



# Imaginal Cells

*practice prompts emailed daily*

January  
2021



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January 1, 2021

## CSE Lexicon Compilation

**The Akashic Records, Akasha, or the Akashic field** is 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’s (and we’re) made up 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.

**Archetypes:** Primordial encapsulated stories or mythologies often associated with a

being or presence that exist as part of the architecture of the collective unconscious.

**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.

**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.

**Cognitive Distortions:** Habitual inaccurate, biased thought patterns that worsen with increased stress.

**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.

**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.\

#### **Dimensions**

- Bandwidths,
- Frequency levels
- Reality frames

**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.

#### **Egoic constructs:**

- Koshas (*Upanishads*)
- Masks
- Personality structure elements
- Personas (*C.G. Jung*)
- Self with small "s"
- Third dimension points of reference
- Roles that we play
- Sheathes
- Veils/levels of maya
- Veneers

**Elemental Life:** Nature spirits representing the elements of fire, air, water, and earth.

**Entropy:** 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.

**Devas:** Benevolent non-material beings referred to in Vedantic Hinduism and Buddhism.

**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.

### **SYNONYMS**

**Experience of reality frames, bandwidths or frequencies, beyond the third and fourth dimensions.**

- Absolute
- Divine
- God
- Larger consciousness frame
- Light
- Ocean of consciousness, ocean
- Pure consciousness
- Quantum field
- Quantum reality
- Source
- State of non-duality
- The universal
- Ultimate reality
- Undifferentiated, undifferentiated field
- Unified field

**Guides:** Non-corporeal thoughtforms that serve as interfaces and information conduits between the quantum field and humanity:

- 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

**Human Body:**

- Avatar
- Carbon unit
- Gravitationally organized unit of light/energy
- Individuated unit of consciousness
- Vehicle
- Wave on an ocean of consciousness

**Human brain - Neocortex function & characteristics:**

- Complex language
- Executive thought
- Linear time perception
- Newest, largest part of the brain,
- Particulate matter, form, and third dimension-focused
- Sequential logic
- Seat of the ego and egoic constructs
- Seat of the intellect
- Unidirectional

**Human brain - Midbrain function & characteristics:**

- Emotional brain, resonates in coherence with the electromagnetic field of the heart
- Chemical brain
- Holistic, thematic
- Imagery is its language
- Mammalian brain
- Non-sequential time perception
- Portal to the subconscious, unconscious avatar operating system
- Seat of the autonomic nervous system

**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.

**Life Circumstances:**

- Conference packet
- Covenant
- Life lessons-set
- Pre-birth contract



**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.

**Meridians:** energy pathways in the human body.

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

**Metaphysics:** The branch of philosophy that deals with the first, fundamental principles of phenomena such as the nature of being, fundamental reality, the nature of knowing, the nature of substance, causality, the space-time continuum

**Morphogenetic Field:** Field that shapes form. We use this term to refer to the energy field(s) around the human, avatar form. The field is like an architectural plan or invisible blueprint that gives a developing organism form.

**Mysticism:** Apprehension of knowledge inaccessible to the intellect which may be attained through contemplation and self-surrender

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

**Neurolinguistics** (*self-guided*): 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.

**Objectification:** Externalization of an abstract internal phenomenon. We objectify fears, egoic constructs, inner children, the intellect, resourceful presences/beings, etc. etc. etc. for this purpose.

**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.

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

**Reality Frames:** Frequencies or “Dimensions” to which we can attune our energy, attention, and focus. There are multiple bands within any one given dimension. What we refer to as “altered states of consciousness,” many of which we take for granted, are examples of how we experience and access frequencies other than our 3-D matrix world. **Examples:**

- Daydreaming
- Dreaming during non-REM (Rapid Eye Movement) sleep
- Drug induced internal experiences
- Fantasies
- Lucid dreaming in REM sleep
- Meditative activity of many types which puts us in a low Alpha brain wave

- state
- Mystical, numinous experiences
- Out of body experiences (OBE)
- Remote, intentional consciousness projection and remote viewing
- Simulations, active imagination (C.J. Jung)

**Reality Frame in which We Live on Earth:**

- Conventional reality
- Dukkha
- Dualistic, projected reality
- Hologram
- Known universe
- Learning lab
- Material realm,
- Matter universe
- Maya
- Matrix
- Projection of consciousness
- Samsara
- Time-space reality
- Third dimension
- Video game-like projection

**Remote Healing:** Also known as “distant healing intention” (DHI) is a compassionate mental intention directed with intense, deliberate focus toward the health and wellbeing of a distant person or situation. Intentional remote healing modalities occur throughout history in virtually all cultures. Distance healing techniques are known by many names, including intercessory prayer, spiritual healing, aura healing, energy healing, energy psychology, shamanic healing, nonlocal healing, therapeutic touch (TT), quantum-touch, reconnective healing, and Reiki.

**Second sight:** Extrasensory perception also known as clairvoyance which connotes the capacity to visually perceive things that are not present to the five senses. This includes precognition, the ability to see future events before they happen and view things, people or events at a distance, i.e., remote viewing.

**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.

**Serendipity:** The occurrence and development of events by chance in a happy or beneficial way; a string of unexpected luck.

**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.



**Synchronicity:** The simultaneous occurrence of events which appear significantly related but have no discernible causal connection.

**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” that 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.

**Three bodies:** Three among myriad frequency bands to which we can attune and resonate. These three frequencies are those referred to repeatedly in both the exoteric (*public facing*) texts of all of the world’s religions as well as in the esoteric ancient wisdom traditions and “mystery schools.”

- **Physical body:** “self” avatar, vehicle that manifests in the time-space continuum, nirmanakaya.
  - Subjective, form-focused thinking, experiential immersion exclusively
  - Metacognition is cultivated in this space with practice
- **Middle body:** stardust body, self-as-consciousness, sambhogakaya.
  - Higher self
  - Christ self, Christ consciousness
  - Cosmic consciousness
  - Non-material subtle body
  - “Self” as the data stream which animates the avatar
  - Self-as-consciousness
  - Individuated unit of consciousness (*the wave in the ocean of undifferentiated consciousness that manifests as each of us*)
  - Metacognition serves as an initial gateway from avatar to middle body
  - Meta Consciousness: awareness that is experienced in alignment with the undifferentiated in the middle body.
- **Undifferentiated self:** The experience of oneness, unity with the undifferentiated quantum field, state of enlightenment, dharmakaya.

**True-self:** The consciousness which is aware of and witnessing all of our experiences in one reality frame or another. Our true self is the “observer” “watcher,” “witness,” the “dreamer” projecting consciousness into a multiplicity of reality frames in order to expand and evolve.

.January 2, 2021

## **Grist for 2021 Resolutions**

### **Questions About Freedom**

Will you be the same person in 2021 that you were in 2020?

Consider how the world has changed from January 2, 2020 to January 2021.

If 2020 is a baseline for ever-accelerating change as we move into the decade, what does this portend for our personal plan of action going forward?

