deeper underneath the cover of surface experiences to find a greater sense of what truly has more spiritual meaning for you. If your response to the question of “What will make me happy?” appears to be coming from a childhood fantasy, then do the inner child healing meditation suggestions. Blockages to allowing the choice of freedom beyond restriction will arise with this exercise to show more clearly what is being created in the experiences of the physical, emotional and mental bodies. If the answers come back somewhat grandiose like “world peace,” do not discard this information. Look underneath to see if there is a “peacekeeper” agenda of the ego mechanism to dismantle. Begin by seeking true inner peace without expectation of changing the reflection of the entire world.

Be on the alert for the ego’s fear-based questions by digging underneath to find where those questions may be stemming from. For example, if the question of “Will I win the lottery?” arises, look to what fear is generating the question.

Perhaps wanting to win the lottery is a question stemming from an imbalance in the first chakra belief in lack. If a similar question arises, such as, "Will I find my soul mate or true love?" look to the ego in its perceived separation and Light shadow projection seeking the ultimate romantic relationship in the external world. If so, the ego attachment will set such a search up for disappointment when seeking perfected love in another human being. Look to see if an aspect of the inner feminine or masculine is out of balance and the sought after missing aspect is being projected externally onto the opposite sex. The Divine Feminine and Divine Masculine balanced union within the Higher Self is the only true love that will fulfill the Soul's longing. Try shifting the focus to develop a balanced and loving relationship with a partner in the external world to practice unconditional love. Unconditional love begins with the self and that is what is needed in order to accept that any external partner will never be the perfect Divine Romance that is only attained in true union with the Higher Self. Developing the ongoing relationship with the Higher Self will ultimately enhance all external relationships.

Follow up this question and answer exercise by next writing a response to the answers that came up from the question posed. For instance, if finding the answer to what will make you happy reveals that major or minor changes need to be made in your life, then process this information and take the steps to see what may be blocking any choice needed to make the changes. When following through, be alert for the ego voice that makes excuses. Break down the excuses to see what fear and limitations are underneath. Do a further writing exercise to determine what and where the argument against change is coming from. Determination will have to be made

if the excuses are coming from fear or if they are real facts that need to be worked through responsibly to arrive at what changes will need to be applied to your life. For instance, a person may be married with children and the inner adolescent may be craving to sow some wild oats that were never acted upon in one's youth. Perhaps the longing to hang out with friends and party wildly will be enticing one to abandon the responsibilities as a parent to the children. Abandoning one's responsibilities to give way to the whims of the inner adolescent are not the actions of a spiritual adult. Giving the inner adolescent what it needs in the inner meditations will work wonders to integrate this aspect of the Soul into one's current life situation. Perhaps new passion will be freed up and fueled into the marriage rather than being distracted by adolescent whims. Be ever mindful that even the pursuit of spiritual endeavors may be a way for the adolescent or inner child to distract you from responding to the world as a spiritual adult or a ploy of avoidance of dealing with everyday issues of responsibility. Responsibility is the ability to respond to life with love.

The writing exercise can also be used as a tool to uncover the lost dreams from childhood and adolescence. As the spiritual adult, decisions and choices about which dreams are still feasible to resurrect aligned with responsible action can now be made without the emotional upheaval of the initial wounding. All healing comes from within, and the external world will only reflect that which is being generated from the internal levels of mind. Seeing clear beyond the emotional wounding will allow the spiritual adult to discern which childhood and adolescent dreams can be given over to the seventh stage of the Soul to die making way for greater

visions of the Higher Self to make themselves known.

Writing Exercise #2

The ego will often be clever enough to put up a good argument and talk you into circles. During times of feeling stuck in repeated patterns and not having the wherewithal to uncover the belief system and emotional baggage that keeps going around like a merry-go-round, the following writing exercise is helpful. Write the following question out on a pad of paper and write the answer from the stream of consciousness thoughts or emotions. The constricting and negative thoughts of the ego may ramble on for some time, but write every thought down, and keep writing until you push through to clarity.

- What would a person have to believe to create this experience? (For instance, what would I have to believe to be working at a job I dislike?)

Following up on the writing exercises will entail being very truthful with yourself in assessing what limiting beliefs are structuring your experience in the physical world. If there are things which can be considered as negative projections of ego blame and constricting, repetitive patterns of behavior that have been revealed in the writing exercise, you must own them as the dark shadow before you can retrieve the gifts of the Light shadow and attain the spiritual power to change things in your life.

Owning what is underneath the surface and clearing the path of the ego's debris will bring the power of choice to

the surface conscious mind. The next step is to go into meditation and allow for the Higher Consciousness to communicate with you. This may occur in the form of one of the inner senses, through a state of knowing beyond the conscious reasoning mind, a gift of imagery that will hold spiritual meaning or any inner spiritual experience that will build the bridge from the Higher Consciousness to your everyday life.

With the empowering choice aligned with the Higher Consciousness also comes the power of detachment to the outcome at the ego level of emotional disappointment and mental disillusionment.

Spiritual Detachment

Spiritual detachment is a term often misused or confused, as so often again it is interpreted through the limited perceptions of the ego level of the psyche. When the ego is allowed to interpret this term, it may choose to believe that spiritual detachment means to deny the physical world, to numb out the emotions, to escape, to avoid taking responsibility for creating life events and to attempt to control the physical, emotional and mental bodies. All of these examples of ego are in opposition of what true spiritual detachment really means. Spiritual detachment is key to integrating the Higher Conscious awareness into the physical experience. Spiritual detachment begins by first surrendering the ego to the Higher Consciousness. What does it mean to surrender the ego to the Higher Consciousness?

