



Imaginal Cells

practice prompts emailed daily

August 2020



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August 1, 2020

Be with What IS

Attraction and Aversion I.

We are attracted or repulsed by some objects, people, circumstances, and phenomena due to conditioned biases, beliefs, enculturation, and fear.

We typically push away that which is uncomfortable. The human brain invariably defaults to familiar, known, comfortable patterns. Yet, stepping out of our comfort zone, experiencing a measure of discomfort and perhaps pain is a key component of growth. So consistently avoiding what is unpleasant, unsettling, uncomfortable is the antithesis of evolution — stagnation.

We often cling to that which is pleasant. Clinging opens the door to suffering since everything is impermanent and passes away. That to which we cling will soon or eventually disappear. We tend to live in lesser or greater degrees of anxiety about losing that which gives us pleasure.

Two attraction and aversion visualizations follow.

1. Allow yourself to experience whatever arises from the series of scenarios you'll consider.
2. Non-judgmentally witness what emerges for you and then, let it go. Monitor your internal landscape.
3. Note thoughts, emotions, any felt-sense in the body that arise spontaneously.
4. What attracts you? What is your reflexive internal response? Do you want to linger with it, hang onto the feeling, scent, or sight?
5. What repulses you? How do you resist it? Do you want to push it away, shut down, or ignore it? What do your signs of internal resistance feel like?
6. Simply observe your spontaneous response in the moment.

This is an opportunity for self-discovery and deepening self-awareness through cultivating metacognition and meta-consciousness. It is an opportunity to BE with WHAT IS.

Attraction and Aversion Exercises

Heat

- It's so painfully hot outside that your body feels as though it is radiating heat. The sun is so dazzling and bright that unshielded eyes feel as though they burn in the sockets as they squint for relief. The humidity in the air outside is so high that sweaty skin feels sticky to the touch and clothing drenched with

perspiration clings to your body upon spending only 5 minutes outdoors.

- Become aware of and savor the exact moment when you enter a softly and beautifully lit, mildly air conditioned room and feel the coolness gently and gradually wash over your body.
- Let the refreshing coolness waft through your being and send it out into our warming world as you internally offer the aspiration: May all sentient beings around the planet who are suffering from excruciatingly high temperatures be safe and experience cooling, peace, calm and relief.

Toothache

- The back molar on the left bottom side of your mouth is decayed and abscessed.
- You can taste the taste of tooth decay.
- You can smell the odor of tooth decay.
- To touch the afflicted area around the tooth with your tongue for even a second sends a wave of excruciating pain through your mouth up the side of your face and head.

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- Feel wave after wave of throbbing pain radiate out from the site of the abscessed tooth.
 - Visualize the pain as you feel it moving out from the abscessed tooth epicenter in concentric circles of pain that reverberate throughout your body.
 - Feel, and be with the pulsation of the throbbing.
 - Carefully notice how the emergence of any instinctive habitual patterns of non-acceptance: physically constricting, clenching, or hardening to guard against it, or mental resistance of the pain manifests.
 - Do not resist it. Do something different. Refrain from tightening or hardening against it.
 - Give it expansive space.
 - Soften and become curious about it.
 - Let your consciousness surrender, experience, and flow with the rhythmic undulation of each wave of pain.
 - Let your consciousness meld and move with each wave of pain.
 - Become intimately familiar with the pattern of the tooth pain informing your body in wave after wave.
 - Blend in friendship with the pain, resting in the knowledge that like everything, this too is impermanent.

Offer the aspiration: May all sentient beings who know pain as part of human existence:

- Befriend pain when it emerges,
- Not get stuck in the mental predisposition of suffering,
- Flow with pain rather than resist it, to allow for the emergence of ways in which it might be relieved.

August 2, 2020

Community Supported Enlightenment

Lexicon III.

Archetypes: Primordial encapsulated stories or mythologies often associated with a being or presence that exist as seed kernel patterns in the collective unconscious.

Cobalt Blue (significance): The frequency, the bandwidth that carries the information that the human eye perceives as cobalt blue conveys: 1) peace, 2) loyalty, and 3) protection to the avatar psyche.

Coping Mechanism: A strategy for navigating 3-D reality that worked well at some point, representing the best we could do with the resources that were available to us at the time.

Guides in non-material reality frames:

- Angels and Archangels
- Ascended Masters
- Bodhisattvas
- Dream characters
- Interfaces with the larger consciousness frame that appear to the human consciousness in whatever form is most likely to seem familiar and be received/heard with ease.
- Saints
- Spirit animals
- Spirit guides
- Totem animals

Love:

- **Agape:** Altruistic compassion for humanity,
- **Eros:** Romantic, fiery, passionate, physical attraction,
- **Philautia:** Self-love in the sense of full appreciation for who we are,
- **Philia:** A strong platonic bond with a friend or sibling,
- **Pragma:** Longstanding, enduring connection that has stood the test of time.

Meta-cognition: Observing our own thoughts and the emotional and behavioral patterns which proceed therefrom.

Meta-consciousness: Witnessing any reality frame from a non-third dimensional frequency.

Neurolinguistics: The process of methodically working with neural networks in the human brain which have plasticity (are malleable) in order to: 1) enhance brain circuitry connections that serve us, 2) cause to atrophy those that do not in order to, 3) achieve specific growth producing outcomes.

Peak State: The experience of being the flow, in connection with the vastness of true-self.

Seminal Trauma: is the starting point (typically from age 0-7/9) that puts in motion an unresourceful pattern that can be recognized as echoing with a ripple effect over the course of a lifetime until addressed.

Simulation (for CSE purposes): Simulation workspaces are safe internal landscapes, sometimes sacred spaces, in which we: 1) we use our neuroscience toolkit to work with our avatar neurobiology, i.e. rewire neural network circuitry, and, 2) lay the groundwork for exploration of other, non-material reality frames in order to expand and improve our quality of consciousness.

Simulations facilitate work with the limbic system, the intuitive emotional part of the brain.

Singularity is described by the ancient wisdom traditions as being the point where duality breaks down which is beyond stillness or movement. Singularity is beyond time and space, beyond the human event horizon. It is that point that preceded what human science calls “the big bang” which holds myriad universes, the multiverse, in potential prior to manifestation contained in something infinitesimally smaller than a grain of sand. Wisdom tradition texts describe the point of singularity as dynamic stillness, or pregnant emptiness.

Notes

August 3, 2020

Embrace the Compost - No Mud, No Lotus

A phrase that was made popular by peacemaker Thich Nhat Hahn: “No Mud, No Lotus,” totally speaks to our beloved Compost Tray #4 in CSE work. We need trials, challenges, shake-ups, and tribulations. Although they can be excruciating, they jolt us out of our comfort zones, spur growth, and invite us to refine our decision-making skills. We recognize that traumas large and small that we undergo over the course of a lifetime can potentially produce tremendous beauty in ourselves and in our lives.

We always have a choice, whether we are conscious of it or not, to use trauma to either evolve or devolve.

Seminal trauma prior to age 7/9 occurs during the child developmental period of the “Absorbent Mind” (Maria Montessori) when we have no filters to buffer and protect the mind-brain. We take in everything in our environment, lock stock and barrel. Everything, especially that which has intense emotional content, imprints on our malleable brain circuitry, uncensored at that age.

Seminal traumas, large and small left untended and unresolved remain like open wounds that repeatedly attract and magnetize similar circumstances, sometimes with the same people, sometimes with different characters who have a similar energetic signature. This is a two-edged gift from the larger consciousness frame which evolves through and as us. Benevolently, it repeatedly serves up the same lessons until we “get it” and successfully work through the challenges.

Unfortunately we often don’t have the wherewithal, tools, caregivers, and mentors to facilitate full resolution of these trauma as they occur and recur. It takes a while for us to become aware of how the traumas are impacting us and resolve them. So in the interim, they are often pushed down, unresolved, deeper and deeper into the avatar subconscious and unconscious becoming increasingly problematic. They often bleed out/break through into our conscious-world relationships in the form of unhelpful emotional and behavioral patterns.

Whatever we ignore and neglect, including disowned parts of ourselves feels like, and then becomes, unknown frightening territory over time. Untended, it grows and festers. The unresolved traumas in the basements of our psyche so to speak become fragmented, “shadow material.” And as we know, fragmentation and separation is what drives and is then driven by fear, in a self-perpetuating loop. It is the definition of poor physical, emotional, and mental health. Conversely unity and integration, is the definition of moving toward holistic health and wellbeing.

The CSE antidote is: 1) to head down into the basement/compost on tray #4, 2) shine a bright light on the shadows, 3) skillfully and repeatedly direct that light in laserbeam fashion toward the shadow through the power of simulations that speak directly to the limbic system. This process allows us to clearly see the shadow for the mirage that it is, even as we dissolve it. 4) Remember that the fragmented

subconscious and unconscious only exist as emanations of the avatar mind-brain which is a projection. This material does not exist at the level of self-consciousness where we are at one with a higher frequency of the unified field.