**Are you free?**

**How does freedom factor into the capacity to ride the wave of rapidly accelerating change?**

Continually expanding perspective and agency, independent of our external environment, is a definition of freedom. The capacity and opportunity to make choices about how we navigate our environment rather than be subject to it, IS freedom.

The decision space, the room we have to maneuver may be larger or smaller at any given point in time. But freedom is our ability and agency to choose and act in ways that transcend whatever is going on in our environment.

We can be:

1. constrained externally and free as birds internally,
2. externally free and internally shackled,
3. externally constrained *and* internally tortured, or
4. internally and externally free from any substantive, objective limitation or sense of limitation.

**Which are you?**

Included in the definition of “internally shackled” or limited, are stuck states which impede our growth. The hallmark of a stuck state is feeling as though we’re:

1. Perpetually overwhelmed,
2. Treading water and just barely keeping our heads above the water,
3. Riding life like a stationary bicycle,
4. Holding our own, staying sane in the midst of the craziness, perhaps building capacity .....but not really going anywhere in particular.

**Are you free?**

A large part of suffering due internal bondage is a function of our not realizing that we are subconsciously and consistently recreating aspects of ourselves, relationships, and repeatedly precipitating the circumstances which perpetuate suffering. We are shackling ourselves. And even when we’re able to recognize that stream of causality, we may not have the tools to do anything about it.

Will you recreate and be your historical self of 2020 or earlier in the new year?

If you determine a change is in order, what kind of person exactly do you want to become in the new year?

Can you see, envision, imagine what the 2021 version of you is like?

To what degree is your life conditioned and determined by your external environment, including the historical self that you continually recreate in the present? Do you spend most of your time thinking about problems in the world, in the country, in your life, relationship problems at home or work, past mistakes or traumas, the lack of something, aches, pains, illnesses? Do you automatically anticipate that these situations will be present as soon as you open your eyes in the morning?

Many of us tend to willfully drag our past around with us like a heavy, burdensome pack, or a ball and chain.

**Are you free of your past?**

What we already know, our past experiences and our accumulated knowledge is all encoded and reflected in neuronal networks in our brains. Recurring thought, emotional and behavioral patterns cause the repeated firing of synaptic circuitry in the same ways, reinforcing the way we already think, feel, and behave. Before long it's baked in there!

This doesn't change by osmosis just because we wish it so. It requires non-judgmental curiosity, awareness, willpower, a skill-set-honing toolkit, sustained intent and action.

Is freedom outside of familiar comfort zones an unknown scary prospect?

How important is true, expansive, unfettered freedom to you?

Just how much of that freedom do you want?

How much freedom are you able to metabolize?

Will the conclusion you reach in response to these questions serve you well as change in every area of our collective lives accelerates exponentially in the decade ahead?

*May this be grist for our 2021 resolutions.*

Notes

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January 3, 2021

## Guided Meditation: We Are Still Here I.

We're keenly aware that this is a critically important, existential pivot point in time: in the history of the Earth, for humanity, for every sentient being and species on our planet. We know that we are careening toward a potential 6th extinction level event.

With that in mind, I invite you to come with me on an internal journey to intentionally establish a strong foothold, a sense of place in the present by situating ourselves in the:

- 13.8 billion year extravaganza of "becoming" since the big bang streamed from singularity,
- The 4.5 billion year trajectory of the planet earth,
- The 5-7 million year mark when humanoids showed up,
- The 2.5 million years back when tools appeared on the scene
- AND 130,00 years ago when beings at least anatomically resembling homo sapiens appeared.

You are invited to accompany me on an internal adventure as I offer you a brief story, a journey back in time.

Relax fully into your internal landscape.

We're going to immerse ourselves in the strength of our ancestors, in the exaltation of their direct and profound connection with nature,

their care for the natural world and the immune system of the planet, AND their direct and profound connection with the unseen realms for guidance.

If there was ever a moment for us to decide what our role will be, if and how we'll contribute to preserving the planet that supports our existence, it is NOW.

It's time to prepare ourselves to step forward and pick up that mantle as we move deeper into the 21st century.

### Back in Time

I invite you to take a moment to explore the experiences of our ancestors. Together we'll take an internal journey back in time.

From the present moment in this zoom room, we'll use our inner vision to **imagine that we're beginning to walk slowly backward in time.**

Feel free to close your eyes if you visualize better with your eyes closed.

That's a suggestion. You're not mandated to close your eyes.

Move back from the events of the day today since you woke up and came into this video conference.

Keep walking backward through this past week.

What did you do this past week?

This last month?.....Remember and think about as many things as possible that you

did during the month of December.

Remember your experiences at home, with family, at work, and moving about in the wider community.

Now we're going to walk back through 2020 .....its seasons and encounters.

Move back through the months since the COVID 19 pandemic hit in March and how our lives changed....move back through this fall, how you spent the summer, and the spring as the pandemic started to spike.

Think about last winter, .....the winter of 2019...before the pandemic.

How you spent the last non-pandemic holiday season with your family in the winter or last year.

Now we walk slowly back through each year in our lives.

Witness the milestones in your life and the lives of your family members.....major family gatherings, birthdays, dinners, graduations.

Encounter again the relationships, the fun, the learning, the passion.

Walk slowly back through each decade of your life

See perhaps the loss of someone close.

The birth of a child or children, the milestones in the lives of your children and family.

You're moving back through your young adulthood, to your teenage years.

Can you see yourself as a teenager, your hopes, heartaches, and aspirations?

Move backward through your grade school years.

Can you see yourself as a younger person, your hopes, heartaches, and wishes?

Enter your childhood, seeing the familiar places and faces that you knew when you were little.

Sense the radiant child that you were.

You're now growing smaller.

You are a baby carried in arms.

Now you are back in your mother's womb ....about to enter the birth canal and burst into this world.

That which is alive in you did not begin with that conception. So step back into your **parents'** lives.

The man... the women who turned and saw each other .....and in their unity gave you life.

**SEE** your parents.

Move back through the work they did, the struggles they faced, the mistakes your parents made, ....the tribulations and joys that they knew.

Move back to **your parents** teenage years, their childhoods, **your parents** infancies,

their birth. Where were the living? What were their circumstances?

Think back to the women who bore your parents.

Continue walking back in time into the lives of your grandparents and great grandparents.

Back through centuries of wars and the emergence of new technology.

Back further before the automobile, before the telephone, before electricity.

See the shadows of gas lamps flickering across the faces and lives of your ancestors whose names you know longer know but through whom, in a gesture, a smile, a turn of your head, they live on through, and in you.

Moving back along this river of life.....

.....back through the industrial revolution, through dark factories and teaming city streets that swallowed the lives of your people.

Some uprooted from the land, laboring in sweatshops, mines, and armies.

You're moving back through the centuries now.... through wars and revolutions, the excitement of land newly discovered, and the steady sameness of tilling the earth.

Move back through the centuries now.

Generations of ancestors,

.....some settled for centuries in one place,

.....others roaming the land for centuries,

.....others were forcibly carried off to start anew in distant surroundings.

