



Imaginal Cells

practice prompts emailed daily

December 2020



Table of Contents

December 3, 2020	Vibration and Acupressure Points: Tapping Exercise
December 4, 2020	Archetypes
December 5, 2020	Archetypal Thoughtforms: The Martyr
December 6, 2020	Being of Optimal Service
December 7, 2020	The Silent One & the Communicator Archetypes
December 8, 2020	Impediments to Growth and Evolution
December 10, 2020	Shadow Transmutation I.
December 12, 2020	Shadow Transmutation II.
December 13, 2020	Servant Archetype
December 14, 2020	Guided Meditation
December 16, 2020	The Quantum World
December 17, 2020	Archetypal Thoughtform
December 20, 2020	Build Capacity to Live as a Verb
December 21, 2020	The Root of Alone-ness and the Sense of Separation
December 23, 2020	“Everything is Everything”
December 24, 2020	Guided Meditation: Skydiving
December 26, 2020	Where Does It Hurt?
December 27, 2020	What’s the Problem? “Holding Space” for Life’s Challenges

December 3, 2020

Vibration and Acupressure Points Tapping Exercise

Acupressure Point Tapping

This exercise works with the acupressure points along the meridian channels that run through the body (*vertical energy flow pathways*) in order to promote balance and unblock energy flow.

In your mind's eye.

Imagine the silhouette of the human body standing up straight arms at the side representing your body. Envision a strong vibrant, light filled life force around the silhouette. This vibrant light is a function of the health of your body.

- Be aware that every cell in the body has vibration and frequency.
- Every organ in the body has a frequency and vibration.
- Organs work together in organ systems that also have vibration that is manifesting as the light emanation around your body.

Talk to the body, through vibration and pulsation by tapping on the acupressure points imagining that the tapping causes concentric rings of healing light to radiate out from each area tapped.

As you do these exercises, remember to breathe in through the nose and out through the mouth.

1. Cup your hands and tap on both sides of your rib cage.
2. Tapping here balances our blood sugar, boosts the immune system, assists the lymphatic system, and aids digestion. It is especially important during times of prolonged chronic stress.
3. Use your fingertips to tap on the center of the sternum.
4. This increases vitality, energy and boosts the immune system.
5. Pinch your fingers together to tap on the hollow area under the endpoints of the collar bone.
6. Tapping here helps with chronic fatigue and concentration
7. Now tap on your cheek bones just below the eyes which boosts the immune system, relieves swelling and pain.
8. Move the skin of your forehead back and forth.
9. Cup hands around the head and move the entire scalp from front to back.
10. Run your fingers over the scalp, through the hair down to the back of your neck.
11. Finish by brushing your neck with both hands which soothes the central nervous system.

December 4, 2020

Archetypes

Archetypes underlie thoughtforms emerging from primordial, structural elements of the human psyche. They are universal patterns or motifs that emerge from the collective unconscious. Archetypes emerge out of the core of human experience representing the positive and negative qualities within each of us. They are mirrors of our own unconscious even as they are universal projections of the emotional qualities that stem from the foundations of human love, hate, courage, and fear.

The archetypal patterns with which we identify and manifest reflect the different stages of our emotional growth. Every archetype has a dysfunctional and a functional manifestation. Our daily experience in the world reflects the archetypes that are constellating in our inner emotional worlds at any given point in time. We can be working through more than one archetype at a time.

An archetypal image is the actual thoughtform or representation of an archetype appearing in the psyche, mirroring our consciousness and collective unconscious.

Dysfunctional Archetype: Victim

Victims see themselves as being at the mercy of outside forces which work against them. They seldom have awareness of, or take responsibility for their circumstances.

They feel that someone or something else is responsible for what has been done to, or befallen them. They suffer because they feel as though choice has been taken from them and their fate is beyond their control.

They feel helplessness, blame, shame and guilt which over time results in depression and a demoralized spirit. The upshot is a stuck state fraught with revolving fear and no sense of empowerment. They often lack physical vigor and vitality because psychological depression also depresses the immune system.

Those who are fully ensnared in the victim archetypal pattern tend to attract, put themselves in, or recreate similar traumatizing circumstances that collude with their lack of self-esteem.

Functional Archetype: Mother

The energy of the mother archetype resonates with our ability to consistently nourish and care for ourselves with sensitivity in a balanced way. Those who manifest the healthy mother archetypal pattern respect their own needs and cultivate the capacity to love themselves and others. They are in tune with their bodies, minds, and emotions.

People who outpicture the energy of the mother archetype know how to comfort themselves and maintain harmony in their lives. They are stable, grounded and centered enough to meet life's tests and challenges with clarity and focus.

Those who have mastery with this archetypal pattern and are attuned to the thoughtform are able to reparent their inner children who may have been wounded.

December 5, 2020

Archetypal Thoughtforms: The Martyr

Archetypal thoughtforms are universal. They arise from the classic processes and shared architecture of the human psyche as the consciousness that we actually are, learns to effectively function as a projection in the 5-sense world... or not. Archetypal thoughtforms are the upshot of our adjustment (*as consciousness*) to the material realm as we work through the lesson set for a given embodiment.

Our egoic constructs mirror archetypal thoughtforms. The degree to which we experience our egoic constructs as opaque, transparent, or liminal is indicative of how successful we've been at moving through and mastering a given archetypal pattern. (*Imaginal Cells, July 26 and August 11, 2020*) We don't label the patterns, good or bad. Rather, they either enhance or hinder our growth and evolution by moving us toward love and integration, or in the direction of fear and fragmentation.