All formed attachment of the physical, emotional and mental bodies functions at the ego level of the psyche, whether it is attachment to physical objects in the material

world, emotional attachments to people, places and things or any mental or emotional attachment to outcomes. Emotional attachment is not the same as Divine Love. Needy emotions stem from the root fear of losing love. Nostalgic emotions are rooted in the deep longing for connection to the Soul. Mental gymnastics of mind control or manipulation of outcomes is not the mastery of spiritual detachment. Detachment does not mean to sacrifice the intense levels of spiritual joy or the absolute calm of true inner peace while in the physical experience. It does not mean to numb out the emotions or to ignore the messages of communication ringing forth from the mental, emotional or physical body. It is not in any way a denial of the physical experience.

Detachment in the true spiritual sense is to disentangle the ego's attachment to fear and limitations and place complete trust in the Higher Self. It means to overcome the ego's grip on fear within the mini-mind centers of the seven chakras. First the understanding of where the ego is attached to the world of experiences through the three-body system and the seven chakras must be recognized, owned and released, as described in the clearing processes. Ego attachment to things and outcomes sets the emotional body up for disappointment and keeps the disillusionment cycles of mental body belief systems repeating. If, for instance, the belief is that one's dreams never come true, the ego will set the stage of failure every time leading to a repeat performance of disappointment in outcomes. Surrendering the ego's attachments allows for the opening up of the conscious awareness to more fully invite the Higher Consciousness into the everyday physical experience. When all of the chakras are in harmony with Divine Love, and the mental, emotional and physical bodies

are aligned with Divine Love, then spiritual detachment becomes the way of life. Spiritual detachment is the meaning of the phrase “being in the world but not of the world.”

How can one be detached from the physical world outcome and still hold expectation to manifest the visions of the Higher Self? Expectation is not the same consciousness focus of energy as attachment. Expectation is filled with joy. Attachment is rooted in fear. Expectation that is joyful is complete in and of itself. To be joyful in expectation as the child on Christmas Eve is to be joyful in expectation that the Higher Self has infinite gifts to offer. Mastery over the ego is a state of knowing it is already so expecting that it is already accomplished without any fearful attachment to the outcome. Surrender of the ego’s attachment to outcomes is the true meaning of the words, “Thy will be done.” The voice of the Higher Self becomes the voice of empowered choice.

When the process of spiritual detachment is fully understood and attained, then comes the realization of how powerful choice is at the merging of the Higher Consciousness into the conscious physical experience. Life becomes magical not from the realm of childhood fantastical whimsy but truly magical beyond the limitations of the unconscious, subconscious and conscious levels of mind. In order to allow for the Higher Consciousness to make the choice, you must first know what level of mind is functioning and doing the choosing. The previous exercises and explanations have been geared to the inner quest of discovering what part of your consciousness is functioning on automatic pilot in any of the three levels of mind, the three-body system and the seven chakras. Choices made at the unconscious level of mind will conflict with choices made at the conscious level

of mind and block the access of aligning with choice at the Higher Consciousness. Along the path of spiritual progress, aligning consciously with choice of the Higher Consciousness is mastery.

Here is a simple metaphor for what occurs quite frequently throughout life on an unconscious and subconscious level of mind.

If you put your finger in the electrical socket seemingly by mistake and get a painful shock, would you put your finger back in consciously again? The response overwhelmingly from most people would be to say, "No, of course not." Following through with this example, we may learn our lesson the first time and be ever more cautious about sticking our finger in the socket. If we do not fully learn the lesson or only partially integrate the lesson into the conscious awareness, time may pass and we may consciously forget that to put our finger in the socket will certainly cause quite a painful shock. Proverbially speaking, we so often put our finger unconsciously in the same socket to get shocked again and again in the physical and emotional bodies because we don't consciously understand what is compelling us to do so. The conscious mind might ask, "Why do I keep hurting myself by putting my finger in the socket?" to no avail of really understanding what is hidden in the unconscious, so the pattern continues to repeat. Other times we quite consciously know that this behavior is not good for us, yet we unconsciously are driven to continue it. Someone with a very low self-esteem that perhaps suffered great abuses in childhood may be attracted to the pain of the shock in order to feel connected to the poignant childhood stage of the Soul wounding. There may be an underlying belief that by continuing to generate

the same wounding it will keep the connection to the Soul alive or a distorted view that pain equates with love, if that is all the childhood experience taught. In many cases, there are those that are not even conscious that they are responsible for putting their finger in the socket because they are too busy projecting blame on the electrical company for putting electricity there in the first place.

Particularly chosen for its exaggeration, this metaphoric example provides insight as to how the conscious mind can be so abruptly in conflict with the unconscious and subconscious programming. We know on a certain level that to repeat a painful process will only bring the same pain, yet we find the cycle does repeat no matter how conscious we strive to be. There are many levels of awakening from the ego's projection and varying steps towards taking full responsibility for the choices that are made and put into cause and effect in the physical experience. Do not be discouraged on the path, as great progress is made in each step of awakening and the rewards become more rich and full with each spiritual awakening and soulful deepening. Entertaining discouragement at any place in the spiritual journey is once again to give voice to the ego's fears. With each time we put our finger in the proverbial socket, the conscious mind becomes more aware of the pattern, and the pattern can be caught prior to acting upon it. This is the practice of conscious integration. With ongoing practice, patterns that may have lasted repeatedly over years, can now be shortcut into days and even moments of conscious awareness to prevent the repeat of the past.

