



Imaginal Cells

practice prompts emailed daily



Imaginal Cells July, 2020

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July 1, 2020

Water & Flow States

Mountain Spring

Imagine a magnificent fount of water springing from granite rock. You see its crystal clear purity sparkling in the sunlight and hear it splashing in the surrounding silence. You experience this special place where everything is clearer, purer, and more essential.

Lean forward, cup your hands, and let the water flow into your hands. Drink the cool water and feel its cool, refreshment flowing down your throat, spreading throughout your body, making you feel lighter.

Now walk into the spring itself, letting the water flow over you. Imagine that it has the power of flowing through each one of your body cells and in between them. Imagine it also flowing through your intellect as well. Feel this water cleansing you of all the psychic debris we inevitably accumulate day after day - frustrations, regrets, worries, thoughts of all kinds are loosened and washed away. The gentle bubbling spring washes it all away; purifying and cleansing you.

Gradually you experience how the purity of this fount becomes your purity and its energy becomes your energy.

Finally imagine that you are the fount itself, where all is possible and life is forever new.

Notes:

July 2, 2020

Reality Frame Progression

Reality-Frame I. (Third dimension) Ground Zero: Identification with small “self”- Avatar-ego, human mind, intellect, personality

Emotions & Sensations

- Sense of separation.
- Feeling of being small and/or alone.
- Debilitating vulnerability.
- Fear of being hurt, abandoned, and alone which in turn generates feelings of helplessness, powerlessness, and need to struggle to get our own needs met.
- Fear of losing control, not being secure, and not being good enough.
- Sense of lack and deprivation:
- Compels us to grab and/or hoard what we can in order to succeed.
- Generates survival anxiety, competition, self-pity then leads to blame and complaining.
- Fosters hatred, envy, greed, oppression, power and control impulses.
- Rarely allows satisfaction in the present moment, (not aware of the present moment).

Beliefs:

- An inherent assumption is that we are not OK, something is wrong with us as we currently are which needs to be fixed. We need to be healed in order to be worthy.
- We define ourselves by status, what we do for a living, and things that we possess.
- Scarcity is prevalent.
- The world is hostile.
- Happiness is seen as dependent on outside circumstances such as events or relationships over which we have no control. There is no awareness that happiness is always accessible internally.
- We think we need to fight hard for wellbeing.
- We prioritize what we do or do not own, and what has been, or might be taken from us.

Tip: Avoid the temptation to shift into self-blame, shame, self-criticism, or self-judgement. Taking ourselves to task, criticizing ourselves when we notice that we're engaged in the aforementioned states of being just keeps us stuck

there. Refrain from trying to change it or resist it. Just be aware and observe where we get stuck.

Ground Zero Patterns: are characterized by identification predominantly with the material world of duality and fear, the struggle and liberation dynamic. Death, and death of the avatar-ego are viewed as painful, dark, and finite. Prolonged periods of joy are rare if they happen at all.

- The rule-set in this reality frame is rigid, limited, and constricted. It is conditional. Things happen in a very circumscribed way. Time is linear: past, present, and future.
- Our avatar-ego navigational system in this reality frame is the rational mind, a very limited source of wisdom which is the common default position for our decisions.
- We exercise very little self-awareness and reflection. We experience automatic reactivity to emotional triggers without having developed the capacity to stop ourselves. We get lost in painful emotion and might try to escape it through addictive behaviors. o We resist meeting negative emotion in a compassionate way.
- Duality and judgement prevail. Ideas about what is good, bad, right and wrong fuel polarized stances on issues. We think we are right and others are wrong. We experience judgement and contempt for others.
- We think that we cannot be whole without another person —neediness for a partner. We haven't learned how to love ourselves and have been taught that to do so is egoistical. However, it's actually not loving ourselves that's egotistical and keeps us from experiencing our wholeness.
- When the avatar-ego-mind takes the lead, the heart is closed and communication with the more vast dimensions of ourselves is blocked. (Communication with the Self, the larger consciousness frame can only be felt not understood with the rational mind.)
- The ego mind cannot process larger consciousness frequencies and therefore inhibits consciousness awareness of our true Self. Ego actively cultivates and sustains illusion.

Notes:

July 3, 2020

Community Supported Enlightenment

Lexicon I.

Consider the terms we use below.

What images, insights, perspectives, and CSE practices emerge for you?

Human Body

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

Human brain - Neocortex function & characteristics

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

Human brain - Midbrain function & characteristics

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

Experience of reality frames beyond the third and fourth dimensions.

- Divine
- God
- Larger consciousness frame
- Light
- Ocean of consciousness, ocean
- Quantum field
- Quantum reality
- The universal
- Ultimate reality
- Undifferentiated, undifferentiated field
- Unified field
- Universal love

The Reality Frame in Which We Live on Earth

- Conventional reality
- Dualistic, projected reality
- Hologram
- Known universe
- Learning lab
- Material realm, matter universe
- Matrix
- Projection of consciousness
- Time-space reality
- Third dimension
- Video game

Egoic constructs

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

Realty frames

Bandwidths, dimensions, frequencies to which we can attune

July 4, 2020

Reality Frame Progression

Reality Frame II. (Fourth Dimension)

1. Non-material Consciousness – Lower: (Practitioners on a spiritual path of “light” often choose not to engage with this reality frame.) This is an [apparently] magical, or dream world often referred to as the astral plane —the operational realm of shamans, Wicca practitioners, and indigenous seers.

This reality frame is more fluid (free from the rule-set of physics to which we are accustomed) than the material, avatar-identified ground zero, but duality still exists here. This is a gray, polarized reality frame where the ego is still operational, and the illusion of good and evil is still manifest. Some characteristics are:

- Access to under and upper worlds [higher and lower frequencies].
- It can be difficult to navigate in this realm without knowing how to protect oneself.
- Can tap into shadow material in one's own psyche as well as the collective unconscious generated by avatar brain circuitry.
- The ego uses both the physical and non-material astral reality frames as tools with which to achieve its purpose.
- Fear-driven nightmarish experiences mix with [apparent] magic, clairaudience, clairvoyance, remote viewing, “disembodied spirits,” and that which is perceived as enchantment of many sorts all source from this reality frame.
- Hell and purgatory beliefs of many religions are echoes of this vibratory reality-frame.
- Mind-altering drugs, e.g. LSD, and ayahuasca cannot get the seeker beyond this realm.