Dysfunctional Archetype: The Martyr

The life of the martyr is one of sacrifice and suffering on behalf of others or a cause, to the martyr's own detriment. Martyrs experience a downtrodden sense of suffering which makes them feel very special. They believe that their suffering will earn them the recognition they want. Yet once they are appreciated, they are unable to fully accept and integrate the affirmation.

Although people in the throes of the martyr thoughtform pattern desperately want joy, changing their situations is hard because they simultaneously view their sacrifice and suffering for others or for a cause as a distinguishing feature. Another roadblock to change is the fact that others who benefit from the martyr's willingness to carry an inordinate weight for them, applaud, aid, and abet their sacrifice.

Due to unresolved existential fears, martyrs may...

- crave happiness yet feel unworthy, as though they don't deserve it,
- accept the role of scapegoat, righteously assuming the guilt of others while rarely standing up for themselves,
- relinquish their own claim to happiness in order to keep the peace, and maintain stability for others at their own expense,
- feel like they are doing the right thing for others, or for a cause by living an incomplete, unfulfilled life, squelching their own creativity and denying their own dreams,
- experience a deep sense of guilt, lack of self-acceptance, or self-loathing which underlies their sense that they deserve to suffer. This energetic predisposition precipitates more suffering which they impose on themselves.

Emotional Manipulation

Because martyrs abdicate responsibility for their own wellbeing, they may expect others around them to do the same and become resentful if others don't follow suit.

This is one of the ways that martyrs use self-induced suffering to manipulate and guilt others. Conversations revolve around their sacrifice which allows them to feel as though they're right and occupy the moral high ground.

The underlying, unmet need is for attention, external praise, validation and approval.

The antidote is incessant re-alignment with true-self as consciousness in order to enhance awareness of, and transcend the archetypal pattern.

Notes

December 6, 2020

Being of Optimal Service

So many among us want to assist others and to be of service in a profoundly troubled world. The willingness is wonderful.

Many of us give much of ourselves, supporting family, community, and cherished causes. Yet in spite of our commitment we may hit a wall somewhere along the line. That collision may look like burnout, zoning out, paralysis, or simply exiting stage left after a period of what had been deep involvement. What's that all about?

A key to being of service to others in a healthy way over the long haul is to consistently show up for ourselves. Balanced, thoughtful, consistent internal and external selfcare is essential. Hearing and heeding the needs of body, mind, and consciousness with kindness are a lifestyle choice — *a way of being*.

Neglecting our own needs, and especially shying away from shadowy parts of ourselves, can plunge those who truly want to be of service, into the maze of archetypal behavior patterns that we know as, “the martyr.”

What does mid-21st century physical, psychological, emotional, and quality of consciousness “fitness” actually look like given what lies ahead? There is no formulaic prescription. However an important litmus test is our response to the question, “To what degree are we ready and able to witness and be present for those who are conflicted, in pain, and suffering?”

We may have discovered that it's actually not up to us to perpetually try to rescue people or fix situations for others. We may have surmised that assisting with the pain of others may trigger our own pain. Building the capacity to hold space for other's pain and for the travail of the Earth, requires us to first be in touch with, work through, and transcend our own pain. We accept our own imperfection and make friends with our fears so that we're better able to empathically respond rather than react.

Synopsis

We are invited to...

1. Accept the *totality* of who we are. Befriend ourselves.
2. Be authentic.
3. Embrace, love, and cherish our uniqueness.
 - HINT: What we may think are our imperfections are actually coordinates on our roadmap to what makes us unique. *Apparent* flaws hold the alchemical key to the deepest gift we have to offer the world. Life's tests burn off the dross of the lower frequency heavy metals in which the treasure of true-self is buried. We can allow the gold of our mission rise toward the top for our own delight, as well as to fuel our service.
 - HINT: Fitting in is highly overrated. Once we are “normalized” to third

dimensional thinking and behavior we often lose touch with the rarity of the contribution that only we can make in our own particular way.

4. Express our individuality. Do so unabashedly.
5. Spend time with ourselves in silence.
6. Listen to ourselves in silence.
7. Be aware of our needs, meet them, and know when to ask for help.
8. Stand up, be appropriately assertive, and show up for ourselves.
9. Allow the endogenous self-discipline of showing up for ourselves to emerge organically, on its own timetable until it translates into a way of being.

Notes

December 7, 2020

The Silent One & the Communicator Archetypes

Were you expected to be seen and not heard in your household or around adults when you were a child? Were your ideas and opinions never sought, ignored, ridiculed, or shut down by caregivers or teachers when you were growing up? These are seminal circumstances that may result in “Silent One” archetypal behaviors.

As adults, we may self-censor as a function of being consistently shut down or silenced by those who controlled our lives as children. Having been wounded by someone’s dismissive words, we close off rather than disclose our thoughts and feelings. Over time we get stuck in a pattern of linking emotional pain with speaking up. The pattern is anchored in our neurobiology through repetition.

People who live in the shadow of partners who don’t allow them to speak or express their own opinions exemplify the Silent One archetype. Given long standing patterns, this person feels that their survival is contingent upon limiting their self-expression. They don’t feel safe speaking their own truth because they perceive *any* environment as being too hostile a space in which to speak up.