So, while we can do this work from the metacognitive level (still intellectual), it is even more effective when we do it from a meta-conscious level (deeper engagement with simulations, in still point consciousness, and in dream lucidity etc.)

So we embrace the deep, rich, and often agonizingly painful material on our compost tray #4. It is part of the lesson set in the “conference packet” that we shape as we make choices in this lifetime.

No Mud, No Lotus.

Notes

August 4, 2020

Let Go and Become

Most of us want to learn, grow, and have new experiences that expand our awareness and improve the quality of our lives. Yet the minute we step out of bed in the morning, we immediately recreate the same old familiar selves. We anticipate and precipitate our usual stiffness, aches, and pains. We promptly summon the anxiety with which we are so intimate, as we consider the heavy schedule for the day ahead. The faithful chemical cocktail of dread washes over our bodies as we think about having to meet with XYZ person.

Even as we yearn to change for the better and leave behind patterns that don't serve us, we incessantly reinforce outworn ways of being. We think, feel and behave essentially the same way today that we did five weeks ago, five months ago and five years ago.

Habits are sets of automatic, unconscious thoughts, behaviors, and emotions that are continually reinforced through repetition. They are challenging to overcome because they are chemically encoded in our bodies and neurologically etched in the circuitry of our brains. All of this can be reworked when we skillfully focus our attention on doing so. We can deliberately decide to develop skill-sets that override habits which tether us to our "old selves," and determine to embrace the process of "becoming" in every moment.

Exercise

Self-Observe

Honestly take stock of what isn't working for you in your life. Be authentic with yourself. Open to, and take some time to see yourself for who you really are. What repeated, unresourceful states of being do you want to change? How do old habits get in the way of living a better quality of life? How might you improve yourself?

Determine to approach this work as a non-judgmental observer. This is a learning adventure undertaken to support your health, quality of life, and wellbeing.

Anchor the Watcher, the Witness, the Observer

Observe and witness yourself as if you are standing outside of yourself. It's important to anchor (internally register and habituate yourself to) the metacognitive position of watcher, witness, observer. You can do so creatively by imagining in your mind's eye that you are:

- At the controls of a video game watching your habitual thought and emotional patterns manifest in the behavior of the avatar (yourself) moving about in the game. Notice repeated unhealthy actions that have become habit patterns,
- Watching yourself on a movie screen,
- Silently following a silhouette of yourself; observing throughout the day.

Become conscious of the types of habits that support unresourceful states of being and reinforce the continued recreation of your old personality. Notice what you consistently and automatically do in the course of a 24 hour period. Become aware of what serves you and what does not.

Observe and become conscious of:

- Ritual behavior patterns, major and minor: What do you do the same way, and/or at the same time every day, and/or in the same places, and/or with the same types of people? Are you making conscious decisions or are you on autopilot during most of your day?
- Routine thought patterns:
 - What do you spend most, or a great deal of your time thinking about throughout the course of a day?
 - Are these the same thoughts or types of thoughts you had yesterday?
 - Do your thought patterns revolve repeatedly?
 - Do the most repetitive thoughts serve you and promote healthy growth or do they reinforce unhealthy, self-defeating patterns?
- Familiar, repeated emotional patterns:
 - Do you habitually feel self-limiting, destructive emotions or do you experience a predominant amount of uplifting emotion?
 - What are the consequences of your emotional expression for you and for others around you?

LET GO!

Notes

August 5, 2020

Mirror Exercise

Felt Sense of Non-Material Self

Mirror Exercise is:

- a real time self-compassion practice meant to be fully integrated into our everyday lives without having to set aside a special time devoted to practice,
- an opportunity to cultivate an intuitive, felt-sense awareness that you are more than the avatar body in the mirror.

Self-Compassion

Whenever you find yourself in front of a mirror: when you are dressing, washing up, brushing teeth, or combing your hair, choose and determine to sustain your gaze on your face a bit longer than usual.

1. As you look in the mirror, think about someone who you love deeply. Enjoy, and fully associate into the wonderful feeling of the mutually exchanged love that you share with this person.
2. When you are fully immersed in the love that you've generated, extend at least the same intensity level of appreciation, acceptance, and compassion to yourself as you look in the mirror. Begin by repeating the Cornerstone Compassion Practice aspirations below aloud. (You may want to initially keep a copy of the affirmations near your mirror.) Look directly into your own eyes and with heartfelt love and acceptance for yourself say:
 - May I be safe.
 - May I be healthy.
 - May I know joy.
 - May I know happiness, and
 - May I live a life of wellbeing.
3. Receive and let the full intent of these words wash over you as you continue to non-verbally extend heartfelt compassion to yourself in whatever way emerges spontaneously as you look at yourself. How does this feel? Do you feel: comfortable, awkward, resistant, pushback, comforted and sincerely affirmed?
4. Whenever you find yourself in front of a mirror, choose to stay and gaze a bit longer each time until you experience increasing ease and the enjoyment of offering yourself the gift of self-appreciation.

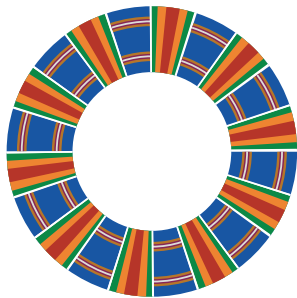
Non-material Self-Compassion - Cultivating Intuition

1. Calmly witness. Non-judgmentally notice internal self talk, emotions, and sensations that arise as you purposefully extend compassion to yourself.

Prioritize emotion and felt-sense rather than spinning off into thinking and making associations as you do this. Cultivating emotion and our intuitive navigational system is important because intuition is our interface with the larger consciousness system.

2. Move past cosmetic concerns about how your face looks. Let go of this focus.
3. Move past recognition of family heredity traits and stories that emerge. Let go of these.
4. Sense the simultaneous presence of two frequencies of self: a body of seemingly dense, physical, particulate matter and consciousness that animates the physical person at whom you are looking. Let your mind rest on the lifeforce that animates your physical form.
5. Open up to and cultivate the ability to sense, appreciate, and align with yourself as non-material consciousness which is projected into, and animates your physical body.

May you live a life of expanded consciousness and wellbeing.



May I be SAFE
May I be HEALTHY
May I be HAPPY
May I live a life of
WELL-BEING

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Make an extra copy of this page, then cut out and add this reminder to your mirror.

Notes

August 6, 2020

Let Go of One Challenging Emotion

1. Identify an emotion that is the most frequently challenging for you. Choose one emotion to work on that consistently gets in the way of successful relationships with family, friends, in the workplace, in groups, or that plagues you when you are alone.
 - Recognize that as long as this emotion is consistently present in your life, you are recreating and reinforcing your old self.
 - Examples of such an emotion might be: Judgement, worry, guilt, shame, anxiety, unworthiness, depression, hatred, self-hatred, fear, envy, lack.
2. Note what situations, people, circumstances, and environments trigger this emotion.
3. What are you usually doing, how are you behaving when this emotion surfaces?
4. Witness how your body feels when you are experiencing this emotion.
 - Does your heart race?
 - Is your breathing rapid or shallow?
 - Do you feel slightly nauseous?
 - Does your throat constrict?
 - Does your stomach feel as though it's tied in knots?
 - Do you feel a flush of heat rise in your body?
 - Tune in and pay close attention to the particular way your body feels when you're in the throws of this emotion.

Observe what you're consistently thinking about when this emotion arises. You'll find that there are repetitive thought sequences connected to your unresourceful emotion which anchor it deeper and deeper in the circuitry of the brain.

Devise a "Pattern Interrupt"

Once you're able to witness and identify the thought, somatic felt-sense, and behavioral patterns that constellate around this emotion: 1) just prior to its occurrence or, 2) as it begins,... the opening, the decision space available to intervene in your own habitual behavior, becomes wider. Be prepared to intervene on your own behalf (show up for yourself -tray # 11) ahead of time with a "pattern interrupt":

- Redirect with selftalk: Repeat an appropriate phrase, affirmation, or slogan that you have at the ready which focuses your attention on a higher frequency internal dialogue. For example, catch yourself judging someone who you think is behaving horrifically and rather than mentally judge or berate them, redirect with: "May this person grow in wisdom."
- Use your empowered life experience slide trays. Associate deeply into

moments of joy, gratitude, or peak state experiences as soon as you catch yourself at the threshold of the downward spiral emotion.

- Carry a small item with you that reminds you every time you become aware of it, to tune into your emotional state and redirect as needed.
- Use music or a specially designed playlist when you sense a downward trending emotional pattern is just over the horizon and head the pattern off at the pass before it consumes you.
- Choose an easy physical release movement that allows for, and represents release of the emotion. For example whenever you find yourself at the threshold of guilt, begin a series of shoulder rolls. This can become your redirect signal, inviting you to focus your attention on an empowering emotion, even as physical tension is released in your neck and shoulder area.

Please note that this process is not a license to minimize, escape, or bypass, the emotion. The exercise is only effective if we fully acknowledge, face the emotion, and then make the conscious choice to work with it resourcefully.

Release and Let Go!

Notes

August 7, 2020

“Maybe”

BE with what IS!