2. Non-material Consciousness - Higher: Identification in this reality frame is still with the ego-personality but it is coupled with an awareness of a more vast Self which is part of the larger consciousness frame.

- There is a knowing that we are not separate and we are not synonymous with our mental and emotional issues, but are beings who experience these states.
- There is greater awareness that our consciousness creates reality and we do not have to be passive recipients of whatever comes our way.

- We have a choice in responding to situations which could trigger us. We can take charge and sculpt our lives.
- We begin to experience ourselves as observers, watching ourselves from a removed vantage point and can dispassionately make note of the stories we tell ourselves.
- We develop the capacity for self-compassion, stop judging ourselves, and begin to love and accept all that we are. Love for others therefore becomes more unconditional.
- Unity consciousness is experienced more often and we begin to want to serve others.
- We no longer view ourselves as broken or needed to be fixed.
- Understand we are much more than a physical avatar and are already perfect as we are.
- We begin to let go of traumas and emotional debris that has become attached to us over time and wake up to the fullness of who we already are.
- We increasingly experience periods of profound wellbeing, love, deep peace, expansive freedom, stillness, empty mind well up in us for no reason at all.
- There is an awakening to knowing oneself as a multidimensional being.
- We may experience ourselves as pure consciousness where we are - not constrained by boundaries.
- Moments of synchronicity are common, intuition is enhanced and there is a greater trust that all will work out and be ok.
- Even though rational mind is still the primary navigation system an internal emotional guidance system becomes stronger.
- We may experience massive downloads of information and wisdom.
- Although we may slip back to avatar-ego thinking sometimes, reality-frame II starts to become our default consciousness.

Tip: When we initiate the shift from the avatar-intellect-identification to non-material consciousness we may experience uncertainty, hesitation, confusion or fear. This is new territory. It helps to revisit and reaffirm our choices about the realm in which we want to live in order to be happier and deepen our activism.

Relax and dispassionately observe. Refrain from being pulled down the vortex of fear. We can associate into the emotional content resident in our repertoire of peak life experience slides and from that vantage point flow with whatever emerges.

July 5, 2020

Reality Frame III - Fifth dimension

Unified Consciousness: Oneness with all creation is experienced. There is no sense of separation or duality.

The Self is at once bathed in, and experienced AS unconditional love beyond linear time. All other reality frames can be accessed with ease from this bandwidth.

- We remember who we truly are. There is a visceral knowing that we are part of a nonmaterial larger consciousness which has chosen to project itself into a reality frame with a more constricted set of rules that allow for greater traction and consequently faster evolution.
- A sense of vast freedom and spaciousness is pervasive.
- Heart wisdom becomes our reliable navigation system.
- We experience unconditional love for ourselves and others. Love for people is clear, non sentimental, and detached.
- We know love to be more than an emotion and recognize it as a powerful force at the core of our existence.
- There is no need for love, connection, approval, or respect from, expectations or demands of others to meet our needs. Our own self love and knowing of our inherent value meets our needs. There is no emotional need for anything, even as all needs are met. Love, connection, respect is there for us even though we no longer need it. These simply enhance our lives.
- No need for possessions or status because there is no competition and nothing to compare.
- There is no judgement of self or others or work on ridding ourselves of judgement. It is absent.
- Mood is clear, quiet, harmonious, peaceful, filled with buoyant optimism, and happy fulfillment. Quiet bliss runs through our being completely independent of any outer relationships or circumstances. It is just there as our basic default mood. Peak experiences come and go.

But the general mood is peaceful, balanced, neutral and optimistic. Diffuse, discursive thought, chattering mind is gone.

- There is an absence of suffering: no fear, shame, depression, self-doubt, anger, loneliness or hurt. No aging. We live until we make the decision not to. We leave the body painlessly.
- Senses are enhanced. The world is experienced as being more vibrant and alive.
- We have clear, direct access to universal mind. We are fully comfortable being transparent, living in the present moment with trust in the effortless flow of life and a sense of timelessness. There is no frustration with how things are happening.
- Focus and time are spent co-creating in whatever area we feel passionate about. We love learning, exploring, and expanding awareness. Live through the heart. Actions are based on love and oneness.
- We manifest easily knowing that the universal flow guides us.
- Serving others is part of everything we do.
- The body is transformed at a cellular level. There is no pain and no fear. Our true, vast Self is fully integrated with the avatar and has taken over the guidance.
- Healing of mental, emotional and physical bodies has to be completed before this can happen. Therefore the higher-self slips in and out of this reality frame before it can move in permanently.
- All experiences are embraced with gratitude because everything has its purpose for growth.

Notes:

July 6, 2020

Love Door

Imagine a closed door. The word “love” is beautifully inscribed on the door. You are aware that the door opens onto a universe of light, the unified field of love. Just over the threshold are infinite symbols: memories, beings, objects, situations and states of being that you immediately, intuitively equate with love and compassion. Spend some time visualizing the door, its handle, and the inscription.

Imagine the door opening slowly. Let the first impressions emerge as it opens, revealing the field in whatever way it appears to you. Open to witness and receive the spontaneous, organic emergence of images, physical felt-sensations, emotions, sounds, smells, scene, situations, etc.

Relax into the field of love and allow yourself to gradually become accustomed to the expansiveness behind the door. Explore whatever presents itself, whether pleasant or unpleasant. The task is twofold:

- Witness with clarity and without interpretation or judgement. Accept and simply be with, abide whatever emerges without turning away. Take time with whatever appears and give it the opportunity to reveal itself fully.
- Realize that this image is only one of numberless connections you have to the field of love which can be accessed, experienced, and enjoyed at any time.

Come away and close the door. On completing the exercise, quietly consider what emerged and any messages the experience may hold for your growth.

Notes:

July 7th

What We *Think* We Know

Cognitive Distortions

Learning that her flight had been delayed, a woman decided to make some purchases in one of the airport shops in anticipation of waiting several hours in the departure lounge. She picked out a couple of magazines, found an interesting book that she had been meaning to read and bought a bag of cookies. She found a seat in the lounge, dropped all of her purchases in the seat beside her, and began to read. She was engrossed in her book but was peripherally aware that a man was now sitting two seats down from her. Her belongings were in the seat between them.