When the spiritual student arrives at the power of choice aligned with the Higher Consciousness, mastery of creation is attained. Attaining this level of mastery is to make

a conscious choice without a trace of fear, worry or doubt that it is the choice of highest potential aligned in harmony at all levels of consciousness. Once again, the ego will wish to jump in here and measure the spiritual achievements or lack of progress. Once again, it is a reminder to realize that the ego's voice is unequipped to interpret your experience at any level of consciousness. Be ever mindful of the small voice of the ego that attempts to convince you that this is too far reaching and idealistic a goal to even put any effort towards. Putting one foot on the path and then the other after it will get you to places unknown had you not put your foot upon the path at all. Be ever mindful also of the over-inflated voice of the ego that attempts to take control of the power of choice like *The Sorcerer's Apprentice* and the parade of mops getting out of control. Throughout all of the conscious processing, it comes down to being truthful with your self. You are the only one that needs to seek your own truth and hear its answer. If the choice is made to continue listening to the limitations of the ego voice to allow it to make its excuses and arguments, this is a choice coming from the ego itself. Choosing the ego's voice will cut off communication with the Higher Self.

Detachment Exercise

It is suggested to start this exercise with using a physical object as the form of focus to detach from, rather than an emotional object of relationship like a romantic love interest or family situation. The object should be of something that does have emotional attachment at some level, otherwise it will not be effective in practicing detachment. If there is no attachment to begin with, there is no need to practice

the spiritual art of detachment. An object easily tossed in the trash or given away would not be a good object to focus on for this exercise. To offer more clarity, it is not to confuse detachment with “denial” of emotions or thoughts. The exercises given previously were for the purpose of identifying how to find emotional and mental body attachments of repeated patterns. This detachment exercise is given as a tool to reveal where the ego is clinging to fear and attachment projected onto the physical world of form and objects and can extend to people, places and past events. There is an old saying that to love someone is to let them go. Fear of loss prevents letting situations and people move on and cleaning out proverbial or physical closets. Love is always and ever shall be. Ego interpretation of letting go is perceived through the fearful lens of loss. Letting go does not mean to lose love. Letting go of fear makes way for more love to enter.

Begin this exercise with a simple object of attachment to fond memories or even something that brings painful memories of nostalgic loss. In the painful memories, there is the need to cling to painful emotions with a belief that the pain keeps the memory of closeness alive. This is not keeping love close but rather keeping the door to Divine Love closed.

- Step 1: Begin by closing your eyes and bring all of your awareness through your inner senses inward.
- Step 2: Use your inner senses to imagine the object you hold dear, whether through inner sight or inner emotional attachment.
- Step 3: Identify the emotional attachment to this object.

What are the sentiments or the longings? Who or what past event do you associate with this object? What is the belief about holding onto it?

- Step 4: Release your attachment to this object as you envision it changing form. Consciously direct the image to dissolve and disappear.
- Step 5: Without judgment, inwardly use your conscious awareness to observe your emotional and mental reactions to the object disappearing. Where is the fear? Is it hard to let go? Why? What is the need or the feeling of loss that arises?
- Step 6: If the ego voice of judgment should arise, just observe what its argument is in order to further understand the ego level of attachment.
- Step 7: Open your eyes and process the information of the inner experience.

Begin processing this exercise by perhaps writing down the experience or consciously processing your thoughts and emotions around the object. Seek to find what is triggering the emotional attachment. Identify the emotions of attachment. Are there sentimental feelings to an association with childhood or other relationship? If so, sift through the emotions to understand if they are coming from some level of fear or insecurity. Do you feel that the object identifies or defines your ego in some way? If so, process how identifying with the object is a limitation of the ego. What do you feel

you will lose if you were to lose the object? Perhaps it is the person associated with it or some piece of the past or childhood that holds meaning. Realize that the meaning and the love is within you, and the object is just a projection and a reflection and that nothing can take away the meaning or the love within you. It is not necessary to physically dispose of the object or give it away after doing the exercise. Seeking what the emotional and mental attachment at the ego level is what is important in order to release the ego's fear of loss.

Also identify what fears came up when the object disappeared. Were you able to dissolve the image easily or with difficulty? Did it feel like a release of emotions or an imagined fantasy to dissolve the object? How much did you struggle with letting this go? Was there a tug of war going on in your internal processing? If so, then use the tug of war visualization of just letting your end of the attachment drop. This is a powerful exercise to do in order to quell any fears the ego clings to in the physical world. If the fear is so intense in the unconscious mind and is left unattended, there is the possibility that your unconscious programming will create the loss of things in the physical world in a rude awakening to the fear of loss being harbored. Instead, when true spiritual detachment is attained, the world of objects and things can be fully experienced in the moment of joy without fear of loss. Physical objects and relationships exist in the temporal world and will come and go. True enjoyment of the physical world of objects will be there in the moment rather than projecting sentiment upon the past or fear of loss into the future.

Next identify what chakra may or may not be associated with the object from the exercise. Did you experience any sensations or tension in the physical body when doing

the exercise. If so, what part of the body associated to which chakra? Follow this type of processing for the integration exercises. Ask yourself the questions, but be sure to be truthful with yourself when listening to the answers. Distinguish the ego's voice of limitation from the truthful voice of love.

All of the exercises offered are simply guidelines to process your inner world at the levels of the three-body system, the seven chakras and the four levels of mind to bring forth more conscious awareness. If you find some exercises work better for you, then do not feel the need to do all of them based in an ego belief of attaining a perfect score of completing the workbook. Processing is not about perfection but about gaining clarity of the truth and spiritual discernment. Attaining states of pure awareness of the Higher Consciousness is accomplished with advanced practices of meditation.



Advanced Practices

Practicing advanced meditation is the discipline of attaining “pure spiritual awareness” and greater awakening to the multitude levels of Cosmic Consciousness. It is not suggested that the novice dive into advanced practices without first integrating the three-body system with the spiritual body while working towards awakening and integrating the four levels of mind. When the aspirant achieves intermediate stages of meditation and integration, the student can advance to more disciplined methods. This topic covers a general outline of introduction so that the meditative practitioner may be able to assess more clearly the differentiation between the many levels of meditative disciplines. This chapter is not meant to be a manual of instruction towards Kundalini or Light Body activation but merely some guidelines to be aware of when setting sights on these goals.

