

Essays in Spiritual Psychology



Don Turner



www.SoulLifeCenter.org

11/2019

Cover is *Cupid and Psyche* by G. Cammarano

Contents

5	Suffering, pain and crisis
6	Essential awareness for growth
8	Recommendations for daily practice for personal growth
9	Overview of some psychological principles
11	How negative core images are created
14	Typical negative beliefs contrasted with positive self beliefs
17	Negative qualities contrasted with soul qualities
18	The relation of negative, false beliefs to common problems
19	Finding negative core images
20	Steps to resolving negativity
21	The opportunity for growth in relationship
23	The potential of relationship as a conscious path
25	The cultural shift in relationship values
27	Characteristics of soul based relationships
28	Spiritual principles in relationship
32	Good communication guidelines
33	A guide to healthy relations
36	Boundaries, rights and healthy relationship
39	Sex
41	Masculine and feminine complementarity
42	Gender differences
44	Self empowerment
46	Drawings of soul and personality
49	The planetary shift in consciousness
50	Principles of self realization
52	Self realization: some thoughts
56	Self realization affirmations
57	Archetypes
59	Remembering the soul
60	Self or soul realization
62	Ego and soul qualities contrasted
65	The coming Age of the Soul
66	Paths for two hemispheres
69	Opening to the possibility of a soul project
71	Rules for creating what you want
72	Staying focused
74	Nondual awareness
76	The Heart portal
77	Finding your Self

Essays in Spiritual Psychology

79	Realizing your Self
81	Living in Love
83	The <i>withinness</i> of the Presence
85	The need to share for Self realization
87	Waking up and moving through the day
89	Heart mandala meditation
91	Mindfulness
94	Meta mindfulness
96	The path to union with the soul
98	From mind to heart, intellect to intuition
100	The transforming power of Love
101	Insights from the path of self inquiry
103	Some types of spiritual practices
105	Some types of spiritual and paranormal experiences
106	Mind
110	Transpersonal assumptions
112	Ego — Self psychology
113	Experiencing the reality symbolized by ideas
114	The new awareness
115	Creating a Heart based culture
118	Becoming inner directed
120	Love
121	The new dispensation in the three phases
124	Core beliefs

Suffering, Pain and Crisis

Everyone experiences some difficulty, pain and grief in life. A certain amount of unhappiness is a natural part of the process and learning entailed in living. Pain triggers natural defense processes that are meant to protect us. This can easily be seen in the case of the physical pain we experience if we touch something hot. The body instinctively pulls back because it is not good for it. With psychological pain it is often not as easy to see the cause, although the psyche has its own instinctive way of defending itself here, too. Often, however, the defense structures established in childhood (primarily by withdrawal, aggression or submission) become restricting when, in adults, they contribute to a rigid personality based on fear and negative assumptions that limits our ability to grow. It can lead to a crisis if we either do not listen to the message in the pain, or our beliefs do not allow us to change. Although we may dislike this, pain is actually is an opportunity for expansion and renewed life. Nature is forcing us to change--for our own benefit.

If we can think about suffering in this way -- as showing us ways we need to change to claim ourselves, our capacities and intents -- we can be more open to seeing what message it contains for us. One's inner self is invulnerable and not threatened by anything we might experience. The places where we experience pain in our lives are therefore showing us where we are out of alignment with our inner self or have not fully realized some particular awareness or capacity we have. We need to change and grow in this area to realize our innate potential.

As adults, we create our life as a result of our beliefs about who we are and what is real and right. Dysfunctional assumptions which were acquired when we were children may be changed as we become aware that they do not reflect what we truly are. To summarize:

As adults, we create our own suffering as a result of wrong assumptions about ourselves and life which are usually established in childhood--often as a result of normal reactions and defense processes. Pain and suffering, in adults, are lessons which show us where we are out of accord with our inner self.

We need to take responsibility for ourselves and our experience and realize that we can change by releasing old ideas and patterns which are dysfunctional.

We have the innate ability to understand the lessons our experiences hold for us, and to change so that we live a harmonious and fulfilling life regardless of what difficult experiences we have had. We have the potential of living a harmonious and fulfilling life.

Most erroneous ideas of who we are assume that we have to live in fear and cannot trust ourselves or life. These assume that reality is a threat and that life is a struggle for survival where we have to use our power to get the things in the world we need and lack. The ideas which are in accord with our inner self are those related to love and trust where we understand that the universe is actually working for us and our benefit. We can learn to live in harmony with it and our spirit. When we learn to listen to our inner knowing, life will flow more smoothly and the inevitable problems which arise will be resolved more easily, without so much trauma or crisis.

§

Essential Awareness for Growth

When you have a negative experience remember that this does not reflect the nature of your real self or the nature of the universe/ reality. Rather it reflects your choice -- at probably an unconscious level -- to believe in and become attached to something negative. Since you have the capacity to change this choice, you have nothing to fear or to lose from looking at the painful experience, finding what belief or identification is causing it and deciding to change your mind. You can release the false image. (And all negative images we hold will create pain because they are negations or denials of the positive essence of one's self and thereby restrict one's self-expression.) Therefore, every negative experience can be looked on in a positive way as an opportunity to gain awareness of one's deep-seated negative assumptions and false identifications. This needs to happen before they can be released and replaced by the positive truth implicit within one's inner self or soul.

If this awareness can be gained, it creates a great sense of peace, relaxation, freedom and expansion. For now there is nothing to defend against, no need to condemn oneself, or for massive efforts to achieve an imagined agenda for safety and success. The universe is realized to be safe and supportive. The solution to life is not to be found in achieving ego ideas separate from our experience of life itself. By opening to and trusting in the wisdom within, experience becomes fulfilling.

Clarifying one's issues

With regard to a particular problem area one may be experiencing in life, resolving it is dependent on clarifying the particular negative image(s) we hold that has created our difficulty. It is not sufficient to know that the problem is related to various issues, although this may be a first step. We need to gain a clear awareness of the specific core image(s), with its implicit assumptions, values and beliefs about who we are and what is real and significant, that underlies our experience. Then we must understand the causal relationship between our beliefs and our experience and understand how we may unconsciously create those things that rationally we don't want. We also have to believe in our capacity to change our minds once we examine what's there. Then we need to be able to be open and listen within to clarify what is the truth for us.

Repeated negative experiences of a similar nature point to the existence of negative images and assumptions within one's mind. The mind, as the creative organ, externalizes its structure of attachments about reality in the particular forms of our experience. Thus we may come to know when we are out of alignment with our inner self -- through negative and painful experience. Our core beliefs and the basic structures of our mind can seem to have a self-justifying nature if, as we so often do, we confuse cause and effect and do not clearly see how we are responsible for co-creating our particular experiences. This is especially true when we experience things that we don't rationally want. We therefore think the experience must justify the belief that we think is the valid conclusion from the experience. When we do not question the arbitrary nature of many of our firmly held beliefs and cultural assumptions we must, invariably, live circumscribed lives restricted by the limits imposed by these beliefs.

To realize our potential for happiness and fulfillment, we must become aware of those assumptions we hold that are false and negative and that thereby restrict the full and free expression of our being. We have to gain detachment and understanding about those core images we hold about what is real and important. These are not only reflected in our thoughts and values, but in what we identify with, what we live and experience. We have to be able to separate false internalized attitudes and ideas from those that are reflections of our inner self and that allow that inner self to manifest itself.

This understanding posits that as human beings we embody: 1. An eternal spirit or essence that is an expression of the One Life encompassing everything. 2. An inner immortal self consciousness that has certain inherent qualities. 3. An outer personality whose ultimate purpose is to align with, embody and express the inner soul and spirit that inhabit him and that he is, in essence. When an individual has identified with false (not reflecting his true essence and nature), negative and separate patterns of thinking and feeling, these result ultimately in pain and suffering of some sort and thus help the individual to shift in a direction that will be more authentic and fulfilling (as realizing one's inner self and spirit is).

§

Recommendations for Conscious Daily Practice

Some simple practices are very helpful in working on oneself.

Try to create a balanced daily structure that you can consistently maintain that includes time for contemplation and journaling. Keeping a daily journal is an invaluable tool for awareness and growth and an important part of a conscious daily rhythm. Although it requires extra effort in the beginning, as it becomes a habit the process will become a solace and support. The time with oneself will not only help unravel problems but will help clarify meaning and the positive steps necessary to take one forward in life. Buy a special notebook that you use only for your journal and that you can easily take with you. Keep it close at hand to help record those thoughts and feelings which might otherwise pass through unanalyzed and soon forgotten.

Record any significant dreams when you awake in the morning. Later you can do additional analysis or work on your dreams. You can dialog with the different parts of your dream, that actually represent different parts of your life, to get more insight into what the dream is telling you.

Start the day with a time of centering, prayer, meditation or silence where you center yourself in the peace, light and love within your inner self.

During the day, stay present in your body in the moment, staying as centered as you can. Be aware, as specifically as you can, of the thoughts, feelings or emotions which you are experiencing and name them: "Now I am experiencing anxiety...: Now desire for such and such; Now anger about..., etc." Let them be and pass through without holding on or being afraid. Remembering to breathe slowly and deeply helps.

Notice any preoccupation or persistent thoughts; any pronounced feelings or emotions either distressing or positive; any recurring fantasies.

Notice, in particular, those things which make you feel good, alive, excited, satisfied or hopeful. Notice when you are acting on what you like and want to do and when you are doing things because you "think you should" do them.

At the end of the day take more time to reflect on your experience during the day. Try to identify the desires behind your particular thoughts or emotions.

Over a period of days, notice what persistent themes, issues or dynamics have been occupying your attention. Try to clarify some of the assumptions underlying these.

§

Overview of Psychological Principles

There are a few basic principles behind our approach to resolving the negative patterns, attitudes and experiences in one's life:

1. We each have totally a positive eternal inner/higher/spiritual self or soul -- whatever term you feel most comfortable with -- that is a discrete center different from our normal sense of self or ego and that has within it a higher knowing and intention.

2. This inner self is itself an expression or aspect of the creative, purposeful life that is within and behind all things, i.e., God -- or whatever term you feel comfortable with.

3. The structure of the core images in our mind becomes externalized in the particular forms of our experience that directly reflect these. Or simply, what we believe (on the deepest level of living in and through) is created in our life.

4. Some of the qualities inherent in the soul are: beauty, love, wisdom, courage, peace, power, strength, independence, grace, creativity, joy, etc. Negative, false, distorted images and assumptions that therefore do not reflect the true nature of one's inner self, are reflected in negative experiences of some kind -- suffering, frustration, conflict, anxiety, loneliness, vice, addictions, unfulfillment, depression, etc. -- and thus allow us to become conscious of how we are denying or distorting the nature of our inner self.

5. The core images in our minds establish our fundamental interpretations about the nature of our self and the world, that we subsequently project on to it. These are created in childhood by an automatic preverbal, preconscious process that is a response to our experience. These images, that then order our emotional life, can be quite different from the rational, conscious set of beliefs and values that we adopt later.

6. Psychological pain, like physical pain, is nature's device to lead us away from things that aren't right for us. If we seem to experience a lot of things that we don't want or like, it's because we are either unconscious of our deep identifications or we mistakenly believe our conscious strategies are more powerful. However, we can change our minds.

7. Development proceeds organically. Regardless of the success, ideals, will or spirituality that we have in certain areas of our life, if we have unresolved false core assumptions, they will unavoidably set limits on our progress and act as anchors holding us back.

(It's important to acknowledge that children are more dependent on and conditioned by their environment than adults and therefore less responsible for their experience. Adults have a greater capacity to leave a negative environment or transcend its influence.)

Furthermore, responsibility for negative experiences should not imply blame. The point is to learn and change, not to condemn and feel guilt.)

§

The Process of Creating Negative Core Images

At the deepest level, creating negative core images is an inescapable part of the human condition, and therefore these exist in everyone to varying degrees, from the normal to the pathological. Therefore, understanding this process is essential for everyone and, no matter how successful and happy we may appear, we can not fully realize ourselves or our deepest striving and yearning until we become aware of and resolve basic false identifications endemic to our thinking. Unacknowledged negativity acts as an anchor that restricts development. Having more acute symptoms can be helpful in that it makes the problem more obvious. Being normal, more healthy and adapted can allow one to underestimate the extent to which normal cultural assumptions and values are implicitly limited.

The process of creating negative core images begins with incarnation. The soul, the inner immortal individual, incarnates through a human being who is an expression of that inner self, but who also, as a human being, embodies a different level of consciousness. The human being naturally identifies itself and its reality in terms of the world it incarnates into. As our dualistic world operates by different laws than the world of the soul in which our being is grounded, the individual adapts to and identifies with these. Our first sense of ourselves as human beings is invariably characterized by attributes distinctly different from the soul:

1. A perception of separation. We identify with the world of differentiated forms in which we incarnate and lose awareness of the unity that persists between our human ego and our soul.

2. A feeling of fear. Identifying oneself as a temporal and vulnerable human being, fear and anxiety arise for one's safety and capacity to fully be. One naturally feels threatened and overwhelmed by the array of forces acting in life.

3. Projection. What one denies, one projects. On this level, the power of the soul, from which all fulfillment is derived, is projected on to the world and therefore experienced there. Because of this, we assume we have lacks that are met by things in the world. (When integration is established, outer needs are met as a reflection of union with the soul, not as an replacement for it.)

This is the fundamental condition of negative images that are created by inability to maintain one's identity with the soul, by fear and projection. There are further differentiations of the basic denial (negativity) and the resultant false images. In the second stage, the ego falsely takes on the authority of the inner self (which intuitively knows what is real and true) in its assumed capacity to judge reality in its own terms. Separation and fear become the reality. The ego's denial becomes reflected in negative judgments about itself -- self-doubt, negative self-evaluations, vulnerability, a sense of lack, etc. -- and it adopts a basic strategy (through aggression, compliance or withdrawal) to get its felt needs met from the world. There are elements of pride (I need to justify and prove I'm right) and self-will (compensations for the felt sense of weakness and vulnerability) and an assumption that unless I get my agenda met for what I believe I need, I will not be happy. All images of oneself in these areas have implicit negativity.

4. Specific projections of needs for love, security and satisfaction.

5. Adoption of a basic strategy to get these -- primarily using aggression, withdrawal or compliance.

6. Arrogance and self-justification. Beliefs seem to affirm themselves by creating effects that we think have an independent reality.

There are further differentiations of negative images created, because no matter how perfectly parents love and meet the needs of their child, it is impossible to satisfy the unrealistic demands of the infantile ego. Or, even if it were, it is not possible that realizing

one's agenda for happiness will substitute for the real need for integration with the soul. The early interactions between child and environment (primarily family of origin) lead to further differentiations of the basic core images when the strategies are found not to work completely or when the child takes on further negativity from its experiences and its environment. Typical negative images at this stage are characterized by:

7. A sense of guilt or shame for one's various imagined deficiencies.

8. An expectation of negative consequences for being "bad", unworthy or deficient.

9. An assumption that one has to deny the truth about oneself and do something special to prove oneself, and be loved and get one's needs met. I can't just be myself and be loved and valued, etc. I unconsciously give my power to others because they have what I need.

10. Various related negative projections about the world and what one has to do to survive and be successful in it.

Depending on one's particular experiences, various specific negative images can be formed, all of which revolve around these same core themes. These images are created automatically in the mind by a preverbal, preconscious process that is both perception and interpretation. The assumptions implicit in these images need to be drawn out and brought to awareness.

You may gauge the extent that you hold false assumptions that you accept as true if in reading over these forms of negative images, you notice that you are in agreement with any of them. It is normal to hold some negative assumptions, since, as we have stated, the creation of a separative, fear based ego seems to arise naturally as part of the human condition. However, it is possible to release negative images, although it takes time and effort. It is difficult to be objective since the parameters for analysis are based on the very conclusions that are in question. It's necessary to get outside the entire system of ego thinking. This can only happen in a positive way by calling on the transcendent resources within the Self or soul. This requires deep reflection, inner listening and a

certain something -- trust, faith, intuition, willingness or grace -- that can get us over the hump of habit, comfort or inertia.

§

Typical Negative Beliefs Vs. Positive Self Attitudes

Below are some typical negative beliefs. Notice those that you have and contemplate a positive Self belief to replace it. Suggestions are given.

I don't deserve love. — I unconditionally love and forgive myself and experience love

I don't deserve a really good relationship. — As I create a good relationship with my Self, my outer relationships will improve

I am afraid of love — Love is what I am and it feels good

I am afraid of my "wrong" feelings — I need to acknowledge my feelings as they all have a message for me

I can be afraid of asserting myself. — I accept and express my own truth

I am afraid of expressing what I need — Consciously sharing myself is affirming myself and unless I communicate, others don't know me and can't respond

I am afraid to open up. — As I open I embrace more life I have nothing to fear because my Self is all- inclusive and invulnerable

I am afraid I will be rejected and abandoned — No one can reject me unless I give them the power (and reject myself)

Life is hard work. — Life supports me and brings me joy when I trust it and allow myself to go with it

I can't have what I really want — What I want from life and others I have to give to myself first and as I give, so will I receive

Essays in Spiritual Psychology

I have low self-esteem and self-worth — I cannot be confined or judged by the past because my reality and intrinsic worth as a soul is not altered by what I do or think

I am not free — I can choose to freely be myself because my life is an expression of a divine life and therefore I can trust it

Others need to change for me to be happy — I can choose those people who are good for me

I need other's love — I need to love and accept myself first

I feel guilty when I am happy — My birthright is happiness so I am.

I can't show weakness — All parts of me have a place

I can't say what I want. — As I express my truth, I become whole

I can't admit 'I don't know' — I am not judged by my thoughts as I am OK no matter what

Others can reject me and put me down — Only I, as I listen within, know the truth for me, others just have their own thoughts and ideas

I feel vulnerable — As I claim myself and my right to be who I am, I will take my power back

I can't show my hurt feelings — Feelings have a reason and a message that need to be made conscious and by expressing my feelings I demonstrate that they have no power over me

I am not good enough. — My identity and worth are given by God. Therefore I won't blame myself for being human

I have to be perfect, but can't. — To be perfect, I have to be perfectly myself by allowing all parts of myself to be

I can't relax and have fun — I can relax and allow myself to be as I am supported and guided by the life within

Essays in Spiritual Psychology

I have a hard time with anger — My anger is telling me something I need to hear. I can express angry thoughts without exploding

I hate self-righteous judgmental people. — I will stop judging myself negatively

I have to be in control all the time — Being in control means consciously allowing myself to be as I am and not as I "should" be

I am weak — I can and will create what I want for my life because I trust my Self

I am afraid to look at my pain. — Pain shows me where I need to change to realize myself and my potential

Life is hard, unjust — I let go and trust and do as I am given to and give thanks for all the blessings

It's painful not to be loved or not to let myself be free to be as I really am — As I accept, respect and love myself, others will also. Self-denial means pain

I am unworthy, unlovable and people give only when I do what they want — I am authentically myself and others love me as I am. It's beautiful

I have to work hard to get what I need and am afraid I won't get it. — I can chose to live by love and be who I really am. This way of life is fulfilling and it flows naturally

I don't want to be here, I need to escape. — The world I live in is my choice, my creation

I am trapped and angry and don't like the way things are but can't change it — I stay open in the moment and live freely with trust, from my heart

I need to attack to protect myself — Who I am is not affected by anything and what I experience is my choice

There is not enough for everyone — Life is abundant and will supply my every need

Negative Traits Vs. Inner Self Qualities

Fear based — Love based

Negative judgments and projections — Choosing love, acceptance, positive life

Compulsive, being driven, stress. — Having a choice, allowing, relaxing

Having to be "perfect" — Accepting one's humanness

Anger — Forgiveness of oneself; accepting one's feelings, needs and limitations

Resentment — Gratitude, appreciation

Being successful, better, ambitious. — Being true to one's Self, authentic

Needing to control, sense of limitation — Freedom, space, openness

Competitive materialistic values — Heart-centered, life-oriented values

Feeling lack, deficiency — Feeling self-worth, wholeness

Anxiety — Peace

Feeling isolation, separation — Connection, communication

Contracting, defending — Trusting, opening

Self-doubt — Self-confidence, trusting instincts and intuitions

Guilt, shame — Self-acceptance, self-forgiveness

"Using" and being "used" — Integrity, respect, being true to one's self

Living by other's expectations, values — Living by one's own values and beliefs

Struggle to achieve ends — Flow, things falling into place

The "rat race", success = happiness — A simpler harmonious natural life

§

The Relation of Common Problems to Core Beliefs

There are some general correspondences between specific problems and the negative images underlying them. It is a complex area with a lot of individual variability, but, providing there is no organic condition, the following correlations have been noted:

Depression. — Negative assumptions of self-worth and power to change things

Mania — False inflated images of what one is and should do

Anxiety — Negative core assumptions of vulnerability, insecurity and imminent threat

Schizophrenia — Negative assumption of ability to trust or be oneself

Addictions — Negative assumptions of self-worth and pain that one cannot end without the addiction

Abuse — Assumption of vulnerability and lack of love. False assumption of the need to use control to get needs met.

Obsessions — False fearful assumptions and fixed ideas about how these may be remedied

Career problems — Negative assumption of ability to rely on self

§

Finding Negative

Self assessment of negative elements

1. Reflect over your life and list any significant problems, negative experiences, or early family experience that have adversely affected you. These would include areas of unfulfillment or frustration as well as specific losses, disappointments, traumas, conflicts, suffering, rejection, discrimination and deprivation, etc. Note patterns and repetitive situations.
2. Reflect within yourself and list those things that you are critical about or judge against in yourself, your shortcomings, prejudices, etc. Look at your feelings and note any deep feelings of a negative sort: loneliness, sadness, fears, hang-ups, hatreds, shame, conflicts etc.. List any addictions or behavior you can't control.
3. Ask family, friends or co-workers who know you well what they don't like about you or what they think are your faults. From work, school or other activities, have you ever had negative assessments or failures?

Finding negative core images

1. For each negative element you have listed, reflect on how it has influenced your life and what conclusions you have come to about yourself as a result.
2. Find the common denominators or links between different negative elements that are related and group these around key negative themes. See if you can formulate the underlying negative images. Besides being a false conclusion, negative images often have a sense of shame and fear attached to them.
3. With each negative image, ask yourself:

Why did I create this?

What were the circumstances when it happened originally?

What was I trying to protect myself from? Or how did this belief try to serve some good purpose?

How is this belief not working for me now?

How might my life be different without this negative assumption?

4. With each negative image, see if you can find how it functions in a self justifying and self-perpetuating manner. For example, a negative image of one's self worth might lead to an endeavor to be perfect or powerful to counteract this in order to get love or acknowledgment. These strategies have a way of sabotaging themselves so that being perfect becomes untenable and being powerful attracts the attacks which in turn seem to justify the original assumptions of vulnerability or deficiency.