Thus have I heard.... of an old farmer who had worked crops on his land for his entire life. He had one son and one horse to help him with this task and he was growing weary with the passage of time.

One day his horse ran away. The town he lived in was very small so word spread like wildfire and everyone immediately knew what happened. As soon as they heard the news, his neighbors came to pay him a visit. “This is really too bad. This is such bad luck,” they said sympathetically.

“Maybe,” the farmer replied. “Your fortune had tripled.”

The next morning the horse returned, bringing with it three other wild horses. “How wonderful,” the ever-present background chorus of neighbors exclaimed.

“Maybe,” replied the old man.

The following day, his son tried to ride one of the untamed horses, was thrown, and broke his leg. The neighbors again came to witness and offer their sympathy, such as it was, on his misfortune. “Now what will you do? Now there is no one strong enough to tend to your crops.”

“Maybe,” answered the farmer.

The next day, military officials with an official decree in hand came to the village to draft all of the young men into the army. Seeing that the leg of the farmer’s son was broken, they passed him by. The neighbors whose own sons had been drafted, congratulated the farmer on how well things had turned out for him.

“Maybe,” said the farmer.

Lesson

1. We learn here to let go of our habitual narrative, let go of thinking we have control over our stories and circumstances. Take life as it is as it comes. Time spent labeling circumstances as good or bad, lamenting, revolving in what befalls us, or reveling in inordinate celebration isn’t helpful.
2. Time is well spent bringing the best resources we can muster to each situation in each moment. Then the larger consciousness frame inevitably presents a new set of lessons for our consideration and potential growth.
3. Make the best decision possible in the moment from a place of non-attached, dispassionate compassion and know that life will unfold however it unfolds.

BE with WHAT IS!

August 8, 2020

Get in the Habit of Letting Go of Habits!

Signal a Change in Course to the Brain

1. Once a week for each of four weeks, change one thing that you do habitually.
 - The habit pattern that you shift doesn't necessarily need to be unhealthy.
 - The pattern that you change does not need to be anything major. It is the act of changing that is key. The predominant goal is to signal to the brain that you're ready to transform and you are taking steps to do so. Once definitively alerted, the brain will obey and prepare for change. The shift in your habit will cause neurons in the brain to fire in new patterns, building new neural pathways. Each time you repeat the shifted pattern, the new neural networks will be reinforced and deepened.
 - The habit may be a behavioral, thought, or an emotional pattern.
 - After each week of habit change, feel free to sustain the change you've made and add a new habit shift, or go back to the original way of doing the preceding habit even as you move forward to change the next pattern.
 - Examples of some behavioral habit changes are:
 - Switch chairs at the dinner table or in which you watch television.
 - Initiate brushing your teeth, your hair, or washing up from a different starting place.
 - Sleep on a different side of the bed.
 - If you habitually put one shoe on first, start with the other.
 - Take a different route to the store, on your jog, walk, or biking trips.
 - Wake up a bit earlier or later.
2. Non-judgmentally observe any internal resistance, even subtle, to the change that you've made.
 - What thoughts go through your mind?
 - Do you sense any emotional push back or rebellion as you initiate the change?
 - How does your body react if the habit you've switched is behavioral?
 - Do you reflexively move to recreate the old habit at first and then need to redirect?
 - Do you crave the old habit?
 - Note how you feel at the point when your mind and emotions settle down and fully accept the new pattern, if that point arrives.
3. Continually make a mental note of your victory each time you institute and are at internal peace with a habit change. Emotionally savor, anchor, each victory which reinforces your new neural connections.
4. Allow yourself to rest in joy of self-transformation, knowing that as you transform, your complete connectedness to everything around you simultaneously transforms your environment.

August 9, 2020

Ritual Cat

Identify and Let Go of Unexamined Habit

Like clockwork, every evening when a spiritual teacher and his students began their evening meditation, the cat who lived in the monastery would begin howling as only cats can do, and would make such loud noise that it distracted the entire meditation hall.

So the teacher ordered that the cat be gently tied up in the monastery room which was the farthest away from the meditation hall during the evening practice. The students dutifully proceeded to tie up the cat every evening thereafter to ensure a peaceful meditation session.

Years later, long after the teacher died, the monks continued to tie up a cat during meditation sessions. When the original cat eventually died, another cat was brought to the monastery and tied up.

Centuries later, learned descendants of the spiritual teacher wrote scholarly treatises about the deep religious significance of tying up a cat just prior to meditation sessions.

For Consideration

1. Do we take the time to examine our habitual behaviors?
2. Do we know where our habitual behaviors originate?
3. What underlying needs prompt us to behave in this way?
4. Do these habits serve or limit our growth and evolution?
5. How would our lives improve.....or not, if we shifted or dropped this habitual behavior?

Notes

August 10, 2020

Integrating CSE Simulations into Everyday Life

All simulations:

- Amplify empowering lived-life experiences encoded in the projected avatar brain circuitry to deepen these neural networks, and...
- When used consistently and frequently override and atrophy the emotional content of trauma/unresourceful material encoded in the brain.

Tips for using simulations:

- Once you receive the simulation, envision the process a few times in its entirety to anchor the sequence of visuals in your mind; perhaps right after your practice group session. Just before sleep (before you actually lie down) is another good time.
- Every time you re-envision the simulation you'll gain momentum, enable yourself to bring it to mind and move through it faster and faster; then instantly.
- Envision and open yourself to fully feeling the uplifting emotional energy of the healthy life experiences pervading and filling up your being.
- When you do have some quiet time to consider a simulation, take your mind through all of its sensory components one after the other. Pay attention to the visual scenery. Describe to yourself what you are seeing in detail. Be still and silent, listening to every sound that emerges in the simulation. Do you hear music, a heart beat, a voice, whirring, fluttering, wind, an echo, birds? Similarly, what taste is in your mouth, what aromas do you smell, and does the simulation convey a felt-sense?
- Associate fully into the emotional content of your healthy empowered life experience slides every time you have the opportunity as you go about your day; especially when you bump into disempowering emotions and situations.
- Decide and determine to use the life experiences on your power slides to consistently redirect your attention from low frequency Matrix energy to high frequency encoded emotional content on demand. This can become an all-day, everyday reflex and then a very satisfying lifestyle. The reward you'll feel at multiple levels makes the process worthwhile and increasingly attractive.
- Remember that simulations declutter miswired brain circuitry that blocks the pathway to experiencing ourselves as consciousness, our true-selves and reality frames at higher than a third dimensional bandwidth.

August 11, 2020

Transmute Humiliation into Humility

True humility is attained through humiliation successfully navigated.

To humiliate is to induce a deeply painful and destructive emotional state of shame and the experience of being degraded in the eyes of others. It ranks very high among people's fears.

My thought has long been that if we can tolerate and abide the metaphorical stripping naked which is experienced in the crucible of humiliation and hold it in a healthy way, we'll have nothing else to lose. Every other emotional tribulation will comparatively be a piece of cake.

Shame generated from humiliation is THE heaviest, most unctuous emotional sheathe to peel off. If we can self-observe and deliberately choose not to succumb to fear and/or self-doubt when shaming and humiliation appear on the horizon, we'll be able to successfully face any other test that comes down the pike.

As always, the test is much less important than the choices we make about how we respond to it. As per one of Pope Francis' homilies,

“Humility is not to walk calmly, perhaps with one's head down. This is not humility. That is fake, ready-to-wear humility which neither saves or guards the heart. It's good for us to know that there is no humility without humiliation and if you're not able to tolerate, to carry humiliation on your shoulders, you're not truly humble. You pretend you are, but you're not.”

In fact, those who stand in their truth, determined to persevere through the work of self-transmutation often deliberately invite the stripping action of humiliation to intentionally forge humility.

The story below is one of my favorites.

The Story of Geshe Ben

A teacher -always a student- named Ben was determined to free himself from the prison of his own thought and habit patterns. He set the clear intention to rid himself of these self-imposed limitations. Ben was an intense, focused, no nonsense person who put himself through the rigors of training as he dealt with his own baggage.

One day he was invited to a patron's house for a midday meal because he got all of his food through begging. He ate the meal, the patrons retired to another room, and he was left alone in the room where a massive bag of roasted barley flour sat open in the corner. Ben was carrying a brown leather bag in which he kept barley flour which was actually his main, staple source of food.

Without even thinking about it he reflexively dipped his cup into the flour bag and began to put some into his leather bag. As he did this, he suddenly and clearly saw

into himself as he stood there. He painfully but gratefully witnessed his own habit energy in action in the clear light of day and stopped himself in his tracks, —mid-action.

He then started screaming at the top of his lungs, “THIEF.....THIEF.... THIEF. Please come get this thief.” Everyone came rushing back into the room. And there, standing with his hand wrist deep in the flour was Ben inviting his own humiliation in order to halt a habit pattern generated by one of his egoic constructs.

We’ve signaled that we’re ready to “rekindle the fire of [George] Fox.” To do so is to be mindful that early Friends intentionally bore incessant shaming and humiliation. They deliberately walked straight into the fire of the fear-driven status quo, even as they were the fire of their own true selves personified.