Those who fear ridicule, rejection or being vulnerable and exposed if they express themselves, struggle to make themselves heard. They find it hard to believe that what they have to say is important and deserving of attention. A person locked in this archetypal pattern stays closed rather than reveal their needs, hurt, pain, or anger.

The Communicator

Those who take responsibility for what they say and how they convey it personify the Communicator archetype. Speaking up with vitality, focused attention, and being fully heard is the hallmark of the Communicator. Their communication is direct, positive and comes from both mind and heart. Their message has clarity and purpose.

The communicator’s intentions are clear. Open, direct communication frees this archetype from complications so that they stand in their integrity and remain resonant with core true self.

Communicators stand behind what they say because they are mindful of the content that they are transmitting. They’ve thought about what they are saying and are respectful of those with whom they are speaking. The Communicator has a high regard for the gravity and impact of the spoken and written message. They understand how people receive, internalize, and experience the power of words. They are honest and committed to fostering truth in the world.

The Communicator has no compunction about expressing a range of emotions and encourages others to speak their truth. Those embodying this archetype give others the freedom and space to make their communication choices.

There is a recognition that unambiguous communication dispels confusion and helps people feel clear and good about themselves. Knowing that we're understood is to know that we are valued.

The message of people who fully exemplify the Communicator archetype is enhanced by their cultivation of a connection with the inner core of self.

Notes

December 8, 2020

Impediments to Growth and Evolution

1. Needing to maintain control. Needing to feel as though we're in control. Wanting to be perceived by others as being in control.
2. Maintaining the status quo to avoid change due to fear of instability.
3. Getting caught up in distractions.
4. Pain, sorrow, struggle, overwhelm and chronic stress become a familiar comfort zone.
5. Laziness. It all takes too much effort.
6. Family and society enculturation that devalues introspection, curiosity, change, and growth.
7. Identifying and understanding our patterns, congratulating ourselves on that knowledge, and then doing nothing beyond that.
8. Lack of vision. Inability to see beyond the third dimensional maze to a new way of being.
9. Lack of confidence and trust in ourselves to move forward.
10. Feeling so alone that there is a powerlessness and inertia that prevents movement.
11. Our stuck state gets us negative attention.
12. Victimization is used as an excuse and path of least resistance so that we avoid having to explain our own culpability.
13. Living in survival mode.
14. Obsessive concern that if we do anything different than the way we've always done it, something bad will happen.
15. Fear of the abyss, the unknown, and groundless uncertainty.
16. Self-imposed pressure to come up to an impossibly high bar, to do more, contribute more to society.

Notes

December 10, 2020

Shadow Transmutation I.

Personas/egoic constructs are the structural components of our personality. They are the points of reference through which we relate to the world. These are the roles that we play which animate the projection of ourselves that we want others to see.

The ego is the part of ourselves of which we are consciously aware. It includes elements of our true-selves combined with a multiplicity of egoic constructs. Existing as non-corporeal consciousness, our pre-birth state, we are aware of our wholeness. When we come into embodiment and begin to make the adjustment to life in the confines of third dimension, parts of our wholeness that are not in sync with the requirements of our environment begin to split off and fragment.

The fragments that we reject in order to conform do not disappear. We simply relegate them to the periphery of our awareness, often completely repressing knowledge of their existence. When our rejected parts have borne enough of our neglect, they begin to take on a life of their own, often breaking through into our conscious awareness. These fragmented parts of ourselves which begin wreaking havoc in our lives and relationships compose the shadow.

The Shadow 101

The shadow is the part of ourselves that we don't know is present, don't see, or deliberately sequester and neglect. Over time the shadow may gain momentum and energy that rivals that of the ego. When the shadow gains power and traction it finds ways to erupt into our lives such as rage episodes, accidents, depression, or a serious health crisis. It forces us to pay attention. The disowned shadow often inspires fear because we've consigned it to the dark recesses of the metaphoric basement of our awareness.

Splitting and fragmentation of our wholeness, that initiates the formation of our shadow, begins with acculturation into: 1) the third dimensional focus on form to the exclusion of the non-material world, 2) into our family environment, 3) into our regional, national and societal culture. *(Please bear in mind that this only happens at the third dimensional bandwidth for our learning, i.e., our engagement with the lesson-set for a given embodiment. We remain whole in every way at the bandwidth of self-awareness.)*

We absorb and integrate unconscious messages from our parents, family, teachers and other caregivers about aspects of ourselves that are and aren't acceptable. Anything that doesn't conform to what is acceptable in our environment is suppressed, repressed, and becomes part of the shadow.

We also internalize our caregivers' attitudes toward those parts of ourselves that are deemed unacceptable. Lack of self-acceptance that may advance toward self-loathing, depending on how intense their attitude was, then becomes a factor in the equation.

December 12, 2020

Shadow Transmutation II.

The term shadow refers to those aspects of ourselves that we metaphorically banish and keep in the dark. Many wonderful aspects of ourselves wind up as shadow material because they didn't track with what was perceived as "normal" in our environment. When we are socialized, we learn to own, cultivate, and highlight whatever is culturally acceptable to those around us and disown anything that is perceived as unacceptable. We come to understand that we may risk rejection if we accept and display our gifts that "don't fit."

What doesn't fit may include that which is too creative, too revolutionary, or threatening to the prevailing status quo! Some of the most beautiful and powerful gifts that we have to offer may be suppressed in the shadow.