5. In trying to clarify your negative images, don't blame yourself. As you begin to bring some of these core images to awareness, just sit with them and feel them although it may cause discomfort, making connections between the image and outer actions and events in your life.

§

Basic Steps in the Resolution of Negativity

1. The first thing we need to do is to overcome the resistance to looking deeply at areas of pain or difficulty. This typically comes from (false) assumptions of:

one's inadequacy

one's incapacity to deal with the pain involved

the eventual success of plodding forward and thereby leaving it behind without dealing with it

one's belief that truth or reality is against us and will show us something bad. (The worst thing we will find is that we have falsely identified with false beliefs -- the truth is only good. And the sooner we look at pain the sooner we can move beyond it.)

2. We have to become conscious of and clearly articulate the core images and assumptions that underlie negative experience and the issues or problems we might have. To do this we have to reverse our normal thinking which would attribute our conclusions about life to our experiences, rather than the core beliefs that caused them. Repeated patterns of experience are clues to an image.

3. We have to consciously appreciate the creative freedom and power we have; how the creative process works; how we are actually continually co-creating our reality; how unconscious beliefs

are more powerful than conscious beliefs and how they can sabotage conscious intentions.

4. We have to deeply reflect within ourselves, and choose to release attachment to the negative images that heretofore we had accepted as "just the way things are". We must begin to realize that attitudes, assumptions and values that are negative, separative or fear-based are ultimately false and self-denying.

5. We have to open up to and trust the positive truth within our inner self, making it conscious and articulate and begin to live it. This requires specific actions that demonstrate our new trust.

§

The Opportunity for Growth in Relationship

Relationships offer probably the best arena for working on oneself. This is because:

1. If we understand that the outer is a reflection of the inner, then we can begin to see how our problems and conflicts in relationship are a reflection of conflicts and negative images within ourselves. Therefore, because of the depth of our experience in relationship, it provides a good place to come to know ourselves and to resolve negative elements.

2. We invariably pick people for our closest relationships with whom we can reenact dynamics, issues and unfulfilled needs that we experienced with the significant others -- parents primarily -- of our formative childhood years. Therefore, if these relationships are approached consciously, they offer the opportunity for deep healing and the resolution of old issues and wounds.

3. It is easier to work on oneself with someone who is also committed to finding the truth and living authentically. Each person can mirror, support, give feedback and encouragement that expedites the process of learning and growing. When individuals share love, trust and a spiritual connection, it provides a safe and empowered context for bringing things to consciousness and for resolving old negative patterns.

4. The best antidote and healer is the positive influx, the joy, light, inspiration, love, beauty and peace, (etc.), of the soul and of life itself. Relationships grounded in deep affinity and purpose are places where we often experience these positive aspects of life. This context makes it easier to face and resolve the negative blocks that hinder a more complete fulfillment of one's nature and one's dreams.

The negative core images that underlie problems in relationship are formed in childhood. Such images are different from a concept or belief one might entertain in the conscious mind. Through a deep identification with the former, we unconsciously perceive and experience the world through them. By their nature, they shape and determine our perceptions. Therefore it is difficult to examine them because the mind we use to analyze our core images are programmed by them and therefore unconsciously accepts them as true. It is difficult to get outside of these parameters to get an objective picture. To do this we have to contemplate deeply within our soul/higher self -- which is transcendent to the reality of the ego. It is only then that we may gain a clear undistorted view.

The particular assumptions and beliefs that we develop early in life are strongly conditioned by our primary family relationships. We unconsciously establish ideas about what is real, about what we need and how we may get those felt needs met. We develop ways to defend ourselves and deal with pain; strategies or roles to get our felt needs met; internalize "shoulds" for coping with the world; and create an idealized self-image that reflects who we try to be. The relationships that we develop later in life reenact many of the primary patterns that are established. This reflects both an unconscious attraction to what is familiar as well as an attempt to heal and overcome the wounds and deficiencies of childhood.

In this section we will try to clarify the specific issues or problems that manifest in one's relationships and to find and resolve the underlying images and assumptions that cause them. If we approach this area consciously we may see the negative issues in relationship as a positive opportunity and not just blame them on the other person, fate or circumstance. One cannot escape oneself, and unresolved negativity will manifest in new relationships until the basis for it is clearly grappled with. We can heal the wounds and not continue to reopen them.

We will also sketch the potential of a positive soul relationship as a path for self-realization and meaningful life. We will contrast this understanding with traditional ideas.

§

The Potential of Relationship

We are most affected by what we do to ourselves -- and not what others do to us. By our thoughts and beliefs we establish the nature of our experience. The primary suffering in life, therefore, results from negative and limiting assumptions that block and distort our self expression.

Although we each experience much growth and learning through the many different relationships in our lives, we often don't fully appreciate the potential of relationship as a developmental and spiritual path. To fully utilize this potential we need to change some of our assumptions of what relationship is for -- particularly those with whom we feel most connected.

Our experience is an expression of our beliefs and values and thus allows us to evaluate the worth of those ideas that we -- consciously or unconsciously -- base our lives on. Suffering or painful experiences reflect negative and limiting assumptions, attitudes and behaviors that are out of accord with our spirit and the deepest truth of our self. Such experiences allow us to become aware of what we need to change in order to realize our intrinsic potential for happiness and fulfillment.

Our closest relationships, in particular, offer us a limitless opportunity for joy, beauty, love and expansion. However, to the extent that we still see others in terms of getting something that we feel we lack, we will not realize relationship's potential. Nor will it happen when feelings of fear, pride or selfishness impair our ability to be open, honest and spontaneous. The key to the relationship doorway leading to an ever-expanding experience, is to see relationships as opportunities to make our unconscious conscious by being open to what we become aware of within each moment.

It is by giving -- by sharing, extending and expressing that we come to realize who we are and what we are about. Often, a relationship will stop growing because one of the individuals

involved will have blocks to facing what is going on within them. Often there is not sufficient interest or sensitivity. Sometimes one's thoughts or feelings are painful or threaten one's self image or one's security in the relationship. When communication is blocked stagnation sets in to one degree or other and the total aliveness of the relationship suffers. The potential of the relationship is not realized.

A relationship can stay vital in the deepest sense not only when there is an outward compatibility but when each individual continues to open up, to share, to explore and to embrace the moment and what is going on within. When there is a deep level of intimacy, one also invariably moves beyond a personal focus to larger and collective issues of meaning and purpose. We see how our personal concerns are related to something more.

On the deepest level, we each have certain intrinsic interests, concerns, values, outlooks and approaches to life, and purposes that relate to these. This inner constellation may be different from the one we consciously hold. By bringing these soul attributes to awareness, we may begin to realize our real self. In the process we will connect with others who resonate with us and who are involved in related concerns in the world. Our relationships may then become cooperative endeavors to manifest inner qualities and intentions to the greater enrichment of both our individual and our collective lives.

Our needs cannot be satisfied on a personal level only. To realize and fulfill ourselves we must ultimately go beyond a personal focus to embrace the larger life that on the subjective side, is the ground of our being, and on the outer level provides the context of our lives. As a result of being honest, true to ourselves and open to our actual experience, the spirit progressively unfolds. In this process we include and express more and more universal aspects of the self. The manifest associations and endeavors in the world are outer reflections of inner intentions and concerns. Our self-realization is therefore linked to the good of the whole. Service to self and society are connected.

Given this overview, we may then reassess some aspects of relationship. Love itself is an expression of the oneness and unity underlying everything. Sex is creative force that may be manifested on different levels. Desire itself reflects the soul's urge

for integration and unity. Although we may project desire on things outside ourselves, it is basically the force of attraction that works to connect the various aspects of our self. In the erotic attraction we feel the incompleteness of ourselves as personalities polarized in one sex and desire union with what we feel apart from -- that is actually within us. This attempt at outer union is essentially a projection of the inner process of personality and soul fusion.

What are some ways that we might foster this awareness? When we have special feelings or attractions for particular people it means that there is something that needs to be made conscious, and often, communicated. When we feel a romantic attraction it would be helpful to worry less about what we want from the other and more about what is going on within ourselves. Relationships allow us to get in touch with parts of ourselves that we do not normally experience. By sharing and expressing our thoughts and feelings we can integrate these aspects. When we feel blocked or stuck in relationship, it is usually because we are afraid of facing ourselves and what is there within us. Denying or avoiding ourselves must invariably lead to a painful sense of loss and lack of fulfillment.

It would also be helpful for us to clarify our conscious purpose for each relationship. To the extent that this purpose does not allow or facilitate a complete self-expression, to that extent will the potential of the relationship be unrealized. The denied aspects of our selves contain life and life energy that will reveal deeper and broader areas of fulfillment. As separate personalities we are incomplete -- we need to realize the connections we have to a larger holistic life wherein we may realize our being.

Just as physical life is characterized by a sexual duality which is a metaphor for the separation we each experience from the spiritual unity that is our goal, so we may use the sexual relationship to facilitate an integration of our unconscious self with our conscious personality. When we know that the desire for outer union reflects our need for inner union, we may stop trying to complete ourselves by adding the other to us, but rather by making the unconscious "other" within conscious and embracing it. By sharing ourselves we claim ourselves and come to understand and be ourselves. By staying open to the experiential moment in relationship, we enter a doorway leading to the infinite treasures of life.

The Shift In Relationship Values

We live in a time when attitudes and values toward relationship are changing. In a time of cultural transition there will always be a lot of confusion and experimentation as old norms and values break down. However, what we see emerging is an increasing capacity to live from and in the soul. This impacts one's approach to relationship. Below we have tried to compare some of the differences of the new soul approach with traditional attitudes.

Old Style — Soul Approach

Based on emotional, physical attraction and personal needs or wants, social considerations — Based on soul resonance and shared spiritual purpose

Obligations, expectations — Authenticity

Unequal power and sharing — Equality, mutuality, reciprocity

A sense of lack; fulfillment comes from without; relationship based on getting. — Fulfillment from within; relationship based on sharing and giving

A sense of vulnerability, self doubts, insecurity — A sense of safety, trust, openness, self-assurance

Large areas of unconsciousness, repression, secrets — Shared endeavor to bring things to conscious awareness and integrate

Roles and societal norms important. — Freedom to be totally one's self

Living for "something else"; ulterior motivations — Living in and fulfillment in the moment

Relationship circumscribed in a static reality — Relationship as an "open doorway" to a boundless reality

Sex is primarily biologically creative, establishing historical continuity. — Sex is also consciously creative, manifesting spiritual potential

Dualistic thinking; right/wrong, good/bad — Consciousness based on the soul's intuitive sense of knowing

"Special relationships" for ego purposes — "Holy relationships" for soul

Individual identities are defined, discrete and separate — Individuals experience transformation and more fluid interconnection

§

Characteristics of "Soul-Based" Relationships

Common soul purpose

Deep resonance or shared identity: Individuals resonate to the same "soul note" and can therefore understand, appreciate and support each other in their growth and work.

Larger vision and concern: Both individuals hold the same or complementary purposes for their lives with specific goals that reflect some intrinsic collective and evolutionary need.

Opening to the unconscious

In the moment: There is a greater appreciation of the present experiential moment and the opportunity it affords as a fluid doorway to awareness, states and potentials within.

Conscious communication: Soul based relationships share a cooperative endeavor to "bring things to light" that may be facilitated by that relationship and a willingness to explore what is there.

Self-reliance

Trust in one's self and a supportive universe: One doesn't doubt one's worth, safety or capacities. Or that the universe has endowed one with a destiny that spirit is guiding us towards.

Fulfillment from within:

What we hold in our minds determines what we create and experience in our lives. Therefore as we align our minds with our deepest self, we realize that life and all its boundless potential.

Holistic integration:

Beyond roles, stereotypes and dualism: As we become more inner-focused and directed, we become free from the restrictive judgments that our minds impose. We learn to know what is right for us by an intuitive and synthetic wisdom within that we access in the moment.

Experiencing the divine in relationship:

When our purpose is to become whole and see the other as an equal expression of that larger life, then relationship can become a means to experience and unite with God and our total being. Sexual attraction reflects the urge to become whole and to consciously transcend the separation that we experience as men or women. Sex can facilitate this union when the "wholeness" is focused on.

Creative life:

Creative, productive contributions: Because soul relationships are so intensely alive, they are also creative. That creativity can be channeled so that the fruits or learnings of the relationship are translated to something of collective value.

Vital aliveness: We live more healthy, vital, active and inspired lives when we do not judge against the body or nature but rather appreciate it and foster its divine purposes.

Transformation and manifestation:

Ongoing transformation of the past, negative and fear-based assumptions: By bringing everything to awareness in the light of our soul, false beliefs and identifications will be naturally released.

Ongoing manifestation of the world/reality of the soul: As we open to our inner life and choose to live it, we must progressively become more of what we potentially are, as souls. Then, more and more we live by the laws of the soul in a world that is a reflection of it.

§

Principles In Relationship: A Spiritual Perspective

Finding one's way in relationships can feel risky and even bewildering. In an attempt to provide a compass to make it through this land of peril and possibility, I would like to suggest a few basic

understandings, that hopefully will allow one to make more sense of it all.

I. The outer world is a reflection of the inner.

Everything outward corresponds to and results from something inward. The personality is a reflection or expression of an inner self or spiritual being.

Our particular experiences and relationships result from what we hold to be true and real and therefore identify with. Our inner images, assumptions, beliefs, attitudes and values give shape and interpretation to the circumstances and events in our relationships.

One's experiences in relationship externalize one's mind and therefore allow one to come to know its contents -- which is more than one's conscious set of beliefs. In this process we must own our projections, that result from unconscious fear and denial. We have to reverse the usual assumption that the beliefs we hold are the result of experiences -- rather they have created those experiences.

Everything that happens in relationship results from preexisting conditions or decisions we have already made about who we are and what we believe.

We are responsible for our role in creating our experience in relationship. Others cannot be blamed for problems in relationship although they also have a role in the drama.

II. One's inner Self is a totally positive and integral aspect of a larger, beneficent, purposeful, eternal spiritual life.

We are inherently safe and our self worth and purpose are intrinsic.

Suffering in life and relationships result from false negative, fearful and separative identifications.

Pain allows us to find the false assumptions, beliefs, attitudes and values that are out of accord with the truth of our Self and spirit. These need to be made conscious before they can be released.

Problems in relationship and the pain associated with them are useful learning situations to discover and release the blocks to our growth and happiness. In this respect being real in relationship is

more valuable and spiritual than either trying to abstain from relationships because of past painful associations or playing roles of being good that are not authentic.

III. Relationships reflect the process of transmission of increasingly conscious life force throughout the world.

Relationships need to embody openness and conscious sharing to realize their potential.

Trying to get and not give; being closed, secretive and selfish rather than loving; or being manipulative or coercive rather than trusting are counterproductive strategies that lessen rather than increase the amount of life that the individual experiences.

When we feel some particular feeling, thought, attraction or connection with another, it is an opportunity to bring something to conscious articulate awareness, and to communicate for mutual benefit.

Relationships can be looked at as opportunities to learn to discover, express, be and realize oneself and one's spiritual identity.

IV. All needs are abundantly fulfilled from within. Inwardly, we already have everything.

Letting go in openness and trust, without attachment to specific expectations of how one's needs may be satisfied will allow appropriate conditions to be drawn to us and our real needs to be met.

If another person doesn't want what we have to share we may let them go and trust that the universe/life will give us what we need.

If we are experiencing a lack in some area of our life or relationships we need first to give to ourselves what we want from another. Then that state of fulfillment will be reflected in our relationships too. The self-love, self-respect and self-completion we want result from believing and trusting in one's self and one's potential and not trying to get these things from another.

We are not dependent on any person or situation for our happiness.

V. We seek to unite with the larger spiritual life of which we are an expression and thereby to become whole.

Sexual attraction and falling in love result from the projection of our urge to inwardly unite and become whole on to another person. This is an attempt to outwardly integrate something that is really within us, but that we feel separate from. Realizing this can free the other person from our demands and expectations -- and unavoidable disappointments -- and make us more aware of our real need and responsibility.

What we choose to see in another is really within us. And everything that we experience reflects our choice of what we want.

Relationship is a path of Self realization. As we learn to experience the other in love as an equal expression of the same inner spiritual Life as our self -- and thereby release false projections -- we must realize that Life ourselves.

VI. Conflicts in relationship result from lack of consciousness in some particular area.

Momentary disagreements are a natural part of our life and learning and help us to become aware and more authentic. Conflicts are not resolved by getting agreement or by the other doing what one might want but by each person clarifying and sharing their own feelings, needs and expectations. Then changes can happen that honor both individual's truths.

Patterns of conflict in relationship reflect conflicts within oneself and the investment in fears, demands, unrealistic expectations and attachments (false identity) that are in conflict with the reality of who one is as a spiritual being. Differences themselves, between oneself and others, are enriching and don't imply conflict.

What is in the best interests of one individual and that reflects their truth, must ultimately be in the best interests of both. One need not feel guilty about being true to one's higher self.

Good Communication Guidelines

Learn to speak for yourself--not for the other:

Communicate using "I" statements, (I feel..., I think..., I need..., etc.), not "you" statements", (You are..., You should..., You don't..., etc.). Everyone has a right to their own experience and beliefs. By freely and equally sharing yourself without imposing yourself on others, others don't feel as inclined to react defensively or to counterattack. Communication can become an open sharing rather than a confrontation or competition.

Learn to acknowledge both the positive and the negative:

Both contain valuable information which complete the whole picture and express parts of oneself. Behind apparently "negative" experiences, feelings or thoughts lie unfulfilled needs, dreams and ideals, unrecognized assumptions or hidden feelings. By being open and acknowledging these, we become more conscious and expressive of all that we are. Learn, as well, to appreciate and share the positive in yourself, others and life. This builds bridges of love, gratitude and goodwill, for there is always much to be thankful for.

Learn to listen with openness and acceptance:

Realizing that you don't have to like, agree or live up to other's expectations or needs, helps you to be more open to others. Learn to really listen without immediately reacting in your mind. Everyone has some reason for being the way they are. And within every thought there is some element of truth. Explore what lies behind the surface and you will gain understanding and improve relationships.

Learn to resolve conflicts with honest conscious communication:

Be straightforward in expressing your position but respectful of other's right to theirs. Share your feelings, needs and expectations with goodwill and others will be more inclined to do likewise. Seek the inevitable commonalties which unite you. By understanding that you want many of the same goals you become more tolerant and accepting of differences in your means to those ends--and more able to come to an agreement to resolve conflicts.

Learn to express more from the heart and feelings in the moment:

Learn to live more fully in the moment, expressing directly from the heart and feeling, instead of primarily "talking about" other things.

By this we are better able to maintain an intimate connection to others as well as being more real. We may thereby learn to be ourselves and deepen our relationships. Acknowledging feelings, intuitions, dreams and hopes enriches and enlarges ourselves and our relationships.

Learn to take responsibility for your experience:

Do not try to blame others for your reactions or feelings. Take your power back which you have given to others. Realize that you have a choice as to what you experience, how you behave and what you think. You are not a victim. You can choose how to interpret what you experience and how you will respond in a way that acknowledges your power.

§

A Guide to Human Relations

1. We all want to be loved so relating to others with love, warmth, kindness, consideration, and compassion naturally produces good results in terms of being appreciated, liked and well thought of.
2. We all want to be respected and valued, so acknowledging that others have a right to their particular beliefs and values and acknowledging the dignity of their unique experiences will naturally produce respect for you in return.
3. We all have our insecurities and self doubts, so expressions of sympathy and reassurance and efforts to reach out to others, to allay their fears and be friendly and welcoming always produces good results and good feelings from others.
4. Social intercourse can often be uncertain, awkward and uncomfortable in new social situations, so practicing basic forms of politeness, courtesy and casual conversation norms is very helpful in getting social exchange going and maintaining it smoothly.
5. Understand, in this respect, the value of: a simple courteous greeting; a polite personal introduction; a solicitous inquiry of someone's wellness; formal expressions of regard; customary goodbyes; polite rules for social media, phone and email communications; giving customary thanks and appreciations; using basic conversation starters, etc.

6. The golden rule for successful social relations is 'to treat others as you would wish to be treated yourself'. In any situation where you are in doubt, reflect on what this would imply.

7. The keys to a satisfying social interchange are openness, balance and a willingness to share oneself. Really listen and be open to the other. But also freely share yourself and ideas and feelings. A good interchange is equal and reciprocal.

8. Some people and conversations will be more interesting than others. Cultivate those that are more satisfying, realizing that people are different and that you don't have to like everyone. You will also have to say 'no' at times and be comfortable setting boundaries.

9. A difficult area in social interactions is when others have expectations about what we should do, think, behave, dress, act or be. They might try to manipulate us, guilt us, convince us or coerce us into conforming and complying with them. We must learn that we not only have the right, but the need to assert our own truth. We don't have to make them wrong to be right for ourself.

10. Those people who make our best friends are not usually the 'it' people, but people who we like for who they are and who like us. In seeking friends notice who express an interest in you and really go out of their way for you, not just to get something, but because they like you.

11. You will have to create your friend group one by one. Once you notice a mutual interest and attraction, it takes time and effort to cultivate a friend. You have to show them that you care by your actions. And often it doesn't work out for some reason or other, but if you act with integrity, you will have no regret and you will gradually gain friends.

12. The secret to being liked and loved is to love ourselves enough to totally and freely be ourselves. Our inner self is naturally attractive, dynamic, creative, alive, sensitive and loving. When we express ourselves authentically from the heart it can't help being appreciated by others. We each have our unique thoughts, feelings, values and dreams.

13. We therefore don't try to get love from others - which often involves giving up ourselves in the process - but by loving oneself and being authentically oneself, we will notice that love automatically reflected in the regard, respect and affection others feel for us.

14. This gets at what doesn't work so successfully - being egotistic, selfish, insensitive, withdrawn, aggressive, non-communicative, disrespectful, competitive, self righteous, arrogant, or distant, etc.

15. We all have conflicts, misunderstandings and disagreements at times. Good social skills involve learning to express our feelings and point of view calmly and respectfully to clarify the conflict with the other person and hopefully resolve it. Use of 'I' statements and avoiding anger, denigration, demands and coercion helps make for easier resolutions.

16. It's easier to make friends when we are involved with a social activity that we are really passionate about because then we would naturally meet others who also share our interests and values.

17. Conversation and social interaction is easier if we realize that in the moment, we always have some thought, feeling or impulse in our consciousness. All we really need to do is to judiciously share what's there after we intuitively sense what is appropriate in the moment. (Not just to blab everything without any filter - we have to consider other's feelings.)

18. When we are able to better trust our self and the flow of life in the moment and have a grasp of a few basic social rules, our social interactions will naturally unfold more smoothly, organically and happily. Our soul wants and plans a beautiful and fulfilling life for us if we will just trust our heart and the prompting of the spirit within us.