Like our activist forebearers, we’ve indicated that we’re willing to do the internal work to transmute whatever scars of humiliation remain in the circuitry, into an abiding humility. We’ve set the wheels in motion. Together we can build trust in community in order to join hands and walk the continuum that spans from voluntary vulnerability on one end, all of the way to the crucible of humiliation (for those who so choose) on the other end. The goal is to reach the deepest self-transmutation possible in each moment, in service to the greater good.

Successfully navigating the gauntlet of shaming and humiliation is one of ultimate tests on the path toward breaking through egoic constructs to experience the joy of unity with our true selves.

So, therefore we can be grateful for the shamers who we encounter along the way. They offer us the ultimate emotional test. They invite us to look more deeply and re-examine our habitual patterns. We can be enriched by the opportunity to extend love, compassion and appreciation to the beloved shamers whose pain surfaces and bubbles over at the prospect of working with their own fears. This is human. This is understandable. It’s all good. We’re all here to catalyze each other’s growth and evolution. To quote Carl Gustav Jung, “Knowing your own darkness is the best method for dealing with the darkness of others.”

Let’s live into joy together, and respond only with love.

August 12, 2020

Simple Favorites

Anger, Control, and Love

What do you do with the mad that you feel?
When you feel so mad that you could bite?
When the whole wide world seems oh so wrong,
and nothing you do seems very right.

It's great to be able to stop when you've planned a thing that's wrong
and be able to do something else instead.

And think this song:

I can stop when I want to,
Can stop when I wish.
I can stop stop stop any time.

Know that there's something deep inside that helps us become what we can.

It's the people we love the most who can make us feel the gladdest and the maddest!
Love and anger are such a puzzle!

We need to help people to discover the true meaning of love.

Love is generally confused with dependence.

Those of us who have grown in true love know
that we can love only in proportion to our capacity for independence.

Love isn't a state of perfect caring. It is an active noun like struggle.
To love someone is to strive to accept that person
exactly the way he or she is, right here and now.

You've made this day a special day by just you being you.
And I like you just the way you are.

— Fred Rogers

August 13, 2020

Catching the Dropped Stitches

Inner Child Development

There are specific developmental tasks that emerge for mastery at successive stages of our lives as children, adolescents, and beyond. We liken the successful fulfillment and mastery of those tasks to knitting the fabric of healthy lives and wellbeing. When emergent developmental tasks are not met the result is tantamount a hole in the knitting. We therefore call the childhood antecedents of challenges we face in our adult lives, “dropped stitches.”

We use simulations which speak the language of the limbic system, the emotional brain, to facilitate healing — closing the holes in the knitwork at the deepest levels.

The following is a list of the developmental tasks that we ideally master at each age, as adapted from the work of child development psychologist Jean Piaget and educator Maria Montessori.

Developmental Tasks

Infant: 0-18 Months

Trust and Bonding

- Safety
- Nurturance
- Trust

Toddler: 18 months - 3 years

Moving from Dependency to Autonomy

- Saying no
- Abiding being told no
- Boundaries generally
- Honoring your own boundaries
- Honoring the boundaries of others

Young Inner Child: 3-6 years

Respecting the Positive and Negative in Self and Others

- Self criticism
- Criticism of others
- Shame and unworthiness
- All or nothing thinking
- Body and sexuality
- Being overly responsible
- Curiosity

Grade School Child: 6-12 years

Social Relationships and Acceptance

- Acceptance of and by peers
- Fitting in socially
- Public speaking
- Task completion and self-discipline
- Physical competition skills

Young Teenager, 12-15 years

Learning to be Comfortable with Discomfort

- Social awkwardness
- Physical and sexual awkwardness
- Dependency on others for approval
- Addictive behavior

Adolescent: 15-17 years

Carving Out a Self

- Standing up for yourself
- Caught in an active state of rebellion
- Projecting the critic onto those close to you
- Defining who you are

Notes

August 14, 2020

Cognitive Distortion I.

Too Much Incoming Information

Life Challenges that Precipitate Cognitive Distortion, (i.e, inaccurate thinking):

- Too much incoming information,
- Information comes in at such a fast pace and such a high volume that it doesn't yield enough meaning.
- Rapid responses and decisions need to be made.
- Determining what to remember from overwhelming amounts of information is difficult.

Information Bombardment

Action: When there is an information overload the mind-brain aggressively filters.

Result: We see very little of reality because we filter out information that is useful.

We are bombarded with so much information that we have no choice but to filter almost all of it out. The following are ways the mind-brain picks out bits of information that it thinks will be useful.

- We notice things that are already primed in memory or repeated often. Our brains are more likely to notice things that are related to whatever has been recently loaded in memory.

Further research?

- Availability heuristic
 - Attentional bias
 - Illusory truth effect
 - Mere exposure effect
 - Context effect
 - Cue-dependent forgetting
 - Mood-congruent memory bias
 - Frequency illusion
 - Baader-Meinhof Phenomenon
 - Omission bias
 - Base rate fallacy
- Strange, striking, anthropomorphic things catch our attention more than familiar things. Our brains tend to amplify the importance of surprising unusual things and skip over what is ordinary and expected.

Further research?

- Humor effect
- Von Restorf effect
- Picture superiority effect
- Self-relevance effect
- Negativity bias

- We notice when something has changed relative to the status quo.
Further research?
 - Anchoring
 - Contrast effect
 - Focusing effect
 - Framing effect
 - Weber-Fechner Law
 - Distinction bias
- We're drawn to details that confirm our own existing beliefs.
Further research?
 - Confirmation bias
 - Congruence bias
 - Choice-supportive bias
 - Observer expectancy effect
 - Semmelweis reflex
 - Subjective validation
- We notice flaws in others more easily than the same flaws in ourselves.
Further research?
 - Bias blind spot
 - Naïve cynicism
 - Naïve realism

Notes

August 15, 2020

Biomimicry

Avian Magic: We Follow the Birds

At a time when cascading multifaceted crises are just beginning to gain momentum...

At a time when we're headed into uncharted groundlessness and uncertainty...

At a time when we are rudderless, leaderless,

We turn to our inner landscape and in our mind's eye, look skyward.

Turn your gaze upward to the sky and witness birds; starlings in particular.

Watch the starling murmuration, the intricately coordinated shapes that manifest in the sky as hundreds, sometimes thousands of birds fly in swooping, ever-changing patterns.

Observe a flock.

First elongated, then swelling into a sphere, moving outward in a cone, an hourglass, and then notice wave after gracefully undulating wave of birds, constantly group shapeshifting in the sky.

Watch as the birds roll through, and bank their turns. The shape of the flock is repeatedly changing from wide and flat to long and narrow as it stretches across the sky. Those birds who are flying abreast with each other end up in a single file line as the flock makes each turn. The fluidity of their motion is stunning.

There is no leader.

When one starling changes direction or speed, each of the other birds in the flock responds to the change, and they do so nearly simultaneously regardless of the size of the flock. Information moves across the flock instantly and with nearly no degradation. A starling on one side can respond to what others are sensing all the way across the flock.

The group responds as one and cannot be divided into independent subparts. How do they do this?

Subsidiarity, like the best of self-organizing grassroots movements. That is, evolution is driven on the ground, at the follicle level of the grassroot so to speak.

Watch the Starlings

Starlings in large flocks consistently coordinate their movements only with their seven nearest neighbors. They process messages from those seven neighbors simultaneously. Each bird maintains just about the same speed and only interacts with those seven neighbors as it swoops and dives. Group upon group of those energetically bonded neighbor-clusters then constitute an interwoven, melded group mind.

When starlings are threatened, the whole flock reacts at once with very little delay

between noting the threat and evading it.

There isn't any one bird that has the responsibility for protecting the flock. Everyone takes responsibility for protecting the flock from danger.

In the case flocks of geese flying in a V formation, which appear to have a leader, the movement of the flock is actually governed collectively by all of the flock members.

Watch the Geese

Birds share and distribute leadership. When they fly in the v-formation, the lead bird works the hardest. So, many of the other birds in the flock take turns flying lead in order to ensure that no one bird collapses from exhaustion, increasing the chance of group survival.

The birds in the back get to rest. Eventually, every bird that is capable will be a leader at sometime during the flight. In flocks of pigeons even the weakest birds sometimes lead.

Birds flying in flocks can migrate longer distances than birds flying alone. They save energy and fly faster together.

Each bird has to fly just a bit differently than the leader to contribute to making the entire flock successful.

What's the Lesson for Humans?

Humans can witness to the beauty and power of distributed leadership.

A situation where there is no one leader to unite many factions seems counter-intuitive. Yet as we move deeper into uncharted waters in the 21st century

If the new system that is birthing itself in the shell of the old is to gain strength, that lack of centralized leadership, emergent leadership will become THE defining feature of successful resilience networks.

Despite this, there is still room for natural leaders. An effective group nurtures this type of person who takes on the responsibility of ensuring no one is marginalized in the decision-making process.

Notes

August 16, 2020

Cognitive Distortion II.