Introduction to Kundalini Meditation

There are different types of advanced meditation practices employed to attain the pure spiritual awareness of Cosmic Consciousness. Because of my own level of attaining Kundalini awakenings, I am able to offer some very basic aspects of Kundalini meditation based on my direct experiences. The information will be presented as an introduction

to this form of practice and is in no way complete. It is up to the aspirant to do the integrative work outlined in this book and the attainment of balance of the masculine and feminine energies before approaching Kundalini meditation.¹⁰

With the fall of the vibration of a part of the Higher Consciousness into the dense vibration of the unconscious, the potent forces of creation direct from Divine Source entered into the sleeping state described as a coiled snake in the unconscious rooted in the base chakra of the three-body system. Kundalini meditation is the practice of activating the coiled serpent of the energy of creation lying dormant at the base chakra in alignment with the other six bodily chakras and raising this energy to the crown chakra. Kundalini activation is the intense solar/electric energy of creation. It is a very potent energy and can burn out the physical body nervous system if not activated gradually.

As mentioned earlier, sitting in the lotus position while meditating is taught by certain Eastern Indian yogic traditions. The physical discipline of sitting in half-lotus or full-lotus position with the legs crossed on top of one another as depicted in Figure 10 is practiced to overcome ego distraction through bodily discomfort. In this respect, it is used as a discipline of strengthening the resolve to focus on the spiritual by conquering the ego's attachment to the physical. More importantly it is the position of the legs that enables the physical spine to become erect. This forced lotus sitting posture supports the alignment of the physical spine, which subsequently aligns the seven chakras in a direct line. The seven chakras must be in alignment both in the physical body and the integration of the cleared energy flow of the emotional and mental bodies in order for

¹⁰ See *In the Garden of the Goddess*.

the Kundalini energy to be raised from the lower spine of the base chakra to the crown chakra. If any of the chakras are blocked, the Kundalini energy will jam in that chakra and charge the chakra into an overactive state. This inherently can set the three-body system in a greater intensity of imbalance than even prior to the initial Kundalini stirrings. The aspirant will have a great deal to contend with in calming the overactive chakra before once again achieving the balance of the three-body system within the seven chakras. For this reason, it is best to take the suggested initial steps of clearing and integrating the three-body system prior to entering into intermediate to advanced stages of Kundalini meditation practices.

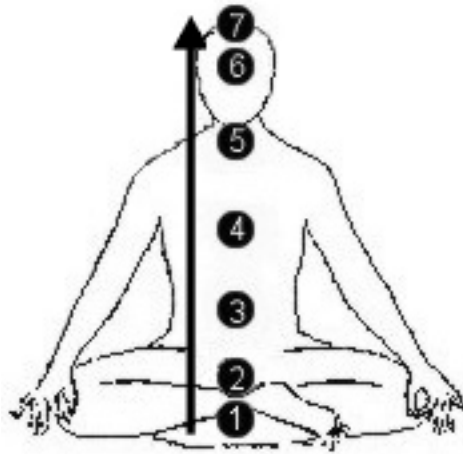


FIGURE 10: Lotus Posture

Kundalini activation can just as easily be practiced in a horizontal position on a comfortable mattress or floor while lying flat on the back to align the seven bodily chakras

as depicted in Figure 11. Placing a pillow under the head or neck can inhibit the flow of energy. The head should rest flat against the floor.

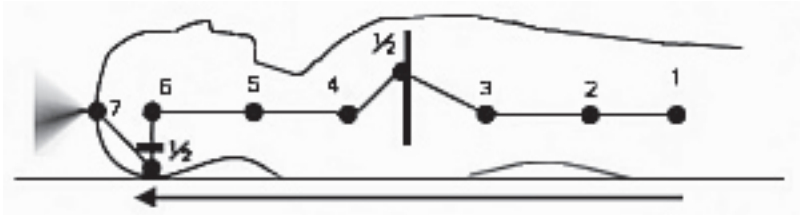


FIGURE 11: Kundalini Horizontal Posture

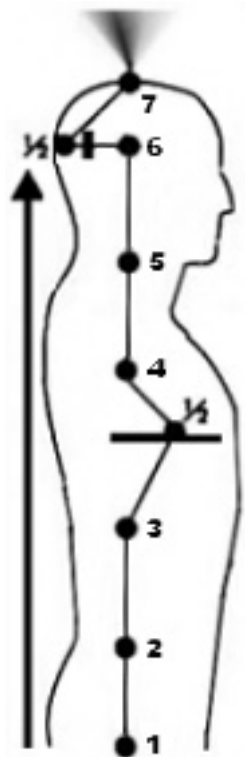


FIGURE 12: Kundalini Vertical Posture

Either of the postures of sitting vertically in lotus position in Figure 10 or horizontally on the back in Figure 11 will align the seven chakras allowing for an easier energy flow.

Some of the steps to take in preparation for entering into this advanced stage of Kundalini meditation are as follows:

- Balancing both the masculine right side and the feminine left side of the energy bodies in the three-body system. The Eastern Indian term for the masculine is *pingala* and for the feminine it is *ida*. This is the integration of the masculine Spirit with the feminine Soul. If either of these energies are too far out of balance, activating Kundalini will be a challenge. For example, in the case of seeking a perfected soul mate in the external world or projecting unconscious qualities on the opposite sex rather than bringing the focus to the internal union of the Divine Masculine and the Divine Feminine will create discord in the balance.
- Clearing all seven chakras of fear-based emotions and beliefs harmonizing the three-body system with the spiritual body to enough degree that surrendering the ego can be accomplished during the meditation practice.
- Absolute quelling and quieting of the ego's attachment to the three-body system and complete surrender to the Higher Consciousness.