She was pulled out of the story she was reading when she noticed that the man on the other side of her belongings had grabbed a cookie or two from the bag between them and was happily munching. At first she tried to ignore what he was doing in order to avoid making a scene in public. Not to be outdone and cheated out of her own food, she too began taking and eating cookies from the bag. As she ate cookies and watched the clock she could feel the heat of her irritation begin to boil and rise in her as anger.

As the bold, shameless cookie thief ate his way through the bag of goodies she grew more and more irate. She read the same page of her book three times and could think of nothing else but his appalling rudeness. With each cookie he took, she took one, sometimes two as well.

Finally when only one cookie was left she wondered what he would do. With a smile on his face and a nervous laugh, he took the last cookie and broke it in half. He gently offered her half of the cookie as he ate the other. She snatched it out of his hand thinking, his guy has some nerve. He didn't even show the slightest bit of gratitude. She had never felt quite so galled.

She sighed a massive sigh of relief when her flight was called. In that moment of relief it dawned on her just how much stress she had generated around herself in the course of that episode. She quickly gathered her belongings and headed for the gate, practically running down the jetway. She refused to look back at the ingrate thief.

She boarded the plane and sank gratefully in the safety and comfort of her seat. Seat belt fastened, she reached into her carry-on bag to find her book and there to her surprise and almost simultaneously, to her horror was her unopened bag of cookies. "If mine are here," she moaned with despair "Then the others were his that he had graciously tried to share."

The avatar brain and the intellect, seat of the ego, apprehends only an infinitesimally small sliver of reality which it then vehemently defends. We can train the mind-brain to align itself with that which is beyond its circuitry, to see a more expansive reality.

July 8, 2020

The Human Avatar's Event Horizon

An event horizon is a boundary beyond which an observer cannot see.

Example: The bacterial flora in our gut that provide us with essential nutrients for a strong metabolism and immune system interact with carbohydrates coming their way from the intestines.

The flora is expert at what it does. However, it simply can't know anything about the sun, soil, water and the farmer that grew the beet which caused the undigested carbohydrate surge that it finds itself having to process. The gut flora living in our large intestines may sense that something is awry in our small intestine if the bile or pancreatic acid haven't done their job. But by and large the event horizon of this world of microorganisms is the layer of epithelial cells on the large intestines. That's where their world ends. That is the gut flora event horizon.

Similarly the human avatar has an event horizon relative to the unified quantum field, the larger consciousness frame, beyond which we cannot navigate. Our event horizon is described both in ancient wisdom texts and by modern science as the point of singularity (**see below**) from whence proceeded the "big bang."

The joyous news is that between the projected matrix we inhabit and our event horizon, are untold quadrillion, quadrillion reality frames at that many frequencies which as multidimensional beings, we can learn to explore!!! And since growth, expansion of self-awareness, and evolution are the name of the game,*explore we shall!*

The third dimensional reality frame, the world that we apprehend with our senses and think is "real" is but an infinitesimally small sliver of a vast reality. Let the adventure begin.

Singularity is described by the ancient wisdom traditions as being the point where duality breaks down which is beyond stillness or movement. Singularity is unfathomable beyond time and space, beyond human perception; universes in potential prior to manifestation contained in something infinitesimally smaller than a grain of sand. They describe it as dynamic stillness, pregnant emptiness.

July 9, 2020

Focus on Self-observation and Growth

The Name of the Game

Sustained, intentional focus on growth and ever-increasing alignment with our true-selves is the name of the game. Self-mastery is the pith, the core, the be-all and end-all of living a third dimension life.

Self-observing, metacognition, and meta-consciousness are tools that shape progressive self-mastery. Constantly creating opportunities to sharpen metacognition skills builds capacity and integrates self-observation into our lives. Here (below) are some everyday pathways toward integration of self-observing as a lifestyle.

Skillful Waiting

Cultivate the mettā skill of viewing inevitable periods of waiting that occur throughout the course of the day as opportunities to practice.

1. accept and settle into the wait,
2. breathe deeply,
3. associate into high frequency energy, [*e.g., gratitude, love, joy, and compassion*] and/or the emotional content of your own powerful, peak life experiences brought to mind, and finally,
4. fully savor the emotional upliftment of those experiences while you wait.

Expand your perspective and feel refreshed:

- Waiting in line: Take-out food lines, store cashier lines, post office/UPS queues
- At stoplights
- In heavy traffic.

Bells of Mindfulness

- Pre-set a periodic alert/notification on your phone or other device that periodically invites you to go within, center, and tune into yourself as consciousness throughout the course of your day.

Keep a journal, notepad, inspirational book nearby to use during your centering times.

- Calmly abide a ringing phone or text message receipt. Do not answer the phone immediately. Wait at least three rings before answering the phone and breathe deeply three times before responding to a text message.
- Practice doorbell patience. Take three long slow breaths before answering.

Emotional Crescendo and Conscious Choice:

Witness how emotion rises within you as you are challenged by people you encounter. Feel the emotion in your body, observe the thoughts that emerge in response and as you feel the emotion crescendo, and make a conscious decision to behave resourcefully in the moment.

- Parking space jockeying for position
- Rudeness
- Aggressive driver cut offs in traffic.

Flow-State Focal Points

We are 60% water at the molecular level. We are literally “flow” at multiple levels — an incessantly transforming amalgam of metabolic and cognitive processes. Openness and surrender to the experience of flow affirms and aligns us with what we naturally, organically are. Relax, open and expand your awareness and readiness to receive:

- In the shower as the water cascades over your body,
- Near bodies of flowing water in nature: Brooks, streams, rivers, creeks, waterfalls and oceans.