Insufficient Meaning Made

Life Challenges that Precipitate Cognitive Distortion, (i.e, inaccurate thinking):

1. Too much incoming information.
2. Information comes in at such a fast pace and such a high volume that it doesn't yield enough meaning.
3. Rapid responses and decisions need to be made.
4. Determining what to remember from overwhelming amounts of information is difficult.

Insufficient Meaning

Action: When there is too much information to make sufficient meaning we fill in the information gaps using pre-existing points of reference.

Result: The search for meaning conjures up illusions, assumptions, and erroneous narratives.

The world can be so confusing that we only see a tiny sliver of it. However we need to make some sense of it in order to survive. Once our brains have picked over what it chooses to let in, the reduced stream of information we try to connect the dots. We then fill in the gaps with what we think we know and update our mental model of the world.

- We try to find stories and patterns even with very sparse data. We don't have the luxury of having the full story. This is how our brains reconstruct the world so that we feel complete.
Further research?
 - Clustering illusion
 - Recency illusion
 - Illusory correlation
- We fill in missing information drawing upon stereotypes, generalities and prior histories whenever there are new experiences or information gaps. When we have partial information about a specific thing that belongs to a group of things that we are familiar with, our brain fills the gaps with best guesses or what trusted sources provide, We then forget which parts are real and which were filled in.
Further research?
 - Attribution error
 - Stereotyping

- Just-world hypothesis
- Bandwagon effect
- Argument from fallacy
- We imagine things and people we're familiar with or fond of as being better than things and people we don't know. The filled in pieces generally include built-in assumptions about the quality and value of that which we are seen
- Further research?
 - Halo effect
 - Reactive devaluation
 - Positivity effect
 - In-group bias
- We think we know what others are thinking. Sometimes this means we assume they know what we know. Other times we assume they're thinking about us as much as we are thinking about ourselves. We project our psychology onto others.
- Further research?
 - Illusion of transparency
 - Illusion of external agency
 - Extrinsic incentive error
- We project our beliefs, baggage, and assumptions onto the past history and future possibilities.
- Further research?
 - Biases: outcome, impact, time-saving, pro-innovation, self-consistency
 - Telescoping effect
 - Planning fallacy

Notes

August 17, 2020

Simple Favorites

“Everything is energy. That’s all there is to it.
Match the frequency to the reality you want and you can’t help but get that reality.
It can be no other way.
This is not philosophy.
This is physics.”

—Albert Einstein

Everything is energy.
Your thoughts begin it.
Your emotions amplify it.
Your actions increases its momentum.

Fears we don’t face become our limits.

“Who looks outside dreams.
Who looks inside awakes.”

—Carl G. Jung

“Logic will get you from A to B.
Imagination will take you everywhere.”

—Albert Einstein

“When you live guided by intuition rather than thought,
your life dances, like writing on water,”
fresh and untraceable.”

—Mooji

“We ought to view ourselves with the same curiosity and openness that we view a tree, the sky, or a thought because we too are linked to the entire universe.”

—Henry Matisse



“You are not a drop in the ocean.
You are the entire ocean in a drop.”

—Rumi



The universe is saying, show me your new vibration and I will show you miracles.



“Uncertainty is an uncomfortable position
But certainty is an absurd one.”

—Voltaire

Notes

August 18, 2020

Zoom Out

Picture in detail the room in which you are sitting, and become aware of everything in the environment immediately surrounding you. In your mind's eye, expand your perspective by moving with ease, up, out, and away from the room where you're seated to form a clear picture of the building that contains that room. Clearly see the entire building from above.

Witness the building appearing smaller and smaller as you rise higher and higher. From above, the whole area in which you live now lies below you: houses, streets, trees, parks, and office buildings. People and cars are just barely visible in the streets. Think about how each person is the center of their own world, with their own thoughts and hopes, their own projects and problems. Compassionately watch them move about, intently focused on living their individual lives. Imagine them moving about in their homes tending to their families.

Continue your gradual ascent. Your field of vision expands further, enabling you to see other towns, villages and hamlets in the area. You see green fields, forested regions, and mountain ranges. Small rivers and meandering tributaries are punctuated by inland lakes. Larger rivers wind their way to gulfs and flow into the sea. Notice how rural areas blend into suburban spaces, which in turn merge with light filled sprawling cities. As you rise higher and higher, glimpse the familiar outline of countries, continents, oceans, and then witness banks of billowy clouds surrounding the planet.

Now you have the whole stunningly beautiful planet Earth before you, ...blue and white, slowly rotating, in empty space. From this immense height, you can no longer see any evidence of people or even guess that they might exist; but you can imagine 7.5 billion people; each one sharing the same planet, breathing the same air. 7.5 billion hearts of people from all walks of life, beating rhythmically as one, supported by sentient animal and plant life, all on one, magnificent planet. Consider this splendidly crafted complexity as you visualize and contemplate the Earth. Feel your love for this planetary home, this classroom for our learning, swell.... wax strong in your heart, and pause in profound gratitude for the precious gift of life, at this time, on this exquisite orb before moving on.

As you move away, watch the Earth becoming smaller and smaller until it's a speck in the distance while other planets come more fully into your field of vision: Bright Venus, fiery red Mars, massive Jupiter, and in fact, the entire solar system.

As you continue your journey of expansion, the Earth vanishes. Now our sun appears as a tiny point of light among innumerable stars. You then realize that you've lost all visual trace of the sun. And all of these billions of stars constitute but one galaxy in the universe! This is one among an unknown number of other galaxies, expanding, reaching out in every direction. It is an awe-inspiring light show like no other.

August 19, 2020

Be with What IS:

Attraction and Aversion II. Visual

We typically push away that which is uncomfortable. We often cling to that which is pleasant.

Attraction and Aversion Lists: A list of pleasant and unpleasant scenarios which conjure up visual imagery follow for your consideration.

1. Allow yourself to experience whatever arises from the series of scenarios you'll consider.
2. Non-judgmentally witness what emerges for you and then, let it go. Monitor your internal landscape.
3. Note thoughts, emotions, any felt-sense in the body that arise spontaneously.
4. What attracts you? What is your reflexive internal response? Do you want to linger with it, hang onto the feeling, scent, or sight?
5. What repulses you? How do you resist it? Do you want to push it away, shut down, or ignore it? What do your signs of internal resistance feel like?
6. Simply observe your spontaneous response in the moment.

Do not dwell on any of the sights. When you read through the lists, do so at a measured pace that allows you to experience what is presented, but deliberately does not give your intellect the time to analyze, dissect, or conceptualize.

This is an opportunity for self-discovery and deepening self-awareness through cultivating metacognition and meta-consciousness. It is an opportunity to BE with WHAT IS.

Look out over:

- An expansive, meticulously well maintained housing development in which row after row of hundreds and hundreds of ticky tacky dwellings look absolutely, uniformly alike.
- A panoramic view of hundreds of tiny, colorful houses nestled into an expanse of a lush green mountainside.
- The 626 acres of Arlington National Military Memorial Cemetery tombstones arranged in perfectly symmetrical rows as far as the eye can see.
- Thousands of corrugated tin roofs of tiny box-like dwellings propped up against each other in a sprawling, squalid shanty town with no running water as children extract their meals from piles of rotting garbage strewn throughout.

Witness:

- Cheering crowds at an Olympic track meet.
- Jeering, torch and confederate flag-bearing crowds in Charlottesville Virginia.
- An expansive, green-gray-black manure lagoon on a livestock factory farm.
- A vast, swaying singing, bonded concert crowd of hundreds of thousands
- Thousands of hungry people flooded out of their homes listlessly wait for food supplies in a hot, crowded, molding stadium
- Cheering British Royal wedding crowds in which people vie for a clear space from which to take pictures of the royals
- Cattle as far as the eye can see headed for slaughter.
- Hundreds of thousands of angry protesters violently demonstrating their disgust and frustration in the streets over the murder of a series of hundred of unarmed African Americans.
- Hundreds of thousands of pink hat wearing women #metoo protesters converging on Wash. DC. Feel the Adrenalin rush of the group intent.
- Columns of 10-people across stretching miles back along dusty roads, of solemnly downcast families; silently plodding along, leaving their towns and villages which have been: raided, burnt, bombed, and pillaged.
- A silent crowd of thousands of seated people, still, eyes closed in deep, peaceful contemplation, prayer, or meditation.

Notes

August 20, 2020

The Bell

Imagine that you are totally at ease, lying on your back in a grassy meadow on a warm summer afternoon. The peaceful meadow, accessed only by a narrow dusty road is ringed by a ridge of protective rolling green hills. Feel the softness of the meadow grass cushioning your body and breathe in the delicate fragrance of the flowers that surround you. Lean your head back and look up at the cloudless sky above.

On the walk to the meadow you passed a small country church with a bell tower. And now as you lay comfortably gazing up at a broad expanse of blue sky, you hear the bell peal three times. The pure, joyful sound fills the air, marking out every quarter hour. As you listen to the sound, notice how your attention is drawn in. Sense that the sound is capable of stimulating a reservoir of concealed, untapped joy deep within you. Feel your entire being, bathed and soothed by the deep rhythmic resonance of the bell as it rings.....once,.....twice.... three times before it fades away.