Resisting Our Genius: We may resist and bury the gifts associated with our highest calling in the shadow even more vehemently than the more unseamly aspects of ourselves. We may resist an expanded understanding of ourselves that brings hidden talents into the light due to fear change. Fully claiming our gifts might disrupt or completely upend our lives.

Idolization is one result of resisting our own genius. Rather than accept our own talents which may be too threatening a prospect, we project our own gifts on to others who we think or expect will outpicture this part of ourselves. This allows us to admire the reflection rather than acknowledging the source which may be too threatening.

Integration: Conscious, deliberate integration of all aspects of ourselves is the way that we embrace our wholeness. The first step in this process is to shine the light of awareness on whatever is hidden in the shadowy recesses of the subconscious mind, including neglected gifts. Awareness itself offers tremendous relief, and initiates expanded understanding which diminishes some of the fear. A shift begins to occur.

Track, Excavate, Rescript, and Transmute Shadow Elements

Emotion is our guide. Emotions are our tracking and navigation system on the path toward integration of shadow elements. When we experience disempowered emotion ranging from discomfort to extreme, emotionally debilitating states (e.g. *terror or rage*), a shadow element is trying to get our attention.

Intense internal conflict is the red flag and the messenger. We welcome, heed, and work constructively with the message when we:

1. Be fully present with the emotion.
2. Name the emotions that repeatedly induce suffering.
3. Recognize a pattern in the types of circumstances that consistently trigger the disempowered emotion. (*Triggers make us want to react, to attack, or defend ourselves.*)
4. Consider the first time you remember experiencing the emotion. What

transpired at the time? What was the origin of the incident? What was your reaction and response? What emotions did you internalize as a function of the earlier, seminal situation.

5. Rescript the “origin scene,” the causal trauma-event that underlies aspects of ourselves dwelling in the shadow. The origin scene, encoded in our neurocircuitry, is the rich, fertile compost from which the rose of transmutation will grow.

6. Use CSE simulations which speak to the limbic system, the subconscious mind.

Internal Simulations:

- Signal a course correction to the psyche,
- Rewire neurocircuitry, deepening neural pathways that serve us and causing to atrophy those circuits that otherwise would keep seminal trauma alive and active in our lives.
- Deactivate the charge of the trigger.

7. If we don't take the time to give ourselves this gift of course correction through rescripting and rehearsing, the origin-trauma will continue to reflect itself in our lives and relationships.

8. Repeat the rescripted seminal life experience in simulations. As the neurocircuitry that supported trauma shrivels, so does the shadow and its impact in our lives. As we consistently shine a beacon into the shadow region, we strengthen and reinforce the healthy new neural networks that thrive in the light of full awareness.

Parts of ourselves that had been hidden in the shadow are fully seen, appreciated, integrated, and transmuted into higher frequency light energy for our growth and evolution.

Notes

December 13, 2020

Servant Archetype

The servant who is moving toward wholeness offers assistance with heartfelt joy, and delights in uplifting others. Altruistic service offers the opportunity, first for connection, and eventually for the expansion of our definition of “self” to include all sentient beings and the planet as we give of ourselves.

Balance is key to constructive manifestation of this archetype. Servants must simultaneously value their own lives and also be of service to themselves and prioritize selfcare. The sign of entrapment in the pitfall of the servant archetype is serving the needs of others to the exclusion of our own needs, receiving no acknowledgement or reciprocal gratitude.

In this instance we devalue ourselves and don't honor our own basic worth. We don't feel as though we deserve better and don't expect to be adequately recognized and compensated for our contribution.

The servant archetype has become counterproductive when we've started to live for, and define ourselves through others' recognition and approval. We hold other people responsible for our happiness which translates into submissiveness. Yet, unhealthy servants tend to consistently put themselves in situations where they expect approval and affirmation from those who are the least capable or willing to provide it.

The dysfunctional servant hangs back on the periphery of life rather than actualizing their potential. When stuck in this pattern we abdicate our power and project it onto other people who we think are more powerful than ourselves. The servant who has a wavering sense of self also has porous boundaries and can therefore be easily manipulated.

Red Flags for Consideration

Re: Downward spiral side of the servant archetype

Do you...

- Feel an inordinate sense of duty and overly responsible?
- Escape your own life and responsibility to yourself by serving others?
- Find it difficult to receive?

Notes

December 14, 2020

Guided Meditation

The Guide

Imagine that it's a mild summer morning and you're in a beautiful mountain valley. Gradually become aware of your environment. The sights, sounds, and scents of the lush green valley surround you. The air is fresh and clean and the sky is intensely blue. There are flowers and grass all around you. The morning breeze gently caresses your face. Feel the contact of your feet with the ground. Become aware of the clothing you're wearing; feeling the fabric against your skin. Take some time to become clearly conscious of all these perceptions.

You feel a sense of readiness and expectancy. As you look around, you see a mountain towering just a short distance from you. Looking up at its summit gives you an increasing sense of extraordinary exhilaration and elevation.

At that moment you decide to climb the mountain. You walk toward the forested area that's between where you're standing in the valley and the foot of the mountain. As you enter the forest you smell the intense aroma of the pine trees and sense the cool, semi-dark atmosphere. The pine scent is intoxicating. Your feet crunch softly on the bed of pine needles that cover the forest floor.

As you approach the clearing at the forest's edge and leave the wooded area you realize that the path has begun to slope uphill. As the incline becomes steeper you can feel the muscular effort demanded of your legs. The increased exertion pleasantly invigorates your whole body.