Move back in time to harsher, simpler times marked by the seasons walking back through the lives of men and women, peasants and magistrates, scholars and artisans, slaves and slave owners, thieves and beggars, generals and foot soldiers forced into battle.

Witness the first cities rise from the red clay and then fall into ruin.

**Even then they carried you within them like a seed.**

**These are your ancestors.**

**They were survivors.**

**And because of them, we are still here.**

**We are still here.**

Ancestors, perhaps skilled in the ancient arts of healing with eyes like yours hands like yours, baking bread, gathering herbs, ministering to others.

You are passing back through the rise and fall of entire civilizations.

Back in time we go....Thousands of years passing.

Reflect back to an earlier nomadic time *before* the days of empire, before the land was tilled.





January 4, 2021

## **We Are Still Here II.**

**The journey of your people lies AHEAD now.**

With the very first ones, I invite you to look out over the savannah, the forested mountain ranges, the tropical rainforest, the expanses of grasslands.

We're going to reverse the process.

Walk forward on that journey and return though time.

**WE come from an unbroken line of survivors.**

**WE are the manifestation of an unbroken line of survivors.**

**WE are the descendants of an unbroken line of survivors.**

Each ancestor had a gift to bestow.

Open your hands, your arms, and hearts to receive their gifts.

Gather in those gifts.

These ancestors have given us the texture of our skin, the shape of our backs, the marrow of our bones,

They gave us their courage and strength and the perseverance built as they traveled through the land, hunting, playing, making babies, dying.

Receive these gifts.

Drink in the joy of their resilience.

Become the joy of their resilience.

Come forward through the years, harvesting the gifts of our ancestors,

.....RECEIVE what they offer,

.....RECEIVE all that you need.

Walk up through the centuries, see the trust in the eyes of the children,

.....the passion in the eyes of the young,

.....the wisdom in the eyes of the aged elders.

WE RECEIVE these gifts.

Receive the creativity of our ancestors, building homes, making tools, weaving cloth.

The compassion of our ancestors, caring for the injured and praying with the dying.

That too is for us.

Know their love of beauty, the musical voices echoing through the hills, hands carving jewelry, feet dancing to the rhythm of drums.

WE RECEIVE that celebration as their gift to us.

Know the intelligence of our ancestors as they tracked the movement of the stars,

learned the ways of the plants and animals, held counsel to choose the wisest action.

We receive their intelligence as their gift.

Can you sense the love that burns in our ancestors, the devotion to their families, to the land?

We receive those gifts.

We receive their wit, their joy and the laughter, their banter in the fields, the merriment of the festivals.

They offer lessons and gifts of suffering too.... courage, ...strength, ....endurance, stubborn determination, willpower, and resilience.

Receive their gifts to you.

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12,000 years ago, much of the earth was covered in ice.

The water from the melting glaciers began to rush toward the world's oceans, causing floods all around the world.

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In 5,000 BCE, 7,021 years ago there was a massive flood.

This wasn't a slow moving, advancing rise of sea level, but a massive flood that then stayed... The land that went under water stayed under water.

Everything was flooded by an enormous wall of water sweeping away everything in its path.

The story of this great flood...this traumatic event, seared into the collective memory of all survivors on the planet, was passed down from generation to generation across almost every culture on the planet.

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There is a story that crosses the Bible, the Koran, myriad ancient texts and the spoken lore of antiquity that tells of a flood that submerged all known land on the planet and of those prescient and courageous few who saved a remnant of survivors.

That colossal victory beckons to us through history NOW as we enter the mid 21<sup>st</sup> Century.

**Fast forward to the present:**

- We currently face existential glacial melt at an unprecedented accelerating rate.
- Islands and coastal land in countries around the world are subsiding, sinking as sea levels rise globally.
- Shall we stand on the shoulders of the archetype of Noah and determine to not just survive, but to thrive?
- We who would be... descendants...who would form a robust, a joyous, an evolved, conscious remnant moving into a climate-changed post carbon future must decide.
- Let us determine to take an evolutionary journey together through the eye of



January 8, 2021

## Self as Process: Perpetual Self-transmutation

All is process. Reality is an incessant flow of interdependent relationships. Like dancing flames, we are ever-changing patterns interacting in relationship to our environment. There is a stream of causality that shows up as “flame” or as XYZ person. Yet there is no fixed, static self. We are a stream of consciousness and like the flame we are transformed at multiple levels in every nanosecond.

Our cognitive system is a series of mind events that take place in sustained patterns as we survey the environment, extract information, interpret, and project constructs.

Our metabolic process transforms food, air, and water, perpetually regenerating the elements of our biological avatar.

As we interact with and navigate our environment we maintain a dynamic equilibrium, a homeostasis which forms the baseline of our personality and identity. As patterns which perpetuate themselves, we appear as ...ourselves... even though that which we are is continually changing.

If our aspiration is for expanded self-awareness, we determine to bear witness to ourselves as a dynamic pattern of activity in relationship to our environment and inseparable from the experience that creates us, even as we create it.

We are invited to open to the adventure of being new and renewed in every moment.

We are invited to commit to, and be as fully present as we're able for every precious nanosecond of our perpetual transmutation —*our perpetual becoming*.

## Beyond Transformation: Transmutation

*Self-transmutation* in service: to the whole, to humanity, to all sentient beings, is the need of the hour. We can walk around the edges of radical change and dabble at it for lifetimes, or we can commit to the pursuit of self-mastery through perpetual self-transmutation with every fiber of our beings. It's time!

*Self-transformation* changes the appearance we project to the world. We feel and perceive ourselves differently so there is a corresponding shift and alteration of thoughts, emotions, and behaviors. This *appears* to be a radical change. Indeed, transformation is a key first step toward living as our true selves. Yet this level of change barely scratches the surface. Outworn parts of the old self that no longer serve our most efficient spiritual growth remain covertly operative in some form and will eventually resurface to be reckoned with.

**Transmutation** of the self dwarfs the way in which we are changed through self-transformation. Transmutation invites and welcomes dissolution of the former self into the primordial goo which the imaginal cells organize into emergent newness of being. Transmutation is nothing short of complete metamorphosis. Transmutation of the self is to see through the mirage of egoic constructs and cognitive distortions calcified into belief systems, dissolve opacity therein, and live into our true-selves at the frequency of Self as consciousness.

To transmute the egoic self is to be consciously aware of, skillfully access, and sustain an ongoing working relationship with the vastness of our true-selves.

Authenticity at the deepest level is a definition of spirituality.

## Self-Transmutation Baselines

**IF** - we posit that we're alive in the third dimensional matrix reality frame in order to:

- Learn,
- Grow,
- Progressively improve the quality of our consciousness,
- Evolve toward being in alignment with our **true-selves**, i.e. **LOVE**, the stuff of the undifferentiated quantum field...the divine...the larger consciousness frame, etc. etc.
- Facilitate the evolution of the larger consciousness frame through us and AS us,
- Maximize growth and evolution as a function of being subject to the pressures, challenges, choices, constraints and "rules set" i.e. the laws of physics that govern this reality frame,
- Learn how to deepen our understanding of ourselves by expanding our field of awareness beyond the third dimension which is an infinitesimally small sliver of reality,
- Activate our awareness of ourselves as multidimensional beings and operationalize this capacity in order to navigate reality frames beyond the third dimension.
- Explore an untold number of reality frames between the projected matrix that we inhabit, and the point of singularity which is the event horizon for the human species, to which as multidimensional beings, we have access.