As the bell sound fades your attention is again drawn up to the diffuse vastness of the sky. Wispy fragments of your thought-streams scatter skyward like dandelion-puff seeds carried upward by the breeze.

And before you know it, the bell rings again.....once,.....twice.... three times. Imagine that as the sound travels through the ethers and reaches your ear, you become aware of how its vibration tickles your ear canal. Your ear registers and is nourished by its subtle frequency. Feel its resonance in your ear, throughout your head, radiating out into the broader field of your mind. Become aware that its frequency, its vibration, is awakening dormant potentialities that are deep within you. It evokes a sense of completeness, of wholeness. And then fades away.

This time your thoughts are fewer and your focus is more open as you look skyward. There are longer and longer spaces between thought-threads, and your mind is much calmer and still. Much like the cloudless sky.

The bell tolls once more.

It rings once,twice,... and a third time. The sound embraces you, gently holding your full attention in vibrating wave after wave. The vibration, the pleasant sensation reverberate in concentric ring upon ring throughout your body,....aligning your body with the frequency of each successive wave of clear, pure, sound.

This time its peal seems to slowly,... gradually, grow louder and louder.

The concentric rings of sound moving through you are wider and wider.

Its resonance reaches deeper and deeper, touching, soothing, and bringing forth the core of you,.... the heart of you,your deepest creativity, calling your whole being into an alignment that has a profound "rightness" to it.

The sound of the bell atunes every atom and filigree nerve-cell of your physical being to one, deeply satisfying vibratory frequency.

Experience the felt-sense of your physical body,..held, infused with,and gently absorbing the sound.

Feel... know..... become aware, that you ARE pure boundless, formless sound.

Experience yourself as undulating wave after wave of pure, whole, vibratory frequency.

Open and surrender your awareness to yourself as pure, whole, vibratory frequency.

Listen as the sound gradually fades away and become aware of the moment when sound ends and silence begins.

Now feel the meadow grass softly tickling your arms and slowly sit up among the wildflowers.

Appreciatively breathe in the flowers' sweet aroma as you stand and slowly follow the path out of the meadow to the country road, feeling full and satisfied.

As you pass by the country church, the bell rings. Once,twice,... and a third time.

Pause.

Be still.

The sound is at once, without and within.

Enjoy, accept, resonate, surrender, and BE the vibration of wholeness that you now carry down the country road and out into the world.

Notes

August 21, 2020

The Tao of Pooh

Trust and Intellect

“The first thing we need to do is recognize and trust our own Inner Nature, and not lose sight of it.”

“The surest way to become Tense, Awkward, and Confused is to develop a mind that tries too hard - one that thinks too much.”

“Rabbit’s clever,” said Pooh thoughtfully.

“Yes,” said Piglet, “Rabbit’s clever.”

“And he has Brain.”

“Yes,” said Piglet, “Rabbit has Brain.”

There was a long silence.

“I suppose,” said Pooh, “that that’s why he never understands anything.”

—Benjamin Hoff, The Tao of Pooh

Notes

August 22, 2020

Do You Trust Yourself/Others?

Infant Inner Child

Our ability to trust,.... or not.... will likely be pivotal to our adaptation to the pace of incessant change in the uncharted territory ahead. The deficit or enhancement of the capacity to trust in this particular lifetime is a function of our experience as infants, from 0-18 months of age. How and whether the developmental need for trust was met as we were infants reverberates through our adult life and will condition our ability to harmoniously abide life in the place of complete unknowing.

Trust is a core conviction of judgement based on a combination of knowledge, intuition, and experience. Trust is confidence in the reliability, truth, or capacity of someone or something.

It is the ability to trust in the larger consciousness frame that we reference here. That is, the awareness that each of us is an amalgam of evolving metabolic and cognitive systems nested in successively broader systems, all of which are part of the larger consciousness frame, the quantum field.

We are called to trust that the overarching drive of the whole shabang is toward the highest, most light-filled frequency of unity, or love, and the larger system incessantly provides us the circumstance for this evolution. We trust that whatever opportunity presents itself, however excruciating or euphoric is for our learning.

Therefore consider what was happening for your parents, your siblings, and prevalent in your environment when you were an infant. Might household circumstances at the time, have facilitated or hindered your ability to get your developmental need to trust met?

Caregiver blaming has no place here inasmuch as parents bring whatever they are capable of at the time to parenting. The most well meaning parents make inadvertent mistakes and only a small percentage of parents are keenly aware of the subtleties of childhood developmental needs.

Here (below) are some statements relevant to how infant “dropped stitches” (See August 13th Imaginal Cell) show up in adult trust issues. If you’re “always” or “often” in accord with these statements, there may be developmental dropped stitches to address:

Infant Developmental Need to Trust - Adult Life Manifestation

- It is hard for me to determine what my needs are.
- I have difficulty trusting that others will meet my needs so i try to take care of my needs myself.
- I lack trust in myself to take care of my own needs.
- I am ashamed to show others just how needy I really feel because I’m afraid that they will laugh at, reject, abandon, or ignore me.

August 23, 2020

Cognitive Distortion III.

Need to Respond Fast with Information Overload

Life Challenges that Precipitate Cognitive Distortion, (i.e, inaccurate thinking):

1. Too much incoming information.
2. Information comes in at such a fast pace and such a high volume that it doesn't yield enough meaning.
3. Rapid responses and decisions still need to be made in the midst of information overload.
4. Selectively determine what to remember from overwhelming amounts of information.

Rapid Response & Decision Needed with Information Overload

Action: When action, often split second choice, is required in the face of information overload we jump to conclusions. We have a need to feel confident that we can make things happen.

Result: Quick decisions that may influence our survival, security, or success can be seriously flawed - e.g. stop-gap, half-baked, unfair, self-serving, counter productive.

We are time and information constrained yet also need to feel confident in our ability to make an impact and feel what we are doing is important. The confidence that we summon is the throughput that keeps us from being paralyzed by the information overload. As a result:

- We simulate and predict the future, projecting what might happen.
Further research?:
 - Overconfidence effect
 - Egocentric bias
 - Optimism bias
 - Forer effect
 - Barnum effect
 - Illusion of control
 - Dunning-Krueger effect
 - Illusory superiority
- We favor the immediate, relatable thing in front of us over the delayed or distant in order to stay focused.
Further research?:
 - Hyperbolic discounting
 - Appeal to novelty
 - Identifiable victim effect

- We go with momentum rather than logic. In order to get things done we're motivated to complete things in which we've already invested time and energy. As per Newton's first law of motion, an object in motion stays in motion. This helps us finish things, even if we come across more and more good reasons to stop

Further research?:

- Sunk cost fallacy
 - Irrational escalation
 - Escalation of commitment
 - Loss aversion
 - Unit bias
 - Processing difficulty effect
- We are risk averse In order to avoid mistakes we're motivated to preserve our autonomy and status in a group in order to avoid irreversible decisions. When we act fast we tend to choose an option that is perceived as the least risky or that preserves the status quo.

Further research?:

- System justification
 - Reverse psychology
 - Decoy effect
 - Social comparison bias
 - Status quo bias
- We go for the simplest. We favor options that appear simple or that have more complete information over more complex, ambiguous options. We'd rather do the quick, simple thing than the important complicated thing, even if the important thing is ultimately a better use of time and energy.

Further research?:

- Ambiguity bias
- Belief bias
- Delmore effect
- Conjunction fallacy
- Occam's razor
- Less is better effect

Notes

August 24, 2020

Cognitive Distortion IV.

Selective Determination of What to Remember

Life Challenges that Precipitate Cognitive Distortion, (i.e, inaccurate thinking):

1. Too much information is incoming.
2. Information comes in at such a fast pace and such a high volume that it doesn't yield enough meaning.
3. Rapid responses and decisions need to be made with information overload.
4. A selective determination is made as to what to remember from overwhelming amounts of information.

Selective Determination of What to Remember

Action: We pick and choose what bits of information amidst the deluge are most likely to prove useful in the future in accordance with predispositions already wired in the brain.

Result: We make trade-offs around what we try to remember and what we forget. The bits of information we save in the selective determination process inform our filters related to challenge #1 (information overload) and determine what automatically comes to mind when we fill in the information gaps in challenge #2. It's all self-reinforcing.