- Ongoing physical intake of eight glasses of water daily to saturate the nervous system. Water conducts the electric/solar charge, and this will prevent burning out the nervous system in the body.
- Ongoing processing of emotional and mental body during practice to bring the attainment of ecstatic bliss into a stable integration in the physical experience. Otherwise, drastic swings of the pendulum from bliss into depression can occur.

When all of the chakras are sufficiently cleared of fear and the mental and emotional bodies are in harmony with the physical body, the practice of Kundalini meditation can begin. Once again, as long as consciousness inhabits the physical body, there will be the ego to contend with, and there will always be levels of fear that will arise even with the healing process of clearing the emotional and mental bodies. There is no need to await the elusive attainment of perfection to begin practice, but a sufficient focus on balancing and integration and mastery over the ego is recommended before venturing forth. Be alert to the ego wishing to jump ahead of the clearing work by setting unreasonable goals of attaining levels of bliss without having first conquered the attachment to fear.

As the coiled serpent awakens in the base first chakra, the intensity will be felt as if a coiled snake is rising up and about to strike. The movements of an earthly snake posing in half-coiled position are very reminiscent of the initial stirrings of this energy at the base chakra, and this is where this term, “coiled serpent,” has originated. It is also the meaning of the proverbial serpent in the creation story of Adam and

Eve in the Garden of Eden. Consciousness fell into the farthest reaches of the unconscious level of mind when the energy of creation was turned downward and expressed sexually into the physical realm of duality, rather than holding its position in the crown chakra in Divine Marriage with the Higher Self. It was never meant for consciousness to fall this far into entrapment at the density of fear in the unconscious. Thus emerges the task of awakening the coiled sleeping serpent to charge the unified Spirit/Soul with the solar/electric current on the return ascension to the Light Realms where the Divine Blueprint is held as the template of the original creation of the Adam Kadmon as it was initially intended. Serpent images as the cause of original sin and the influence of the devil as the ego aspect stem from this truth.

The physical body may jolt in the base chakra with the initial stirrings. You will notice there are two interim half-steps depicted in Figure 11 and/or Figure 12. These indicate the portal doorways that are most challenging to bring the Kundalini energy through from the base of the spine first chakra to the crown chakra in total alignment. In the first half-step that is the heart chakra, this represents the portal that opens to the Heart of Hearts linking to the Higher Self of the Love/Wisdom aspect. At the second half-step depicted at the seventh chakra, this shows the portal to the telepathic link to the Higher Self as the direct Truth/Knowledge aspect. These two portals are the challenge to break through the blocks of energy that keep them closed. They are the significant portals to the union with the Higher Self, which unifies all seven chakras and awakens to the next tier of the twelve-chakra system. The Kundalini in actuality does make these two very distinct kinds of L-shaped turns that can be felt like two jolts

when first practicing the raising of Kundalini. Like the path of the lightning bolt symbol, this is how this energy is down-stepped into the physical realm, and it is also how it is raised again. With more practice the activation becomes smoother, and the portals at these two junctures remain more fully open unless shut down again with the reactivation of any imbalance in the three-body system.

Some people wonder if they have awakened the Kundalini energy through meditation because they attain certain levels of peace or joy. It is quite possible to attain levels of peace and joy in the waking conscious experience, as well as in the meditative experience without activating the raw creation forces of the Kundalini energy. There are higher scientific principles involved in the practice of Kundalini meditation.

The terms “ida” and “pingala” mentioned in Chapter Two in reference to the yogic breathing as breath awareness meditation represent the split of the dual energy at either side of the body, and that particular breathing exercise is used as a practice to balance them. “Breath of Fire” exercises are also warm up routines to prepare the body for the intensity of holding this energy. During my initial Kundalini practices in the mid-1980’s, this form of “breath of fire” breathing occurred spontaneously, as the serpent energy became uncoiled and coursed through my chakras. The voice of the Higher Consciousness told me to focus on controlling the breathing. At a certain point, I was aware that I was holding my physical breath, and the Higher Conscious voice told me to remember to control the breath by being aware of the breath. At another stage of awakening to nirvana in a sea of tranquility and ecstatic bliss, all sensation of the physical body disap-

peared and the physical breath ceased replaced with prana as the Living Light and breath of Cosmic Consciousness. All track of time collapsed into this ocean of oneness as if only a blink of an eye. As the voice of the Higher Self spoke and said, "It is time to return to the body now," my consciousness came back slowly into the physical body. A look at the clock revealed that an hour of linear time had passed, during which I consciously held this intense energy of ecstatic orgasmic bliss.

As the coiled snake awakens, the masculine energy depicted by the white arrows and the feminine energy depicted by the black arrows in Figure 13 intertwine in perfect harmony and braid through the seven chakras. The interaction of the masculine and feminine energies may not be consciously noticeable during activation because they are so closely interwoven and balanced as to be one unified force.