**THEN** - it behooves us to maximize this opportunity by:

- Removing obstacles and obstructions to growth and evolution:
- Working to dissolve emotional and psychological blockages stemming from avatar choices in response to the life circumstances.
  - Rewire and cause to atrophy neural pathways in our brain physiology where obstructions to growth in the form of trauma are encoded.
  - Deepen neural pathways that serve our growth and evolution.
- Taming the intellect which is the seat of egoic constructs and is bracketed upon linear third dimensional thinking,
- Enhancing emotional self mastery,
  - Cultivating intuition,
  - Learning to work with the limbic system, the emotional part of our brain which is the seat of the subconscious and unconscious mind and the pathway to awareness of ourselves beyond the third dimension,
- Sharpening the ability to focus, concentrate, and intentionally direct our attention for sustained periods of time,
- Generating heart-brain-mind coherence,
- Integrating meta-cognition and meta-consciousness into every aspect of our lives.



January 12, 2021

## Random Reminders

We value the suppression of emotion much more than the expression of emotion, yet felt sense of deep emotion in a skilled way is the doorway to the experience of self at a higher frequency. We spend a great deal of time trying to make ourselves feel better. We would be wise to spend as much or more becoming adept at feeling.

There are two emotions: love and fear.

There is one kind of core pain - separation

There is one kind of happiness - unity

When we criticize we match the vibration of the criticism.

The less our minds mediate our experience, the more we are capable of experiencing reality as it actually is. The mind is the brain in action. The brain processes 400 billion bits of information every second but using the 5 sense-focused brain exclusively, we are only aware of about 2,000 at any given point in time.

Operationalizing multidimensionality is simply becoming accustomed to seeing in a more expansive way.

There is a field of information, past, present and future which exists in the now at the root level of consciousness (*Akasha*). The field is not happening around us, it is happening around, in through, and AS us. Consciousness is the only thing that is fundamental and intent is the prime mover.

What we conceive of as matter is actually a sea of probability distributions. The wave function collapses into a particle when a measurement is made due to the involvement of consciousness. There is no physical particle until the point of observation or measurement — *only a probability distribution*. We can use and direct our intent in order to modify future probability. The choices we make modify the possibilities that subsequently open up for us. As we interpret and modify data of which we become aware we change probability.

*An aspiration:* Demonstrate and radiate loving non-attachment and dispassionate compassion. Non-attachment doesn't mean that we don't care about something, it means that we don't have any ego investment in it.

The only reason we think we need to have beliefs is because we're supremely uncomfortable with uncertainty.

When we lead with our imagination and creativity born of consciously honed intuition we give ourselves permission to fully *experience* and not just to think. Sustaining the frequency of intuition invites the larger consciousness system to offer us information from outside of the third dimensional data stream.

Subjective reality: What a matrix, 5 sense, hologram-bound individual perceives.

Consensus reality: Collective reality generated and sustained by groups of individuals with the same or similar points of reference.

Source reality: Waves of potentiality, probability distributions as consciousness.

January 13, 2021

## The Heart

Our 10 ounce heart is the first organ to form and the last to stop.

The heart emits an energy field that is five thousand times more powerful than that of the brain which can be measured 10 feet away from the body.

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If light is in your heart you will find your way home. Rumi

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**The electromagnetic current of the heart is 60 times higher in amplitude than that of the brain.**

The word love, the phrase “ I love you” may seem overused, abused, trite, uncomfortable and clichéd.

Yet the simple fact remains, that to live our best lives is to consciously BE love...

— To live, breathe, eat, and sleep learning to BE love which is after all the nature of our true-selves; consciousness projected into human bodies.

We simply need to accurately reframe what love is.

Love liberated from the sentimental, from obsession and attachment is unity, coming together, and interconnectedness. To experience love is to become consciously aware of our wholeness.

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You have to keep breaking your heart until it opens. Rumi

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A lifetime well lived is to have spent much time on a path of discovery that leads toward awareness of self AS love, and learning to navigate the matrix world while sustaining awareness of the bandwidth which IS love.

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The heart has its own nervous system with a complex of neurons and neurotransmitters that allow it to function independent of the brain. Heart coherence and sustain positive emotion is the gateway to living into middle body.

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We are an incessantly changing combination of metabolic and cognitive systems.

Yet at our best, as we live into our true selves *we are love*.

To recognize ourselves as love is no less than to acknowledge, and open to the experience of our oneness with a unified, quantum field of consciousness.

The only lasting beauty is the beauty of the heart. Rumi

**Feelings** are the mind-brain's interpretations of experiences which are encoded

somatically in the body.

**Emotions** are physical states correlating with chemical results arising from the body's responses to the experience of external stimuli.

Emotion is stored in the body while feelings, driven by the intellect, morph into thought patterns that can persist and affect us for a lifetime if left unexamined.

Emotions are our connection to the expanded dimension of ourselves and to source; the larger consciousness frame. Intuition and emotions explored with curiosity and equanimity are the guidance system for navigating self-as-consciousness.

So it behooves us to dive in and do the work together. Be ready. Become aware of emotions *AS* they arise and have a healthy response from your emotional self-mastery repertoire prepared for use.



Only from the heart can you touch the sky. Rumi

### Notes

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January 15, 2021

## **The Dance of Intellect and Intuition**

### **Intellect Tries. Intuition Opens to Possibility.**

#### **Intellect?**

Do we think that solutions to life's challenges require us to:

- Strive?
- Double down and try harder?
- Work more, longer, harder, or faster?
- Fight and struggle? How often do we use the words "struggle" and "fight" laced with a sense of self-righteousness?
- Put tremendous strained effort into reaching goals?
- Control and manipulate people, situations?
- Are we acting from a place of fear, lack, and mistrust?

#### **Are we:**

Searching restlessly for answers in a state of constant, low grade frustration?

Depending on the wisdom of others? Incessantly bouncing around among:

- Webinars,
- Retreats,
- Classes,
- Research and reading.

All of which is great until we find ourselves:

- Caught up and attached to stories we weave for ourselves.
- Upset and judgmental when our belief system is not validated by "others."
- Enslaved to the mind which wants to understand through manipulation of facts.
- Steered by the story/identity to which our ego attaches itself to in order to validate its existence.
- Narrowly focused and closed down.

Do we:

- Try to find a person or situation to blame for our experience?
- Try to protect ourselves from a hostile, dangerous world and the unknown?
- Sometimes feel superior, thinking we know it all and need to convince others?
- Sometimes feel inferior, as if we woke up too late in life or we'll never know enough.