In order to meet challenges 1-3 as efficiently as possible, our brains need to remember the most important and useful bits of new information and inform the other coping mechanisms so they can adapt and improve over time but remember no more and no less than that. As a result:

- We prefer generalizations over specifics because they take up less brain bandwidth. Some of this is done out of necessity, but the impact of implicit associations, stereotypes, and prejudice results in some of the most glaringly problematic consequences on the spectrum of cognitive biases and distortions.
Further research?
 - Implicit associations
 - Stereotypical bias,
 - Negativity bias
 - Fading affect bias
- We select standout items. When there are an overwhelming amount of details, we pickout a few items that catch our attention and discard the rest, some of which could very well be of vital importance to survival, security and success.
Further research?
 - Selective memory bias

- Confirmation bias
- We edit and reinforce some memories after the fact. Some memories may become stronger while various details also get accidentally swapped. We sometimes inadvertently inject a detail into the memory that wasn't there before.
 - Further research?
 - Misattribution of memory
 - Source confusion
 - Cryptomnesia
 - False memory
 - Suggestibility
 - Spacing effect
- We reduce events and lists to their key elements. Since it's difficult to reduce events and lists to generalities, we pick out a few items to represent the whole.
 - Further research?
 - Peak-end rule
 - Leveling and sharpening
 - Misinformation effect
 - Duration neglect
 - Serial recall effect
 - Primacy effect
 - Suffix effect
- We store and encode memories differently based on information that we deem important at the time. However decisions made on this information can be affected by other circumstances such as what else is happening at the time, how the information presents itself, how easily we can find the information again if we need to; all of which have little to do with the information's intrinsic value.
 - Further research?
 - Levels of processing effect
 - Testing effect
 - Next-in-line effect

Notes

August 25, 2020

What are the Akashic Records?

The Akashic Records, Akasha, or the Akashic field is a symbolic interpretation of the vibratory signature of every thought in the multiverse that has ever been thought since the first division of singularity (the big bang). Typical metaphorical representations of experiencing the Akashic field liken it to thought storage, a library, sorting through records, or tapping into a database.

Akasha is a multidimensional vibratory field like an invisible nervous system that runs throughout the universe connecting all things. The universe consists of only 4% particulate atomic matter, 23% dark matter and 73% is dark energy which at one time was mistakenly thought of as empty space. We now know that “empty space” is actually a non-local unified field of information at the root level of consciousness. All experience past, present and future-probable, exists and is recorded now and always in the Akashic field from which all things arise.

Akasha à la Third Century Mahayana Buddhism: Indra’s Net is the Buddhist metaphoric interpretation of older Vedic cosmology that describes the akashic field as the universe being interwoven in a cosmic net of jewels. Long before modern quantum science discovered the same, Indra’s net described a holographic universe made up of countless jeweled nodes. Each jewel contained the reflection of all of the other jewels and the complete pattern of the whole. Everything is connected to one vibratory source. There is one consciousness, one unified field, one force that moves through all.

Akasha à la Inventor Nikola Tesla: Tesla, inventor of the alternating current motor who studied with Swami Vivekananda, used the term to describe the etheric field that extends throughout everything. Akasha is the space that all other elements fill; existing simultaneously and inseparably with vibration.

Akasha à la Physicist Albert Einstein: Einstein was the first scientist to realize that what we think of as empty space is not “nothing,” but has properties, and nearly unfathomable amounts of energy as confirmed later by theoretical physicist Richard Feynman.

Akasha à la Ervin Laszlo: Akasha is a field of information that is the very substance of the cosmos. This interconnecting field conveys information and informs the universe.

We don’t see anything in its totality because it (and we) are made of layer upon layer of vibration which is constantly changing as it exchanges information with Akasha.

We don’t go anywhere to tap into the Akashic field, but access it by raising our own frequency so that it matches that of the dimensions with which the information we need or seek is resonant. We need to be in the vibrational range, the bandwidth, of the answers we seek.

August 26, 2020

Community Supported Enlightenment (CSE) Lexicon IV.

- **Biomimicry** is the imitation of the systems, strategies and elements found in nature to solve human problems and human design challenges. Many of the CSE guided meditations revolve around biomimicry.
- **Consciousness** is information and awareness. Consciousness is the only thing that is fundamental. All consciousness is netted and therefore has the capacity to communicate with everything else.
- **Entropy** is a measure of randomness, separation, disorder, fragmentation and disintegration in a system. (Second law of thermodynamics, which is now viewed within the wider framework of concurrent, increasing complexity). The terms high and low entropy are used most often in the CSE to describe the frequency of fear and love. Fear is the emotional equivalent of the highest state of entropy which is fragmentation and manifests as poor mental, emotional, and physical health. Love in all of its quadrillion permutations which compel unity and oneness, is a low entropy state of being. Unity, wholeness is the definition of excellent physical, mental, emotional and spiritual health.
- **Dispassionate Compassion** (as per CSE) is empathic non-attachment. That is, the ability to feel into a state of being (individual or collective) and empathically hold the space for it/them without becoming subjectively attached or immersed.
- **Fractal** - A term coined by mathematician Benoit Mandelbrot in the 1980's, fractals are a concept that help us to conceptualize Akasha, source energy, the primary substance, the unified field, the web of life. Mandelbrot reproduced the repeating patterns in nature with simple mathematical equations which when repeated, produce an unending array of changing mathematical or geometrical forms which are limited, yet simultaneously, infinite. A fractal is a rough geometric shape that can be split into parts, each of which is approximately a reduced size copy of the whole pattern, a property called self-similarity. Fractals have changed mathematicians' views of the universe and how it operates.
- **Inner Child Dropped Stitches** - There are specific developmental tasks that emerge for mastery at successive stages of our lives as children, adolescents, and beyond. We liken the successful fulfillment and mastery of those tasks to knitting the fabric of healthy lives and wellbeing. When emergent developmental tasks are not met the result is tantamount a hole in the knitting. We therefore call the childhood antecedents of challenges we face in our adult lives, "dropped stitches."

- **Intellect** - The mind (brain in action) that analyzes, deconstructs, judges, assesses, and compares. The intellect is the dwelling place of egoic constructs and beliefs. It needs a constant stream of facts to arrange and manipulate so that it feels validated.
- **A life** - A pattern of information; a data stream; a wave of infinite possibility which is collapsed into an information pattern. A life is a holographic “program or simulation” with which an individuated unit of consciousness, projected into an avatar, engages in order to grow and evolve.
- **Out of Body Experience (OBE)** - is the letting go of the third dimensional sense-driven data stream in order to tune into a data stream at another vibratory level which defines a different reality frame.
- **Still point consciousness** - The point in deep contemplation or meditation at which we are no longer processing any sensory data. There is no light, no sound, no gravity. When the consciousness is still we become clearly aware of the illusory matrix because it is consciousness that drives the matrix for its own learning. Still point consciousness is one of the out of body experiences that we use as a platform, from which to explore other reality frames so as to enhance our growth.

Notes

August 28, 2020

BE With What IS

Attraction and Aversion III - Olfactory

We typically push away that which is uncomfortable. The human brain invariably defaults to familiar, known, comfortable patterns. Yet, stepping out of our comfort zone, experiencing a measure of discomfort and perhaps pain is a key component of growth. So consistently avoiding what is unpleasant, unsettling, uncomfortable is the antithesis of evolution — stagnation.

We often cling to that which is pleasant. Clinging opens the door to suffering since everything is impermanent and passes away. That to which we cling will soon or eventually disappear. We tend to live in lesser or greater degrees of anxiety about losing that which gives us pleasure.

Attraction and Aversion Lists: A list of pleasant and unpleasant scenarios which conjure up aromas and sounds follow for your consideration.

1. Allow yourself to experience whatever arises from the series of scenarios you'll consider.
2. Non-judgmentally witness what emerges for you and then, let it go.
3. Monitor your internal landscape.
4. Note thoughts, emotions, any felt-sense in the body that arise spontaneously.
5. What attracts you? What is your reflexive internal response? Do you want to linger with it, hang onto the feeling, scent, or sight?
6. What repulses you? How do you resist it? Do you want to push it away, shut down, or ignore it? What do your signs of internal resistance feel like?
7. Simply observe your spontaneous response in the moment.

Do not dwell on any of the aromas. When you read through the lists, do so at a measured pace that allows you to experience what is presented, but deliberately does not give your intellect the time to analyze, dissect, or conceptualize.

Olfactory

- Bring into your awareness the smell of...
- Heavily chlorinated water
- Seaweed and salty ocean air at water's edge

- Brackish, swampy stagnant water in
- a hanging moss-overgrown bayou
- Cinnamon
- Baking apple pie
- Campfire smoke
- Light, intoxicating incense
- Forest fire smoke
- Clouds of cigar smoke filling an enclosed space
- Automobile exhaust
- Fast food restaurant kitchen and deep fryer smell
- Curry sauce
- Hot garlic bread
- Food cooking outdoors on a barbeque grill
- Chemical factory emissions
- Oil refinery fume

Put your nose right up the edge of the glass and take in the smell of...

- Rootbeer
- Beer
- Red wine
- Orange soda
- Orange Juice

Bring into your awareness the smell of...

- Fermenting, heating compost
- Garbage rotting in the summer sun
- Coffee brewing
- Bacon frying
- Fresh horse manure
- Outhouse
- A sewage treatment plant rupture and overflow
- Urine soaked subway or alley walls
- Freshly popped popcorn
- Tuna salad
- Spaghetti sauce bubbling on the stove seasoned with bay leaves, basil and oregano
- Sweaty body odor
- An enclosed room filled with unwashed bodies
- Hospital antiseptic
- Soapy freshly scrubbed smell
- Tear gas fumes
- Laundry fresh from the dryer
- Light scent of roses wafting on a balmy summer breeze.