The vegetation is becoming more sparse. The path is now ending and all you can see ahead and above you are sheets of rock. As you keep climbing, the ascent becomes more arduous. You now have to use your hands to steady yourself. However, you're able to get handholds and steady rock outcroppings make the climb stable. You feel safe and held by the majestic mountain slope.

You begin to feel the impact of the elevation. The air is becoming cooler, fresher and more rarefied. The surroundings are silent.

Your climb brings you into the soft mist of a mountain cloud. Everything is misty whitish and after a time you can only see the fog which envelops you. You proceed very slowly and carefully, just barely able to see your hands on the rock in front of you. Yet growing excitement, curiosity, and a deepening desire to reach the summit draws you forward. It feels as though the mountain top is summoning you.

You move through the cloud which dissipates and dissolves as you climb. You can see the sky again. Up here, everything is very much brighter. In fact the colors are so vividly bright that they seem surreal. The atmosphere is extraordinarily clean and the sun is dazzling in the cloudless sky. You are ready to move on.

Climbing is easier now. You feel almost weightless drawn and eager to reach the top which beckons.

As you approach the very summit of the mountain, you're filled with the exhilaration of tremendous expansion of perspective. Pause and look around. Take in the vista. You can see villages and other peaks and valleys for miles near and far in the distance. You realize that you've come upon a vast plateau at the summit of the mountain. All is silent. The sky is deep blue. The plateau has been waiting for you.

Off in the distance at the far side of the plateau you notice a tiny form moving toward you. It's a person. They first appear as a small, shimmering, luminous point in the distance. You've noticed each other and are walking slowly toward each other. You are filled with anticipation as you sense that the expanding glow around the being is radiating loving acceptance.

The being comes closer and closer until you can see their face and distinguish their features. You are now facing each other. Look into the wise person's eyes. A warm radiant smile communicates unconditional acceptance and transmits boundless love. You know that the being is ready to listen to whatever you have to say and offer sage wisdom about whatever you want to know. You can talk about any problem, make any statement or ask any question you wish. You feel joy in the presence of this being.

Listen deeply in expectant, attentive silence for your answer to emerge.

Notes

December 16, 2020

The Quantum World

Excerpt from Ervin Laszlo, *Reconnecting With Source*

“There is a new concept of the world emerging in the contemporary sciences, above all in the quantum disciplines. This concept is more aligned with classical wisdom teachings than with the currently dominant mechanistic-materialist view ...

...The quantum concept of the world differs from the concepts we’ve been accepting as the correct description of the world. The difference is fundamental. According to the quantum view, the world is not an arena for the motion of solid indivisible particles in passive space and indifferent flowing time. This is not a world of separate and separable parts where things occupy single positions in space and time. The world is not a mechanical, materialistic structure: *it is a hologram.*

As we know, in a hologram all the information that constitutes the image is present at all points.... All the information that codes the system is present in each of its parts. If the universe is a hologram, the information that makes the universe what it is, is present in every particle and every atom. It is present in you and me. The universe is an all-encompassing quantum hologram.

What constitutes the reality of this hologram? It is not what we thought it was: It is not “matter.” Physicists have not found anything that would correspond to the concept of matter. What research on the physical universe discloses is information and energy. The entities of the real world are configurations and clusters of informed energy. The world “runs” on information in the active form quantum physicist David Bohm called “in-formation.”

....The in-formed energies that make up the observable world are in-phase patterns of vibration: relatively stable and enduring, standing and propagating waves.

The systems of standing and propagating waves that constitute the manifest universe brings to us the perception of real-world entities as solid “things” against a more diffuse background. We interpret them as material entities. But this, as Einstein pointed out is an illusion. Max Planck said it clearly: in the final count, there is no such thing as matter in the universe.”

Notes

December 17, 2020

Archetypal Thoughtform

Shero-Hero-Champion

The champion harnesses willpower and lives from an empowered place in work and in relationship to others and the world. This archetype gives itself permission to feel confident in the power of its own energy.

The champion has a strong sense of self and personal power. They focus their attention on overcoming obstacles and becoming the best they can be.

Courageous and self-aware, champions devote their lives to overcoming obstacles and challenges that manifest in the psyche as well as in the external environment. Their primary task is to overcome the shadow elements of self, to bring what is unconscious into the light of consciousness.

Champions use every situation to intentionally develop their inner strength by pitting themselves against chaos and striving to give their lives meaning. They know that they can recuperate from woundedness, surmount life's crises, and overcome conflict and strife.

Champions outpicture the deepest aspects of the human psyche. They examine these aspects of themselves and learn to face their fears. They are a metaphor for the human search for self-knowledge and prove themselves on the quest for higher consciousness.

Notes

December 20, 2020

Build Capacity to Live as a Verb

Self-forgetting is to truly remember Self.

It is in the state of self-forgetting that we are most awake.

As we emerge from the undifferentiated, we learn to live our lives as verbs rather than as nouns in order to optimize our experience until we recede like waves back into the ocean.

Self is nested systems within systems of dynamic processes.

— PBS

Thus shall ye think of all this fleeting world

A star at dawn, a bubble in a stream;

A flash of lightning in a summer cloud,

A flickering lamp, a phantom, and a dream.