This ping ponging back and forth continues as long as we let our ego-driven intellect take the lead. The ego does not trust. It's always trying (which provides a convenient excuse for not getting the outcome it wants.) It wants answers. The linear, sequential mind wants:

- THE technique
- THE solution,
- THE healing modality.

It reasons that there is some level of intellectual understanding that it will attain in order to finally be at peace. All of this generates the frustrating feeling of lack and of not being whole. All of the searching and distractions, lead us away from the wholeness of true-self.

## **OR INTUITION?**

Are we:

Acting from a place of wholeness, love, abundance, trust? where:

- Things happen serendipitously and effortlessly?
- We are provided with what we need and desire from our hearts?
- We experience a deep inner knowing, that everything happens for the highest, long term good of everyone involved?
- We are open and receptive?
- We act when it feels right, following clear intuitive leads?
- No specific result is expected.

Do we:

- Lean into non-attachment?
- Approach life, including the unknown with curiosity?
- Witness to our habitual attraction and aversion responses, growing more comfortable just being with the inevitable pain in order to lessen suffering?
- Let go of anything that isn't authentic about ourselves?
- Surrender to the rhythm and flow of the universe and multiverse of which we are part? Surrender does not connote passivity. It's about listening, leaning into, and following the energetic pulse of the multiverse.
- Experience alignment with true-self more and more of the time which balances and liberates the mind-egoic structure-intellect from third dimensional (3D) dysfunction. Fear while still arising, is diminished to the point where it can be an ally. We are free to be genuine and authentic which brings with it the ease and freedom of congruence. We can trust ourselves, our intuition, and the larger consciousness frame's unique path of evolution as it manifests through each of us.

### **Establish Detente with a Congruent Intellect**

We don't want to denigrate, bypass, or transcend our mind/intellect or fears. Intellect, fear, and empowered resourcefulness are perpetual companions on our life adventure. Yet, even as we recognize that they'll always be part of us, we can still objectify the intellect and our fear(s) (see "objectification below) in order to familiarize ourselves and make friends with them as teammates.

Externalizing and animating these aspects of ourselves is NOT to push them away, reject, or fragment from them. That wouldn't serve us in the least. We acknowledge, come to better understand, and then enlist their assistance. Together as companions on a path, we learn and engage with the lesson-set for this embodiment. We seek detente [peaceful coexistence] and eventually integration in harmony.

What do we know about the intellect? (Partial list of the Intellect's greatest hits):

### **Functional End of the Spectrum**

- **Third Dimension Survival:** We know that the Intellect is the emanation of the avatar mind-brain designed to ensure our survival in the third dimension. The intellect is responsible for the tremendous advances humanity has made in technological mastery of the hologram that is the matter-universe for example. At it's best the intellect has steadily improved the quality of life in 3D. When it is balanced the intellect does it's 3D survival job well without drawing walls around us that circumscribe our curiosity about other dimensions of reality.

### **Needle Moves into the Constriction Zone**

- **Limitation as Mistrust:** In performing the 3D survival function as well as it does, the intellect also compels us to turn our attention away from the reality of our multidimensionality. When focused exclusively on 3D-level mastery, the intellect mistrusts and rejects the broader perspective of self as part and parcel of the multiverse. Only trained to apprehend 3D, it remains unaware or afraid of reality at bandwidths that it cannot perceive with the 5 senses.
- **Limitation as 3D Immersion of the Personality Structure:** The intellect is the seat of the ego and egoic constructs. Egoic constructs are the reference points, the personality structure through which we navigate 3D, as an identity.

### **Extreme End of the Spectrum**

**Intellect as Hungry Ghost:** A hungry ghost ["preta" SKT. which means departed one] are non-material thought-forms who are unable to take in or digest nourishment they desperately need. Hungry ghosts are creatures with huge, empty stomachs. Yet they have tiny mouths, and necks that are so thin that they can't swallow, so they remain perpetually hungry. Their throats which are constricted cannot open for nourishment. They wander aimlessly in search of relief that never appears.

The intellect that has an insatiable desire for matter-centered empirical data, and brings that worldview into exploration of the non-material world is perpetually frustrated. A controlling intellect is never satisfied that it has enough facts to manipulate, experiences the world like the hungry ghost. The intellect occupying this space compels the avatar to strive, struggle, and fight for what it wants. The feeling of forever being empty and embattled is exhausting.

### **Rapport and Detente Step #1:**

- Cultivate the habit of becoming increasingly aware of what you're thinking and paying attention to at any given moment
- Acknowledge and compassionately validate your thoughts. Whether the thoughts you observe in the moment are right, wrong, healthy or unhealthy is not important for validation. The aim is to be unconditionally present with your thoughts and consider them with curiosity. They reflect the quality of your consciousness at that moment.
- Observe the quality of your consciousness in this way over time.
- Objectify your intellect, assigning, texture, smell, color, sound, locomotion, your emotional and somatic response to it, based on the quality of consciousness you have observed over time.





January 16, 2021

## Mediate, Moderate, and Modulate a Full, Rich Flow of Emotion and Intuition

**Most of us** are not *consciously* aware that our emotions and intuition, skillfully mediated, moderated, and modulated constitute **THE critical success factor in:**

- enjoying a superb quality of life as a function of the rich texture of our internal landscape and consciousness,
- a broadened understanding of our own multidimensionality,
- the *direct (not intellectualized)* experience of our multidimensionality and,
- the capacity to successfully navigate the vastness of our being for learning, growth and evolution.

**Most of us** are unaware of the degree to which western philosophy, institutions, and societal dynamics systematically devalue emotion and intuition as valid, important sources of guidance. The devaluation and the subtle or overt mechanisms that come into play to punish us for straying into emotional, intuitive territory are pervasive. Some examples might be the economic loss of tenure or partner track opportunities, blockages on the corporate ladder climb, condescending ridicule and marginalization.

**Some of us** ... are largely estranged from directly experiencing and skillfully channeling our own emotions and intuition and are **not aware** that this is enculturated, habituated behavior. We think that, "This is the way it is.... This is the way we are," and are oblivious to the vast range of choice beyond the narrow spectrum of unidirectional, sequential, cerebral, materialist logic. We cannot yet see our biases wrapped snugly in cognitive distortions.

Extrapolating from this trajectory, those in this thought-maze are certain that their way is the right way. In their unfortunate blindness they disparage, patronize and infantilize those who value emotion and intuition. Due to a lifetime of investment of time, energy, and money to intellectualism they will defend it at all cost, sometimes even to their own death or the deaths of others who will not get on board with their way of thinking.

**Some of us**... recognize that we're estranged from directly experiencing our emotions, have serious concerns about this state of affairs, yet don't know what to do about it.

Often those who want to reconnect and don't know how to do so turn to traditional, indigenous, and other cultures whose connection with intuition and emotional intelligence hasn't been interrupted. True to western thinking we look for the proverbial magic bullet. We mimic and graft outer practices, rituals, and ceremonies onto our lives, often without doing the internal self-cultivation work needed to personalize for ourselves, that which has been culturally endemic for eons in groups that value emotion and intuition.