Acknowledge Cycles

Acknowledge the beginning and end of every new cycle, large or small, that you initiate and offer gratitude for the opportunity to engage. (e.g. *Chores, before taking the first bite of a meal, exercise periods, getting into the car, beginning a meeting*) with the simple: *"Good in the beginning, good in the middle, good at the end. I am grateful for this experience. May it enhance growth."*

July 10, 2020

Mind-mastery: Brainwave Awareness

The Community Supported Enlightenment (CSE) network does two types of work. We set the intention and actively:

1. Transmute mental and emotional patterns that are barriers to heightened self-awareness encoded in the brain and the peripheral nervous system throughout the body.
2. Reactivate the brain's capacity to apprehend and navigate reality frames *beyond* the realm of the five senses. Exploration of multiple reality frames expands our awareness and enhances the quality of our consciousness.

To that end, much of our work involves understanding and building our capacity to skillfully work with our neurobiology. Elevated awareness of our state of mind at any given moment, — mind being the brain in action, is the key first step on the path to mind-mastery.

Brain Waves

Brainwaves measured in hertz (Hz), cycles per second, occur at a range of frequencies. We learn practices to modulate our own brain waves in order to do the internal work that serves our growth.

High Beta 22-50 cycles - Threat, fear, survival, overarousal, intense stress, anxiety, paranoia, high energy, and high arousal.

Mid Beta 16-22 cycles - Focused intent, increased energy for performance.

Low Beta 13-15 cycles - Relaxed learning, quiet, focused concentration.

Alpha 8-13 cycles - Relaxation, less linear thinking and analysis, imagination is prevalent, attention is on the inner world; meditative states; can reprogram habits here.

Cusp of Alpha and Theta, low alpha/theta:

July 11, 2020

Simple Favorites

“We meet ourselves time and time again in a thousand disguises on the path of life.”

—Carl Jung

If you change the way you look at things, the things you look at change.

“Everyone you will ever meet knows something that you don’t.”

—Bill Nye

Someday we’ll look back and know exactly why it had to happen.

“The work that we do on ourselves is the work that we do on the world.”

—George Leonard

We all had a playroom growing up. It was “outside.”

Let go or be dragged.

—Zen Proverb

They tried to bury us but they didn’t know that we were seeds.

—Mexican Proverb

The past, present and future walked into a bar.

It was tense.

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

—Rumi

The sky is not the limit, the mind is.

“You must do what you think you cannot do.”

—Eleanore Roosevelt

“I love you just the way you are.”

—Fred Rogers

July 12, 2020

Turn Up the Dial on the Radio of Self

Right where you are seated you are subject to waves of energy emitted at multiple frequencies on the electromagnetic (EM) spectrum. While the light from your lamp is visible, you *can't* see the wifi and radio waves passing through your room or the microwave radiation in your kitchen. The x-rays in the doctor's office, the infrared light used by your remote to signal your TV (and which your body emits), as well as ultraviolet light are all frequencies that are invisible to the unaided human eye.

We open our eyes and think that we're seeing all there is to see in the world. When in fact *most* of the light in the universe is invisible to us. In the last century science has revealed that humans see less than 1 billionth of the information carried on the electromagnetic spectrum. Does invisibility mean that these frequencies are not there? Nope! They're there alright.

All frequency bands carry information. If we want to expand our awareness and deepen the quality of our consciousness beyond the 3-D matrix, we can conceive of ourselves as, and operate like radio receiver-transmitters. When we turn the dial up or down on our radio the receiver tunes into different music and information on stations at each bandwidth.

Similarly, when we *consistently* take our attention away from the "particle world" of matter and focus on the "wave world" of frequency and vibration, we become aware of a broader range of frequencies that offer access to dimensions beyond the world of form. We can only experience frequencies beyond the Matrix, when we learn to peel off our conditioning that has led us to believe that we need our 5 senses to experience "reality." We need to leave this belief in the dust.

Active engagement with the 3-D "waking world" reflected in Beta brain waves is one frequency. The Alpha brain waves of relaxation, daydreaming, and especially still point consciousness meditation represents another band of frequencies. The Theta and Delta waves of dreamscapes and dream lucidity have their own frequencies.

There is information, learning, consciousness expanding adventure to be had in these and countless other reality frames. The work that we do at any given frequency,in any particular reality frame, can benefit the quality of life of the avatar in 3-D and/or open the door to exploration of other realms.

July 13, 2020

The Rose

SoundCloud Recording: singularitybotanicals.com

Imagine a stunningly beautiful rosebush.

In your mind's eye, imagine its roots extending down into the soil. See its graceful stems, its leaves, and then focus on a single rosebud at the top of a stem.

The rosebud is closed, but you have the sense that it's poised at the point when it's just on the verge of opening. Take your time to drink in its beauty, the softness of its colors, and clearly visualize all of its details.

Now imagine that, as if you are witnessing slow motion time lapse photography, you notice that the bud has begun to open. The tender, light-green sepals open and slowly turn back to reveal the rose petals inside — tender, delicate, and still closed.

Now the petals themselves slowly begin to open. As they do, you feel a release of any worry or tension in your mind, a release of all tightness in the head area as you direct your attention to your heart and emotional wellbeing. Feel an opening in the center of your chest, in your heart center. Sense that as the rosebud opens, something within *you* is also gently and delicately opening — coming to light.

As the rose blossoms, become aware of a simultaneous blossoming and surrender to the natural, organic compassion of your heart. Sense a warming that's occurring in the depths of your being.

As you continue to visualize the rose, ...its opening becomes your opening, its rhythm becomes your rhythm. You watch as the rose opens to the light and the air, revealing itself in all of its intricate, natural splendor. As the petals continue to open and blossom fully into the light, your entire being also, gratefully opens fully to the light.

You relax. Your shoulders come down with ease as you let go and allow yourself to feel the relief of being held in the comfort and compassion emanating from the rose and your heart center in concert.

Smell the intoxicating perfume of the rose. Absorb the scent. Welcome, embrace, and let the experience infuse deeply into your being.

Continue to gaze into the center of the rose where its life force is most intense. Let an image emerge organically from the center in its own time. This image will represent the most beautiful, meaningful, creative dimension of your compassion that wants to come to light in your life at the moment.

The image can be of *anything*. Let it emerge spontaneously without forcing it, or analysis. Let your mind rest on this emergent image for a time. Experience its quality and any message it may have for you.

Be open, curious, and receptive. Be ready to receive.