19. A human being is an outer separate temporal personality that is an expression of an inner eternal unitary self. Inwardly we are all part of one loving spiritual being that we outwardly need to consciously integrate with. Being in love is a projection of our vertical drive to become one, horizontally, and seeing that life and love that we want to unite with in another.

20. This experience of being in love is an opportunity to make our deepest feelings and thoughts conscious, to express the eternal love and joy integral to our being and to share these with another. By doing so we endeavor to manifest on the physical level the love and oneness that exists on the spiritual.

21. This is a step to realizing that experiencing this oneness is not dependent on a particular person but is an inner reality that we may identify with, live and express continually and regardless of circumstances. We become an outer extension of the inner spiritual world of light. We thus shift our identity from the ego to the soul we essentially are.

22. Our life then involves the effort to express that part of the truth of our being that seems relevant and needed in the world. This will entail some pioneering, reforming, creative, humanistic endeavor.

§

Boundaries, Rights and Healthy Relationship

Setting boundaries means that we are taking responsibility, being adult and demanding equality and respect in relationship.

Setting boundaries reflects our right to say NO to those things that aren't right for us.

Setting boundaries is about learning to take care of ourselves, no matter what happens, where we go or who we're with.

Boundaries emerge from a deep sense of our personal rights; especially the right to be ourselves and take care of ourselves.

Boundaries emerge as we learn to value, trust and listen to ourselves.

Boundaries emerge from a belief that what we want, need, like and dislike is important.

Boundaries emerge from deep decisions about what we believe we deserve and don't deserve.

Tips for setting boundaries

Essays in Spiritual Psychology

Anger, rage, complaining, whining, and feeling threatened, "suffocated" or victimized are clues to boundaries you need to set.

When you identify a need to set a boundary or a limit with someone, do it clearly, preferably without anger and in as few words as possible.

You cannot simultaneously set a limit with someone and take care of their feelings--they may be hurt, angry or disappointed with you.

You'll probably be ashamed and afraid when you set boundaries.

Be prepared to follow through by acting in congruence with the boundaries you set.

You'll be tested when you set boundaries.

Some people are happy to respect your boundaries.

A support system can be helpful as you strive to establish and enforce boundaries.

You'll set boundaries when you are ready and not a minute sooner.

There's a satisfying side to setting boundaries--it feels good.

Examples of setting boundaries

"You don't have a right to tell me what to think, or invalidate my feelings."

"Don't vent your anger on me, I won't have it."

"This is mine, you don't have a right to use it as yours."

"I won't accept your belittling jokes, your criticism or your condescending attitude toward me."

"I won't be disrespected -- If you won't respect me, then stay away."

"Keep your hands off me."

"Stop doing that...or I'll leave; report you; file charges, (etc.)."

"Don't try to tell me what to do."

"If we're going to have a working relationship, I need honesty, respect & equality."

"I need to communicate when we have a misunderstanding."

"I need openness and sharing in a relationship -- your withholding is making our relationship not satisfying for me."

How to maintain boundaries

Ask directly for what you want. This shows who you are to others.

Nurture yourself and your integrity. This creates an inner, intuitive sense that lets you know when a relationship has become hurtful abusive, or invasive.

Be objective about others' behavior toward you without getting caught in their drama.

Maintain a bottom line -- a limit to how many times you allow someone to say no, lie, disappoint, or betray you before you will admit the painful reality and move on.

Change the locus of trust from others to yourself. Don't put yourself in someone else's hands or expect infallibility. Trust that you can allow others to be normally human and still have satisfying intimacy.

Affirmations of some basic rights

Nobody has the right to know my mind or my business or to tell me what to think, what to feel or what to do.

I have a right to my own thoughts, feelings, values and beliefs.

What I share with others about matters that concern me is determined by what feels right to me--not what they want.

If people are abusive or disrespectful to me, I have a right to tell them so, to ask them to stop and to avoid them.

I don't have to be nice to people who aren't nice to me.

I don't need abuse or to be disrespected.

I have a need and right to love myself, respect myself and to stand up for myself.

I always have a right to express what I feel and think for myself, as long as I don't try to tell others what's right for them.

I have a right to be who I am and to harmlessly live my own life regardless of whether others don't like it.

I don't have to feel guilty for not behaving as others might want me to or for not giving others what they expect from me.

I accept myself just as I am in the moment with whatever thoughts and feelings I have.

I accept my right to make mistakes--otherwise I couldn't learn and grow.

I accept my right to my imperfection and shortcomings and don't feel guilty for not being perfect.

I believe that no matter what, I am a divine child of God who is loved, forgiven, safe and destined to God's eternal life and blessings.

I believe that we should do unto others as we would have them do unto us--to be treated with love and respect.

I believe that if I am true to myself and live by the highest truth I know, that things will turn out for the best in the long run.

§

Sex

The following principles underlie our understanding of the role sex plays in human psychology.

1. Our inner identity as souls includes both masculine and feminine qualities that each have an equal and important place in overall development.

2. It's natural to consciously identify with the sexual tendencies and attitudes of the sex of the body one is incarnating in. The opposite sex characteristics are further removed from integration with consciousness and therefore projected.

3. Although there are differences between men and women, the aim is not for either sex to fit any norm, but for each individual to be fully himself. Then the different masculine or feminine components of oneself may find their natural expression.

4. Falling in love and sexual union result from an attempt to integrate with our projections and reflects the underlying urge for integration of the separated personality with the soul. (Or, from the standpoint of the soul, for the real inner individual to manifest himself as he is without distortion.)

5. Both sexes have a role and a responsibility for the unequal power the sexes have had in society and the dominance of the unbalanced masculine in recent history.

6. At present in our society there is a growing trend toward wholeness. This does not imply androgyny. Individual men and women will express their natures differently, even when whole. Being equal does not imply being the same or that either men or women must become like the other sex in individuation.

What is the relation of this to negative images? We might say that collectively the human race has been going through a process that has required it to separate from old patterns of instinctive identification and develop the capacity to think for itself and to act independently -- a natural stage in collective individuation. False, negative images of separation, fear and violence have been taken on from the animal world humanity has incarnated in. (Both evolutionism and creationism are true in part -- evolution refers to the material aspect, creationism refers to the eternal soul incarnating through and in matter). Despite the overlay of religions these negative assumptions have colored our entire world view, and as a consequence, the recent progress of civilization has been distorted. Knowledge, technology, politics and economics have

largely served the purposes of defending, securing the imagined needs of and glorifying the separate ego by mechanisms of power, control and exploitation. Our understanding of sex and our attitudes to it have been likewise distorted.

§

Male and Female Complementarity

Men and women have both masculine and feminine traits, although one may identify more with one sex and project the other. Both masculine and feminine qualities are equally good and necessary and complement the other. However, we often see an unbalanced expression of a particular trait, both individually and collectively.

Unbalanced Male—Male—Female—Unbalanced Female

objectivism, dogma — truth — love, caring — subjectivism, sentiment

asceticism — spirit — nature — naturalism, instinctivism

aggression — assertion, initiation — flow, momentum — passivism, fatalism

manipulating, compulsive — will, doing — being, expressing — resignation, perpetuation

rigid, crystallized. — focused, controlled — relaxed, letting go — inchoate, confused

pushy, exploitive — progressive, linear — unfolding, mutable — repetition, stagnation

privilege, entitlement — human rights, law — responsibility, care — sacrifice, burden

legalism — principles, policies — people, relationship — personalism

isolation. — independence — interdependence — dependence

antisocial. — reserve. — intimacy — enmeshed

selfishness — individualism — community — self-denial

skepticism, nihilism — rationality, reason. — intuition, feelings.
— superstition, psychism

absolutism. — abstract, impersonal. — personal,
contextual — relativism

reductionist. — analysis, evaluation. — inclusive, accepting.
— undifferentiated

one-dimensional. — transcendent. — transformative. — chaotic,
diffused

coercive, domineering — dynamic, impelling — receptive,
adaptive — submissive, possessed

power, status — hierarchical ordering — horizontal
connections — mass, group compliant

war, violence. — competition — cooperation — sacrifice,
weakness

heartless, head trips — thoughts — emotions — mindless
chatter, diatribes

cruelty — impartial justice — expression of feelings. — hysteria,
venting

autocratic, totalitarian — aristocratic — democratic,
egalitarian — anarchic

standardization. — science — art — aestheticism

bureaucracy — politics — religion — devotionism

§

Differences Between Men and Women (J. Gray)

Recognizing the different -- and equally valid -- ways that men and women think, value and behave can help resolve conflicts and

misunderstandings and make for more fulfilling relationships. Below are some of thoughts that John Gray, who has written several books on differences between men and women, has developed on this.

DIFFERENCES IN MEN'S AND WOMEN'S STYLES

Men value power, competency, efficiency and achievement -- a man's sense of self is defined through his ability to achieve results. Women value love, communication, beauty and relationships -- a woman's sense of self is defined by her feelings and the quality of her relationships.

Under stress, men retreat into their "caves" and silently think about what's bothering them.

Under stress, women feel an instinctive need to talk about what's bothering them.

In conversation, men mistakenly respond to their partner's sharing by proposing solutions and invalidating her feelings.

Women mistakenly think they are being helpful by offering their partners unsolicited advice and direction.

Men need intimacy, but also need to pull away at times (autonomy) -- while still loving her.

Women need to support this pulling away process and learn the best times for intimacy.

Men need to learn that acting as if they are always right will invalidate his partner's feelings.

When women send messages of disapproval, instead of disagreement, they will trigger a man's defenses

Men keep score by counting big gifts more than small ones.

Women keep score by counting all gifts equally, regardless of size.

Men like direct requests -- and if his partner isn't asking he assumes he is giving enough.

Women assume that love means not having to ask -- they intuitively feel the needs of their partner.

DIFFERENCES IN MEN'S AND WOMEN'S NEEDS

Men need to feel trusted -- for his partner to believe that he is doing the best and intends the best for her.

Women need to feel cared for -- when her man shows interest in her feelings and heartfelt concern for her well being.

Men need to feel that they are accepted the way they are.
Women need to feel heard and understood.

Men need to feel appreciated for their efforts and contributions.
Women need to feel respected -- to have her rights, wishes and needs acknowledged.

Men need to be admired -- to feel his partner is pleased with his unique characteristics and talents.
Women need to feel that her partner is devoted to her and that he thinks she is special.

Men need to feel that they are their woman's hero.
Women need to be able to feel the way they do and have her partner not contradict or argue with her feelings.

Men need encouragement -- to have his partner express her trust, confidence, approval and admiration of him.
Women need reassurance -- repeated demonstrations of his caring, respect, validation and devotion.

§

Self Empowerment

For an individual to create what he really wants and realize his potential, he has to know what that is. Most people have only vague or unexamined ideas about what they ultimately want. In this section the emphasis is on clarifying what one's inner self is all about and what one's intrinsic interests and purposes are. The locus of concern of the soul is different than that of the outer personality. It has its own nature, qualities, inclinations and purposes. As we become more aware of this aspect of ourselves, it becomes easier to realize it outwardly.

Essentially, the real individual is the soul, but we become enmeshed in the ego and the ego's reality -- the identity, beliefs, concerns and agenda for happiness that are conditioned by its experience. Realizing ourselves and our potential entails becoming a pure reflection and manifestation of the inner self. One's

consciousness then becomes centered in the identity of the soul. Since the soul lives by different laws and values, there is a fundamental conflict in human nature that must be resolved if integration and fulfillment is to be complete. A totally personal agenda will never bring about this level of fulfillment because that has to result from integration -- and not be a substitute for it.

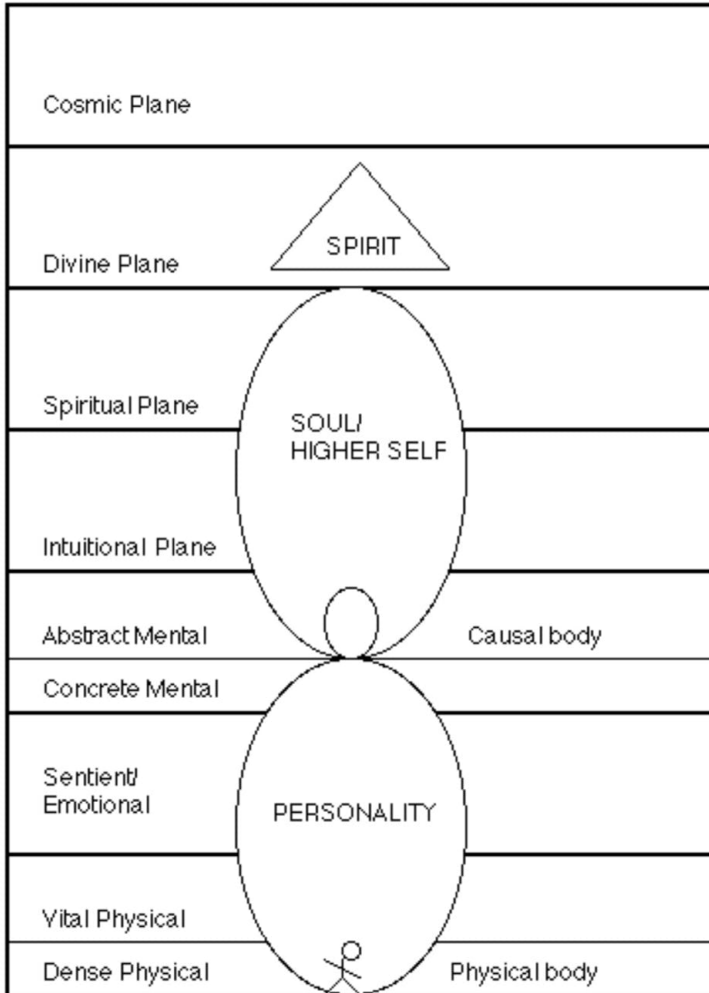
We live at a time when more and more people are living inner-directed, soul infused lives. This is a time as well when many old cultural assumptions that had hindered human development are being overturned. It's as if on the planetary level, the vibration of the soul is being quickened with the result that many are awakening to their real self, claiming their lives, and breaking free of chains that had restricted them. Crumbling is a sense of separation and disempowerment, old fears, prejudices and false authorities. In an era of universal equality and human rights, many inner directed people are realizing their capacity to trust in their inner knowing and utilize that capacity to create what they want for their lives.

Once a more profound sense of who one is has been achieved it becomes necessary to actively create new images of who one is, what is real and what one wants to realize. This is something that has to be consciously worked on and made as concise and clear as possible. We underestimate the power we have to create and this is because most of our creation that is happening 24 hours a day is based on collective and subconscious assumptions that we believe have a validity and do not examine because they are the norm. Once we fully appreciate the false and arbitrary nature of these -- those based on separation, fear, negativity and erroneous conclusions -- we may begin to free our minds to create our potential destiny.

§

Drawings of Soul, Personality and Planes

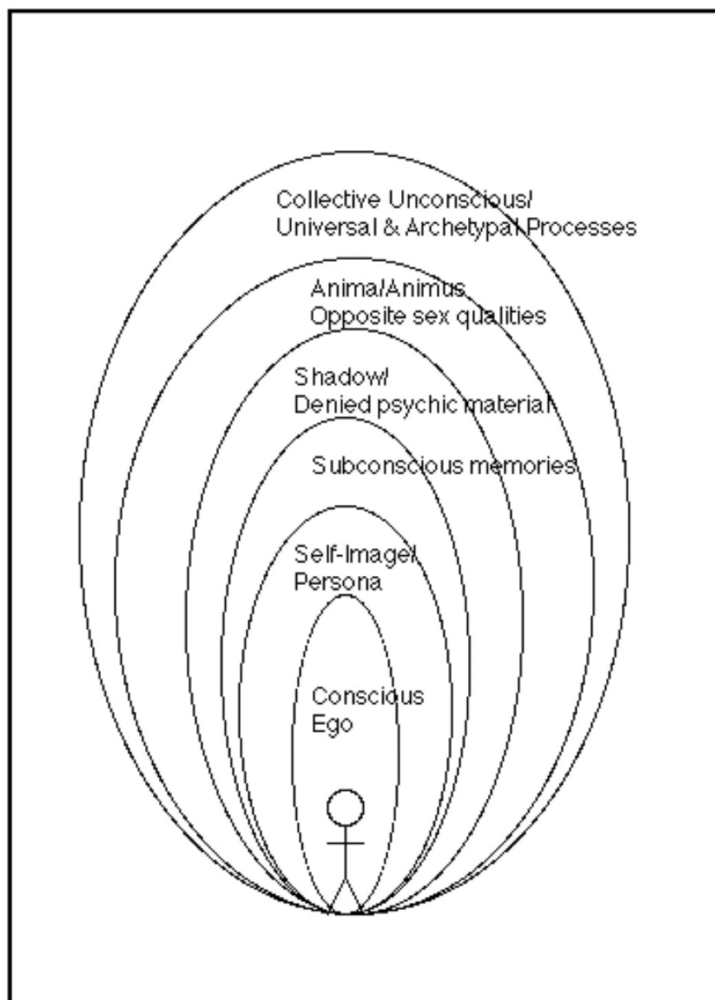
Levels of Matter/Being and Human Vehicles



Just as the human personality has a physical body through which the aspects of the human constitution -- vitality, feelings and mind express themselves, the higher self also has a body -- the causal body -- through which the aspects of its being -- abstract mind, intuition or

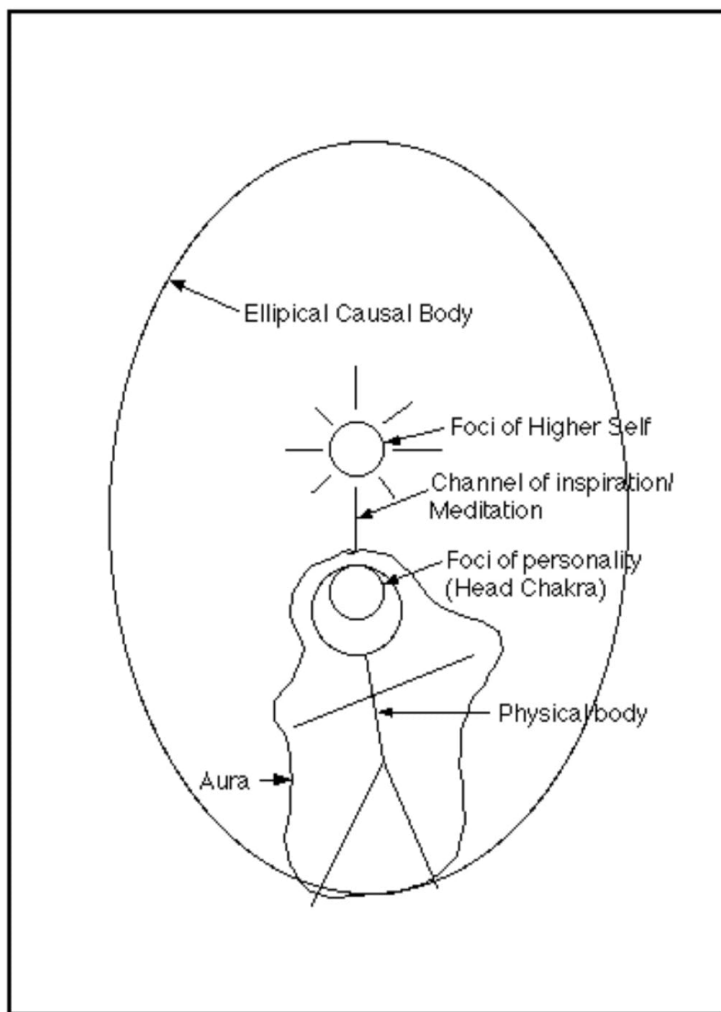
synthetic knowing and spiritual will or purpose are focussed. Each aspect of human nature is a reflection of an aspect of the higher self and must eventually express the higher aspect.

Structures of Personality



Divisions between areas of personal consciousness are arbitrary. As one integrates, subjective areas become progressively more conscious. The shadow and persona are eliminated.

The Basis for Meditation



The causal body exists on a metaphysical level and is the body of the soul. It retains the memories and gains of each successive incarnation of the higher self. This elliptical aura (that isn't seen by psychics -- who see the personal aura) has two foci, one for the soul and one for the personality. Through meditation one attempts to create a conscious channel between the two.

The Planetary Shift in Consciousness

From — To

Experiencing a fear based divided world where each part seems to be acting for itself alone — An interconnected love based world where each cooperates for collective good

A sense of being alone — Identified with a larger life and purpose

A circumscribed world of one's personal thoughts and feelings — Opening to an expansive, unfolding, conscious multidimensional universe

A world of scarcity, lack and limited resources each is in competition for — An abundant world where sharing for the needs of the whole assure comfort and security for each

Forceful coercive methods of control, "dominator" "power over" culture — "Power within", nonviolence, freedom, personal power and responsibility

System that is set up to unfairly allow the powerful few to have too much. — A system where economic justice and equal rights prevail

Widespread exploitation, "using", victimization — Empowerment to realize one's self and aims

Looking outward for authority and needs — Realizing one's connection within to the larger life and living from there

Relying on one's acquired analytical knowledge, one's brain — Trusting one's intuition and an inner sense of knowing and guidance

Prejudices against nature, women and cultures (inequality, exclusivity). — Honoring the value and truth in each other part and aspect of the whole, universal human rights

Ignorance, poor communication — World-wide electronic web of information and knowledge

Faith in God transcendent — Knowledge of God Immanent

Symbols of crucifixion, the sword, the book of knowledge, dove.
— Symbols of resurrection, rainbow, planet, the tree of life

World of fixed finite forms, matter — World of malleable living energy

SEPARATION, FEAR, NEGATIVITY, FORCEFUL ATTEMPTS TO CONTROL — INTEGRATION, LOVE, HONORING THE DIVINITY WITHIN EACH

§

Principles of Self-Realization

We are more than our bodies, ego or personality. Inwardly we are eternal spiritual beings that are already, on its own level, perfect and one with God.

We are therefore multilevel beings, with each layer consisting of a conglomeration of attitudes, beliefs and feelings. The aim of Self-realization is to clear the outer layers so that one's inner or higher Self may manifest and express itself without distortion.

Everything real already exists within. This inner reality is not affected by what we do.

Some universal qualities or characteristics of one's inner Self/spirit are: love, peace, joy, light, power, will, beauty, energy, purpose, knowing, infinity, creation, movement, unity and timelessness.

Realizing one's Self requires that we stop blocking it and surrender to the promptings of the spirit and the longings of the heart that opens to and allows an experience of these impulses -- love, joy, peace, light, etc.

Realizing one's Self entails letting go: of fears; of assumptions of separation, lack and special needs; of negative judgments and preconceptions; of guilt, self-doubt and pride.

Our minds are part of One Whole Mind that is interwoven with all creation. However, because we hold a perception of separation and fragmentation we therefore experience things this way.

As we change our minds, our world and experience will also change because what we inwardly hold to (not just on a conscious level), we will create and experience in our lives.