**Some of us** ... recognize our estrangement from emotion and intuition, have some

exposure to tools with which to engage, but for a host of reasons choose not to fully do so, walk around the edges of engagement, or feel blocked and incapable of cultivating a meaningful relationship with that dimension of ourselves.

The most common reason to not trust and embrace intuition and emotional intelligence is fear of death of the ego, the seat of the intellect and guardian of the identity coordinates, or personality structure. Society has so thoroughly sold us an internalized bill of goods about the exalted, deified primacy of the intellect that we've come to believe that it's all that we are. Intellectual prowess is our claim to fame and our sole navigation tool. We fully identify with "thinking" almost to the exclusion of emotion and intuition.

So we're left with the sense that we face annihilation if we loosen the grip of our intellect on our lives to make way for intuition. Emotion is seen as messy, and intuition seems like the untrustworthy realm of a frightening unknown.

**Most of us** are unaware that it's really impossible to be *defacto* disconnected from our intuition. Rather we may have just temporarily lost contact with the ever-present connection which can be cultivated and restored in order to expand conscious awareness of the internal guidance flow.

**Others of us...** conversely, may experience massive, uncontrolled gushes of intuition which sneak up on us, surprise, and overwhelm us. These intuition "gushers" may break through into our everyday lives in any number of ways from conspicuous and constant synchronicity and serendipity, to prescient clairvoyance, clairaudience, clairsentience, and/or claircognizance.

Disconcerting intuition tsunamis of data from subtle, non-physical bandwidths can flood awareness at any age. The tidal wave may be sporadic or enduring depending on how the recipient responds. Many recipients try to suppress their awareness of breakthroughs of subtle frequencies and successfully manage to do so for a time. This strategy is most often not sustainable.

**Some of us** ... are not able to turn off what we come to experience as incessant "noise" or "interference" from other realms, and spend a great deal of time feeling confused, wondering whether we are mentally unstable. The erratic, unpredictable nature of the subtle frequency breakthroughs of various durations can also seriously disrupt and even derail life goals and plans.

**Some of us** ... adjust to receipt of intuitive guidance in ways that work for us individually, brand it, and commercially market the skills-set.

**Some of us** ... whose primary concern revolves around the state of the planet and the consciousness of humanity choose to:

- Honor the amazingly complex human brain and the mind/intellect (*the emanation of the brain's circuitry in action*) for the superb interface between the third dimensional holographic realm in which we live and subtle realms of consciousness that they are,
- Recognize that the role of "interface" for mastery of the third dimensional projected hologram is the sole purpose of the intellect as encoded in the brain's prefrontal lobes and neocortex, the seat of complex, linguistic, linear,

sequential, unidirectional causality, and executive thought,

- Determine to cultivate and gain enhanced mastery of emotional intelligence and intuition, the domain of the thematic, holistic, pictorial, interrelated mutual causality of the midbrain, the emotional brain.

**Because:** The human intellect alone is not up to the task of thriving in an era of vertiginous change on our planet. The next step in the evolution of human consciousness is increasing our capacity for facile navigation of subtle frequency bandwidths beyond the octave of the five-senses. We'll need to operationalize awareness, guidance, and perspective from a vantage point that is outside of, and far more subtle than the cascading crises that we've wrought in order to mitigate some of the inexorable suffering. In this way we potentiate our work.



***May we mediate, moderate, and modulate a full, rich flow of emotion and intuition for the benefit of all sentient beings and the planet which is a stunning platform for our evolution***

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January 19, 2021

## Martin Luther King's Teleological Agape

### Everything is Process

**Agape:** *The ability to unconditionally love something not for what it presently is, but instead for what it could become, a teleological love that recognizes everything is process not product and sees beneath the surface to a thing's potential for positive change.*

— Charles Johnson

*Power at its best is love implementing the demands of justice; justice at its best is love correcting everything that stands against love.*

— Martin Luther King Jr.

*Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. "Whatever affects one directly, affects all indirectly.*

— Martin Luther King Jr.

*Do you know that a lot of the race problem grows out of the drum major instinct? A need that some people have to feel superior. Nations are caught up with the drum major instinct. I must be first. I must be supreme. Our nation must rule the world...But let me rush on to my conclusion. Don't give it up. Keep feeling the need for being important. Keep feeling the need for being first. But I want you to be first in love. I want you to be first in moral excellence. I want you to be first in generosity.. That's what I want you to do.*

— Martin Luther King Jr.

*In spite of ....spectacular strides in science and technology, and still unlimited ones to come, something basic is missing. There is a sort of poverty of the spirit which stands in glaring contrast to our scientific and technological abundance. The richer we have become materially, the poorer we have become morally and spiritually. We have learned to fly the air like birds and swim the sea like fish, but we have not learned the simple art of living together as brothers.*

*Every man lives in two realms, the internal and the external. The internal is that realm of spiritual ends expressed in art, literature, morals, and religion. The external is that complex of devices, techniques, mechanisms, and instrumentalities by means of which we live. Our problem today is that we have allowed the internal to become lost in the external. We have allowed the means by which we live to outdistance the ends for which we live. So much of modern life can be summarized in that arresting dictum of the poet Thoreau: 'Improved means to an unimproved end.' This is the serious*

*predicament, the deep and haunting problem confronting modern man. If we are to survive today, our moral and spiritual 'lag' must be eliminated. Enlarged material powers spell enlarged peril if there is not proportionate growth of the soul. When the 'without' of man's nature subjugates the 'within,' dark storm clouds begin to form in the world.*

— Martin Luther King Jr.

*I have the audacity to believe that peoples everywhere can have three meals a day for their bodies, education and culture for their minds and dignity, quality and freedom for their spirits.*

— Martin Luther King Jr.

*One of the failings of the movement was that while we taught people to fight against the system and how to respect themselves, we didn't teach young people that they would have to fight all over again. As long as we have a democratic system, we are going to have to work to protect our freedom and self-respect. ... Freedom is never guaranteed forever, you have to fight for it.*

— Coretta Scott King

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January 21, 2021

## Tap the Universal Pool of Intent

When we set our intent for what we want to manifest, we do not have to reinvent the wheel. We need not feel as though we're flapping in the breeze by ourselves, individually revving up our intent to make something happen.

Every intent that has ever been intended, every thought that has ever been thought, every emotion that has ever been felt is part of the undifferentiated quantum field, Akasha. The Akashic Record is like an unfathomably massive library that has myriad books and files researched for eternity on any topic of interest that we can peruse at our leisure. It's all there for our edification and expansion.

The most skilled remote healers for example, from shamans to reiki masters tap into the ever-present ocean of intents, prayers, aspirations and desires for healing that has been fed and is constantly replenished by people for eons. This reservoir of intent is our ally in achieving our goals along the path of alignment with true-self.

The dispassionate, compassionate larger consciousness frame that evolves in us, as us, and through us wants us to grow and evolve.

It is the boat that carries us across the sea.

It is the wind in our sails, drawing us toward greater self-awareness whenever we're quiet enough to heed the subtle cues.

It is the current carrying us toward expanded understanding and perspective.