For Your Consideration

- Were you able to release tension or tightness in the head area?
- How easy or challenging was it to move from thinking and the mind, to focus on emotion and your heart center?
- What were the differences (if any) between being head-centered and heart-centered? Did head and heart focus blend?
- How did you experience the blossoming of the rose?
- How did you experience the opening of your heart center?
- How did the visualization leave you feeling?
- What did you learn about yourself?

Notes:

July 14, 2020

Butterfly

(Transmutation)

Imagine a caterpillar. Watch it slowly crawl along the tree branch where it lives. As you watch, the caterpillar stops and attaches itself to a branch of the tree.

Imagine that you are watching its metamorphosis using slow motion time lapse photography. Witness as the caterpillar gradually surrounds and covers itself, first with a few wispy web-like silken threads, and then begins to gradually disappear from view within the cocoon. It instinctively knows how to build the perfect chamber for its transmutation. Observe the cocoon for a few moments

Imagine that you are now inside of the cocoon. Surrounded and held by the softness of the silken threads, you rest in the warmth of the golden darkness. You are only dimly aware of your surroundings so you don't know exactly what is happening to you, but you sense with a kind of excitement that in this apparent stillness, a hidden, transforming intelligence is at work.

You abide this uncertainty, this unknown transformational territory, this groundlessness with growing anticipation. At last the cocoon begins to break open and a ray of light penetrates through an opening. As the light touches your body, you feel a sudden surge of vitality and realise that you are shedding the cocoon.

As you feel the cocoon fall away you discover that with it, you've shed the defenses and points of reference of your past. You are now freer than you ever dreamed you could be because you are a beautiful multicolored butterfly.

You soon realize that your boundaries have extended infinitely.... You can fly! You find yourself dwelling in a totally new realm of colors,of sounds... of open space. You experience yourself flying; being supported by the air, gently borne up by the breeze, fluttering down, and flying up again.

Below you see an immense meadow full of flowers of every kind and color. You settle on one, ...then on another,then on another still, so gently that the petals are not even disturbed by your presence. You experience each flower as different being with its own color and perfume, its own particular life force and quality. Take your time and experience the many aspects of your expansion, your freedom and your lightness.

Live into your limitlessness.

July 16, 2020

Cornerstone Compassion Practice

Self-observing to garner a deeper understanding of ourselves as consciousness projected into three dimensional avatars is our goal.. We habituate ourselves to stepping outside of our subjective, form-focused selves into a vantage point where we're able to dispassionately watch the emotions that arise within us at various checkpoints in simulations. We cultivate our inner landscapes as we witness what happens as we extend compassion to the people in our lives.

1. Create four compassion lists.

List one consists of two people who you absolutely adore. When you think of these people you are instantly flooded with the emotions of mutually shared love, tenderness, and compassion. The mere thought of these people spontaneously generates a warm, loving feeling.

List two consists of two people who you see often, but who do not create a big emotional footprint in your life. You encounter them often under generally pleasant circumstances, yet any emotional connection to them is momentary. Examples of such people might be the local bank teller, post office worker, the cashier at the food store, or a server at your favorite restaurant.

List three includes of one or two people who you experience as annoying or irritating. There is no intense emotional baggage, hurt, or trauma associated with these people. But if given a choice, they are definitely not people in whose presence you'd voluntarily want to spend much time.

List four has one name on it. That name is yours.

2. Tune into your inner landscape and witness what image comes into your mind's eye when you hear the words, "I hold you in my heart." What image comes into your mind's eye when you imagine the act of non-verbally extending heartfelt compassion to someone (for example: metaphorically directing warm glowing light energy toward them, sustaining an accepting smile while maintaining loving eye contact, hugging etc.). Practice bringing the imagery involved in simulating these actions to mind a few times.

3. Envision the image of a person on list one, and extend compassion to them in whatever way you've practiced, or in whatever way emerges spontaneously. As you internally simulate extending compassion to that person, use the Soundcloud Cornerstone Compassion Practice recording to prompt you, or repeat the following affirmations as you visualize extending compassion:

May you be safe.

May you be healthy.

May you know joy.
May you know happiness, and,
May you live a life of wellbeing.

Practice this for a person on list one, then proceed to do the same for lists two and three. Maintain focus on the realm of emotion and felt-sense rather than spinning off into thinking as you do this.

As you internally simulate extending compassion, notice what you are experiencing:

- How does deliberately and intentionally sending compassion with focus to another person make you feel?
- Is there a felt sense of what is happening in your body?
- Are you able to discern what the receiver of your compassion is experiencing from witnessing their body language or facial expression?
Is there full acceptance or resistance on either of your parts?
How does the experience change as you move from list to list?

When you extend compassion to yourself, the only person on list four, look directly into your own eyes and with heartfelt love and acceptance for yourself say: May I be safe.

May I be healthy.
May I know joy.
May I know happiness, and
May I live a life of wellbeing.

Witness and non-judgmentally make note of everything that occurs as you focus exclusively on, and extend compassion to yourself.

For Your Consideration

- How easy or challenging was it to create internal simulations?
- What did you notice about your ability to focus and sustain attention on the exercise?
- What emerged from this exercise that was surprising?
- What was similar and/or different as you extended compassion to people on each list?
- What is the range of possibilities that might account for different experiences of sending compassion as you moved from list to list?
- What did you learn about yourself?

July 17, 2020

Practice Baselines

IF - we posit that we are 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. 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:

..Work to dissolve emotional and psychological blockages stemming from avatar life 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 or 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.

Notes:

July 18, 2020

Community Supported Enlightenment

Lexicon II.

Life Circumstances:

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

Lucid Dreaming: Conscious awareness of dreaming while dreaming.

Reality Frames: Band of frequencies or “Dimensions” to which we can attune our energy, attention, and focus. (*See descriptions of dimensions 3-5 - Imaginal Cells July 2, 4, 5, 2020*). 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. Some are:

- 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 an Alpha brain wave state
- Mystical, numinous experiences
- Remote, intentional consciousness projection and remote viewing
- Simulations, active imagination (C.J. Jung)
- Stillpoint consciousness experienced in deep meditation

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
 - Buddha Nature
 - Higher self
 - Christ self, Christ consciousness
 - Cosmic consciousness
 - Krishna 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 individuated middle body.
- **Undifferentiated self:** The experience of oneness, unity with the undifferentiated quantum field, state of enlightenment, dharmakaya.