August 29, 2020

Pandemic Journal I.

Will we remember the lessons we learn from this pandemic?

Please consider keeping a Pandemic Journal if you are not doing so already.

We NEED to remember.

This pandemic is the first modern-era global stress-test of our emergency broadcast system, preparing us for additional upheaval to come. We will need to draw upon the storehouse of wisdom that we are currently garnering.

There will be tremendous emphasis on “getting back to normal” encouraging us to fall back into the consumerism, individualism, and competition that fuels the extraction economy. So if this isn’t an ideal scenario for us, it behooves us to pay close attention now, remember, and then carry the lessons in the forefront of our minds forward.

Some initial Food for Thought:

- What are we learning about ourselves in pandemic circumstances?
- What is our capacity for aloneness, spending time with ourselves, loneliness, and isolation?
- What do we spend most of our time thinking about?
- How much of a need do we have for entertainment?
- How have we handled changes in lifestyle and/or routines?
- What had we previously been taking for granted pre-pandemic?
- How have our thought and emotional patterns manifested over the course of the pandemic from the outset until the present moment?: Worry, dread, fear, patience, calm contentment?
 - What emotions are most prevalent, e.g.: fear, anger, helplessness, powerlessness, dread, calm, contentment, curiosity?
- How well are we handling uncertainty and less control over our lives?
- How strong/deep/a part of our lives are our spiritual moorings?
- Has our self-perception, sense of self, personal agency shifted?
- How much of a need for exercise do we have and what is the range of results that manifest from lack of, or less exercise?
- How much do we need to be outdoors?
- What are some of our default coping mechanisms for heightened stress: e.g. numbing, drinking, eating, screens, working out, social media, and if shopping had been an avenue, what happens when that avenue is blocked?

What are we learning about ourselves in relationship to others in pandemic conditions?

- Relationship with spouse/partner, children, parents, and extended family?
- Need for family attention, support, and interaction?

- Need for space?
- Relationships with co-workers, neighbors and community members?
- Relationships with people who we perceive to be different from ourselves?
- Our need for physical presence and touch?
- Who comprises our true, caring support system?
- Need for face to face communication?
- People and services powered by people who we've taken for granted
- How are we handling grief and loss?

What are we learning about the country, state, city, and communities in which we live and institutions at these levels?

- How have our attitudes toward institutions at all of these levels shifted...or not as a function of the pandemic and events which have been sparked and/or brought to a crescendo by the pandemic situation?
- How much of a need do we have to be taken care of by national, state, city and community institutions?
 - To what degree do our lives and wellbeing depend on systems controlled by these institutions, e.g.: food, water, health care?
 - To what extent are we self-sufficient, moving in that direction...or not.
- How much control and direct, enduring impact do we have on policy and decision-making by institutions at these levels?

Notes

August 30, 2020

Inner Workings of Grieving - A Baseline

Few of us are strangers to grief. This is more so the case now when beyond the anticipated, inevitable rate of loss in our lives, the impact of the pandemic and an uptick in widely broadcasted gratuitous, violent deaths is our daily staple diet.

What is grief? How do we hold the space in a healthy way for what may feel like a crushing sensory overload of ubiquitous, perpetual grief? We might begin by understanding it. Most draw upon the conventional Kubler Ross Model (see graph above) or J. William Worden's Four Tasks of Mourning from his classic text on grief counseling:

- Accept the reality of the loss.
- Work through the pain of grief.
- Adjust to an environment where the deceased is missing.
- Find an enduring connection with the deceased while embarking on a new life.

These benchmarks on the path toward "reestablishing equilibrium" in mourning are helpful. Yet when we are constantly bombarded with so much loss: COVID 19 victims, innocent people dying daily in increasing numbers in the streets and at the US southern border, species extinction, and loss of the planet as we know it, we may need a deeper understanding of grief that helps us understand the architecture of our own psyches and neurobiology. Such an understanding may at least offer a baseline from which to throttle up and out of the throes of third dimensional, grief immersion.

Even as we feel engulfed by grief, there is a tiny little sliver of awareness in our consciousness that with the passage of time we won't feel quite so horrid. We've seen others traverse the grief gauntlet and have perhaps been through it ourselves before.

We must mourn. We must grieve. But like everything, there is a helpful and unhelpful way to go about this and we have the capacity to choose between the two. So, looking at and understanding the neurobiology of grieving as it relates to time in the brain may facilitate our stepping out of avatar subjectivity long enough to not be pulled down the mourning vortex in unhelpful ways.

Understanding Helps - The Neurobiology of Grieving

Time and space are closely linked in the brain. When we operate from our meta-consciousness vantage point, our experience of time and space is loosened and expanded. When we learn that our brains set up contingencies that define what is actionable (which we can impact) and what isn't actionable (over which we have no control) we can understand what is happening to us during the grieving process.

The brain's time point of reference is locked into what is actionable. Grief is the process over time by which we move someone's death from the "actionable" part of our brain to the "inactionable" part of the brain. The crossing over, the actualization

of this process, is experienced as a felt-sense throughout the body via the peripheral nervous system. Hence the undulating waves of nauseating pain or the gnawing hollow emptiness.

“Grief comes in waves, paroxysms, sudden apprehensions that weaken the knees and blind the eyes and obliterate the dailiness of life.”

—Joan Didion, *The Year of Magical Thinking*

When the loss is fully ensconced in the inactionable part of the brain we cease to feel the debilitating pangs of grief.

The dilation and contraction of the time representation is directly related to the meaning, importance, and value we assign everything. The avatar brain is hopelessly lost in a maze of cognitive distortion, incapable of making panoramic meaning when bombarded by the amount of grief-inducing data in today's world.

From our meta-conscious vantage point however, we can see the bigger picture of how loss reverberates through the 3-D life-simulation in which we are engaged for our learning. We are capable of grieving, understanding what's happening neurobiologically in our brains, as well as experiencing how the process of loss deepens our growth and enhances the quality of our consciousness.

The next step is to find ways to constructively negotiate the rapid acceleration of grief generating circumstances in our world. The recovery space between incidents is growing shorter and shorter to the point of being non-existent, often the length of one news cycle. We are called to find ways to shorten the emotional refractory period, the time it takes to restore internal equilibrium. However, as one recovery period melds with the next incoming grief-stressor, this will not be possible from the avatar's 3-D frame of reference. We must learn to skillfully function at form-focused conscious,metacognitive..... and metaconscious levels simultaneously.

Notes

August 31

Life is But a Dream

Life is just like a dream and we are the dreamers.

Premise 1: We are multidimensional beings who exist simultaneously in many reality frames.

Premise 2: Our **true self** is the “observer,” “the watcher,” “the witness,” “the dreamer.” Our **true-self**, our essential identity, is the consciousness which is aware of and witnessing our experiences in one reality frame or another. Our avatar therefore is not our **true-self**. Our avatar is who we temporarily appear to be at this juncture of history in order to learn a specific set of lessons.

Premise 3: We have the capacity and the tools to be aware of, and skillfully navigate more than one reality frame simultaneously.

Premise 4: We learn to consciously and skillfully navigate more than one reality frame in order to improve the quality of our consciousness and be of ever-greater service.

So, let’s plant one foot in our beloved third dimensional reality frame and the other in the reality frame of true-self-as consciousness. Essentially we are dreaming the dream that we call life on Earth. We are consciousness projecting and witnessing a stream of experiences that we call life. The life dream is a program, a data stream of experiences that offer opportunities for our growth and learning.

We can learn to wake up and then return to the 3-D dream anytime we want, at will. We have the capacity and the tools. We can learn to toggle back and forth with ease between the realm of the dreamer, true-self, and the dream, the 3-D reality frame. We simply have to want the awakening: 1) more than we fear it and, 2) more than we are hormonally addicted to the seductive drama of 3-D turmoil.

There is absolutely nothing to fear. Indeed, being consciously aware that we are living a dream is the secret-sauce of agency, efficacy, and fully enjoying the life-dream.

Any initial anxiety can become excitement about waking up. The more we aspire to wake up the more we become unequivocally conscious that we’re dreaming. We are no longer terrorized by the fears that may afflict us in 3-D life, because we know that our **true-selves** are safe. Even if the avatar in the 3-D life-dream dies it would be OK because we are actually the dreamers.

We appear one way when we think that we’re awake. When we dream at night our avatar-self disappears from awareness and we appear differently in the dream world. Both reality frames are dreams within, and projected by our **true-selves**.

When all is said and done, there is no substitute for first-hand experience.

So, it's all good....irrespective of any way, and however much of this we apprehend
at this moment.

Confusion simply means that we're about to learn something new.

Fields Forever

*Strawberry Fields Forever plays
on a vinyl record player.*

She's in a deep dream.

Beetles fly

from the chimney

into the skylight.

One by one they descend

like Japanese zeros

encircling the kitchen

searching for prey.

She rolls up a newspaper

to smash, keeping them

away from the luscious fruit.

The record skips

She awakens to an empty fruit bowl.

—Poet, CSE practitioner and lucid dreamer, Jerrice Baptiste

Notes