It is the undertow presenting us with challenges to surmount as we sail.

It is the dolphin that gracefully glides beside the boat to accompany us and lead the way.

It is ever-present, always available, at our service as we serve it by consciously aligning with true-self as the same.

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January 23, 2021

## The Eyes Have It! II.

### Screen Relief and Eye Care

**Aloe Cool:** Put a tiny amount of cool aloe vera gel on your finger and smooth a layer of gel onto your strained eyelids. Lie down in a quiet, comfortable space and leave the gel on for at least 10 minutes. The aloe vera's natural healing and soothing properties reduce eye puffiness and help increase blood circulation around the eyes.

**Big Blink:** Blinking naturally keeps our eyes refreshed and facilitates ocular focus for longer periods of time. Blinking more often is helpful. Blink every 5 seconds for two minutes. Then prolong your blink (*eyes closed*) for a few seconds longer than normal, multiple times for an additional 2-3 minutes.

**Compress-Decompress:**

- **Warm** - Soak a soft washcloth in warm water, wring it out, and place it over your eyelids for a couple of minutes. Choose a quiet place to lie down placing the warm, moist cloth over your eyes, relax and breathe deeply. A warm washcloth compress relaxes eye muscles and strained eyes.
- **Cool** - Soak a cotton cosmetic pad with cool rose water or aloe vera gel. The pad should be soaked but not dripping. Recline, place a pad on each eye with your face pointed toward the ceiling. This can also be done by covering your eyes with a small towel soaked in cold water and wrung out so that it's not dripping. Leave the towel over your eyes for 2-7 minutes, remove, and repeat.

**Exercise:** Moderate exercise increases heart rate which in turn, increases oxygen circulation and blood flow to your eyes. The increased blood flow is important for functioning eye muscles and tissues around the eye.

**Face & Eye Bath:** Take a deep breath and submerge your face in a bowl of cold water for 30 seconds. Take your face out of the water as soon as you need to get air. This initially causes constriction or narrowing of facial arteries, so you are decreasing the blood flow to your face and eyes. Reduction of blood flow to the eyes reduces eye inflammation.

**Here Comes the Sun:** Stand in sunlight. Close your eyes, raise your face to the sun and allow the sunlight to warm your eyelids. Sunlight helps the retina release dopamine.

**Lighting:** Turn off harsh light. Keep the room softly lit while you're watching television. Light(s) should be positioned behind you and pointed toward the page, out of your eyes when reading. Adjust the brightness of digital screens to match the level of light in the area around you. Adjust the screen's contrast so you don't have to strain your eyes to see. Remove fluorescent light and if possible add dimmer switches to your lighting system.

**Listen:** Intersperse audio books with hard copy and screen reading.

**Massage:** Wash your hands and very gently massage your eyelids. This helps

increase blood circulation to the eyes and relaxes the muscles around your eyes.

**Circle Massage:**

- Choose from among cool aloe vera gel, or a favorite oil: (*castor oil is cooling, vitamin E oil is moisturizing and nourishing for the skin.*) Use only as much oil as you need to minimize drag on the skin.
- Place a tiny amount of gel or oil on the tip of your finger.
- Slowly circle your finger tip from up under your eyebrow around the outer eye and back under the eye, following the orbital socket of the bone around the eye.
- Massage the muscles that move the eye.
- Keep the oil or gel away from the eye. Using a light, firm pressure, do not pull or drag the skin.
- Repeat 5 to 10 circles for each eye.

Circle massage helps relax the tiny muscles that focus your eye and moves lymph out of the eye area.

**Moisture:** Dry eyes are tired eyes. Move your desk or work space away from vents so that dry air isn't blowing into your face. Use a humidifier to add moisture to the air and your eyes.

Stay hydrated which promotes eye lubrication and tear production. Sometimes the eye strain, headache, or blurry vision are caused by dehydration. Sip liquid, preferably water, all day at the computer to help keep your eyes hydrated.

**Rock and Roll:** Sit upright with your spine erect, relax and breathe comfortably. Soften your gaze by relaxing the muscles in your eyes and face. Without moving your head, look up toward the ceiling. Then slowly circle your eyes in a clockwise direction, tracing as large a circle as possible. Gently focus on the objects in your peripheral vision as you do this, keeping the movement of your eyes smooth and fluid. Repeat this three times, close your eyes and relax. Perform the same eye-rolling movement three times in the other direction.

**Tea Bags:** Put used tea bags (*chamomile, lemon balm are optimal*) in a clean container in the refrigerator and use them as a relaxing cold compress for your eyes. Wash your face, lie down, and put a cool tea bag on each eye. This will soothe your eyes and reduce swelling. (*Cucumber slices work too.*)

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January 24, 2021

## Daydream Streaming

### Cultivating Intuition & Emotional Intelligence

Daydream streaming is a wonderful inner guidance shortcut.

A life well lived is one that's consciously and constantly informed by inner guidance and information from our most expansive selves. Interior guidance is clearest and strongest when we are silent, tranquil, and listening deeply. Information may be forthcoming in meditation, contemplation, dreamscapes, and a variety of relaxed states that bypass the analytical mind.

However, some of us don't have consistent meditative practices or retrieve much useful guidance from dreams. There may be long stretches of time when life is moving so fast and schedules are so full that we instantly fall deeply asleep, as soon our heads hit the pillow, bypassing the REM (*Rapid Eye Movement*) data harvest. Periods for pure relaxation when the ticker tape of discursive thought isn't bombarding us are few and far between.

How might we access inner guidance when life is moving at top speed and schedules are full to the brim? Daydream streaming is one way to deliberately retrieve data and/or continue to cultivate an unbroken stream of guidance when life is at its most hectic.

We daydream about every ninety minutes throughout the course of our day. We actually spend between 30-50% of our waking hours daydreaming. So why not intentionally put some of this time to good use in order to cultivate our intuition?

Daydreaming is a dream-like stream of imagery we experience while semi-awake in a trance-like state. It's a multi-sensorial expression that manifests in the language used by the subconscious to communicate with the conscious mind. Daydreaming is also referred to as mind-wandering, reverie, fantasizing, and mental rehearsal.

Daydreaming occurs when brain regions known as the default mode network (DMN) are activated. Our brainwaves are in a relaxed alpha state of 8-13 cycles. This DMN is active when the brain is focused inward, relaxed, and musing. One part of the default network in the medial temporal lobes, spontaneously generates new thoughts, ideas and memories. The DMN and a neighbouring network, the frontoparietal control network (FPCN) are sources of our subconscious stream of consciousness.

Most of our daydreams are the spontaneous, unintended products of the subconscious mind, often triggered by memories. They are between a few seconds to a couple of minutes.

We can choose to intentionally use daydreams to retrieve useful information from our subconscious mind as well as from Akasha during purposeful daydream streaming.