Notes:

July 19, 2020

The “Why” of CSE Simulation Workspaces

Simulation workspaces in CSE practices 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.

Some of the simulation workspaces, especially the first series we use, reflect the architecture of the human psyche, the mind, which is the energetic emanation of our brains in action.

Other workspaces intentionally evoke the experience of the electromagnetic field of the heart which is exponentially more powerful than the electrical wiring of the brain and central nervous system. In fact the heart itself has its own neuron cluster, it's own cardiac nervous system,.... indeed a mind of its own.

Still other simulation workspaces bring up the most commonly and universally experienced archetypal portals from the 3D Matrix into the non material world. Mystical experiences in nature for example are admittedly experienced by over one third of the American population when queried.

All of these simulation spaces facilitate our work with the limbic system which is also known as the emotional brain. Simulations deliberately bypass the intellect, the 3D focused seat of the ego and limiting belief systems. They direct our attention to the intuitive seat of the subconscious and unconscious mind, doorway to the collective unconscious, and beyond that to other non-material reality frames.

Simulations, what C. G Jung referred to as “active imagination,” also set up the “link” and activate the portal through which we can communicate with interfaces from the larger consciousness system,.... the divine,the undifferentiated field.

July 20, 2020

Connect the Dots

CSE Simulation-Workspaces II. & The “Why” of Lucid Dreaming Practice

The Intellect - Consciousness - Internal Simulations Dynamic

The intellect is the mind structure which clues our consciousness into everything the avatar is experiencing in the 3D matrix. A matrix, sensory data focus and survival within the constraints of the matrix is the intellect's job description.

Conversely, cultivated intuition is the means whereby we access ourselves as consciousness, our higher selves, “middle body” *beyond* the matter-realm. Mastery of the ability to work with, and create internal simulations offers us a pathway from the matrix to non-material reality frames.

Simulations Applied

Future-paced mental rehearsals would be examples of simulations used in neuro linguistic peak-performance work.

Rudolf Steiner, founder of the Anthroposophy movement taught his students to develop simulations, which he called states of imaginative consciousness, as they went into deep meditative contemplation. Students of anthroposophy use simulations to open the door to progressively deeper spiritual experiences.

Carl Jung described what we call simulations as “active imagination” is a method for visualizing unconscious issues and letting them act themselves out in deep meditative states. Jung was aware that simulations also opened the metaphorical doorway that leads from the personal to the collective unconscious and beyond.

CSE work with simulations:

Offers: 1) safe internal spaces for brain circuitry rewiring work, and, 2) a portal to exploration of non-material reality frames,

Builds our capacity to:

- Purposefully focus intention,
- Sustain concentration,
- Set and act upon expressed intentions,

- Create holistic, thematic, internal narratives that: build neural networks, signal larger consciousness frame collaboration and co-creation, and set the wheels of intended self-transmutation in motion.
- Enhance emotional intelligence and gain mastery over our emotional navigation system,
- Cultivate intuition,
- Access self-as-consciousness and non-material dimensions of the multiverse.

Lucid dreaming is:

- The conscious awareness *within* a dream that we are dreaming.
- The ability to intentionally navigate dreamscapes for the purpose of expanding and improving the quality of our consciousness.
- An internal platform for the dissolving of avatar emotional and psychological baggage and the exploration of reality frames beyond the physical.
- A non-material reality frame that is as “real” as the matter universe.
- A highly developed 4,000 year old Chinese and 1,000 year old Tibetan spiritual practice (*Naropa’s dream yoga*) which was considered a path to enlightenment. It is also prevalent in multiple indigenous “dream cultures.”
- A reality frame that is more easily accessible on demand when we have cultivated our intuition.

Simulations set the clear intention for lucid dream work which opens the portal to the expansion of consciousness.

Notes:

July 21, 2020

Integration of the “Mystical” into Daily Life

Although about one third of western populations queried have mystical experiences, our scientific materiality-based culture has a chilling effect on people’s willingness to recount their experiences.

Access to reality frames beyond the third dimension i.e., “the mystical” is our birthright and growing edge. An intent of Community Supported Enlightenment (CSE) work is to integrate what are typically referred to as “mystical experiences” which occur by happenstance, into everyday life. We don’t seek mystical experience for the sake of the experience. We practice sustaining consciousness awareness of “the mystical” in the interest of expanding and enhancing the quality of our consciousness while in the “physical” realm.

Here (below) are mystical experiences as described by primatologist Jane Goodall and C. G Jung, founder of analytical psychology. Jung did us the tremendous service of developing what he called the “active imagination” process whereby one learns how to navigate other reality frames for the purpose of healthy personality reintegration and wellbeing.

"Lost in the awe at the beauty around me, I must have slipped into a state of heightened awareness. It is hard---impossible, really---to put into words the moment of truth that suddenly came upon me then. Even the mystics are unable to describe their brief flashes of spiritual ecstasy. It seemed to me, as I struggled afterward to recall the experience, that self was utterly absent: I and the chimpanzees, the earth and trees and air, seemed to merge, to become one with the spirit power of life itself. The air was filled with a feathered symphony, the evensong of birds. I heard new frequencies in their music and also in the singing insects' voices---notes so high and sweet I was amazed. Never had I been so intensely aware of the shape, the color of the individual leaves, the varied patterns of the veins that made each one unique. Scents were clear as well, easily identifiable: fermenting, overripe fruit; waterlogged earth; cold, wet bark; the damp odor of chimpanzee hair, and yes, my own too. And the aromatic scent of young, crushed leaves was almost overpowering."

Source: Goodall, Jane. *Reason for Hope: A Spiritual Journey*, pp. 173-174

"It seemed to me that I was high up in space. Far below I saw the globe of the earth, bathed in a gloriously blue light. I saw the deep blue sea and the continents. Far below my feet lay Ceylon, and in the distance ahead of me the subcontinent of India. My field of vision did not include the whole earth, but its global shape was plainly distinguishable and its outlines shone with a silvery gleam through that wonderful blue light...the sight of earth from this height was the most glorious thing I had ever seen...

Something new entered my field of vision. A short distance away I saw in space a tremendous dark block of stone, like a meteorite. It was about the size of my house, or even bigger. It was floating in space, and I myself was floating in space.