— The Diamond Sutra

During periods of great transition like this moment in history, we cannot afford to be trapped and limited by our own narratives, by a miscellaneous list of “likes” and “dislikes” or by the forever running a magic show that is a product of the conditioned monkey mind. All that we must give up.

— Charles Johnson

We can free ourselves from many of the cognitive distortions that obscure our awareness of the reality of our nature. The methods have been taught for thousands of years. The methods from myriad wisdom traditions teach us how to not focus on “things” but on how we see those [apparent] “things.” As we expand our perspective, we free the “things” from the biased and distorted matter-centric matrices that we impose on them. By creating spaciousness around, and dispassionately observing things, people, interactions, phenomena, etc. without superimposing our projections, we begin to truly see. As we expand our perspective we bear witness to the lack of any real distinction between ourselves as the “knowers” and the “known,” the object(s) of our knowing.

— PBS

Each precious moment is an opportunity for spiritual practice and not to be wasted by a lack of mindfulness, living always in the present moment, (for where else is there to live?) not becoming “stuck” on results, nor to “hope or despair.” Those false polarities that are more about the needs of the fictitious ego, so full of itself, than anything else. For when we hope, we pre-live an imagined future spun from our continued desires and fears. Hope

December 21, 2020

The Root of Alone-ness and the Sense of Separation

The climate crisis that threatens the sixth extinction level event is brought to you by the linear causality tape playing deep in the operating system of the western mind which posits that.... Someone or something acts and another person or thing is acted upon.

—PBS

Experiencing a sense of “separateness” can be deeply painful. As consciousness temporarily projected into form, we all experience the discomfort of the “sense of separation” to one degree or another as a function of being human. We are in effect, outposts of consciousness marooned in density. With expanded perspective we can simultaneously sustain awareness of our wholeness as consciousness which makes it easier to abide the discomfort of the “sense of separation.”

When we are unaware that we are multidimensional, when we’re fully immersed in the subjective mire of third dimensional living, the sense of separation induces intense suffering.

This feeling of aloneness can generate a restless, dissatisfied powerlessness.

The linear, sequential thinking that pervades western culture, deepens the painful perception of separateness.

How has this come about in the west?

What has this wrought?

What alternative is emergent as the perception of fragmentation and polarization demoralizes humanity at ever-deeper levels?

What shift in consciousness can alleviate a measure of suffering?

The way out of the maze of perceived separateness, begins by reckoning with how our internal operating system works. In western culture we’ve been sold a bill of goods that has truncated the scope of the operating system, first by Greek philosophers, and then exacerbated by Descartes and Newton. So unless we revamp and reboot the operating system, we’ll continue to bump around in the subjectivity of the limited third dimension (3-D) maze and fall prey to the often debilitating feeling of aloneness.

What we believe and presuppose about cause and effect, our assumptions about how things happen are most often unexamined. Yet these assumptions color every aspect of our lives, e.g., from our belief systems, to how conventional medicine treats disease, to political power dynamics, to our view of blame and guilt. How we understand causality underlies all of this and renders the world as we perceive it, intelligible, or at least makes it seem manageable.

The climate crisis that threatens the sixth extinction level event is brought to you by

the linear causality tape playing deep in the operating system of the western mind which posits that..... *Someone or something acts and another person or thing is acted upon.*

This is grounded in the work of western philosophers (*Parmenides, Plato, Aristotle, Plotinus, Thomas Aquinas, Descartes and Newton*) whose stunted understanding imprints our thinking to this day.

The Greeks bequeathed the west with the matter-centered notion that everything that moves must be moved by something independent and external because matter is passive and inert.

Thomas Aquinas translated the one-way causality into Christianity's positing an independent, omnipotent static perfection which acts upon creation.

Descartes and Newton put the nail in the western coffin. The former planted the seed of separation of mind from matter, body from mind, thought from emotion, which has metastasized full blown into the perception of the separation of individuals from each other and from the collective, humans from nature and from the Earth.

The latter translated unidirectional causal assumptions into science. That is, only material causes were acceptable for scientific inquiry. Phenomenon are to be broken down into their elemental components, dissected and analyzed. And most importantly everything that messily did not fit this model was discarded (e.g. biological/life sciences and any multivariable complex system for that matter.)

Unidirectional, linear, analytical thinking chunked down our perception of reality to a dangerously tiny sliver.

The two primary jobs of the mind-brain and intellect are to: 1) master survival in the constricted third dimensional bandwidth [*exclusively*], of which superb technology is a reflection and, 2) fixate human attention on 3-D egoic constructs, the stories we create about ourselves, and ego aggrandizement in survival mode.

Because... cultures that laud and lift up the intellect as the superior aspect of the operating system to the exclusion of compassion, collaboration and wholeness, are also the cultures that have mastered killing and extraction technology

Because... the intellect is the seat of the ego which in its state of deliberately cultivated imbalance dwarfs emotional self-mastery...

Because... the analytical mind, mired with 3-D cognitive bias and distortion, fueled by fear of anything that threatens it:

- asserts that it has the hotline to absolute truth and will virulently defend this,
- values knowledge, data, facts, conceptualization, intellectualization to the near, or complete exclusion of experiential awareness which is perceived as messy, emotional, and frightening,
- devalues other pathways to awareness, and due to its power monopoly over

people's lives holds sway over public discourse on this subject.