## Daydream Streaming Process

In the course of the day:

- Kick back, relax, and recline in your chair wherever you're seated; a quiet place.
- Place a writing utensil and something to write upon next to you and close your eyes.
- Set the intention to remember and record useful information: for your growth and expanded self-awareness, to resolve a problem, for breakthrough creative ideas, to explore your subconscious mind, and/or to understand non-material reality frames.
- Set the intention to receive information which will be most easily understood, e.g: symbols, scenes, visual or spoken words, sounds, scenes etc.
- We typically drift in and out of the daydreaming state. Each time this happens, immediately write down the emergent imagery, words, sounds, impressions etc. that linger as you come closer to the waking state.
- As you continue to do this (*especially immediately writing down what emerges*) you'll gain momentum and receive more information. You'll also get a sense of the pace and rhythm in which you comfortably drift in and out of trance and receive information.

Observe daydreaming patterns and themes over time. Note what time of day and day dreaming circumstances yield the most useful information.

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January 28, 2021

## “The Enemy”

### Matrix Subjectivity, Accommodationism, and Quantum Science Perspectives

When people behave in harmful, aberrant, and grotesque ways, it's extremely difficult to see them through any lenses other than those of subjective, righteous indignation. We feel as though seeing a heinous “enemy” as anything other than an external threat which must be summarily eliminated is tantamount to a weak, naive, kumbaya sell out.

We may be intellectually aware of the truism that what we resist persists. We may know full well that a problem cannot be solved, nor an adversary permanently vanquished, using the same level of thinking, wrapped in the same emotions, executed with the same behavior that generated it in the first place.

Yet the need to be right, the need for one upmanship, to best, silence, or annihilate the opponent can be so overwhelming that it makes any other response feel feckless and counterfeit. Caught up in the intensely seductive drama of trauma our field of vision is narrowed, we “see red” and we feel fully justified in retaliating in kind.

### Options

#### ***Subjective Matrix Response:***

The enemy or adversary is perceived as separate and “other” so therefore we:

- fight back with the intent to visit as much or more pain upon the enemy as we have suffered at their hand,
- feel righteous and justified in attacking back,
- fear losing control and/of being hurt again so we ward off helplessness, powerlessness by fighting and joining the “struggle” to ensure that our needs are met and we're not dominated,
- feel relative lack and deprivation which generates survival anxiety, competition, and victimhood that leads to blame,
- succumb to hatred and envy.

#### ***Accommodationism:***

We're all one human family so therefore we:

- will ourselves to try and love one another, and prioritize getting along,
- turn the other cheek, stand down when wronged or hurt, and seek compromise with the aggressor at all cost,
- try to understand why perpetrators do harmful things and with that broader understanding, learn to tolerate them,
- take the morally superior high road,
- outpicture the martyr archetype at the extreme end of this spectrum.

### ***Quantum Science Perspective:***

#### **Since:**

- Consciousness is the only thing that is fundamental,
- Evolution is primary,
- There is only one undifferentiated field of consciousness (Akasha, the substrate from which all arises) which maximizes its evolution through as many variant experiences as possible,
- The experiences of 7.5 billion humans facilitate the evolution of the undifferentiated field,
- The field evolves IN and AS all sentient beings,
- We ARE the field having experiences, both joyful and excruciating that facilitate OUR growth,
- The perceived “enemy” IS the field having experiences, both joyful and excruciating that facilitate THEIR growth,
- We AND the opponent/enemy/adversary are therefore projections of the field even as our own quality of consciousness gives birth to the projection that we view as the opponent,
- The adversary is a teacher offering us lessons [often torturous] for our evolution,
- We are the adversary’s teaching moment-opportunity to learn lessons and evolve.

#### **Therefore we:**

- reframe the word “enemy” to connote “projected shadow side of ourselves made manifest,” because we know that, 1) we’re not separate and, 2) understand that we are not exempt or different. The “them” that we talk about are also us.
- honestly, courageously, and non-judgmentally acknowledge our interconnected complicity and discover the problems of humanity within ourselves and within our own lives.
- are not synonymous with our mental and emotional issues, but are beings who experience these states.
- are aware that extending compassion to people whose views and methodologies are diametrically opposed to ours can be an intense challenge. Yet, this is precisely where the real cutting edge growth and evolution occurs.
- know that our consciousness creates reality and we don’t have to be passive recipients of whatever comes our way.
- experience ourselves as observers, watching ourselves from a vantage point of “deep dispassionate compassion” and can note what our comprehensive operative dynamic is with the perceived adversary.
- have a range of choices in how we respond to situations in which we find ourselves with adversaries who trigger us. We can take charge and sculpt our own lives by choosing from among options for action that both serve and protect us, as well as promote the evolution of the challenger.
- recognize that demonization of the adversary is a misallocation of time and energy.

January 29, 2021

## Wake Up Call

*Most of us rush around as if there is no more to life than making a living. We never stop to wonder. We behave as if we know exactly what life is all about, even though secretly we know that we don't. It is as if we are mesmerised by our assumptions about life into a semi-conscious trance, which anaesthetises us to the awesome strangeness of existence.*

*That is until the bubble bursts and we unexpectedly wake up. Whatever form the wake-up call takes, for a marvellous moment we shake off the numbness we call normality and find ourselves immersed in overwhelming, unfathomable, breathtaking mystery.*

*The fact that we normally take life for granted, when it is actually so utterly mysterious, shows how unconscious we usually are.*

*We are so wrapped up in our opinions about life that we mistake our own make-believe world for reality, just as when we are dreaming.*

*Become conscious of the mystery of existence right now and it will feel like waking up from a dream.*

—Tim Freke

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January 31, 2021

## Cicely Tyson

December 1924 - January 28 - 2021  
A Shero's Life Extraordinarily Well Lived

### Decide to Be Free

*In my early years, there were a number of experiences that made me decide I could not afford the luxury of just being an actress. There were a number of issues I wanted to address. And I wanted to use my career as a platform.*

—Cicely Tyson

*The only way to deal with an unfree world is to become so absolutely free that your very existence is an act of rebellion.*

—Albert Camus, *The Outsider*

We can decide to master the regulation of our internal state *independent* of whatever is going on in our external environment. This is self-mastery.

#### ***This is freedom.***

With firm, sustained intention, the amplitude of that decision will carry a level of energy that overrides our wired neurobiology and the emotional conditioning encoded in our bodies.

When we decide to focus on intuition and deep knowing, wholeness rather than lack, gratitude rather than fearful grasping, we access our true-selves. That access releases from our minds and bodies, the past trauma that we have inadvertently allowed to perpetually define us.

When we decide and hold ourselves to executing that decision our bodies obey, cease recreating the “same ole same ole” self, and respond to an ever-reconfiguring, growing, expanding mind.

#### ***This is freedom.***

When we decide to be truly free, we build the capacity to use our lives as a platform for positive evolution or revolution.

.....May all obstacles be removed and our thoughts and actions be pure of heart.

.....May all apparent impediments on our journey be dissolved.

.....May all of our endeavours be showered with success.

.....May we be guided on the path to awakening that is right for us.

.....May we come to directly experience the nature of our true-selves.

*Do not seek to follow in the footsteps of the wise. Seek what they sought.*

—Matsuo Basho