An entrance led into a small antechamber. To the right of the entrance, a black Hindu sat silently in lotus posture upon a stone bench...I knew that he expected me. Two steps led up to this antechamber, and inside...was the gate to the temple. As I approached the steps leading up to the entrance into the rock, a strange thing happened: I had the feeling that everything was being sloughed away; everything I aimed at or wished for or thought, the whole phantasmagoria of earthly existence, fell away or was stripped from me---an extremely painful process. Nevertheless something remained; it was as if I now carried along with me everything I had ever experienced or done, everything that had happened around me. I might also say: it was with me, and I was it. I consisted of all that, so to speak. I consisted of my own history, and I felt with great certainty: this is what I am. I am this bundle of what has been, and what has been accomplished.

Source: Carl Gustave Jung in, *Memories, Dreams, Reflections*, Chapter 10.

Notes:

July 22, 2020

Meal Gratitude Exercise

Focusing Exercises

Centering our attention on a single object, like a meal set before us, for a sustained period of time cultivates the capacity to still the mind through focusing. When we fill the screen of our minds with one-pointed focus we eclipse and eventually eliminate other distractions, including chattering thoughts. The object of our attention may be the breath, a mantra, visualization, sensation in a part of the body, a repetitive activity, an external object, etc. Over time it becomes easier to keep the flow of attention on the chosen object. Distractions become fewer and more short-lived. Depth and steadiness of attention develop. Our mind becomes more peaceful. We are able to generate, and fully experience gratitude. We enjoy a sense of wellbeing.

Exercise Goals

- Anchor, associate into, fully experience, and prolong moments of heightened self-awareness, gratitude, and wellbeing.
- Intentionally enhance self-mastery.

Objectives

- Slow thought,
- Observe thought,
- Generate gratitude and wellbeing,
- Intentionally direct thought and behavior patterns,
- Appreciate food with heightened sensory awareness from a metacognitive perspective.

Meditation

Set aside a quiet time to eat alone in a pleasant space with minimal distractions. Ideally this would be an eating experience without time constraints. However, feel free to do this even for a short time with one food item (a snack). This exercise works best with whatever food you think and feel is good for your body. Working with processed foods could prove problematic.

1. Please refrain from multitasking in *any* way.
2. Choose to be 100% present and focus only on the enjoyment of eating, and gratitude for your food.

3. Place the food items before you, fully take in and observe the presentation, color, contour, and aroma of the food.
4. Generate gratitude for having access to enough nutritious food to eat.
5. Close your eyes and visualize how each food item was grown and produced. See it growing in the soil.
6. Consider:
 - The soil quality, sun, and rain,
 - The fields, gardens, pastures.
7. Visualize:
 - Those who planted, weeded, harvested, and transported the food (*e.g., gardeners, farm workers, truckers*). Witness them at their task in your mind's eye.
 - Those who received and displayed/shelved the food in the place where you found and purchased it (*e.g. farmers market, supermarket, co-op, CSA*)
8. How was your meal prepared? Slowly and appreciatively visualize each step of the process.
9. How far did your food travel from where it was grown to its arrival on your plate? Process of the food's preparation in your mind's eye. Was it prepared for you?
10. Allow gratitude to well up within you for the Earth that provided all of the elements in the food and those who worked to produce the food you are about to eat.
11. Linger with and fully feel gratitude for a while, imagining your heart center opening like a blooming rose radiating gratitude through your whole being and out to the world.
12. Imagine how the first bite of food will taste when you put it into your mouth. Observe how your taste buds and salivary glands respond to your imagination of the food's taste.
13. Acknowledge the beginning of the meal cycle by stating: "*Good in the beginning, good in the middle, good in the end,*" before you take the first bite.
14. Feel the movement of the muscles in your arm, hand and fingers as you pick up your eating utensil and put the first bit of food into your mouth.

15. Fully enjoy the first contact between the food and your tongue.
16. Focus on the texture, mouth feel, and taste of the food as it is shredded and dissolves in your mouth.
17. Feel your taste buds respond to the food in real time.
18. Feel the activation of your salivary glands and the saliva in your mouth.
19. Be aware of how the food feels between your teeth as you chew.
20. Chew very slowly, fully enjoying every mouthful.
21. As you chew, count how many “chews” it takes until each mouthful of food is pureed and pulverized before swallowing it.
22. Each time you swallow a mouthful of food, become aware that it is being gradually broken down by peristalsis and the enzymes in your digestive system into smaller and smaller particles.
23. Imagine the small molecules of your food passing through the cell membranes in your body, into your bloodstream nourishing, regenerating and rejuvenating your entire body.
24. Feel your lifeforce strengthened.
25. Amplify and deepen gratitude with each bite.
26. Allow yourself to feel waves of wellbeing emanating from the food as its nourishment moves throughout your body. Imagine it carrying light and healing energy throughout your entire being.
27. End the meal in gratitude with the aspiration for your own wellbeing and that of others.

Notes:

July 23, 2020

CSE Practice Group Dynamics & Deep Listening

CSE practice sessions revolve around sharing and deep, active listening to the experiences peers have had with the practices. Each of our experiences is unique, so we learn from each other.

We refrain from cross talk in order to honor the experience of others and facilitate their full self-expression. CSE practice sessions are not conversations. Knowing that we will not be interrupted and no one will judge, make comparisons, or express an opinion about what we say, frees us to speak from a deeper place. (See Group Agreements below)

Most of us are unaccustomed to not being able to chat, engage in banter, offer our opinions, give advice, affirm or disagree with what has been said. The impulse is so irresistible for some that they become very uncomfortable and feel constrained if they can't jump in and add their thoughts when others speak.

Those of us for whom external validation and approval for ideas and experiences that we share may find the CSE group process equally challenging. Practitioners are invited to stand in the integrity of their own personal inner truth and build the capacity for self-validation.

The third key CSE practice group process that we activate is **self-observation** as we listen deeply to others and refrain from commenting. We are asked to bear witness to our thought processes and how we feel as we redirect our habitual impulses.

Deep listening evokes internal self-discipline and enhances self-mastery. It is an acquired taste that yields a subtle peace born of greater perspective, and is deeply satisfying.