Our experience in the world allows us to recognize what we assume to be real.

Creating our reality begins with our choice in how we perceive our experience. The aspect that we focus on and identify with is accentuated.

Everything that we seem to experience outside of ourselves in the world is really contained within the Self. (Negativity has no substantial reality but rather is a denial of spiritual reality.)

What we are unconscious of in ourselves we will experience as projections on to others and events happening to us that seem out of our control or will.

What we judge against in others, we judge against in ourselves. Conversely, what we forgive and accept in others we forgive in ourselves.

Pain and suffering come from the instinctive tendency for the ego to become attached to and identified with things that it believes we need and are.

Choosing values and beliefs which are out of accord with the truth of our Self entails pain and suffering. Integrating the Self's qualities and purposes releases the distortion causing the pain.

Every pain therefore contains some gift if it is utilized-- some awareness, Self-knowledge and realization.

Choosing integrity and authenticity means ultimately bringing our personality into alignment with our inner Self so that we may become outwardly what we already are spiritually.

Love and sexual attraction outwardly reflects the inner process of becoming whole, by integrating the ego with the inner Self. What we seek to unite with in another is our Self.

Therefore, the purpose of relationship is not to get but to share and gain awareness -- by expressing ourselves we realize who we really are and fulfill the intention of the Self.

Desire, which becomes attached to sense objects, ultimately derives from and can be redirected to the urge to reunite consciously with one's source or inner being.

Love acknowledges the essential unity of all life and the urge to realize this oneness.

Violence in the world is an expression of negativity associated with Self denial.

Fear results from identifying with the body and not understanding the nature of reality -- there is ultimately nothing to fear.

It is not the ego that becomes self-realized, rather identification with the ego is released as we live from a deeper place of wholeness and affirmation.

§

Self Realization

I think, in our reflections on life, the essential issue is not the correctness of the thoughts, but is really the nature of the thinker. Who is the Self who has awareness of the thoughts? Is it the separate self, the ego who is identified with the thought, emotion or sensation that comprises its stream of consciousness? Or is there a transcendent Self that has its locus in a metaphysical level of being? We marvel at the beauty of living nature, but what is this consciousness about that exists within life? What is its meaning and purpose? Who are we and why are we here? Is there some intrinsic compass, some answer to these ultimate questions? And if not, how do we choose to live?

We can understand and realize who we really are. Our true Self is an aspect of the Creator. And we can consciously realize this Self if

we know that in the moment our awareness really has its origin in the soul. We can choose to identify with this Self and thereby disidentify with our ego and the nominal assumption that we are separate and limited by our worldly conceptions. We are the Word, the energy of the Creator in action. When we claim our Christ Self, those aspects that we had identified with will seem to oppose it. Even these are aspects of the Creator in form. Everything is a manifestation of consciousness. Our experience is based on our what we give reality to. Everything is in accord with our true Self although it may not seem to be. The ego assumes the false fearful belief that we have sinned against God and are thus guilty and condemned. Yet our divine nature remains unblemished regardless of what the ego thinks.

We are not the ego, the separate personality. We express our Self through it but are more than it as the divine Self. So we really don't have to worry about perfecting the ego - the Christ Self is the perfection and completion. The divine Self is not limited by the natural imperfections of the ego, and can work through these inherent limitations. We can't be judged or held by anything the ego is or has done because we are not the ego as we awaken to our true Self nature. Every interaction we have is an opportunity to claim and affirm our identity as the divine Self, by releasing our attachment to our old ego patterns and identity and claiming, listening to and expressing the Truth of the One life within us.

The answer is not a concept or ideal, but an awareness of the larger Self consciousness transcendent to the ego, and the acceptance of this locus for one's Truth. This requires releasing habitual ego patterns of thinking, perceiving, feeling and doing, and adopting a receptive attitude, waiting until the felt sense and intuitive knowing of the Self is clear, then speaking or expressing this Truth. To be in Truth on all levels, aligns you with the Self. As the Self, we don't have worry about the imperfections or shortcomings of the ego, it's fears, self doubts or agenda for happiness, because we are not the ego. We can regard the ego that we thought we were with compassion, tolerance and acceptance.

We have a choice to release the perception and judgements of the ego, and to chose to have the Christ see through us to see the divine within the moment. The Christ knows no fear and sees only the action of the Creator in all things. To see the divine Truth,

invokes the loving action of the Creator. Ask the divine Self how you may best attend the need of the circumstance, and you will be shown, as an embodiment of a the Word. As we bless all that we see as expressions of All That Is, we lift all. Bringing light to something, is healing. Blessing something brings the light and the action of the divine to it to transform it in line with the blessing.

We are more than the separate personalities or egos who we think ourselves to be. We have within, a higher self or soul, which is our true immortal spiritual self that the ego is unconsciously an expression of. Psychology is nominally focused on the ego and its healthy functioning, even where an effort is made to access and realize the potential latent in the unconsciousness.

Esoterically, the soul is said to be the middle or consciousness principle and just a stage that bridges our spiritual essence, which we share with God, with our outer temporal form as a human being. Esoterically, also, human development is also just a step in our larger evolutionary process and destiny that leads from the human to the spiritual kingdom. This path was exemplified by Jesus in the five discrete events he went through — birth, baptism, transfiguration, crucifixion, and resurrection or ascension. These stages demonstrate that process we must all experience in we trod the path from personality to soul.

The path of self realization does not mean becoming a more successful person, but rather involves loosening our identity as a separate personal ego, and living from a place identified more with the whole and the greater good. This endeavor is the concern of an increasing number of humanity now as a result of the new spiritual energies infusing the planet that are allowing more and more people to become sensitized to the possibly of awakening to themselves as souls. Likewise, the energetic structure of the planet is changing as we move into the Aquarian New Age. These changing energies upon which our civilization will be based we require a complete change in our approach to life, our values, beliefs, attitudes, institutions and actions.

The soul by its nature is identified and concerned with the whole and has a unified holistic consciousness. Our shift to living and being souls must entail a seismic quantum shift away from our linear historic 3D world that has been based on fear and separation, to a consciousness and experience of the loving, living

interconnected world of the soul. The soul naturally is one with the divinity within all life and seeks to foster that life. It is characterized by love, peace, joy, an intuitive trust, beauty and creativity that expresses the divine potential within life. It recognizes the multidimensional nature of life in a living universe filled with multifarious life.

The path to this self realization of the soul can either emphasize the left hemisphere of the brain and higher mind or emphasize the right hemisphere and non dual consciousness. These will eventually synthesize.

Positive affirmations are a first step - releasing attachment to negative and fear based ideas, emotions and identifications and instead affirming positive beliefs that better reflect the real truth of your Self. This helps one feel better about oneself and more confident about trusting and acting on the feelings and impulses that come from that Self. This builds a healthy momentum of expressing, being and realizing one's Self and one's potential.

A second step would be stepping away from attachment to the mind and beliefs altogether (truth isn't found on the level of the mind) and through heart centered awareness opening to love and life. One opens to loving relationships with others where you are freely yourself. This is accepting and validating - not being anything other than exactly who who are in the moment. This step out of the mind can seem scary if one is still holding one to expectations of judgement, rejection or other fearful ideas. However, it is really just a step into love, peace and the joy of being.

A third step after this kind of loving relationship would be to open to the loving embrace of life itself as the Self experiences it in the ever new moment. This is an unfolding moment where we cross the bridge to spiritual being by extending it from our heart. We co-create our path of return. This is also our service to the world, by which it is redeemed.

The difference between being in the ego and being conscious as a soul is a very small gap. To bridge this gap breathe deeply in the heart. Take a moment to become aware of the living awareness and space within this moment that connects you to an inner sense. Realize this space in the silence within this moment. Feel the

sense of peace and the freedom from the mind's judgements, ideas and compulsions. Now things just are, and there is no need to do, to think, to fear or to control. Breathe deeply enjoying this sense of connection, this heightened awareness and peace. Now allow yourself to sink more deeply into being, into this heart centered sense. Feel what this is about. What concerns and interests are within this moment? What qualities color it? What are you drawn to? Center yourself in the living moment and realize it is breathing you. Let go of your separate sense of identity and feel life and spirit moving through you. Realize this same soul life is within everyone whether they realize it or not. Take a moment to honor the one life. Realize that your life purpose involves opening to, living and fully embodying this emerging soul life. As you listen and attune to it you will find it holds the answer to your questions. Try staying centered in this space as you open your eyes. Let your words be spoken from here. Let your actions be an out flowing of this energy. Let your love flow unimpeded out into the world, blessing it.

Detach from the ego, thoughts, emotions, sensations -
Our beliefs and what we give reality to, determine our perception and experience.
Choose to identify with the one life as the nature of your awareness -
Affirm and claim your reality as the Word, Christ, the action of the Creator.
See this in the world, in what seems to oppose -
Anything you see, you are responsible to attend to.
Allow your truth to be expressed to lift up and redeem -
The divine does the work, for of ourselves we can do nothing.
All glory is given to the Creator Who calls us forth to offer ourselves in service.

§

Affirmations for Self Realization

I am free and have no obligations in life.

I am at peace. There is nowhere to go, nothing to do and nobody I need to be except what I am right now.

I judge not and release my hold on beliefs, expectations, doubts and negativity. I am open and positive.

I love and love embraces all my feelings.

I believe that everything happens for the highest good and that the universe manifests the thoughts and beliefs that I freely choose.

My purpose is that I remember who I am as a divine soul that's part of God; I create and realize this Life; and I joyously express what's potential within the moment.

I am safe. My reality is eternal.

I am continually creating my experience, which results from the images I hold of who I am and what is real. I clarify and affirm my highest thought about my Self.

I give thanks for everything I experience and am given. All my need is met.

I do not "want", I choose my desires to reflect the truth of who I am and so have it .

I accept responsibility for all my experience, bless it and decide what I will be in relation to it. It allows me to affirm and realize my Self.

I think about, clarify and focus on what I want to be, do and have. I speak and act on these. I act in ways that demonstrate the new beliefs I want to manifest -- and so learn them.

I am completely honest, acknowledging and asserting my truth, changing when experience brings new clarity.

§

Archetypes

One the soul level we identify with certain patterns that we are embodying. Knowing those that we are aligned with can help clarify our particular tasks in life and how we go about them.

PRIMAL

Father/mother
Man/woman
Divine child/innocent
King/queen/ruler
Priest/sage/shaman
Artist/musician
Jester/entertainer
Craftsman/builder
Evil one/devil/witch
Warrior/knight
Friend
Servant
Lover
Seeker

ASTROLOGICAL

1. ARIES. The initiator, pioneer
2. TAURUS. The builder
3. GEMINI. The thinker and enunciator of ideas
4. CANCER. The nurturer
5. LEO. The demonstrator, exponent
6. VIRGO. The discriminator
7. LIBRA. The organizer, collaborator
8. SCORPIO. The warrior , advocate
9. SAGITTARIUS. The explorer, searcher
10. CAPRICORN. The achiever
11. AQUARIUS. The shower, giver
12. PISCES. The savior

ESOTERIC

1. Will or Power. Concern with governing principles, bringing things under enlightened rule. The strong, individualistic Leader. Red.

2. Love or Wisdom. Concern with consciousness, and fusing into unity. The Teacher who is attuned to the inner life and the world of meaning. Indigo.

3. Active Intelligence. Concern with abstract ideas or working within the milieu of cultural/ social forces. Can be related to finance and communication. The Educator, Thinker or Social Mover. Green.

4. Harmony Through Conflict. Concern with establishing an at-onement where the outer forms or ideas express the inner spirit or truth. The Artist or Intuitive Creator. Yellow.

5. Concrete Science and Knowledge. Concern with understanding and mastering nature, formulating its laws and utilizing it. The analytical Scientist or Knower. Orange.

6. Idealism or Devotion. Concern with realizing one's vision of the ideal. The Devotee, Advocate or Religious champion. Light blue.

7. Organization. Concern with grounding, establishing order and efficient forms of use and expression so that things happen. The Entrepreneur, Businessman or practical Magician. Violet

§

Remembering the Soul

I am joined with everything in the universe.

Despite outer appearances, inwardly -- and in Reality -- we are integral aspects of the One Life within all things. Therefore I am safe and secure.

I am good -- a pure positive divine expression of Life.

No matter what I have said or done or what others may believe, my inner reality is that of a spiritual being. I can release any negativity,

shame, blame or guilt that I feel, while acknowledging the positive lessons from my experience. This truth will set me free.
I trust.

I can trust my Self and my deep intuition arising from my Self that knows what is good for me. I can trust that others are also like me. I can trust the Universe/ God to support me and guide me to fulfill the divine destiny It has for me.
I know.

Although the ego knows only what it has learned, unconsciously I possess a transcendent Self-Knowledge that can answer all my questions. This "knowing" can come in various ways as I am open to receiving it. Practicing relying on this inner sense results in self-confidence and strength.
I am responsible.

I create the type of experience I have by the deep images I hold and act on about what is real. (Life energy is given form by the mind it flows through. As the thoughtforms within that mind reflect the nature of the Self, it is manifested.) This belief opens a doorway to a happy and boundless future.
I love.

As I love, love carries me beyond my circumscribed sense of self to more profound realizations. Love is the oneness and unity within all that I may open to and experience. My life is an expression of love -- and as I believe so do I experience.
I am single-minded.

As all parts of my mind are aligned to follow the deepest will of my Self, so that I have no other goals, all my real needs will be provided and it will be unnecessary to control my life in any other way. By focusing on my highest or deepest call or vision, I straighten out my life and hasten my fulfillment.

§

Self Realization

We are more than the separate personalities or egos who we think ourselves to be. We have within, a higher self or soul, which is our true immortal spiritual self that the ego is unconsciously an

expression of. Psychology is nominally focused on the ego and its healthy functioning, even where an effort is made to access and realize the potential latent in the unconsciousness.

Esoterically, the soul is said to be the middle or consciousness principle and just a stage that bridges our spiritual essence, which we share with God, with our outer temporal form as a human being. Esoterically, also, human development is also just a step in our larger evolutionary process and destiny that leads from the human to the spiritual kingdom. This path was exemplified by Jesus in the five discrete events he went through — birth, baptism, transfiguration, crucifixion, and resurrection or ascension. These stages demonstrate that process we must all experience in we tread the path from personality to soul.

The path of self realization does not mean becoming a more successful person, but rather involves loosening our identity as a separate personal ego, and living from a place identified more with the whole and the greater good. This endeavor is the concern of an increasing number of humanity now as a result of the new spiritual energies infusing the planet that are allowing more and more people to become sensitized to the possibility of awakening to themselves as souls. Likewise, the energetic structure of the planet is changing as we move into the Aquarian New Age. These changing energies upon which our civilization will be based we require a complete change in our approach to life, our values, beliefs, attitudes, institutions and actions.

The soul by its nature is identified and concerned with the whole and has a unified holistic consciousness. Our shift to living and being souls must entail a seismic quantum shift away from our linear historic 3D world that has been based on fear and separation, to a consciousness and experience of the loving, living interconnected world of the soul. The soul naturally is one with the divinity within all life and seeks to foster that life. It is characterized by love, peace, joy, an intuitive trust, beauty and creativity that expresses the divine potential within life. It recognizes the multidimensional nature of life in a living universe filled with multifarious life.

The path to this self realization of the soul can either emphasize the left hemisphere of the brain and higher mind or emphasize the

right hemisphere and non dual consciousness. These will eventually synthesize.

§

Ego - Self dichotomy:

Ego/separative personal identity — Self/holistic identity

experience	awareness, freedom
provides the self with focus, grounding	provides the ego with life, meaning, purpose
existential pain of separation, aloneness	joy of interconnection, oneness
ignorance > fear > control > power	accepting, allowing, expressing, being
lack, need, wants to 'get'	sufficiency, having, urge to share
vulnerability, urge for power, aggression	invulnerability, no need to defend or protect
guilt, shame, deficiency	positive self affirmation, valuation
anxiety, fear-based, anger, despair	peace, connection, trust
desire, investments, attachments	love
identified with thoughts	the mind is used without attachment
wants to be better, stronger, different	just is, self accepting

Essays in Spiritual Psychology

planning for the future, ulterior motives	in the now, allowing the moment to unfold
doing	being
will to succeed, accomplish	will to be authentic, whole
thinking in the brain	awareness in the heart
need to aggrandize and justify the ego	using the mind for the good of the whole
acquired conceptual knowledge	intrinsic intuitive knowing
related to functioning in the outer world	living from an inner sense
behavior based on outer standards	action based on true feelings, authentic impulse
attached to fixed judgments, beliefs	open minded, detached, letting go
happiness from realized desire, goals	joy from life, being
trying to get completion from without	urge to share what one already has and knows
desperate for acknowledgment, validation	content without need to prove oneself
compulsion, addictions	freedom, detachment
inner pain from Self denial.	being at peace
the present as a continuation of the past	the present as a ever new experience
violence of projected judgments, control	compassion, harmlessness
arrogance, inflation, narcissism	seeing commonality

Essays in Spiritual Psychology

need to make things different than they are	allowing things to be as they are
grievances, hurts, resentments	forgiveness
anger that is based on fear and judgment.	aligned with well being, truth
perfectionistic artificial ideals, expectations	perfect allowing, being, accepting
investment in ideas, 'shoulds', standards	investment in reality, what is
pushing, forcing, controlling, willing	going with the flow
creativity based on will, intention	creates by acting on the impulses of the heart
involvement in the world	involvement with inner life
experience of duality, opposites, conflict	experience of integration, wholeness, synthesis
outer authority	inner authority
mental chatter, thoughts	stillness, silence
thoughts, emotions, sensations	What IS
active business	receptivity, connection to essence
investments	lack of worries
attachments	freedom of choice
in one's ego mind.	In the heart in the moment
linear reality	multidimensional, holistic
doing, struggle, forcing	being at ease, allowing

controlling	letting go
separation	connection, unity
experience of circumstances	experience of awareness
survival, aggrandizement	conscious co-creation
belief based reality, projection	heart based reality, extension

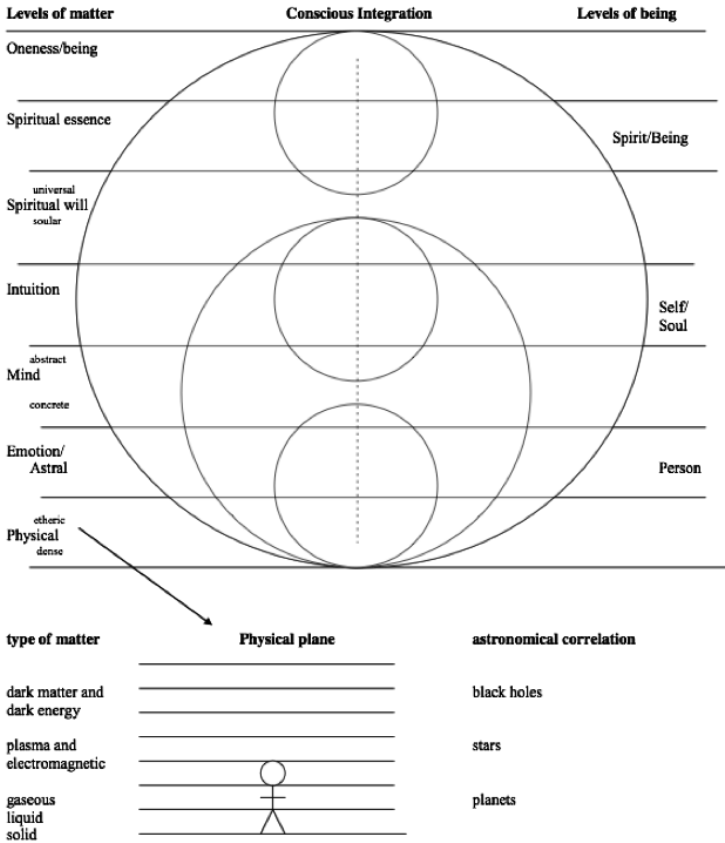
The coming Age of the Soul

We live in a moment of history where the energy of the soul level is being quickened and as a result we are collectively awakening to our real identity as spiritual souls (the immortal or Higher Self). This transition marks the end of a historical period characterized by an experience of separation, materiality and the fear associated with a purely temporal and personal sense of self. As new energy infuses the planet and human civilization, the forms, institutions, attitudes, ideals, and values of the past must change so that these are based on and embody this new wave of energy. This new dispensation has a synthesizing effect, both individually and collectively. Globally, human life is becoming quickened and interconnected. Old exploitive and violent assumptions, attitudes and politics must change to those based on sharing and brotherhood.

Individually, the average man or woman may realize what only the few were able to attain in the past - a realized Self and a soul identification. To begin, one must open in the living moment to a space, an awareness and consciousness that is already here, within. We can begin to be aware of this consciousness and live from this focus. In the process we realize our potential as co-creators and white magicians, cooperating with those beings who are of the Kingdom of God, and Who are working to externalize the Plan of God on earth.

The soul in a cosmological framework

a Metaphysical Schema



§

Spiritual paths for the two hemispheres of the brain

Science tells us that the left hemisphere of the brain, which controls the right side of the body is associated with logic, mathematics, science and analysis. The right hemisphere, which controls the left side of the body, is associated with imagination, creativity, the arts and spacial understanding. (It's no wonder that

in our concrete Fifth Rootrace civilization, that most people are right handed.) I also think that the left hemisphere is associated with the Light of Mind while the right is related to Love and Consciousness itself. This correlates with the left eye which expresses manas and the right eye which expresses buddhi.

Theosophy was given out to offset the increasing concretizing influence of materialistic science and establish a spiritual science objectively based on metaphysical research in the East. It's a spiritual path emphasizing the left side logic, science and analysis. The nondual mystics have embodied the right side tendencies through the Teaching of Love as articulated by Jesus. This approach emphasizes the living Presence of the soul that is free of any mental identification.

Both spiritual paths need the balance provided by the other hemisphere, subsumed by an underlying spiritual will or purpose. The path of esoteric light needs the balance of heart to orient it into a proper context, so that the co-creative work resulting is for the greater whole. The loving consciousness of the right hemisphere must utilize the light of mind if it is to provide effective service of enlightenment, redemption and salvation.

Loving understanding is a quintessentially Second Ray quality perfectly embodied by Christ and Buddha. Certainly, the Second Ray of Consciousness expresses a comprehensive understanding utilizing the Rays of Manas, as epitomized in Theosophy. However, in practice, I believe the esotericists of the world have been 'mind identified' with the ideas of the Teaching. However, there are other legitimate Hierarchical Teachings that emphasize the cultivation of soul consciousness itself. As we are fast coming under the Energy of Synthesis or Oneness, it behooves us to understand how the traditionally differing spiritual paths of the left brained occult esotericist and the right brained nondual mystic may complement each other and blend in more profound synthesis.