Western the brain and the mind/intellect are trained to:

- perceive only matter,
- elevate the intellect, seat of the ego, which although a useful tool in a narrow bandwidth of reality, when dysfunctional, obstructs the apprehension of a vast multiverse,
- see the world through the “polarization lenses” of separation of mind from matter, body from mind, thought from emotion, individuals from each other and from the collective, humans from nature and the Earth,
- view and treat the Earth as inert matter upon which humans have license to act and extract at will in order to meet their matter-centered needs.
- behave in ways that have precipitated extreme climate disruption and cascading crisis.

Alas, we are not left comfortless.

Many westerners have woken up to the fact that there are billions of people on the planet who never bought into the load of *[tainted]* western philosophical goods. Netted interconnectedness has been part of their awareness of the world and themselves for eons. Billions live, eat, breath and sleep visceral, experiential oneness with family, community and the natural world. Billions have been steadfast stewards, tending to the immune system of the planet.

When the light dawned, the western analytical mind approached ancient South Asian, Asian and indigenous wisdom traditions with typical extractive zeal, pedestalizing these cultures. Even in western pursuit of deeper awareness driven by a profound sense of alone-ness and separation, Cartesian unidirectional causality is alive and well and at work, infusing the discovery process itself. It's not good. It's not bad. People simply do what they know how to do.

May we zoom out and witness the dynamic of the lesson-set in play.

May we take a good look at the true function of the analytical mind, still it, invite it to stay in its lane, and in so doing apprehend the limitation of linear causality.

May we cease studying, adulating, and intellectually mimicking those who have always and only been experientially aware of *mutual* causality.

May we live into awareness of *mutual* causality in service to the Earth, our precious platform of evolution.

Notes

December 23, 2020

“Everything is Everything”

Mutual Causality - 5000 Year Old Quantum Science

It has become fashionable in many circles to talk about interconnectedness, collaboration, teamwork, and the greater good of the collective. (*We'd also be wise, for the record, to bear in mind that in today's polarized American society, there are as many people for whom extreme insular individualism is the prioritized value.*)

Focusing on the compassionate-collaboration mindset for a moment, we note that people have been glibly saying “everything is everything” since the hippy days of yore. The 5000 year old lyric Vedas also poetically posit that “everything is everything” in the tale of Indra’s net of Jewels —outlining the architecture of the unified quantum field just as modern science describes it.

Indra's Net Encapsulated: *Far away in the heavenly abode of Indra there is a net that stretches out indefinitely in all directions. At the net's every node there hang jewels, infinite in number, glittering like stars. If we were to select any one of the jewels for inspection we discover that on its surface there are reflected all of the other jewels in the net. The process of reflection is infinite even as the jewels are infinite.*

— The Avatamsaka Sutra

5000 years before the dawn of quantum physics Vedic texts described the holographic nature of the universe in which every point contains all the information of every other point.

- Like every jewel in Indra’s net, every point of our holographic universe contains information regarding all other points which speaks to the interdependency of every aspect of the universe,
- Indra’s Net correlates to Bell’s Theorem, the theory of non-local causes illustrating and understanding of: 1) self-as-process, as flow rather than solid and static, 2) non-locality, i.e., there is no solid and fixed external universe, 3) there is no single source point from which the net (*the quantum field*) arises. It is one unified, undifferentiated field.
- Each jewel reflects all of the light in the universe just as at the core level of being, all sentient beings are, and have access to, the higher frequency light of consciousness,
- The jeweled nodes in the net are only reflections of all of the other jewels which speaks to the illusory nature of appearances which are not reality but reflections thereof.

The beloved Buddhist teacher Thich Nhat Hahn used the term “interbeing” to spiritually ground the phrase, “everything is everything” which made it sound less “New Age Hippy-ish.” Interbeing refers to reality as the ever-changing interplay of

causes and conditions in which everything is interconnected.

Question: What does “everything is everything” actually mean?

Question: Why does it matter?

An Answer: “Know Thyself” —*Temple of Apollo at Delphi*

An Answer: More of humanity will thrive on a rapidly transforming planet if a significant percentage of people *live into awareness that* “everything is everything,” interconnectedness, interbeing, **i.e. mutual causality**. That is, changes occurring in the complex, nested systems that we are, ...that the universe is..., are not linear but circular spirals, —loops of patterned interactions which affect every aspect of the system at every level.

Awareness of the holographic, quantum undifferentiated, nature of reality is slowly infusing cultural consciousness. Yet those who are resourced and dominate mainstream discourse continue to act toward others and the Earth in accordance with the illusion of separateness, and disconnection generated by the linear, mechanistic “act upon, in a vacuum” view of reality.

Concurrently, there are varying degrees to which “the choir” has actually internalized what “interconnectedness” means.... or not. For some it is a noble intellectual aspiration which stops short of action. Others work hard to translate the concept into action in the world, yet it remains just that —a concept that feels like “the right thing to do.” Far fewer people penetrate beyond the general understanding that everything is part of a greater whole.

Question: What to do?

An Answer: Still the analytical mind and cultivate first hand, experiential awareness of the undifferentiated, of Indra’s net.

An Answer: Surrender. *Live into*, experience, outpicture, actualize and cherish interdependence rather than just understand it. Identify, peel off, and surrender the conditioning, the mechanistic, linear-sequential logic that infuses the very air that we breathe. We live into our interconnectedness as we are able.

Notes

December 24, 2020

Guided Meditation: Skydiving

Imagine you are walking across an airport tarmac towards your Cessna skydiving jump plane which is in front of you in the not too far distance.