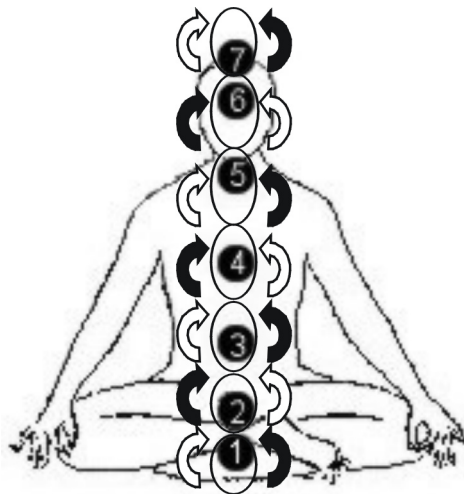


FIGURE 13: Kundalini Activation

A practitioner will know that the pituitary gland located in the sixth chakra area of the body is activated when the “third eye” vision is filled with white Light. The pineal gland located in the crown chakra of the body will also activate with a stimulation of the endorphins. Heightened sensitivity will allow the conscious awareness to feel the sensation of the dripping of the endorphins in a timed rhythm sending tranquility to the body. Ancient masters of meditation have referred to the activation of the pineal gland secretion of endorphins as the “ambrosia” or “nectar of the gods.” Attaining Cosmic Consciousness through Kundalini awakenings can only be described as cosmic orgasmic bliss that is experienced as long as the conscious mind is able to maintain the activation while still remaining in the physical body, for this is the heightened ongoing bliss that is Divine Love at Source. At this level of integration, it is possible to experience the bliss of Cosmic Consciousness while in the physical body. All attempts to find the perfect sexual union in the external world and all attempts to find Divine Love in the external world are based in this separation from the Cosmic bliss that is the Divine Marriage within the Higher Self. Each time the peak experience of the physical sexual orgasm is attained for just the split second, the connection with the Higher Self is made, but the conscious mind blacks out into the unconscious for that instant. Every time the split second ends, “the original fall” is re-enacted. Attainment of Cosmic Consciousness through raising the Kundalini affords the conscious experience of the ecstatic bliss held consciously for far longer than the split second. Not everyone is on a conscious spiritual path of mastery and ascension, and

the Soul's awakening journey determines the level of spiritual attainment. Developing the relationship with the Higher Self enhances all relationships, whether with another person, or any of the many aspects of the Soul in the mineral, plant and animal kingdoms until all is seen to be awakened fully within the Higher Self as the many expressions of the One. Every choice in life is filled with golden opportunities to awaken to the infinite aspects of Divine Love.

With the mixture of the solar and electric energies coursing through the physical body, if the Kundalini energy is not evenly distributed through the heightened activity of the nervous system, there may be pockets of intense heat felt in areas of the body. Solar/electric heat must not be confused with hormonal imbalances of menopausal hot flashes or other types of body heat such as fevers. It is in a category of its own, although it may at times feel as if it may be a fever, which may persist for hours or even days after the Kundalini activation. Checking with a thermometer will prove that the body temperature will remain normal even though the heat may be producing burning, feverish sensation in parts of the body. If heat accumulates in any area, cool compresses can be used to help bring the physical body in balance. Stepping back from raising the Kundalini for an interim is suggested to give the body a chance to regulate this heightened energy and the conscious awareness to process the spiritual experiences.

I would also like to share more of my own personal Kundalini experience to further illustrate how sacred symbols and imagery represent road signs in the interior landscape. During one activation of Kundalini in the mid-1990's, at a certain stage, the image of the two coiled snakes wrapped around the inner staff of the caduceus (see Figure 14) flashed

vividly in my third eye very briefly. It was at that moment when profound levels of significance of this symbol that is used so profusely in the medical world as a symbol of healing integrated into my conscious awareness from the Higher Consciousness. With this awakening came the revelation of just how significant sacred symbols are both along the inner journey as road signs in consciousness and the integration with the external experience. In the image of the caduceus depicted in Figure 14, it is very evident that the two coiled snakes are the balanced feminine (ida) and masculine (pingala) energies uncoiled in unison rising around the spine. The wings represent spiritual freedom on the return of consciously awakening to the Higher Consciousness from the “original fall” into the unconscious mind.



FIGURE 14: Caduceus

There have been those on the spiritual path of progress, myself included, that have experienced intense awakenings to the Cosmic Consciousness level only to fall again into the ordinary world of the mundane and having to return to further conscious processing of that which is in the unconscious mind. Integration of these intense levels of awakening Cosmic forces can be a great challenge in balancing

the three-body system with that of the spiritual body of the Higher Self. Falling back into the mundane world after attaining great intensities of ecstatic bliss created another kind of depression. To be in a normal state of waking consciousness felt like a deeper depression because of the intense fall from ecstatic bliss. Sky-rocketing to Cosmic Consciousness followed by a shift back into the ego without integration of all three bodies can create more extreme imbalances. Further lessons of the karma of cause and effect and clearing of the three-body system will then need to be addressed.

After each crash and burn of dreams and visions comes the disillusionment of the Dark Night of the Soul. Resurrection of the Phoenix from the ashes gloriously shines again with even brighter visions to behold and manifest. As in all of the many phases of spiritual awakening, activation of the Kundalini energy is also attained through progressive steps and stages. This is why it is suggested to take each step of integration to savor like morsels of sweetness at each stage of the spiritual path. There are many levels of samahdi and nirvana that are attained within the experience of Cosmic Consciousness. Even to attain this level of Cosmic awakening and subsequent integration is not the end of the journey but expands into infinite realms of eternal quests.

Attaining spiritual experiences of the ineffable states of pure awareness can hardly even translate into physical terms or understanding. One of the ways to integrate these intense levels of awakenings into the physical experience is to allow some space and time to just “BE” in the state of pure awareness without external distractions. When possible, clear the schedule of external activities for at least brief intervals in order to sit with open eyes peering into the external

world while straddling the inner spiritual realms to savor the experience and to glean understanding of the spiritual truth of the essence. Spiritual retreats are designed to create the space of delving into the inner worlds and process the integration as one re-enters the daily routine again. Create your own mini versions of spiritual retreats within your own home environment. Set aside time and space to take the inner journey no matter what level of spiritual achievement attained. Building the relationship and communication with the Higher Consciousness is ongoing, and like any relationship it will only flourish when attention is focussed on nurturing the relationship. Eventually with integration comes the pure state of being in joy and ecstatic bliss, the pure state of awareness in even the most mundane of activities in the physical world. Enjoyment is not the same as generating the effervescence of joy from the Higher Self. Enjoyment may be attained temporarily from an external activity, but when the activity ceases, the enjoyment may shift to disdain of the chores that need to be done. True joy is attained within and can be experienced in every activity and task.