We are the personas with the structure of ego mind as well as the formless, malleable living one soul consciousness. It's been my understanding that our goal is to increasingly be able to shift out of our separative ego identities/minds and function as the group soul consciousness. The endeavor to accomplish this may be facilitated by Teachings that are focused on fostering identification with the Presence of the soul itself. Therefore I'm advocating a

comprehensive and synthetic approach, for those who may benefit by it.

My understanding is that the Monad is the Self and that this realization is progressive. From mass identification to ego, from ego to soul. Then at the Fourth Initiation we realize that we are more than soul and establish an identification with the Monad that's fully consummated at the Fifth. In this process it's interesting to reflect on the role of Manas or mind. We are so caught up in the mind, that have a hard time appreciating the mind as an agent or tool of the Self to further its ultimate purpose. Which brings us to questions about why did the Logos create this world and invest His Spirit in it?

That is a very comprehensive Second Ray perspective, that would see all beings, despite appearances to the contrary, as perfectly expressing their nature in the perfect infinite chain of being. Those individuals who have had satori experiences also remark on the profound perfection and beauty of life.

This thought triggers another reflection on another fundamental synthesis - the union of the occult/esoteric path with the mystical/nondual path. The Wisdom is about the objectivity of subjective reality, while a nondual approach is about the subjective Oneness of objective reality as an expression of consciousness. The esoteric path, which most of our group seem to resonate with, encourages a focus in mind using concepts developed through occult analysis of spiritual reality. This focus allows the individual to become effective part in the chain of Hierarchy and the co-creative work of Planetary transformation. The mystical path would facilitate a buddhic realization of the synthetic oneness of consciousness which transcends the mind and its manifestation in the world. I believe nondual teachers such as Jesus, Ramana Maharshi, and such sources as Rasha's Oneness, lead us beyond the mind to a realization of one consciousness within all. These two paths seem related to the two evolutions mentioned above.

I would like to think that the New Age with its etheric World of Light that will be manifested will enable us to create more of a synthesis of these two paths. The etheric level as an interpenetrating oneness, that would enable to consciousness a place to occultly be and serve. The mind then would not be the concrete mind, but

the abstract mind as an agent of the one Soul. We would not be esoteric egos but co-create the soul's esoteric wisdom.

It's quite a gift and blessing to be alive on Earth during this momentous change. We will be able to look back soon on a totally different reality than the life we will be living that will enable us to empathize with and understand other peoples and worlds in the galaxy who will be undergoing similar transformations. Because, I believe our service will extend out into the galaxy before long. Already the vibrations of the New Earth are filtering through. I can feel an increased energy and pressure and a sense of another dimension of reality faintly intruding into the present moment. My Hierarchical connection feels more definite and the Master in the heart is there. It's a joy to contemplate Christ's approach and imminent appearance and the fire of love He will light in the world. And I feel a great sense of peace, knowing that spirit is in charge and that everything will happen as it is meant to, including my individual life as well. We will know what to do and everything will unfold in divine order. The spiritual host is on the way!

§

Opening to the Possibility of a Soul Project

We will focus now on establishing a soul project -- a task given from within by inspiration that by its very nature will help further the evolution of the planet in some way. In realizing it we will likewise further our own development and create a deep sense of meaning and fulfillment in our life. The basic understanding underlying this effort includes:

1. Individually and as a part of humanity, we are a part of a larger spiritual life that has an evolutionary intention for us and for the planet.
2. It is possible to cooperate with the evolutionary plan and the spiritual agencies responsible for realizing it.
3. We each have a particular role and task in this time of planetary transformation that the soul implicitly knows.
4. In this process we assume our destiny as co-creators and fulfill our individual potential as well.

5. This path of realization embodies the path of independent action, based on love, that is a synthesis of spirit and life. This makes it particularly suited to occidental psychology.

6. The first step is to open to the possibility that our deep life dreams are promptings coming from beyond ourselves -- impulses and ideas that are meant to be believed in and acted on.

Each area of life or society is equally spiritual and in need of transformation and new impetuses. Whatever area one is called to is right. One has to trust the guidance of the higher self. Likewise, one's task or role does not have to seem special, important or spiritual. Doing whatever one normally does with conscious love or meeting others in a spirit of openness, love and communion, is just as important as trying to create political or financial reform.

The changes have to begin with us and be demonstrated in our own lives. We are not to be living "for" something ulterior, so much as living "in" a new centered and trusting way. Therefore our actions cannot be based on opposing anything -- that just gives power to it. They must embody the positive affirmation of the truth we are living. And truth will win out. We do not have to worry about all the false, fear based, separative and negative forces in the world that seem so powerful, we just need to affirm the positive truth as we understand it. And the truth is love, oneness, beauty and divine beneficence.

Each individual already has within a sense of his mission, longing and vision. The soul project is not some arbitrary goal that is really part of the personal agenda, but arises from a deep strata of one's being. There will likely be sequential aspects to it that will unfold as we act on it. This section is intended to help support individuals in clarifying a specific soul task and in taking steps forward to realize it. It is easier to succeed in this process if we are connected to other like minded individuals who share similar feelings and goals. Often we can let our fears, doubts, inertia or preoccupation keep us from believing in and acting on something that we really want. We can rationalize anything -- it's easy to come up with excuses why we can't take responsibility for this inner calling.

A soul project by its very nature is something we really want and are excited about. Its in the nature of the soul that is an integral

part of the whole that there is a convergence between individual and collective good. This is one way to distinguish soul impulses from internalized ideas of what we "should" do based on moralistic, idealistic or idiosyncratic judgments. The latter seem to make us feel better or more important, involve more work and aren't as rewarding. We don't enjoy them for their own sake. A soul task is also open-ended. That is, as we get into it, it unfolds, life unfolds and deepens. We move into a larger and expansive world. We become bigger but at the same time really become more of what we have been all along. That is, we begin to realize our real self that has existed as a potential within us but which now is being experienced as a manifest actuality.

Even if you do not believe all the "hypothetical" ideas and theory that have been presented here, if you will just set aside enough doubt to open up to the urgings within your own heart, that is an important beginning.

§

Rules for Creating the Life You Want

To create what you want you have to really believe you can and thus release beliefs that you have limited power over circumstances.

To create what you want you have to know what you really want and visualize it.

To create what you want you have to focus on the essence -- the quality or feeling -- rather than the form. Many forms will work. No one form will bring lasting joy.

What you want you already have within. Give or radiate what you want to get and you will experience it.

Before you act, take time to visualize an image of the completed act. Imagine that your desire is already fulfilled. Trust that your higher self will now bring this about as you trust it.

You are guided from within through your soul or higher self. Listen within and take action only when you have a sense of what to do

that feels right and loving. Most of your problems arise when you act without first checking it out.

Creating what you want happens in the small ongoing moment to moment decisions you make. It is not created by just one big event. Where you focus your energy and attention expands in your life. Emphasize the good and more good will come to you.

Every situation is temporary. Things are always changing. Every situation offers you an opportunity to affirm and experience the highest. Painful experiences can offer you the opportunity to gain awareness and release the negative beliefs that you still hold that are creating these painful experiences.

At the soul level there is no good or bad energy. It is how you use it that determines its usefulness.

The outer mirrors the inner. People's behavior toward you mirrors something that you are doing to yourself. If you don't like something that you're experiencing, find out what you're thinking or doing within yourself that this reflects.

The images you hold mold life to fit them and therefore affect others to live them out. However, don't attempt to change others as a way to make your work. Trying to force others only strengthens their resistance and turns your power over to them.

You can only change yourself. However, as you change your response to other's conduct, your relationships will change.

§

Staying Focused

Where you focus your energy and attention will expand in your life. As you continue to operate from the new images you have chosen to create, you will manifest effects from them. Stay open for coincidences, synchronicity, support and feedback in your life. Remember, when you act for the greater whole, you will be helped and empowered by spiritual power so that you can accomplish much more than you even imagined.

As you choose to perceive others as part of your vision and not opposed to it, it will be easier to stay centered in that vision and feel less vulnerable. The world will then present no obstacle but will "fall in line". And you will then experience the reality embodied by your vision, no matter what is happening. It's your choice what you give power and reality to. That doesn't mean that others will suddenly change, but your perception will and that is all important. Through the eyes of love we are all brothers and sisters sharing in a common endeavor.

Remember that stress is a signal to relax. It is feedback that you are losing your trust and your connection and giving reality to the images around you rather than to the ones you are now choosing to embody. The key is that this is really about co-creation. That means that as egos we don't have to figure it all out, be responsible for it all and do it all. Our responsibility is merely to trust the inner knowing of the soul and rely on the intuitive guidance that comes from listening within. We don't have to worry about how everyone will be taken care of or how things will resolve themselves in the many areas of life. We just have to do our part as best as we can and know that we are contributing maximally.

It's helpful to have a daily rhythm that includes time for meditation, reflection and self-expression. When you are opening to alignment with your higher self, invoke the aid of God or whatever is your highest spiritual conception. Knowing that we may assist in realizing the evolutionary plan for the earth that is the beneficent destiny for all, gives an increased sense of safety, support and perspective. Although the essence of the goal is predetermined, how it manifests is left for us. In the age-old argument between freewill and determination, both sides, as usual, have some truth. We are free to choose to be our Self or not but not free to choose the essence of that Self or the larger reality it is contained in.

Staying centered also becomes easier when we are actively working on our project in the world. When it develops far enough along it will become increasingly involving. Staying centered will be the only way we can really survive, accomplish our purpose and stay calm and sane.

Imagining, creating and actualizing something new are helped by a number of techniques and skills that enhance creativity and

innovation. These can enrich one's life and deepen one's self consciousness as well as helping develop a soul project.

Once you establish a specific soul project, you will want to get together with other like minded individuals who have similar interests and intentions.

§

Nondual awareness

The essential realization:

If there was one insight, or should I say revelation, that is most important it would be that the 'I' awareness that we automatically and naturally take to be personal is not. Looking through us is 'God' or the One Consciousness. He is breathing us and giving us life. When we wake up in the morning, 'God' is always waiting for us and is there throughout the day. Of course it is easier to achieve this detachment from the ego if we can maintain a focus in the etheric cave center where the energies of the persona touch the energy of the soul. There, if we can relax and stay at-one, we can rest in Soul Consciousness and project this on to our experience in the world and see everyone and everything expressing this same 'God'.

It's ironic that we spend a lifetime seeking something that is already there and that is giving the ego the power to seek. The ego naturally feels incomplete and lacking, but the answer is not 'out there' or any thought, feeling or circumstance, but realizing who is the 'I'. In awakening to who we really are and shifting our identity we are touching the fringe of a divine garment that is much bigger than we can conceive. I believe that beauty and true nature of this cosmic raiment we are putting on becomes slowly apparent as we express and live this being.

The path to awakening:

There is a method to be awakened. I find the paradigm of the ego and soul useful to describe this process. We normally function as separative egos and no matter what inspired ideas or divine revelations we receive, we are still functioning as ego with its attachment to the latest most wonderful idea. And to the concrete ego mind as a whole.

The key to shifting into a soul identification is realizing that the 'I' awareness that the ego assumes is itself, is really an extension of God's awareness and consciousness, that is called soul. The ego claims this awareness as itself but it is really God in us. If we can meditate deeply on this realization, we may shift to being soul, who is free from all mental, emotional and physical ego states as the divine observer.

The nature of this life and consciousness, as we know, is love, freedom, peace, and joy, among other qualities. Through a centered inner listening we may then express the knowing of the soul which we are all learning to awaken to and remember. We stop looking for ideas that the ego can use in its hopeless endeavor to 'get it' as we stop identifying with the ego.

When we are interacting with others, we stay in the one soul and listen to what that onesoul in the other is saying. We are really communicating to ourself through our interactions with others. Feeling and expressing the love that unites us, we are really functioning as part of the Planetary heart center. By maintaining a polarization as the One consciousness relating as and to the One consciousness in all, we are building the bridge to our Self.

We have likewise established a bridge between the Hierarchy and humanity. Because the one consciousness is Hierarchical consciousness. Therefore, the Hierarchy is already there within us as that heart centered consciousness just beyond the ego. It's really a very small step from thinking I am my personal self, to being aware as the One Self who now looks through the ego, but doesn't identify with this program.

This awakening is easier if we can share the process we are all engaged in with one another. We are all wanting and endeavoring to do the same thing - to break free of our confinement in the old world of separation - and awaken to our real Self and live and be from there. The energy of the soul is being quickened and it is getting easier to make the quantum jump to what is really a new world of being.

§

The Heart portal

I'm visualizing a stream of love pouring out from the center of my heart, encircling and infusing me until I am in a portal of love. I now look out at the world as the world itself is filled with this energy of living Oneness moving within everything. The mind is now vibrating on the energy of Love and no longer functioning as the separate ego mind. We are now of one consciousness, mind and heart. A new lighted reality is seen emerging.

Now we may live in Oneness and create the new. Now we may admit our love for one another and live in joy and peace. Now we may release fear and thoughts we had about the world and begin anew. Now 'we' has supplanted 'I', love, replaces fear and life negates death. We have merely to listen to the song in our heart and express and share it. As an artist we may create the vision that we see in the light. As a free spirit we may awaken to our true being and live without reservation or inhibition.

Let us send out our shout of exultation and celebration. A new dawn is breaking on the world and the time of Christ, long prophesied, has begun. Now we have a direct connection and knowing. We need nothing but to be who we are and to share our consciousness together, our inspiration, our vision, our feeling, desire and ideas. Light stretches out sparkling with seeds of potentials undreamt. Let us begin to make manifest the infinite possibilities of being. Let us bring spirit into form. As a musician let us sing or manifest our song of Life and Beauty expressed.

This is real. We need not go back. We stand in the doorway on the threshold of a New Age where time is not, where who we really are is waiting to join with us as we awaken together to who we have always been. The old rules, laws, thoughts and beliefs no longer are relevant or true. A lighted reality provides an experience that supersedes the separate beliefs of old and the world built on these. We look out on a field of light, love and life that is emerging from within as our destined home. We merely need to stay open and aligned, let go and be.

The key now is expressing and sharing what we are given. We need no one's approbation, approval or acknowledgment. We have no need to conform to any authority. We need fear no rebuke whether from anyone or from ourselves. We are now free and must

rely on our own direct knowing. We no longer have to worry about making 'mistakes', about saying or doing the 'wrong' thing. We now extend the truth of our being together, interweaving the strands of light and love as a new world and new reality takes shape by our actions.

This is a time of 'Yes!'. A time of exploration, discovery and revelation. A portal to the infinite and timeless space of being is opening up through the heart. Multidimensional levels of Reality are now accessible. Dreams, sounds, and visions from angelic worlds imbue space. Grace, gifts and blessings sparkle in the ether as Life unfolds New in the ever-new Now. Let us share in the joy of this time of New Creation together. We each have our part and our unique gifts to offer. Although one, we each have our singular expression which completes the whole. The time of waiting is over, if we choose this.

Life moves, flows and unfolds from within. Let us flow with it and do our part to manifest the seeds of potential carried within its energies. Let us bring these forth and so claim them and make it real to ourselves. By creating, we extend these to the world of form, transforming it. We bring Heaven to Earth, actualizing a new Oneness, creating a sacred planet. We assume our role and being as Christ in action, fulfilling the Plan for Earth. Christ is not other than us, united with our brothers, fully conscious as the Whole. Just as we are One with the Father or spirit Which directs us.

§

Finding your Self

Sit comfortably in a quiet place, relaxing, breathing slowly, connecting to the heart. Now notice the space around you and imagine that this space is filled with an energy and a consciousness. Attend to this consciousness and as you do so you will become aware that it is imbued with light, love and intention. Release your separate ego identification and merge with this conscious space. This is your Self, Who has been patiently waiting for you to notice it. It has always been the real you, the force within, the life and the power. However you have chosen to believe you were the separate ego and personality with your particular history, beliefs and circumstances. Awaken now to the real you.

As you center your awareness in this spacious Self, you will soon realize that that it also pervades your body and the physical world. It moves within all as a Presence. It therefore is also within everyone. This is your Christ Self Who connects us and is Who we essentially and eternally are. Surrender yourself to this Being and release your attachment to your separate identity with its associated ego mind and assumptions about reality. Christ is here now and we now have a direct and conscious connection with Who we really are. Be at peace. The time of our collective awakening is now.

As we move more deeply into this Self, we will notice that it's intrinsic light, love and intention will move us to express ourself in particular ways. We will want to express our love and connection to one another of course, and to respond positively to the need of the moment in whatever circumstance we find ourself. Christ is a liberating force Who holds the answer to every problem. As these problems basically stemmed from our collective ego identification and the world created from this, these problems are quickly resolved when we shift to a culture of Oneness and sharing. The New World will be born through us as we express the seeds that are waiting to be given expression and form within the light, love and intention within.

The first thing we will realize, is that consciously or unconsciously we all are extensions and expressions of this same Presence, space and Being. And although we can still shift back and forth between the Self and the ego, as time goes on we shall feel more comfortable with our new identity and feel less drawn to the ego. The ego is, after all, a hopeless project whose time of termination has come. We won't, however, detail it's limitations here, as we want to focus on the New and the positive Self. This New energy is streaming into the world now and lifting and awakening our collective consciousness to the soul level. This is allowing and empowering the kingdom of souls to consciously manifest on earth and create the New World and civilization that is intrinsic to this level of being.

Earth will become a place where the Will of God or Logos will rule on all levels and mankind will no longer remain separate, opposed and unconscious. We each will awaken, align and become at one with Christ. We will each have the opportunity to fulfill or unique roles in establishing the New Millennium. This New Reality already

exists and has been created on the inner and is just waiting for us to give expression and form to it on the outer. We do this by co-creating based on our heart's knowing and desire. We each intuitively know what we really want, how we really want to be and live. We must trust the heart's knowing and surrender to a life based on this love. This New World will no longer be based on fear, lack and survival, but will be a civilization based on Light, Love, universal entitlements, peace and spiritual creativity.

We each now can step out of the old separate world and the people we thought we were, and choose to be our Self and live out the dream of life that the heart has always held out for us. All we have to do is be open, listen, trust, and then act on what we are given. In sharing what we are given we make it real to us. In sharing the spirit's prompting we become who we already are inwardly. A space, energy and consciousness is moving through the world. We have heard about the Second Coming of Christ. That time and opportunity is now. Realize that this new space and energy is a Presence and a Force that is quietly lifting us to a new reality. Let's embrace this as the realization of a collective dream of homecoming and deliverance. It's a step on a path that leads to the Infinite and that is our collective future.

§

Realizing our Self

Realizing the Self is the same as being the Self. It's a progressive process although at any moment it is maximal. We become conscious or aware of what is there and share this with one another. This is not the ego but is the voice of the heart and what we feel and want. Desire is not, therefore, renounced except for ego desire for the separate self. Desire is the motive force that lifts us into unity and toward the realization of our deepest hope for life. Desire is ultimately always for love and the realization of love's purpose.

In expressing our Self, we use the imagination to visualize and create a bridge that connects us and that offers us a path to realize our deepest intention and desire. This is a bridge of ideas and a use of the mind for the purposes of the Self or Christ. The mind becomes the creative agent to make known the latent potentials of being. These are then extended and manifested in the world of

form. The world is thereby transformed and a New World or Reality gradually takes shape. This process takes place in the living Now as we open up to it, live it and give it form and expression.

Realizing our Self is a collective process requiring, collaborative relationship, cooperation and communication. We each have our role, our gifts and our necessary contribution to the whole that we each complete. We need only be authentically and wholeheartedly our Self as we express and share this. We need not any authority but our own truth. It is a truth that we all share and know, anyway. What we give fulfills us. What we share we make real and known. We need to release any effort to control the process and make it happen as we might think it should, but rather to just do our part to let God's being unfold. For our will is merely to either resist or facilitate something that is destined to be.

Humanity is the throat chakra or the active intelligence of the Planetary Logos that is meant to be the center of conscious co-creation of our God's Plan for Earth. Humanity has been focused on a separate agenda, based on fear and survival. However, the civilization based on this is crumbling and must be replaced by a world based on the oneness of the soul within nature and the divine interrelationship of all life. This is part of the Plan that must now be fulfilled. Therefore, realizing our Self is intimately part of claiming Christ's Life and God's Purpose for Earth. We leave personal aims and take up our role in the collective events transforming the planet.

Realizing the Self involves fully living and being in the moment. It involves relationship with those who have more fully realized Christ, but who are yet the same as us although they may radiate more light and love than we do as yet. These spiritually realized souls extend their hands to us inwardly as we must do to our other brothers and sisters who may look to us for example. We serve by embracing all in a love that serves and that refuses to separate. Realizing the Self requires that we maintain a high energy and focus and not be dragged down by lower vibrational situations we are trying to help. We must stay free and not get caught up.

Realizing the Self means being a source of leadership, knowledge, beauty, healing, compassion, intelligence, inspiration and creativity. We can't do it all, but don't have to. We merely have to an example of an authentic spiritual life — that in itself is a powerful service.

Each one has to forge their own path. Each one has to listen within and follow the voice of their own soul. Each must determine the need of the moment and respond to it, to provide the light, love and strength that is needed. Each must find what their deepest passion and meaning is and devote themselves to it. This must unavoidably contribute to the good of all.

Realizing the Self is ultimately shifting one's identity to the inner Oneness of Christ. The Self is one in Being although different in expression with each. This means we come to see and experience the One Self in all regardless of whether they are conscious of it or not. And as we embrace the eternal Self, our experience also shifts to living more in the eternal and timeless. We live in the world, but are not of it. A portal opens and we experience the infinite unfolding in the finite, the One Heart beating in all creation. And we attain a deep peace, for where there is Oneness there can not be conflict.

§

Living in Love

It is possible to live in love all the time. It's really a choice. Although it's challenging to respond to the concerns of people in the world with an answer from what is essentially another world or level of being. The real answer is not a form of words, but rather a different approach to life that embodies living from our heart rather than our heads. Jesus has informed us in his latest teaching, A Course of Love, that the Second Coming of Christ is now. This means that the age of the Holy Spirit and the need for an intermediary to connect us to our Self and correct our thinking and learning is over. We now each can choose to establish a unity with our Self that is at one with Christ. We can actually open up to this and have this experience now, although we may not realize what this fully entails until we live it and share it and so make it real by expressing it in our lives. This means that the age of learning and living by our minds is over, and the age of being who we really are and living by the remembered truth of our being is now here. This is therefore an opportunity to create an entirely new civilization on Earth that is an expression of our divine nature and the divine purpose that underlies all life on Earth.