Feel the excitement level rise within you as you approach.

Climb aboard and greet your team of seven longtime friends who await you.

They're seasoned pros who have been skydiving for years, and have invited you to make your first jump with them this bright sunny afternoon.

They've not only got your back, but your full trust.

- Notice that the plane door stays open as the small aircraft begins to move down the runway.
- Be aware of how you feel upon making that observation.
- Determine to self-observe and enjoy the emotional journey that begins as the plane takes off and ascends to its cruising altitude.
- You remain mostly silent as your friends good naturedly try to reassure you that you're going to have a great time.
- Actually in that moment you are actively, deliberately choosing to savor this time of exploring unknown territory, observing, and steadfastly staying with whatever emotion rises for you in the moment.
- Peer out of the opening and watch the ground recede further and further below you as the friend who will jump with you simultaneously starts to work with hooks and buckles on your shoulders, strapping herself to you.
- In what seems like only a few minutes, your other friends start to shuffle toward the opening where you see nothing but blue sky. Your jumping companion then motions to you to do the same.
- Watch as each person in front of you simply falls out of the plane and disappears.
- Feel a gentle push at your back and all of a sudden you too are out of the plane. In that first moment of free fall, realize there is only you and 12,000 feet of air between you and the ground.
- Observe your mind darting about trying to comprehend the completely unfamiliar sensations and sights that you are experiencing in free fall at 120 miles per hour. Watch your mind race to keep up and try to process the sensory overload.
- **Yet** you don't feel like you're falling!
- Rather than feeling as though you are falling you feel gently cushioned by air.
- Adrenalin heightened in this situation is slowing time down!
- Sense that time has temporarily been suspended.

As time falls away so do all of your worries. All of what you experience as burden, challenge and weights on your spirit are pushed out of your mind for this time of freedom in the sky.

This is a parenthesis in eternity.

- Feel the empowerment
- Feel the expansion
- Feel the freedom
- Feel the limitlessness

The **only** thing that eclipses of the sensation of expansive limitlessness in the sky, is the state of elation in which you are **immediately** immersed when you land.

The after effects of free fall reverberate throughout your entire consciousness being and world.

Drink in the sense that you can try *anything*,do *anything*.

You can brave the frontier of *any* new experience.

Satisfaction and accomplishment combined with a visceral, experiential, felt-sense of freedom, communicate to you that there is nothing that you are not capable of.

You have touched your limitlessness.

Notes

December 26, 2020

Where Does It Hurt?

...Later that night
I held an atlas in my lap,
ran my fingers over the whole world,
and whispered,
....Where does it hurt?
It answered,
everywhere,
everywhere,
everywhere.

Things are not getting worse, they are being uncovered.
We must hold each other tight and continue to pull back the veil.

Imagine a new story for your life and start living it.

— Paul Coelho

Example is not the most important thing in influencing others.
It's the ONLY thing.

— Dr. Albert Schwietzer

Notes

December 27, 2020

What's the Problem?

“Holding Space” for Life's Challenges

At some level, at least intellectually, many of us are aware that problems, obstacles, and *apparent* roadblocks in our lives arise for our learning. This doesn't make challenges any less excruciating in the moment. But the awareness somewhere in the back of our minds that a lesson is presenting itself for the learning is *somewhat* helpful.

Consider how it might be to “hold space” for what we'd typically call a challenge, a problem, or crisis. We hold space for people. We show up to be fully physically, mentally, emotionally and spiritually present. We empathically and non-judgmentally open to a person's state of being, tuning out everything but a felt-sense of the energetic process at work within them in the moment. Without distraction, we offer them space to fully feel what they are feeling. We let go of all attachment to outcome and allow whatever wants to emerge to emerge. ***Why not apply the same process to problems that arise in our lives on a spectrum from mild irritation to hellishness?***

How would our lives change if we determined to witness our problems, metaphorically stroll around them, shining a warm loving light on them? Rather than plummeting into the vortex of drama, overwhelm and confusion that we've come to automatically associate with problems, we'd pause, even if only for a moment. We'd ask ourselves, what's in play here? What emotions have been activated, what patterns could I potentially recreate or new pathways might I open in my response to this situation? What's the lesson afoot at the moment? How does the potential lesson in front of me fit into the larger mission lesson-set? We'd give the situation breathing space for the emergence of insight. How would our lives be different?

Thoughts from Some Old Friends

Sometimes the best way to solve a problem is to let go of the idea that it's a problem.

—Anonymous

A problem well-stated is a problem half solved.

—John Dewey

We cannot solve our problems with the same thinking we used when we created them.

—Albert Einstein

When you find no solution to a problem, it's probably not a problem to be solved but rather a truth to be accepted.

—Anonymous

Leaders work to solve problems and not place blame.

— Phillip Van Hooser

It is no measure of health to be well adjusted to a profoundly sick society.”

— J.Krishnamurti

... survival is not an academic skill. It is learning how to stand alone, unpopular and sometimes reviled, and how to make common cause with those others identified as outside the structures in order to define and seek a world in which we can all flourish. It is learning how to take our differences and make them strengths. The master’s tools will never dismantle the master’s house. They may allow us to temporarily beat him at his own game, but they will never enable us to bring about genuine change.

— Audre Lorde

Most people spend more time and energy going around problems than trying to solve them,

—Henry Ford

Intellectuals solve problems. Geniuses prevent them.

—Albert Einstein

Notes