Activation of the Light Body

Harmonizing the three-body system with the spiritual body of the Higher Consciousness is one of the initial steps of ascension towards transfiguring the physical body into the Light Body of the Light Realms.¹¹ This feat is the accomplishment of the many Ascended Masters that have been born into the physical world experience of a human womb and have

¹¹ For more information on transfiguration, see *The Rhythm of the Cosmic Pulse*.

mastered the ego's fear and attachment. The Light Body is not the same as the spiritual body. The Light Body is the Adam Kadmon template of form brilliantly lit from within. The spiritual body is the pure essence of radiant formless Light that emanates from Divine Source and can be experienced as a sphere of brilliant Light.

Kundalini activation is the initial step to igniting the balanced solar and electric energy in the physical body. The golden solar and silver electric energy of the Higher Consciousness ignites the Light Body. Not all Kundalini activations will ignite the Light Body. Some levels of Light Body activation occur spontaneously without conscious focus on Kundalini activation. However, the spontaneous activation of the Light Body may not be able to be repeated if not consciously understood. Activation of the Light Body is also accomplished in stages. Complete Light Body activation or transfiguration occurs with total mastery and dissolution of the ego at the personal ascension level. When the ego is dissolved at this stage of Mastery, it is no longer needed as the temporary window to the physical world for the entirety of the created worlds is integrated into the consciousness. Integration of the conscious mind with the Higher Consciousness is attained at this level of Mastery beyond ego. Light Body activation and personal ascension into the Light Realms is also not the end of the spiritual path. Consciousness is ever expansive and continues to expand into more spiritual attainment at the Ascended Master level.

The spiritual body of the limitless Higher Consciousness as the Source of pure Light and Love is not to be confused with the Light Body in the Light Realms. To clarify this

further, the spiritual path is about bringing more of the Light and Love from the spiritual body Higher Conscious awareness awakened consciously at each and every level. Whether in the physical, emotional and mental bodies of the physical experience, or whether at the level of the Ascended Mastery of Light Body, there is always more Light of the brilliant sphere of the spiritual body to expand into consciously.

With the harmonizing of the three-body system awakened to the Higher Conscious mind of the spiritual body, the Light Body can be activated. Radiance of a golden-white hue will emanate from the harmonized four-body system and can be seen in the physical world by those that are attuned to clairvoyance. The rainbow colors of the seven chakras merge into the golden-white light hue of the aura. Activating the Light Body is not the same as the complete transfiguration of full activation and ascension of the Light Body into the Light Realms. Initial Light Body activations can occur and then once again the three-body system can fall into disharmony. Holding the Light Body activation steady is also another step in the advanced stages of masterfully integrating the spiritual experience into the physical world.

Both Kundalini and Light Body interference with the physical world electrical appliances and lights has to be understood and maintained at a level of integration also. After one particular Kundalini activation, I jumped up too soon without integrating the energy into my physical body and approached my computer. Reaching for the power button, I witnessed a golden spark of about an inch long jump from my fingertip into the computer and the computer never worked right after that. This does not have to happen, and because I did not consciously integrate the levels of intense energies

between the physical and spiritual realms, I learned an important lesson. Electrical appliances can work in alignment with Kundalini and Light Body activations to certain degrees when the integration process is heeded.

Ascension and transfiguration cannot be attained while the ego still has any power to hold its grip on fear. If spontaneous activation of the Light Body occurs without bringing all of the consciousness at each level into harmony, it will not be able to be maintained. Fall of vibration back into disharmony in any one of the three bodies through the seven chakras will once again cast the shadow that dims the Light Source of the Higher Consciousness, which activates the Light Body. When the Divine Love of the Higher Self fully resides where once there was ego fear, the ego is humbled in the presence of such Love and takes its proper role as the clear window to the external world. Should fear arise from the ego level for even a split instant, the Light Body will dim over again and the separation of the chakras into the rainbow colors will continue. Such is the concentrated focus of conscious awareness needed at this level of Mastery.

Each new integration of the spiritual experience with the physical world brings with it multidimensional realms of sensations. Where the sense of touch in the fingers reaches out to interact with the external environment, this designates the boundaries that can shift in alignment with the boundaries of spiritual ethics. Where the sense of hearing opens up to listen to the sounds of the external world, this now registers the refined vibrations of the music of the spheres. The subtle, whirring spin of the electron can be heard spinning form into creation. Where the sense of sight peers out upon the external world, colors shine vividly in multidimen-

sional layers of vibration uniting in layers of form. Templates of creation can be seen to overlap revealing new definition in layers not seen before. Where the sense of taste opens up to savor the flavors of nutrients to the body, the nutrients to the Soul can be found in the inner world of pure essence.

During these synchronistic moments of heightened awareness, the physical world may appear as a rhythmic dance unfolding in a string of perfect moments. Colors may appear more vivid for the inner vision will be acutely attuned to the higher vibrations of the multidimensional layers of colorful array. The purity and essence of all living and ever-changing form will take on new meaning. The multidimensional inner landscape of the Light Realms will be seen as the Divine Blueprint template overlaying the external physical landscape. Vistas not yet imagined will open on the event horizons yet to be. Deep within the heart chakra portal are multidimensional layers of the Heart of Hearts opening like the beautiful blossoms of the lotus. Love is eternal, and its expression blossoms in infinite ways.

These are the awakening moments that await your arrival on the path of spiritual progress. These are the rewards of becoming spiritually awake in the physical world and all the worlds beyond.