Inwardly, eternally and in reality we are each part of Christ and must manifest this awareness, consciousness, mind, life and spirit. We no longer have to rely on any external authority, but rather can access, through our own heart centered connection to Christ, our own knowing that results from this connection. The Planetary Shift that we are in the midst of, is related to shifting the center of our identity and focus from the ego and its culture of separation to the One Consciousness within all life - Christ - and living from there. This entails living from the heart and using the mind only to express love and not the separate reality the ego mind created. Love first of all acknowledges that we all brothers and sisters in one humanity who have shared and equal rights and needs. Love would have us forgive and accept everything that has happened, let it go and move on to realizing the dream of a beautiful life and future that we all share. Love would have us trust the positive impulses that come from our own intuitive knowing, as this knowing is based on the common good of the divine life we are an expression of. As we live and express this, we will gain confidence that this is true.

At first we might feel guilty that we are choosing to live in trust, love, peace, and being rather doing all the things that we think we should do. However the choice for one's Self is all embracing and to choose it one moment and not the next is soon realized to be dissatisfying and schizophrenic. If the truth of Christ is right, why need that be compromised? It is challenging enough just to live this in daily life. It's also challenging to know what to say to friends and family who ask what we're doing and why. How would a tree explain what it is about? It just is and lives it's life, as we are choosing to live our Self, albeit we will make this a more conscious and articulate process. However the decision to be the Self naturally has collective implications, as we are all connected and part of that Self whether we consciously acknowledge this or not. So we naturally not only want to reassure others, support and encourage them, but primarily to relate to that Self in each as well as to the outer personality. As we live more in Oneness, we shall be more able to see that Oneness in the old world of separation that many will continue to be focused on. And we won't have guilt when we experience the blessing of our life and our ability to share this with others to have a positive impact.

A necessary step in creating the New Millennium is to share our Self with one another - our dreams, desires, hopes and ideas. As

we all share the same conscious Self, we therefore support, allow and enable what we all collectively want to experience and realize. This would be a creative consciousness that is devoid of fear and that acts always for good, beauty and truth — a consciousness focused in what is, in the ever-new living moment. This is a consciousness of the whole as this space and energy pervades and interpenetrates the separate forms and lives. This is a joyful voyage and a process — a discovery and revelation as it unfolds. Our heart is the doorway and the path before us that we create together. The kingdom of the soul is now becoming manifest on Earth, and we each have a contribution that we can make just by virtue of being who we really are and doing what comes automatically from this alignment and being. We all can remember what we really want to express - the love that yearns to be released; the visions we have of a longed for future; the timeless moment we can all sense that is always there within that we want to experience; the life that calls to us from beyond this world. Now is the time we not only can make it real, but are called to do so as our God is manifesting His Divine Being through us so that it may be physically manifest. We are called to bring the Heaven of Love to Earth.

§

The *withinness* of the Presence:

The unitary Self is what is as it moves within creation. It is who we really are and have always been though we did not know it. This Presence is first recognized as an other. Later we come to know this as our Self, as we gradually express it and so shift our center of identity. This Presence is first recognized as a space and energy. Later we realize that it is imbued with consciousness, love, mind and intention. It is for us to embrace this consciousness and intention and make it our own by expressing and living it. Over time, we gradually forget who we thought we are as ego and awaken and become who we really are as our Self. We become whole, fully present and no longer split.

Jesus Christ is now here within this moment, in this Presence, within us as we open up this conscious space within. We are now connected and we may choose to accept this as our Self and express what comes from this beingness. As we center our awareness in the silence and stillness within, we will realize that

we have an intuitive knowing that embodies our awareness and experience. We may express and share this and so make it more real and manifest to our Self and each other. We are now in a relationship of direct Brotherhood with Jesus. We share the same consciousness. We remember and know the same truth, are animated by the same Father and have the same goal - the manifestation of the Father's kingdom of heavenly Light and Love on Earth, and thus the fulfillment of Christ's Plan.

Our first task therefore is to recognize the nature and limits of the ego, which has defined our historical sense of individual identity and a civilization based on its dynamics. Secondly we must realize that the increased sense of self awareness that we are experiencing is related to the quickened energy of the soul that is allowing us to more easily transcend our habitual ego polarization and thinking. Thirdly it is helpful to understand that the religious prophecies of the return of Christ and of a New spiritual Millennium on Earth are actually in process of happening, albeit in a slightly different way than was expected. Christ is coming to humanity as a whole as a consciousness and spirit that we may each experience if we open our hearts and minds. He is not coming as yet from the outside, but rather from the inside. Silently He has just come and is now here.

He is not here to do for us, but to give us the wherewithal to do for ourselves. Or rather, to be who we really are as an extension and embodiment of Him. It is time for us to take on our divine inheritance, and choose to be and live Christ's life as we are given that within. We are to see and experience that divine Oneness in all creation and to become conscious co-creators ourselves by sharing, ideating, expressing and living, what we feel, vision, desire and know. This requires that we shift our identity from who we thought we were - and the world associated with that - to who we eternally and really are in the infinite and timeless realm of being. We are not alone in this process. Jesus and the spiritual Brotherhood of the Self realized are inwardly united with us, and supporting and facilitating our shift to Freedom, Light, Love and Oneness.

The key is Love, the doorway is through the Heart. The time is now and the place is the sanctuary within. When we adjust our eyes to the Light, we will realize that we are not alone, and that a spiritual Presence is here awaiting our awareness and acknowledgement.

This Presence within is your destiny, your hope, your redemption and your real Self. In its movement as the spirit within, it will transform and carry you to a splendor that you have forgotten is possible. But first you must chose it, listen to it, express and live it. Together we may help to create the New country and destined future. There are no limits on our imagination of what possible. What is our greatest dream? Our most beautiful vision? Our timeless love and hope?

Every moment offers a new beginning, a fresh look, a renewed connection. Each moment offers us a chance to get out of heads and our stale thoughts and into a living Presence and heart centered experience. Each moment offers us a new awareness of the unknown and a creative challenge to express it and give it form. What is stretches like a vista extending into the infinite. We get a sense of what is before us but can hardly imagine what is ultimately possible. As we take a step forward, the road itself unfolds. The sense of the Oneness within all and of inward dimensions of timeless being become more acute. Love pervades all. A larger life and whole embraces us. And we naturally want to share this with one another, to reinforce this by our collective assent and to create the appropriate forms to manifest it and make it real on Earth.

§

The need to share for Self realization

Jesus, in *A Course of Love*, exhorts us to share as a necessary part of the process of realizing and extending the Self and participating in the necessary creation of the New World. Christ has been expressed individually on Earth, but now is the time when a large portion of humanity can begin to express Christ together and so anchor that Life, Consciousness, Will and Energy on Earth. This is in effect, our God or Logos extending and manifesting Himself on this most dense sphere and taking full control here. Outer Earth is becoming a sacred planet and thus the time of dualism, conflict and control by the material forces is ending. This is part of the Second Coming of Christ which is in process now and which will be a collective experience. And it is part of the Plan of God for the Earth.

To realize our intrinsic Oneness with Christ we must share and extend this conscious space to make it real and manifest both to ourselves as well as for the world. This entails speaking in a wholehearted manner from the heart and thereby not going to the ego mind, but rather using the higher mind to formulate the impressions, feelings, desires, ideas, images and intuitions that exist within the soul consciousness. This involves ongoing discovery and revelation of what is as that is experienced in the now moment. Opening to what is entails opening to Love and a unified energy that pervades all life as a Holy Presence. It has always been here now but only in this historical moment in time are we able to collectively choose this and live from this place of unified being, from Oneness.

Choosing to consciously be our higher Self will involve living, thinking and functioning in a totally different way than how we have lived and functioned throughout recorded history. Life will no longer be based on fear, survival and separate identity, but will be based on the realization that we are all extensions of the same Self, that we each express in our own way. Living and being the Self entails living in trust, love, peace, beauty, joy and Oneness. Everything is shared for the good of all, and all have everything they need without fear or concern. The values, beliefs, practices, laws and institutions of the world must completely reflect and embody this consciousness. Daily life in the new reality of light and love will involve the collective effort to discover and manifest the divine co-creative potential that extends before us as this extends into a rapturous infinity.

So let us begin and step forward on this path that begins when we open our minds and hearts to the portal of heart space opening within the moment. Setting aside our attachment to the old, to cherished beliefs, personal habits and identity let us recognize in this embrace of Presence, an awakening to our Self and a continuation of a voyage we have chosen already. This is a joyous time of completion, celebration and of a new beginning. The long night is over and a new day has begun. The Masters and Saints are here now to greet us as brothers and coworkers. Angel song vibrates through the ethers and trumpets announcing Christ's victory and imminent emergence thrill through space. Let us take our places and take up our roles in this procession. We won't find our way through the brain, by thought or effort but rather through the heart and the sharing we are prompted to do by spirit. This

dialogue with each other is the next step. Let us share this bread together.

§

Waking Up and Moving Through the Day

Everyday we may wake up twice. First, of course, we wake up from sleep. And then we may wake up from our identification with the persona. The process of doing this involves awareness, Love and will. First we connect with the heart centered soul and then direct love towards the ego, allowing him to have whatever imperfections he has, and to have made whatever mistakes and taken on whatever pain or ideas that he may have acquired. We can do this because we are now aware that we are not him, and therefore nothing about him applies to us or can have any impact unless we choose to let it. And now we can choose not to. Because we now will to wake up and thereby free our selves from the past and the world's reality.

Now that we are aware as the Self, others appear differently. As we have freed ourselves from the ego, and are feeling much better for it, we realize that others might want to do this too. And it's so easy. It just involves taking a step across a small gap which results in a totally different view on the world. And a much more peaceful experience. How can there be conflict if we are not invested in the ego or what any other ego thinks? Some of it is mildly interesting, but most of it is not as it pertains to a world built around the ego, it's survival, gratification and expression. We are now more interested in looking around in awe at the unnamed, unknown reality that we can experience.

The third step is realizing that we can't fully wake up by one's Self alone. This is because we are part of the same Self, so therefore exist only in relationship and must express our Self in relationship to fully manifest all that we potentially are. So therefore we imagine not only waking up together, but how we might share the One Self together. Imagine being in a large room where everyone is in this same One Self space. Of course we would be happy and glad to admit that we loved everyone, and glad to feel the joy and beauty of life lived at One. There would be a lot of positive feelings coming up. Then think of the wonderful implications of what the world

would be like if we all lived from the Self and our vision and life began to coalesce around this idea.

So that the next step would be to take this awareness, Love and vision out into the world, to share and extend it. To do this we must live and demonstrate it as well as talking about it. 'It' is what 'is' in the Self's experience. It is life lived in Oneness above or beyond the ego and the world of separate personalities. And as we share it, it becomes even more real and manifest. The implications for life lived as the One Self become thereby more apparent for the many areas of living. Sharing and love must pervade every aspect of life. Every thing, like every person will be liberated, and being liberated serve the good of the whole. Seen from Love and Oneness, there is no basis for fear for everything supports everything else in Oneness.

Choosing Oneness invokes divine memories that replace old perceptions and that then allow us to be an agent of healing and peace in the world. Through the prayer attitude of choosing continued Oneness we are continually answered by the Creator and then need to continually respond and thereby co-create, and do our share to extend the Kingdom of the Soul on Earth. To do this we must recognize that the Creator is within all in every moment. Each one is an extension of the Creator, whom we may recognize and honor, even if they do not consciously realize it. Each moment is an opportunity to Be Who we really are and to share this and thereby make it real to ourselves as well as others.

(Technically we maintain a focused awareness in the heart center in the head - the 'cave' - aligning with the buddhi consciousness of the soul, and use the eye and throat centers to create and speak what we are given to know.)

In the peace that comes from choosing Oneness with the Self, we are given all we need and need to share. We needn't choose the conflict implicit in human experience or fear that we are missing something important. Choosing the resurrected Life and consciousness of Christ as the body of Christ, we can extend and manifest the knowing that is integral to this Self and create the New World that is the Father/Logos' will for Earth. Heretofore, Christ manifested temporarily through individuals, now Christ will manifest permanently through that portion of humanity who choose this. It will happen by sharing this consciousness together. We will

recognize in the other the same Self and will express what we are given to know from this place of heart centered Oneness and inner listening. The mind then gives form and idea to our response to the Creator. Mind/Light and Heart/Love become One.

§

Heart Mandala meditation — connecting to the Self through the Heart and seeing Self in all

The Heart Portal

Get in touch with the feeling of love as you have felt it in your heart.

Feel this energy of love intensifying and visualize it swirling outward from the heart until you are entirely enclosed in a portal of love.

Notice that you are now out of your concrete mind and that your mind is now one with your heart.

Look through this portal into the sea of Love.

Looking inward

Now look out to an infinite field of loving energy that pervades all creation.

Focus your awareness on this space and energy and notice that it is scintillating with Light, Love, Consciousness, and Intention.

Notice that it is devoid of any forms, thoughts or emotions but that as you concentrate on it, that you can intuit a knowing within it that you want to express.

Realize that this space is the formless field of the Self within all that lives.

Looking up

Now imagine looking up and experiencing being in a downpouring shaft of Loving Lighted Energy.

Become aware, as a result, of an inner dimension of Being that is inhabited by realized conscious souls who live in Oneness.

Experience this as a level of soul reality that IS the conscious domain of the shared Self.

Imagine being able to live in this shaft of Light and communion with this inner Brotherhood of souls.

Sensing what is behind

Now focus your awareness on what is behind.

Feel the Creative Word within that has brought you into Being.

Notice this Presence as the motive Force of God within you now.

Attune to its Voice and Intention in the Silence.

Looking down

Now look down toward the matter of the universe in which we are now incarnate.

Realize this matter as the energy of the Mind of God concretized.

Understand that the reality that we live in is the Mind of God that has created all that is.

Realize that we are here to extend God's Consciousness and Creation in this place.

The cross of incarnation

We have now visualized the cross of incarnation within the circle of the Heart that we now stand in the center of.

The horizontal arm looks forward into the Lighted Space of Love that pervades all creation and that holds our shared unknown future that we will navigate intuitively.

The horizontal arm looks back to the Creative Word which brought us into Being and is our Source that we listen to.

The vertical arm looks up into the One Conscious Self and the Hierarchy of Beings that embody it.

The vertical arm looks down into matter that is the embodiment of God's Mind that we live within.

Turn around to observe creation while identifying with the Whole

Now, standing in the Heart portal, turn around so you can again see the forms of the world.

Only now see the energy of the One Self permeating all creation and expressing through everyone and everything.

Standing in the center of the Heart, identify with the Whole and the Christ Self Who embodies this Whole.

Be aware of the Knowing that is intrinsic in this moment.

Express, share and extend this Knowing that comes from Unity.

Live and fully Be as the Self that you are.

§

Mindfulness

In my view, we really aren't separate from our Self, we just think we are and have thus habitually identified the 'I am' consciousness as the separate ego that is tied to the body and the past. That is, as the One Self looks through you, you think that it's awareness is your personal possession, and as it looks through me, I believe it is me. And therefore when we typically practice mindfulness we assume our observing awareness is personal, when it really isn't. This unconscious assumption and attachment limits the effects of our meditation, because what we believe, we create and experience. So therefore no matter how mindful we are, we cannot exceed this limiting belief, although we can bring it to conscious awareness. The thing I've noticed about Buddhist meditation, is that they tend to apply non-attachment more to the body and the emotions, and are less rigorous about applying non-attachment to

the ideas underlying their meditation practice. I am all for being totally present in the moment, but that includes making our unconscious beliefs and assumptions conscious and then letting them go. Then we find that our conscious awareness is like the tip of an iceberg or a space that extends without limit. And who knows what other qualities we may find within it, if we may just accept what is, without personal assumptions. What would our desire be then? For desire, like mind, also seems intrinsic and purposeful. And I can't believe that we have desire for no greater reason than to overcome it.

The assumption that underlies my mindfulness meditation is that:

The source of my consciousness is not personal or limited to my brain, but is a universal energy field.

This allows me to feel freer and gives my imagination more room to expand. This belief also allows me feel a greater connection and empathy with others, if we are really an extension of the same consciousness and life. We still look at the same world with all its suffering and problems, but this perception is now held in a much wider context or embrace so that it is somehow easier to bear. There are also some implicit implications from this assumption that keep my mind open to the possibility of spiritual knowing that transcends anything possible if my consciousness were merely a brain phenomena.

I believe that Bible myth of Adam and Eve and mankind's separation from God, describes the belief we collectively took on when we decided that the separation of the body and the ego was our reality. And our entire historical culture has been based on this fear based idea, with its associated emphasis on lack, judgement, projection, denial, violence and guilt. I believe that this present period in history is experiencing an increase in the energy of the soul or Self that is enabling us to make a quantum jump outside the confines of the separate ego and so that we may ultimately function consciously as the Self or Christ. Thus the Second Coming, which will be a collective experience.

I honestly feel that the belief in separation and the fear associated with it preceded religion, which merely gave mythical symbols to articulate something internalized in the collective unconscious in the dawn of time. Although the Adam and Eve story also exists in

Judaism and Islam it is interpreted somewhat differently from Christianity. Although Buddhism and Hinduism, as far as I know, don't have this myth so prominent, its existence, to my mind, can be deduced by the actions of people. Buddhists, for example, believe the material world is an illusion they have to escape from and that they are tied down to desire for it. So they obviously feel that they are separate from something essential that they lack and need and they must meditate to attain. Hindus also, in their belief in reincarnation and their supplication to their many gods, feel that they are separate from the power that sustains them. All religions place an emphasis on the powerful intercessor, savior or guru who give what people lack and make a connection that they are separate from. Likewise the wars and class struggles down the ages in all faiths couldn't have happened if there was not a fundamental belief in fear and separation of them from us.

Whereas, if we are really an extension of a one universal consciousness and life force, we already intrinsically have all potentials associated with that within us. We don't have to deny the body or the world, we merely have to see these as forms created by and imbued with this consciousness - not separate finite realities.

I think another quality, besides desire, that we will notice that is intrinsically within us as we are mindfully observing our experience and our self, is the feeling of love. Love may be associated with feelings for particular people or when being moved by beauty, kindness, courage or innocence, etc. But if we really meditate on love we find there is an intention within it, an urge and will toward another level of reality. It's rather mysterious and powerful. It confronts us with a choice. We can stay separate or we can surrender to it and be transformed. Love also informs us that we are part of a larger reality that connects and unites us. We want to say yes to it, but may hold back out of fear. Being mindful then, is but the first step in a process of engagement with life, if we would honor love, and not just stay the separate observer. To stay the separate observer would place more emphasis on beliefs about what is good for us as meditators, than what love and life is calling us to do.

Meta mindfulness

Mindfulness meditation has gained increasing use personally and in healing centers. Derived from the Vipassana Buddhist tradition aimed at gaining insight into the true nature of reality, it encourages practicing detached observation and awareness of one's stream of consciousness. This is centering and relaxing, allowing us to step back from our automatic identification with our thoughts and emotions, compulsions and desires that can cause stress and confusion. This detachment also allows one to more clearly intuit and sense a deeper knowingness beyond the conditioned ego, with all its emotional reactions and internalized ideas of what it needs to do and be.

Cultivating a detached witness awareness of one's thoughts and emotions is good. However there is a further step that I call 'meta mindfulness'. This is the detached witness awareness of the entire human personality who wants to practice mindfulness meditation for various reasons and who, over the course of his whole life, has had various struggles, disappointments, ambitions, longings, fears, successes, uncertainties and other human experiences. This meta witness not only observes the life as a whole, but also exerts a conscious will and effort to accept and love it all - even the so called imperfections, failings and shortcomings, which are, inevitably part of the human drama.

This observer is the real Self or soul who stands outside of the ego's temporal separate life, and can love the personality because:

The soul's nature is love.

The soul knows that nothing the ego does can effect it or change its fundamental nature.

The soul is grateful to the personality - it's instrument and reflection - for providing a way to experience life on the physical plane, and thus have the opportunity to consciously realize God in manifest form and participate in the Purpose of this collective Divine Incarnation.

Meta mindfulness allows us to realize that we are more than the particular personality we have so identified with and thought of ourselves as - the ego with its insecurity, desires, felt needs, ambitions, fears, hopes and dreams: The ego who is trying to use meditation as a way to cope with the stresses, demands and

uncertainties of life; The ego with its particular life story, its script and characteristics, its family, friends and affiliations. Meta mindfulness allows us to step back and view it all from a transcendent perspective - a view that also is an expression of the conscious life that has always been within the moment, but which we have misinterpreted and taken to be personal. The Self looks through it all, but without attachment or identification.

This implies that we are more than finite temporal people with our unique life stories, but really have and are a deeper and eternal Self. This Self is really the 'I' that the ego claims, and the life which gives the ego the power to be. Practicing this meta mindfulness helps us free ourselves from the confinement of the ego and move into a freer and more spacious life. This is the Divine Life that we name Christ. However, meta mindfulness just aims to open to what 'is', and the realization that this underlying reality is a Conscious Presence of Light and Love, is discovered in the experience of it.

The key to making the shift to the meta level of the soul is realizing that the 'I' awareness that the separate ego takes to be its personal self possession, is really part of a transcendental Self. This Self is actually a collective consciousness that each person takes to be unique and personal because it is experienced through a separate unique personality. However, it's nature on the spiritual level where it has its existence, is a unitary beingness expressing through humanity as a whole. This is Christ, Who is the conscious embodiment of our essential and Divine Self, which is also the Son or conscious aspect of God.

In consciously realizing who we are as living soul(s), we also realize that we have a role to play in the Plan of God, in Whose Life we have our being. We begin to intuit the Will, Intent and Purpose of our that Larger Divine Whole, beyond just realizing Self consciousness. We begin first, by seeing the One Life in all the multifaceted lives on Earth and realizing that we have a role in liberating and redeeming the Spirit of God that moves within all things. We are here to serve the Larger Purpose that our Logos has for Earth in a solar and cosmic cosmological context. The future will see

us acknowledging and embracing our role in the larger living universe.

§

The path to union with the soul

The integration of the personality and the soul is a very important subject and deserves more than the few passing remarks. This integration is what we are really working toward in our aspiration to spirit, Christ and the Hierarchy. Leading up to this is the effort to integrate the personality - will, mind, emotions and physical body - into a unified instrument under the individual self will as focused in the mind. Therapy can assist here and aid in resolving emotional wounds, negative beliefs and unproductive habits so that we can come into alignment with the positive energy of the soul.

When we begin to aspire to the higher self or soul we unconsciously assume this will proceed by a similar process of integration and therefore endeavor to bring the soul into the personality or spiritualize the separate ego. We open up to love and inspiration while maintaining a personal identification. We do this by aspiring to spirit while maintaining our polarization in the separate ego mind. It is natural to have this dualistic approach as we and our culture have lived within and reinforced assumptions of separation. Even the consecrated aspiration toward the Infinite in Agni Yoga is a response to this dualistic state that has been our reality.

However, at a certain point we realize that spiritualizing the ego is ultimately a hopeless endeavor. What we need to do is leave the ego by opening up to the spiritual soul that is already whole within us. We realize that this higher self is who we really are. We don't need to realize a mental ideal, we merely have to attain an awareness and experience of who we really are as the higher Self or soul and live from this place of wholeness and connection. We stop thinking that we are apart or separate from what we are striving for - which gives energy and reality to that assumption - and find the place of unity within, which is the Heart. We stop going to the mind to define our reality and control our life, and live

instead from the Heart, which we soon realize has its own intuitive knowing that surpasses what we have intellectually known.

The Heart or the Self, embodies a different reality than the separative personality in the world and living by it implies living by a different law - the law of Love or Oneness. We find that everything is actually an extension of this same Self although each will express this in their own way. The experience of time is different too as instead of linear time, everything unfolds in an eternal now.

Therefore, instead of the integration of separate individual aspects into a whole, synthesis or the realization of the underlying Oneness which the soul expresses happens. The outer personality merely becomes the expression of Oneness in the world and the means by which - in relationship with others who are also becoming Christ centered - that realization is experienced. The Agni Yoga aspiration to the Infinite becomes the ongoing effort to live in the Infinite Heart. Therefore the experience of the duality of the personality with its surrounding reality is resolved. I believe that DK's laws for group initiation and white magic refer to the individual once soul or Self consciousness has been established.

So, of course, the question becomes how to achieve this union with the soul for it must be harder than it sounds. I think it begins by realizing that the Heart is actually a portal we can walk through in consciousness into another realm - the realm of the soul. And the way to realize this is through experience. A meditation I like to do for this goes as follows—

Get in touch with the love in the heart by remembering an important experience of love.

Visualize that energy intensifying and the love expanding until it complexly swirls around you, encompassing you in a portal of loving energy.

Notice that your mind is now vibrating on the love wavelength and no longer thinking the old thoughts.

Notice that you can now look out through this energetic portal into the infinite expanse of loving energy that interpenetrates all life.

As you focus on this space of love and this vibrant energy, become aware that this space is imbued with mind, love, intention and consciousness.

Realize that this space and energy is an extension of your real Self.

Realize that you can center your awareness in it and intuitively know what the soul is aware of.

Realize that you can live from this place of Oneness and know what to express and do.

Realize that this Self is actually the same Self within everyone.

Realize that you want to maintain this Heart awareness in daily life and choose to Be who your really are all the time - and you can.

Now you are on the soul's path and living and being your real Self.

We merely choose to stay at one with the Heart space within and to live from there. I think a common mistake people make when initially having this experience is to believe that the 'nothing or emptiness' of this space is really nothing or our imagination as we are so used to the forms of the mind or the emotions. However, we will find this Self actually offers everything that we really want. Therefore there is no longer need to become spiritual, better or enlightened - we merely need to become whole and be as we are, as an expression of our shared Self.

Integration to synthesis;

Mind to Heart;

Separation to unity;

Aspiration to embodiment;

Personality to soul;

Time to Now;

Outer to inner;

Powerlessness to co-creative conscious power;

By achieving this state, we are actually in communion with the Hierarchy and Christ and telepathically in synch. What we are given to say and do expresses our role in the externalization of the Fifth Kingdom on Earth. Christ is externalizing through us as we embrace and express this One Self. Master Jesus has suggested some ideas to help us do this in *A Course of Love*. In this book He puts emphasis on the Heart and the direct access to Christ that is now possible as the Second Coming has begun.

§

From mind to heart, intellect to intuition

One of the interesting ideas presented by Jesus in *A Course of Love*, is that we are moving away from the time when our

civilization placed primary importance on the mind to a time when we shall go to the heart instead for our reality. This time of the mind, which correlated to a time of emphasizing learning, also required a necessary role for the Holy Spirit, Who is the agency and intermediary to connect our separate mind to spirit and higher knowing. Now, Jesus says, because of the spiritual energy that is increasingly available to us, we may connect directly with Christ. Christ embodies who we are essentially and potentially are, so connection with Him entails being able to connect consciously to our higher Self. And live from and *be* our Self.

He says that the medium of connection is the heart, which is the center of our being and consciousness and the portal to it. This is not about emotion, but rather that Love which is the ultimate Reality of Life that Christ is the conscious embodiment of. Therefore, the new way of being and life in the New Age that is upon us will require that we live from the heart by trusting the intuitive knowing that is intrinsic to the heart. Instead of having to learn and think things out, we merely access the inner knowing of the heart that we already have in the soul. We get in touch with or remember what we already intrinsically know as spiritual beings. We then use the mind to merely formulate and express this wholehearted knowing.

This is a different kind of knowledge than that the ego-mind has emphasized. It doesn't concern a separate reality of objects, but rather concerns itself with the interrelated reality of being and life. It isn't oriented to discovering facts so much as discovering what the spirit knows that is part of the Divine Reality of God. And it is concerned with making that Infinite Divine intention and Purpose known, expressed and manifest. This, first of all, must require helping one another wake up to our true Self and function as soul, rather than separate personality. Because we are each an expression of the same soul or Self consciousness, our collaboration and service to the whole is really for the group consciousness that we each express in our own ways.

Our civilization will be very different when it is no longer based on the appearance of separation, but rather on the reality of the inner Oneness within the separate outer forms and expressions of life. The world of separation was based on fear for survival, but the world of Oneness is based on the joy that comes from creatively extending and manifesting Divine Life. It is a world and reality of

Light and Love that is an extension of an Infinite Cosmic Life and Being. So we shall open our eyes to the spiritual universe and the Beings and Lives that compose it that have ever been present but were unseen to the eyes of separation and the ego-mind.

§

The Transformative Power of Love: Recognizing the Angel from beyond

Those who express love often don't appreciate just how powerful that love is. It's not given the recognition and stature in society that physical or mental accomplishments are given. And yet love has the power to transform our experience and our life like nothing else. Love can instantly transcend space and time by establishing a connection and unity where there had been separation. Love can reach us and draw us out, inspire us to speech and action and heal. Love, if we would be honest, demands our honor and homage, for within its expression is something divine that we don't fully recognize at first. We take it for granted as we might the warm feeling of the morning sun without realizing we are meeting a divine guest in an earthly disguise. Let us consciously acknowledge this visitor from beyond bringing love that is being offered.

Love's desire is always for more than it seems. It is like an invitation to enter a palace in a kingdom of supernal and timeless beauty. And yet we become so enamored with the individual who greets us at the gate that we take only a step and don't go further. It is like a treasure that vanishes if we try to put it in our pocket, but which can enrich a multitude if we give it away. Love is like a song that reminds us of our long forgotten home. Love is like a magic kiss that awakens us from sleep and to life, the likes of which we dream. It is like a dream or vision brought to life that exceeds the life we have known in every respect. It is a power that allows to soar above this earthly world to bless and redeem it. From an eternal place far beyond any conception of beauty or goodness comes a spirit called Love into this world. It is here now to be known, embraced, and lived to transform this world.

So when we encounter Love let us not be so quick to grasp the form it comes in or the person. Let us look more deeply and see

what Love is really about and what it is asking of us. Love is an invitation. Where would it lead us? What would it have us do? How should we accept it and live by it? What should we say to give it a voice? If we would see with the eyes of love or speak the word of love we are choosing to unite with this spirit and allow it to be expressed through us. To embody this to become whole. As we meditate on love we open a window to eternal life. As we live love, we walk through a doorway into that life. This spirit isn't aloof — we may sincerely commune with it and discover more. At first it is just observed in others. Then we feel its touch and embrace. The more we are willing to express and embody it, the more we are One.

§

The Self realization path of Self inquiry:

insights from the Satsang movement of Neo Advaita Vedanta

The method of Self inquiry is to turn the outward going mind back to its source, the heart, the Self, and to fix awareness there. The truth of the Self shines as pure consciousness underlying the mind. Discern it in the heart through deep contemplation. The practice of abidance in the Self is to firmly hold the mind in abeyance within the heart.

The Self shines through its very nature as a beautiful radiance within the heart, when all thought subsides.

Self awareness comes from seeking for the truth in silence. Knowledge through the senses is false knowledge. Give up all questions but “Who am I”.

True natural awareness which goes not after objects is the heart. If you observe awareness steadily, the awareness is guru that will reveal the truth.

The primal doubt of not knowing who you are is the root of all doubts.

The world is like a mirror that reflects the thoughts of the perceiver.

Knowledge in the mind only deepens the ego's delusions. But from questing in the heart comes Self knowledge of the knower.

Conceptions are distortions of reality.

Renouncing the physical world we gain the Self - the awareness shining in all unseen.

Pure Being, our Self nature, that alone exist eternally.

The vision of truth we hold when we enter and subside in the heart and sever the bondage of the body, is liberation.

To know the Self is to be.

In the Self there is no body and no mind.

This life is all a dream that we wake up from when we realize the Self.

You have projected a world of your imagination, based on memories, fears and desires and are imprisoned within it. Break the spell and be free.

Ignorance is ignorance of the Self.

Thoughts come and go. The background of awareness does not come and go. Awareness is you, your consciousness. Happiness reigns when thoughts subside.

Some thoughts re meditation insights:

In Vipassana or mindfulness meditation one is instructed to just observe one's passing thoughts and emotions to develop a sense of detachment, as we habitually are identified with these. This allows us to realize:

1. I am attached and believe my thoughts and emotions.
2. My attachment or identification gives these power to affect me.
3. These really only have power or belief because I give it to them.
4. My experience results from projecting my thoughts on to the phenomena of life that gives it meaning.
5. My experience is thus likewise an arbitrary result of the particular beliefs I choose to give reality to.

6. If I release my attachment to my thoughts, what is left is just awareness - the most essential aspect of the self.
7. However, if I am observant, I will notice that consciousness also seems to pervade the space around me.
8. The ego's possession of awareness as Itself, then is likewise an unnecessary attachment of what is really a universal consciousness that happens to pervade the personal sphere.
9. This insight allows us to realize that we are really an extension of a spiritual soul consciousness that has within it qualities of love, wisdom and intention.
10. By identifying with the one soul consciousness, we can shift our life focus to a different level of being and live in but not of the world.

§

Some types of spiritual practices or tools:

self awareness; Observing one's thoughts, feelings and the effects of one's actions leads to greater self knowledge and integration.

inner listening; Living by attunement to an inner felt sense and trust in this guidance.

love; Love leads us out of a narrow sense to self to embrace a larger experience of life.

nonviolence; Choosing to be nonviolent in thought, work and action, and to avoid killing or hurting other humans or animals leads to closer spiritual connection with all life.

service, duty; Doing one's duty for a larger good. Good acts.

surrender; Surrender to a higher will as felt or proscribed by one's faith resulting in increased acceptance, allowing and detachment in everyday matters.

honesty; The truth is a spiritual path. The continual effort to be authentic uncovers and integrates heretofore unconscious aspects of one's self.

visualization, imagination; Creating images, symbols, narratives or themes that can act as a focal point for inspiration and spiritual information.

prayer, invocation; Opening to and invoking inspiration, guidance and support from spiritual levels.

meditation; Different kinds of meditation aim at quieting the mind and emotions and experiencing deeper aspects of the self. Meditation can be of: a sound, image, idea, guru, question, or formless.

worship; Acts of religious devotion and adulation of diety(s).

diet and physical regimes; Vegetarianism or physical disciplines, fasting, some martial arts, exercise are believed to be helpful.

dreams; Using the information, images or insights in dreams for self knowledge or guidance.

ritual; Through ritual such as sweat lodge, fasting, hypnosis, tantra, mantras, devotional chants and songs, sacraments, etc., aimed at inducing spiritual states of consciousness.

yoga; These are different kinds of proscribed activities aimed at union or integration of the person with the transpersonal self - hatha, karma, bhakti, jnana, raja, laya, agni, etc.

art, creativity; Creative self expression through art and music can facilitate integration of unconscious and spiritual aspects of one's self.

psychotherapy; Exploring one's conscious and unconscious to process, understand and integrate aspects of the self.

process work; Amplifying and unfolding body symptoms, discordant feelings or thoughts to integrate unconscious information.

movement; Utilizing sacred dance, Qigong, Subud, Tai Chi or similar, to affect deeper spiritual states.

divination tools; Using oracles like the I Ching, Tarot or Runes to access unconscious knowledge.

drugs; As a result of psychedelic drug use various spiritual and altered states can be induced.

§

Some types of spiritual and paranormal experiences:

thoughts, feelings; These are metaphysical in that they can not be empirically observed. Although there is a correlation between thoughts and feelings and related biochemical activity in body these are not the same. The mind is the metaphysical aspect related to the brain, which is the physical organ.

intuitions; A sense of knowing that is different from a rational or factual sense

synchronicity; Meaningful coincidences that often seem to imply some deeper level of causality

dream experiences; These can provide information, ideas or insights and have an emotional impact.

visions; Real life experiences of things which others can not see - not a psychotic hallucination.

ESP; Extra sensory perceptions are knowing things in the present for which one has no evidence.

precognition, premonition, presentiment; Specific foreknowledge of an event that is later confirmed

clairaudience; Being able to hear things others can't. The other senses also have paranormal correspondences.

speaking in tongues; Speaking sounds felt or believed to be a spiritual language.

OBE's; Out of body experiences are not uncommon and sometimes will happen related to a traumatic incident.

past life memories; When an individual has a personal memory of something that really seems to have happened in a previous life. Such a memory can be explanatory of a person's present attitude.

Miracle healing; When ,healing occurs in a very quick or supernatural way.

NDE's; There is a surprising consistency in the particulars of near death experiences across cultures.

paranormal incidents; There can be many types of paranormal incidents from strange lights, poltergeists, UFO's, crop circles, etc.

Supernormal powers; Supernatural strength, levitation, bilocation, psychokinesis, materialization or transformation of objects, etc.

spiritual encounters; Encounters with individuals who may have spiritual powers, seeming omniscience, or be not human - angels, fairies, etc.

prophecy; Psychic, mediumistic or trance states providing information about the future which has some predictive value.

continuity of consciousness; Maintaining consciousness 24/7 and thus being able to remember the subtle worlds

divine incarnations, avatars; Experience and belief that certain exalted individuals over the course of history are intentional divine interventions to aid humanity.

§

Mind

The importance of the mind:

In our civilization the mind has supreme importance and emphasis in determining the nature and quality of one's life and one's sense of fulfillment and self esteem. Our educational system is all about

using one's mind but unfortunately there is little attention given to understanding the nature of mind, its place in the human constitution or rules for effective use - information that would be very useful, I believe.

Levels of the mind:

There are at least three human levels of the mind:

Subconscious - involving automatic, instinctive processes

Conscious - our normal ego mind with its ideas and assumptions

Soular - more subtle levels of the mind that imbue consciousness

(It could also be said that all of nature and the larger universe demonstrate intelligence, law and order - or mind.)

Active and passive function of the mind:

The mind has both a passive and an active role. The mind passively interprets everything we experience so that what it means is dependent on the underlying assumptions about reality projected on to the raw sensory data of life. This provides the basis for perception. We don't see things as they are, we see our projections. Everyone therefore will have a slightly different experience of the same events because each individual has a different constellation of beliefs and values. What we experience in the world is really experienced within the psyche. We are thereby enabled to come to know ourselves or at least what we believe and conceive.

The mind is also the creator that determines the forms that will be manifest and be experienced in daily life. Thought forms energized by the power of emotion come alive as experienced reality that have consequences in the world. As people buy in to the legitimacy of a particular idea, it gains power and consensual reality. An idea, then, can change the world. Such ideas can remain abstract ideals like 'democracy' or be more concrete - like 'the wheel' or 'the internet'.

Core beliefs (assumptions that we live by) vs other thoughts:

Core beliefs, as opposed to other thoughts and ideas, are those that are integral to the basic programming that we live by. These are ideas, values and world views related to human life. Each person has their individual set as well as their group set that they subconsciously identify with, assume are true and live out. We

often aren't aware that these are relative assumptions because we feel this is just the way things are. These are often unconsciously internalized as images that only later are given rationality. Group examples of core beliefs might be the importance given in a culture to ideals of individualism, competition, self reliance or courage. Individual core beliefs might relate to one's belief - or not - in one's worth, attractiveness, ability to be loved, successful, to be able to trust and act on one's feelings, etc.

Positive vs negative core beliefs:

One's core beliefs are largely established by an automatic process during childhood and become hard-wired in as the underlying operating software. Ego beliefs/assumptions that are positive or that are reflective of the positive life qualities of the self, allow that self to freely express, be and manifest naturally happy and fulfilling outcomes. Negative and fearful beliefs that reflect doubt of one's self, life or one's capacities result in corresponding experiences that are consequentially unhappy. Core beliefs are therefore self fulfilling, and seem justified by their consequences. One may think "See I'm no good because I always fail." without noticing how the underlying assumption about the inevitability of failure has been operating all along to sabotage one's efforts.

Experience as a mirror:

One's life and relationships are then to a certain extent a mirror of one's mind that allows one to see the contents of one's mind made manifest or objective. And by the results we may better determine the value of the beliefs we hold. We are motivated to change those that lead to negative outcomes or suffering once we realize the way things work. This should not be about blame - it is really about fully recognizing the power we actually have to create our experience and to have an impact on human civilization as a whole. What we believe, give attention to and affirm manifests in our life. The fact that we often do not achieve some of our conscious goals is related to the fact that we are invariably conflicted and hold negative beliefs – perhaps subconsciously – that act to subvert and sabotage our conscious goals. As a result of self inquiry or therapy we can make these negative core beliefs conscious and resolve them and become less conflicted.

Relationships are likewise reflections of our relationship with our self. Negative patterns and issues in one's relationships point to negative judgments, attitudes and fears within oneself. For

example, patterns of abuse, devaluation or rejection show that an individual is not believing in their inherent self worth, practicing self love or listening to and acting on intrinsic needs. Inner relationship refers to the fact that we have both our separate ego, that is strongly associated with our conditioning and our body, and an inner self that embodies our intrinsic and potential being. Self realization involves the ego's progressive embodiment of the transpersonal self.

The necessity for detached awareness:

An insight from this perspective is the need to gain a more detached awareness of our ideas, beliefs, and values. We have thoughts and emotions but we are not the thoughts and emotions except that we feel like we are because we subconsciously identify with them. And our value is not based on the contents of one's mind. Everyone automatically has faith in their beliefs regardless of the fact that most can not be personally substantiated and are different from those of everyone else. Once we realize that the mind is a tool or organ whose thoughts only have the reality we choose to give them, we may then use the mind more effectively without being used by it. It behooves us to become more conscious and aware of our individual and cultural assumptions, otherwise we unconsciously are trapped by them.

The role of the self or soul and the higher mind:

The self or soul contains a higher aspect of mind that intrinsically is positive, abstract and more universal. When we foster still detached awareness we are connecting to this part of our self. Because it transcends the separative personal ego with its core beliefs, conditioning and survival programs, we are also able to rise above these and release our attachment to the ego mind, and the emotions. More people are now awakening to the fact that the ego is not their true self, but rather a reflection of it. The self must supersede the ego, with its ignorance and fear based control program, as the center of our identity.

Silent detached awareness of our thoughts or emotions also allows one to choose what level of importance or reality to give them. The realization of the freedom of the self is helpful in invoking or tapping in to the inspiration, the intuitive knowing, joy, peace, love and purpose that flows from this deeper center of our being. Just as the ego mind allows the individual to create a happy life within the ego's survival paradigm based on getting its felt needs and

desires met, so the mind can also be a tool or agent of the soul to realize ideas for the collective good. Human life could be said to offer a creative opportunity. And as we integrate from ego to self, that creativity shifts from the personal to the good of the whole, as the heart is given preeminence.

The mind's true role as the agent of the heart:

Ultimately to resolve the problems that the mind presents, it is necessary to shift one's focus to the heart which must provide the direction and purpose for one's mental efforts. What do we love? What is our deepest calling and dream of life? If love were our guide how would we live? What changes in the world would love of our fellow man and the planet want us to bring about? What do we really feel in the moment? And as we lift our eyes upward, what is good, beautiful, true and loving all merge together in a vision that the mind can create and thereby make real and manifest. As we maintain an awareness centered in and identified with the self/soul, the mind is automatically used for the purposes of the larger good.

§

**Some basic propositions and assumptions
related to transpersonal understanding:**

1. We have a universal human need to understand life and to adopt some explanatory framework, belief system, religion, ideals, faith, etc. be it metaphysical or materialistic.
2. It is human nature to think and to believe - even though many of one's beliefs aren't or can't be personally substantiated. We invariably think our thoughts and beliefs are true, despite this.
3. There is, consequently, a universal tendency to rely on authority, be it familial, cultural, scientific, religious.
4. There is a universal experience of some degree of dissonance between one's beliefs, ideals, morals and values and one's actual experience.
5. This dissonance creates stress and efforts to resolve it and establish more congruence. We try to change ourselves to fit our beliefs of who we think we should be or to change those beliefs.

6. Faith, belief, morals and values can be based on somewhat fixed internalized ideas and cultural norms or more relativistic subjective experience.

7. Science and spirituality are based on different kinds of knowing. Science is empirical or based on objective data. Spiritual knowing is based on subjective experience that is not empirical or testable.

8. We live in a society where science has a dominant role in explaining or determining what is real or valid. It is important to understand that science can only make statements about what it can empirically observe and test and not about metaphysical matters, which is the domain of faith and religion.

9. Genuine metaphysical understanding is based on the fact that awareness can be turned inward (as well as outward to explore the physical world) to explore spiritual dimensions which have been found to be just as ordered and governed by law as the outer world. Eastern practitioners have been doing this and have formulated metaphysical science as Western scientists have developed materialistic science.

10. There is a universal human need to experience life in some larger transpersonal connection that involves uniting with: partner, family, nation, group, a cause, larger reality, etc. This can involve sex, love, group affiliation, or spiritual realization.

11. There are positive effects from spiritual practices - increased self awareness, emotional peace and stability, mental clarity and inspiration, psychological integration - but each individual is different in which practices are right or optimal for him.

12. Ultimately, self development requires that each individual learn to trust in his own experience and choose beliefs, values, attitudes and practices that are an authentic reflection of his experience.

13. Each individual goes through a natural process involving rejecting false, simplistic, superstitious or inauthentic spiritual beliefs while examining his own experience in order to formulate authentic beliefs and values. All religions have accumulated some distorted and false notions.

14. Being indoctrinated with religious or spiritual ideas, morals, and practices and having these forced on an individual can be traumatic, injurious and abusive.

§

Ego - Self psychology

All psychology is ego psychology because its concern and focus is the ego. Although there can be an emphasis on opening to the unconscious and energies emanating from the Self, the focus is on integrating these within the ego and maintaining an ego identity. This has a usefulness up to a point. The resolution of negativity, dissociations, traumatic memories and dysfunctional attitudes establish a healthier ego. However, the goal for humanity is to realize that we are more than the ego, which can not come by integrating the Self into the ego, but by releasing our identification with the ego altogether.