I'm sipping my morning cup of tea
While peering into infinity
The colors come the colors go
Exquisite display of a Light show

The particles form an image pure
Across heaven's eternal floor
They disperse again in flames of gold
Leaving footprints upon the days of old

I'm drinking my morning cup of tea
While splashing around infinity
The waves will come and then will go
A cosmic symphony with rhythmic flow

The sound waves of creation pure
Ripple forth and caress upon earth's floor
Creation echo's back its refrain
And with new steps to dance again

I'm having my morning cup of tea
While dancing with infinity
History's cycles of ages past
Were never really meant to last

What is that sound I hearken to hear
It's the last refrain of the death of fear
Upon the fields of the New Creation
I birth the new manifestation

I'm enjoying my morning cup of tea
In harmony with infinity
And whosoever shall pass this way
I bid you all a glorious new day

c 2004 Sharon Shane



ABOUT THE AUTHOR

Sharon Shane is a channeled intuitive, spiritual teacher and author.

In addition to her many books and channeled CD's, she has also authored the first chapter, entitled *The Synchronistic Dance of an Awakening Soul*, in the book *Spiritual Awakenings*, a compilation of various spiritual authors compiled by Maggie Erotokritou,. Sharon's poetry and articles have been published in numerous magazines.

In her earlier endeavors she has worked with a variety of indigenous healers and shaman from around the world to integrate their teachings.

Sharon continues to travel as an international speaker and teacher of the principles of mastery, meditation and integration through spiritual psychology and also hosts online channeling events and classes. In addition, she works closely with individuals in her one-one-one apprentice programs designed for the serious spiritual student. All spiritual work of Liquid Light Center is in accord with the Ascended Host in the unfolding of Divine Plan and to empower the individual towards mastery.

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Other books by Sharon Shane



In the Garden of the Goddess

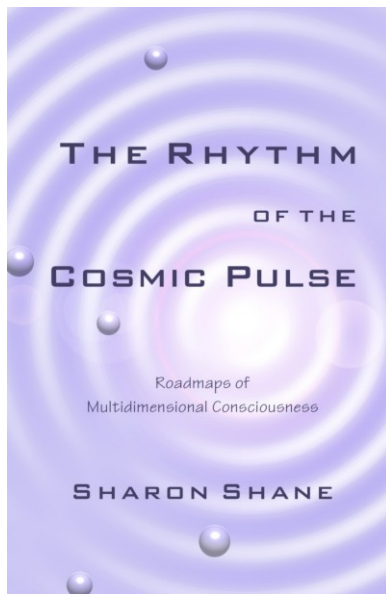
ISBN 978-0-9676-9680-5

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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 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."

Available through Liquid Light Center Publishing:

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The Rhythm of the Cosmic Pulse

ISBN 978-0-9676-9681-2

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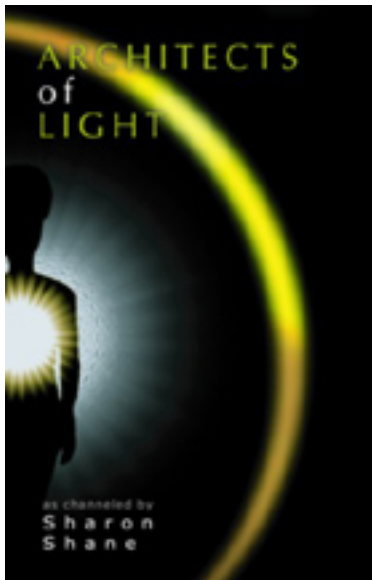
The Rhythm of the Cosmic Pulse is designed as a roadmap to guide the spiritual aspirant through a greater understanding of the multidimensional levels of consciousness and the metaphysics of the creation process.

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The Rhythm of the Cosmic Pulse points a proverbial arrow of conscious awareness as if to say "You are Here" at key points on the map of awakening to multidimensionality. This work invites the spiritual seeker on a journey to the center of the Heart of Hearts within the *One Conscious Being*.

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Architects of Light

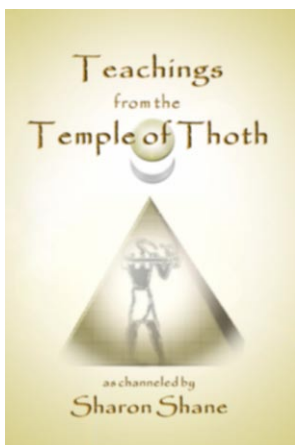
ISBN 978-0-9676-9682-9

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Throughout the pages of *Architects of Light*, the Ascended Masters offer profound gems of wisdom. The reader will find many levels of awakening on the evolutionary path from techniques of Mastery to the creation principle of the sixth to twenty-fourth dimensions, in addition to esoteric blueprints for the foundations of building the Cities of Light. As the Masters set forth the challenges to bring forth the next phase of Divine Plan, who of you will answer the clarion call?

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Teachings from the Temple of Thoth

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Thoth is a Master Teacher throughout the ages of humanity. In these temple teachings, Thoth gives an overview of the physical universe manifestation, as well as the creation principles of the Full-Light encodement within the ascended Light realms. *Teachings from the Temple of Thoth* offers new insights into the transformation process, as well as the higher science of transfiguration of 144,000 meridian points of Light body, and personal, global and universal ascension. In the words of Thoth, as invitation to the initiate on the path of mastery, *"Walk with me through the 'Halls of Amenti.' To enter these Halls is to walk the Supreme path. Walk with me and your fathers before you. We are with you ever and a day to add more Light to the Light that is already."*

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Sharon Shane is an international speaker, channeled intuitive, spiritual teacher and author of *In the Garden of the Goddess*, *The Rhythm of the Cosmic Pulse* and *Architects of Light*. She works closely with apprentices and clients teaching meditation and integration.

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