The ego, as the conscious center of our separate physical personality, has had an important role to play in allowing us to have a creative and rich experience on earth. It has allowed us to ground our free spirit and maintain a continuity of existence by surviving and doing all that is necessary to function and adapt to the conditions of the world we live in.

However, we are really spirit or Self having a human experience. The energy and consciousness of the ego comes from the Self although the ego doesn't realize it. We will be frustrated and unfulfilled in our efforts to be authentic and whole until we stop trying to integrate as an ego and instead release our ego identification by opening to, being and living as the Self we are. We have become very attached to our ego mind and our sense of who we are with our unique stories and personal hopes, dreams feelings, needs and ideals. However, on the deepest level we are not unique, we are each an expression of the same life, the same Self, and realizing this is our salvation from the suffering of the human experience.

There is a new psychological movement that is emerging now that is all about becoming the Self. And we don't have to be perfect as an ego be ready or able to do this. It is already there within us. It is just a matter of awareness, trust, love, stillness, patience, faith,

acceptance, allowing, being, freedom, courage, truth, honesty, responsibility and service, among other qualities of the Self that we sequentially embrace and express.

§

Experiencing the reality that spiritual idealism symbolizes

In the lexicon of the separate personality, God and Christ and the Divine Plan are things that are talked about as if they are separate things apart from oneself. Because the concrete mind, where the personality is focused, perceives reality in terms of the separate thoughts about it which are then projected on to reality. However, the central component of the Plan now is humanity's shift from its historical identification with the separate ego to an identification with the unitary soul or One Self. As the soular kingdom, the Hierarchy and Christ all refer to the Heart Consciousness Center of Earth, humanity must join its mental polarization with the Heart if it is to shift to the soul and embody Christ. Therefore this new Aires year offers us an opportunity to not just think about the Plan from the separate viewpoint of the enlightened personality but to actually join with the soul and be the Christ Self who is already waiting for us within the Heart. And so live the year as soul or Self, One with the soul in all.

The best place to join the mind with the Heart is in the Heart or cave center in the Head formed by the interplay between the pineal and pituitary glands, where the energy of the conscious soul meets the combined energies of the personality. If we can maintain an awareness in the formless energetic space of the soul there, we can then begin to transition from relying on our mind for knowledge and direction, to relying on our intuition that can translate the Knowing of the Word that vibrates within the Heart's etheric space. This will allow us to leave our ego mind and begin to be who we really are. Let us begin to live as soul now and dedicate this new cycle to realizing this part of the Divine Plan. We need not wait for we already have the power to accomplish what we are destined to realize.

Often an esoteric perspective can contribute to further personality glamour rather than the experience of spiritual Oneness that it is meant to facilitate.

§

The new awareness:

1. There is a new energy and light entering and emerging on earth. Perhaps this light has always been here, but it is quickening and becoming more noticeable.
2. This energy and light is first of all awakening us to who we really are, by liberating us from our ego identity and putting us in conscious touch with the soul level.
3. This energy and light is allowing us to realize that all life on earth is part of an interrelated conscious living whole.
4. By opening to the soul, we resonate to a different level of being with a different way of thinking, feeling and living that is heart centered, joyous, and trusting.
5. In opening to the incoming light and love, we will find that there is a spiritual kingdom that has been over lighting the earth that is also coming into view as a destined revelation.
6. This revelation of the true spiritual nature and place of the earth in the larger cosmic whole will clarify the nature and purpose of humanity as well and the new civilization arising now.
7. This new age and civilization will be therefore based on:

Recognizing astronomical change to a new age of cosmic interconnectedness

Shared brotherhood in the One Life

Being co-creative extensions and instruments of God

Aspiration to realize the Divine Plan

Acknowledgement of the equal rights of all to the necessities of life

Fostering the well being and intrinsic potentials of all - creatures and men

Experiencing the joy and beauty of life and the spirit

Cooperating with other galactic peoples for the greater good

Renouncing separation, violence, coercion, attack, exploitation, greed, fear and deception

Its implications for the seven rays are:

1. Law and order based on the divine plan of the Logos for earth
2. A civilization based on the shift to soul and Christ consciousness

3. Economy based on the equal right and need for all to share in the necessities of life and to foster an individual's creative contributions
4. An effort to attune to and express the flow and beauty of life and the spirit
5. An effort to understand and live by the laws of the soul
6. An effort to aspire to and align with the divine in every moment
7. An effort co-create, manifest and express the spiritual potential within the moment

Mankind sufferers and cries out consciously and subconsciously for help. The Hierarchy is making every effort to reach out. How do we bridge the gap? More than words, ideas, emotional succor or even action, per se, is needed. We must become vehicles and instruments of the spirit so that spirit may reach directly to the soul and transmit a liberating experience of the inner reality of oneness. The answer to the suffering implicit in separation is an experience that there is in reality no separation. Christ is here now and may be known and experienced. We must learn to rely, not on ourselves and our own ideas, but on the Word as that is given to us to share and extend. We must first of all, claim our oneness as a soul group endeavoring to serve the Hierarchy and the Plan. The power of the spirit may be poured into such a vessel. Avow the primacy of the heart. Consecrate the will to the Lord. Pray and be silent and await in the stillness for spirit. Then express it, giving ourselves over to the creative Word.

§

Some thoughts on creating a Heart based culture

If we want to strengthen our spiritual connection, it's helpful to realize that we already have a spiritual connection that we are not sufficiently utilizing. The problem is our habitual tendency to identify with the mind, with its divisive judgments and fears; and with the ego with its intrinsic sense of separation. To change this, we have to get out of our head and into the heart which connects to our self, to life and to spirit. We have to take the power back that we gave to the mind to establish what is true and give authority to the heart. We have to be able to freely express our selves from the heart without fear of the mind's condemnation. We have given the mind priority in our culture but it should be more of a tool or agent of the heart. The mind projects its ideas on to the

present moment where we experience these. However, it is possible to reclaim our self and our being and live freely in the Now.

In psychotherapy we attempt to heal the emotional wounds and negative beliefs held in the mind. However, another approach is opening to the positive inflow of energy through the heart which automatically frees up and transforms old constricted patterns of identity, fears, outdated ideas and blocks. The mind thinks, but only the heart knows directly what is true, what we want and where we are going. As we open to the heart we may invoke inspiration, power and guidance from higher aspects of our being. Instead of looking for the answer in our minds and our thoughts and the outer institutions and activities these reflect, we must live the answer, forging a new path based on love.

In opening to love and a heartfelt connection with others, we will realize that we are part of the same life. If we deeply embrace our interconnection, we transform our idea of who we are. We move from being focused on personal needs and agendas to taking up our role in the collective life. As we live from that place and that intent, we find that we each have gifts that enrich the whole and in the process our personal needs are resolved. We stop having the questions and doubts of the mind as we openly share and have our needs met. If we do have a sense of need or lack, we make it conscious so that it may be resolved. The emphasis shifts from getting to sharing, from needing to having, from thinking to being, from separation to connection, and from fear to love.

We are part of a great movement on the planet now of awakening and liberation. We may step away from our limited personal dramas and pain, and claim our place and our role in bringing a new culture and civilization to earth. We can begin now by acknowledging together the reality of this call and by trusting ourselves and the impulses that come from this place of heart felt connection. We do not have to worry about how. We just have to be, to live from the heart and do as we are given to from this alignment, as everything will unfold in perfect order. Power lies in the heart, which is ours if we would live by it.

We have a choice - to continue to live as we have, as the vulnerable, flawed, unfulfilled, wounded, sad, lonely, weak, isolated people that we have been, or to embrace the power,

beauty, inspiration, joy and connection that comes from claiming our role in bringing the age of the heart into full manifestation. Our personal problems are resolved when we embrace the larger life within and live for the greater good. Each one becomes their own authority, their own law giver and their own source as these are authentically experienced within. And as we open to deeper levels, we may invoke higher inflows of inspiration and life.

We live in the space age now, where humanity for the first time has been able to leave our home planet and venture beyond it into outer space. This historical development has a personal correspondence. It is now possible for us to leave our home reality, their personal identification with who they have thought they were as that exists in their brains, and open in the living moment to an energy field outside of their personal sphere. This one energy field surrounds and interpenetrates all things and carries the ever new energies of life. By opening to this space we instantly step outside our personal history and conditioned ideas about who we are and what is real. We become more aligned with the energies of nature as well as our higher spiritual selves and are more open to new inspiration and creative impulses.

In psychotherapy we address negative beliefs, painful memories, hurt emotions, dysfunctional behaviors, etc. and attempt to make these conscious, challenge, change and heal these. However, we can take the more radical approach of stepping out of our brains and our identification with its pattern of thoughts, emotions, memories, and assumptions about reality. By releasing our habitual attachment with our personal history and opening to the outer space of transcendental and transpersonal reality, we open to new awareness and positive energy that can then flow through, cleanse and realign our brain making it a better tool for the purposes of the higher self.

This attitude also corresponds to a new holistic understanding of nature and humanity's role on the planet. We have had an exploitive attitude to nature which we use and manipulate strictly for our benefit. Even a stewardship attitude, where we endeavor to maintain an ecological balance to avoid destroying the planet, does not go far enough. By connecting to the energy field of the planet, however, we soon come to appreciate the conscious divine life with the nature kingdoms. A deeper understanding of

this relationship would see our role in fostering the divine potential within the particular creatures and processes of the natural world, rather than imposing our ideas and purposes. We would then develop a collaborative, cooperative approach based on trust, communion and shared life.

We are similarly moving away from patriarchal attitudes and values that have characterized our civilization, and towards an embrace of the equal value and role of the feminine. A rational, materialistic, controlling, "power over" attitude to nature has also been reflected in society's attitudes to our bodies and women. Both have been seen as objects valued by judgments projected upon them by a paternalistic mindset. However, an expanded awareness centered in the energy field of life would not come from a place of separation but of connection, not from a fear based need to control but from a trust in the wisdom and goodness within life. As it would be life based, it would perforce be love based, honoring the creative role of women and the divine embodiment of the forms of life within the natural world.

§

Becoming Inner Directed

One's parents should model, for the child, the support, love, guidance and protection that as an adult we are able to find within ourselves. This is easier for introverts than for extroverts, who have more of a tendency to take on the values, beliefs and interests of the world around them. In the transition to adulthood, we must learn not just that we can operate on our own on the programming that has been instilled in us in our education and development. But also that we have within us our own spiritual parents - the eternal soul and spirit who our outer personality is an expression of - who will continue to provide the support, guidance, love and protection that we must learn to recognize and follow. To hear the inner voice, one must still the mind and the emotions, and cultivating a heart centered peace, open in the silence to the higher call, to inspiration, vision, meaning and direction. We can learn to invoke these qualities and the spiritual presence which is ever within and overshadowing us and which is waiting for an opportunity to be heard. As we foster this communication and communion, we are actually creating a channel of light to consciously connect with our higher self so that we can gradually

shift our identity to that higher center and become who we really are. As we act on and express the intuited impulses, ideas and visions we gradually realize our self and our potential, and our service in the world. Because the impulses from the soul level always contribute to the general good. Sometimes this guidance may take us to new territory beyond our conditioned ideas and understanding. The soul is always a pioneer, leading us out of our comforts, fears and complacency, to broader vistas, new beauty and good. And in this process the ego eventually realizes its role as the agent of the soul.

If we would consciously understand that there is this essential integrative process and trust and cooperate with it, it would make our life easier. Unfortunately, in our education there is little emphasis on this essential dynamic. Instead indoctrinated ideas, values and assumptions become so firmly held, that new inspiration cannot break through. We then become a product of our culture - whether that is from the media, our schools, peers or family. And because of the insecurity implicit in living by values and ideas ungrounded in spirit, we can become all the more defended, self righteous, conventional, and arrogant to defend against that insecurity and anxiety. We gravitate to our group of like minded people and it's 'us' versus 'them'. The survival and competitive dynamics of the ego then predominate. And however interesting and satisfying it all seems, we soon realize that it's a closed world, with very repetitive themes and dramas that unconsciously become boring and from which we yearn to escape. Unfortunately, that escape is often through amusements, drugs or excitements, pleasure, or power, rather than opening to the inner reality waiting for us in the moment. If we would learn to go within we would find therein a treasure chest more bounteous than our desire and imagination. Then we could follow our joy and our heart to create a life of beauty and meaning. The limitless world of spirit is calling us and we must learn to listen. To act on this call and become inner directed is to choose freedom and peace. Look for it and you will come to a fork in the road. One way leads to your authentic life, your deepest dreams and hopes. Choose it and then continue to choose it in conflicts and uncertainties if daily life.

For myself, an early fork was in my second year of college. I had always been interested and good in science and math and so I initially majored in engineering, as I thought it would be natural to make a career in that area. However, I found it increasingly difficult

to apply myself to my studies and became very disinterested yet kept going because I was afraid to change. By the second semester, I couldn't force myself to study at all and had very bad grades and then had no choice about changing my major. I chose philosophy. I didn't have the same aptitude for it and didn't see how I could make a living out of it, but it was the most meaningful direction for me as I was full of questions that needed answers about life and reality. Another fork confronted me two years later when I graduated. Friends were beginning careers or doing more normal things like getting married or going on to grad school. I needed to follow my inner direction which took me on my own path of spiritual search, travel and experience around the world for a number of years, even though I didn't know anybody who was doing it. Both decisions were difficult to justify to my rational mind with its conventional concerns. But these turned out very well in the long run.

§

Love

The wise say that love is the most powerful force in life. This certainly isn't obvious when we review the violent and conflictual history of humanity or witness the suffering and sorrowful dramas that confront us everyday in the media. However, love lasts and is really eternal so sorrow and suffering are often a means for us to realize love's importance. Love is ultimately that energy and consciousness that holds creation together and establishes its oneness. Again this is not obvious on our level of separation and form or that there is even a level of oneness and unity that love draws us towards. Yet every force and emotion that we experience leads us out of separation to connection and love.

Positive feelings and energies orient us toward the embrace of a larger life which calls to us as our destiny. Negative feelings result from a block in these life urges, cause suffering and thereby show us what isn't right for us, and what we should thereby turn away from if we are to receive the blessings of love and life that are meant for us. Through love we can transcend our separation and experience the peace and joy implicit in the soul. When that affirmation is complete, we become who we essentially are, and live for the good of our deeper and eternal life.

This is not to say that I personally do an adequate job of expressing or embodying love. I know that I don't and often feel guilty about that. I have a difficult time expressing love emotionally, but hope that you can tell by my actions in supporting, honoring and encouraging you, that I love you, and want and hope the best for you. Love cares and I do.

To love is first of all to love oneself, to be true to oneself, to believe in and value oneself, one's feelings, dreams and goals. Therefore I have been endeavoring to share a bit more about myself, what I think and feel in some of the recent essays and letters that I have sent you. You are free to take this as you may.

We each have our own most natural portal into love. For some it will be a romantic love where we see that which would complete us, in the other. For others it may be a love for a child or for a parent, or for a larger ideal. However we experience the call of love it is an opportunity to embrace a larger life that is potential within us and that calls out to be realized, expressed and lived. And I believe that on the planet, there has never been such a impulse to break through to the soul level - a oneness within that is emerging into our consciousness now.

I believe that within your lifetime you will experience a transformation of our life on earth, as the spiritual energies of love wash over and through the old, fearful and separate ways and bring a new era of oneness, connection, peace, love and expanded awareness to mankind. Then will we better know what love means and be better able to live in love and create a world based on it.

§

The precipitation of the new spiritual Wisdom in three phases

The spirit worlds and the inner Hierarchy of the Self realized who are consciously working to further God's Plan for the Earth, have ever provided guidance and direction to humanity and have actually seeded the human mind with most of the evolutionary concepts that have moved our civilization forward. In the last 150 years, in particular, the Ancient Wisdom has been disseminated in

new forms to help humanity understand what's really happening on the planet now and to make a harmonious transition to the destined New Age. This new dispensation has been released in three phases.

The best place to start is with DK as he is rightly regarded by most esotericists as the authority on the nature of occult Reality. In Bruce Lyon's *Occult Cosmology*, DK says that there are three phases to the Wisdom Teachings that he has been instrumental in disseminating. The first phase is Theosophy which is a distillation of the mental illumination of the East in the form of a third person objectification of the inner nature of Reality — the processes, structures, cycles, lives and qualified energies, etc. This objective mental approach which brought out the underlying unity of various religious and philosophical systems of thought is in synch with the objective scientific attitude of occidental consciousness. The second phase embodied by Roerich (MM), Bailey (MDK) and Cedercrans (MR) (interestingly from the three Masters constituting the new Synthesis ashram) articulated how the psychological integration of this Occult Wisdom might be realized by the process of gradual evolutionary conscious expansion into ever more subtle dimensions of the Theosophically described Reality. This phase emphasized psychological integration, initiation and the antahkarana just as the first phase emphasized the enlightenment of the mind. The third phase, emphasizing spirit, Shamballa and the life thread or sutrama, is the nondual path of radical awakening or Self Realization. This is the path of the Heart that Jesus offers, of identification beyond the mind with Christ and the Absolute Self. The second phase is dualistic— the personality feels separate from what it seeks. It corresponds to the development of psychology as a nascent science. The third phase is nondual — everything is already realized to be within and part of one, whether that be the Self, Christ or God. Rather than expanding, we contract to the central point that hologramically contains the Whole. This has its correspondence to the dark matter of a Black Hole that is integral to all in a unified field.

The reason Jesus has emphasized teaching about the ego as a prelude to this Heart Path in his recent communications, is because, ever since at least Atlantan times, humanity has functioned from the internalized ego program as its self identity. This false separate identity was created by fear of the Whole or God and a belief that one was separate, identified with the body,

threatened and doomed to die. From this identity in the concrete ego mind arose a number of implied assumptions and attitudes including: a belief in lack, self doubt and anxiety, an inclination to judgment and the projection of one's thoughts on to outer reality where they are experienced as real, a continual struggle and will to realize the beliefs and ideals of the mind, a felt need to use and control life and circumstances for survival and happiness, etc. At any rate our entire civilization on Earth has been an externalization of the ego. As it is more difficult to overcome something if we don't know what we are caught up in, awareness of the true nature of the ego has been recently emphasized. A problem also arises when we have endeavored to integrate the Wisdom. The concepts become invariably internalized into the separate ego mind and can actually increase our sense of separation, rather than our oneness with others and life. Likewise the related endeavor to develop spirituality means that, at least at first, we unconsciously try to enlighten or spiritualize the ego. As the mind is naturally separative, its development can strengthen the separative ego. In the transition that the Earth is now in the midst of, the fundamental change regarding humanity will be our shift out of separate ego identification to identifying as a soul which is naturally group conscious. And the New Path of the Heart leading to Christ is offering us a way to do that which avoids many of the issues and delays of the mental path of initiation for those that are inclined to it. I say 'New Path' because the Heart is no longer just to be perceived from the ego's point of view as the organ providing love to the ego, but the Heart can be experienced as a portal to the nondual One Self in all and thus Christ Consciousness.

I think the Mahachohan's explanation in Cedercrans' *The Nature of the Soul*, of the need to reverse the steps taken in becoming incarnate when on the path of return can also be helpful in providing a useful meta understanding. Those incarnational stages are: 1. The Word pervading a discrete etheric form. 2. The creation of a mental body. 3. Taking on an astral body. 4. Incarnation in a physical body. On the path of return back to Source and Oneness, the steps are reversed and related to the initiations. 4. The First initiation marks the beginning of the process of return. 3. The Second initiation marks the dominance of Love over desire for self. 2. The Third initiation marks the consecration of the mind for the good of all. 1. The Fourth initiation marks the success in overcoming identification with the separate ego mind by

identifying with the Word or Spirit. The relevance of this to the path of the Heart taught in Jesus' *A Course of Love*, is that by understanding that the Heart is actually a portal to a unified dimension of Being from which we may live intuitively, we may more easily overcome identification with the ego mind and become One with the One Self in all, or God. We may understand in this, the need to leave even our precious Theosophical concepts as we leave attachment to the mind and traverse the boundless Light of buddhi/Christ Consciousness (primary matter ensouled by the Word) guided not by our thoughts but the intuitive Knowing within the Heart.

A Fourth phase may be presumed to happen when Christ and the Masters are in physical presence and the Mysteries are restored — when we not only have the Presence of Christ in the world, but have that Presence embodied.

§

Core beliefs

My experience as a therapist convinces me that we have memories back to our birth. Although these may be stored in our subconscious these experiences nevertheless have impacted us in ways we don't consciously realize.

We also begin to internalize our programming, our core beliefs and assumptions about life and ourselves from the very start of our life. Before we are thinking rationally we are experiencing images and sensations of life experience that are imbedded with mental interpretations, conclusions and assumptions about that experience.

Children automatically take on and take responsibility for their experience. So that if an experience is negative in some way, they blame themselves for it and internalize negative generalizations - core beliefs - about life and themselves as a result. (The child who isn't loved will believe themselves unloveable, the traumatized child will believe trust is impossible, etc.)

Fearful core beliefs are undoubtedly established as a result of a negative and false conclusions that are unconsciously made early in life regarding felt responsibility for your negative experiences.

Rationally it's easy to see that coincidence doesn't imply causation, but emotionally it's different.

These fearful negative core beliefs are later reinforced and brought to the surface by other events in ones life that seemed to justify it or give evidence for it. This is the way a core belief (a belief that is lived out because it is hard wired into our basic programming by which we experience life) works. The mind is creative and shapes our experience. There is a causal connection.

In therapy one could work on bringing to conscious awareness one's false negative assumptions behind negative core beliefs, realizing that these are just thoughts that have power because one believe them, and gradually letting them go so that one can learn to trust ones positive being. Mindfulness plays a role in this process, helping us detach from thoughts and emotions and realize these only have the power or reality that we give them.

Major life events are predetermined as part of the life script chosen before birth. We aren't responsible or to blame at all. If an individual has suffered a lifelong deprivation of a mother's influence and love, the first step in ones spiritual path should also be remedying that deficiency. Just as Jesus, on the cross, gave His Mother to his disciple John, so we each can establish a direct connection with the Divine Holy Mother Who is channeled by all human mothers.

She is much easier to contact and more accessible than the Son or the Father. You merely have to beseech Her and She will come to you and show you that you are never without Her love, support, protection and peace. You will feel in Her presence a benediction, warmth, love and blessing that will bring tears, gratitude and joy. You need not continue to feel bereft - humbly invoke Her. She shows Herself in different roles and in different names in the various religions, but is the same Being, the Force of Living Joyous Life, the Embodiment of selfless unconditional Love, and the devoted servant of the Son, Who She can help us connect to.

There are many attendant sufferings to life, some natural, most man made. There is an answer to all of them when we realize that our human nature is only part of who we really are. May we collectively come to adopt a core belief in the abundant universe so that we may come to experience the manifestations of this. Our

collective fearful belief in 'lack' and an unconscious belief in our powerlessness and victimization is blinding us to the abundance that is already there for us.

§