Group Process Agreements

NOTE TAKING IS ESSENTIAL because:

I. The very act of writing simultaneously integrates brain functioning and subjective experience. Writing our insights with a utensil other than a keyboard during small group sessions is, in and of itself, part of a balancing, healing, awareness-expanding process. The kinesthetic process of writing releases emotional blockages within the limbic system in the brain facilitating healing.

II. Practices are incessantly evolving and emerge from community-of-practice participants' direct personal experiences. The kaleidoscope of practitioner experience constantly expands and deepens the practices.

Group Dynamics:

1. Observe complete confidentiality about everything that is shared among us.
 - Choose to share fully or to offer just enough content for others to get the gist of how some aspect of how the practice unfolded.
 - Neither facilitator, nor participants electronically record practice conversations.
2. Listen deeply.
3. Fully respect and be deeply sensitive to everyone.
4. Refrain from crosstalk: As we speak we do not directly reference, comment on, or give advice on peers' statements or experience.
 - After someone speaks, we simply listen deeply and take in what has been offered for our information and edification rather than assess, compare, or verbally do anything with that information.
5. Speak up if you feel that respect and sensitivity have not been demonstrated in some way.
6. The culture of the CSE creates a positive, upbeat safe space in which everyone shares: That is.... Everyone is invited to speak —as many times as needed with the following behavioral and self-mastery provisos:
 - Share only from your own, personal direct experience. We refrain from philosophizing, conceptualizing, mind reading, or lecturing.
 - Say everything that needs to be said yet be mindful not to speak for an inordinately long period of time.

Facilitator Role:

- Reflect back information offered to underscore or clarify through the lenses of the practices,
- Share nuances of a practice and the origins or science behind it,
- Offer enhanced practices for subsequent meetings

July 24, 2020

Is That So? - The Story of Zen Master Hakuin

Non-Resistance, Non-Judgement, Non-Attachment

Zen master Hakuin lived a simple joyful life in a tiny cottage, in a small village in rural Japan. He was a renowned and humble teacher who was held in high esteem for his wisdom and integrity across the countryside. When he wasn't in deep meditation he spent his life working his land in quiet contentment. Villagers felt somehow reassured when they passed by Hakuin's garden and saw the slight half smile on his face as he intently tended to the plants. He would look up and gently nod his head in silent greeting.

One day, a young woman in Hakuin's village became pregnant. Her parents were irate upon learning of her pregnancy and demanded to know who had fathered her child. For a time the young woman refused to reveal the identity of the father to her parents. But finally, under their relentless pressure she confessed that Hakuin was the father of her unborn child.

Upon learning that Hakuin was the father of the child, the parents stormed over to his cottage, stood their daughter in front of the sage, and confronted him with this unthinkable truth. They accused and berated him so loudly for his misdeed that all of his neighbors within earshot could hear and came out to witness the spectacle.

"You have defiled my daughter in the worst way. You have disgraced my family," shouted the father into the face of the silent teacher.

"Is that so?" replied Hakuin.

"How could you do this, you who we all respected and revered? You are not a great teacher, you are the lowest of the low yelled the mother."

"Is that so?" replied Hakuin.

And with that, the parents grabbed their daughter roughly by the elbow, angrily turned their backs on the silent teacher, and indignantly returned to their dwelling.

Word of Hakuin's wrongdoing spread far and wide over the countryside. Feeling a deep sense of betrayal followed by anger, the people who had cherished him and all but one of his students abandoned him. Hakuin was shunned by the townspeople, alone, and isolated. His reputation was ruined.

When informed by his last student of how despicably people were talking about him, Hakuin replied, Is that so?

When the baby was born the parents again dragged their daughter with her child before Hakuin.

"You did this, so you will take full responsibility they shouted, thrusting the infant toward him."

"Is that so? replied Hakuin. And gazing adoringly at the baby Hakuin gently, with the greatest tenderness took the child into his arms and went into his cottage.

For one year Hakuin lovingly nurtured and cared for the baby as if she was his own. The child was surrounded by love and compassion. Hakuin and the baby grew deeply bonded.

During that time the young mother felt so tortured by what she had done and the shame that she had brought upon those around her that she could bear it no longer. She admitted to her parents that a local shopkeeper and not Hakuin was the father of the child.

Whereupon the parents appeared again at the Hakuin's doorstep to contritely inform him that the shopkeeper was the child's father and beg his forgiveness for the mistake of accusing him.

"Is that so?" replied Hakuin.

They also informed Hakuin that they were taking the baby back. Without even giving the sage a moment to reply, the embarrassed parents plucked the child from the teacher's arms, abruptly turned away, and left.

As Hakuin watched the family scurry away with the child he said to himself, "Is that so?"

Notes:

July 25, 2020

May Our Hearts Break Open to the Pain of the World

May We Humbly Serve as Transducers

Let us soften, open, and *skillfully* surrender for a moment to the excruciatingly painful side of heightened awareness. There is no such thing as an unbalanced equation. Aversion is the inevitable flip side of that which is pleasurable. One cannot exist without the other.

May we stand assuredly in that place of clarity — in the frequency of self-as consciousness.

May we determine to let our consciousness touch, transmute as much of the pain as we're able without melding with it, AND uplift without letting the undertow sweep us to the depths.

Together, may we pluck up our courage and contemplate children separated from their parents, some with no path of breadcrumbs to lead them back home.

May we hold the space for millions who perpetually teeter on the edge of the endless jobless doldrums, eviction, and gnawing hunger.

May we allow our hearts to break open for the world.

There is no time or place for guilt in this space. Unwarranted guilt is a useless emotion. You are safe in order to be an active, loving, engaged beacon of becoming.

Whatever our chosen form of activism, our effectiveness is exponentially deepened when we are not pulled into the miasma of the 3D Matrix fray.

Collectively, arms figuratively locked in solidarity in our inner landscapes, may we circulate and aerate the heat of the pain through the cool, fresh, filigree net of our collective consciousness. May we serve as transducers of energy in service to those who suffer.

May we send clouds of compassion that hold the space for healing the most severely afflicted as we *all* pass through the gauntlet inherent in the covenants through which we'll *all* grow.

How many people do we know who have undergone, borne and surmounted horrifically abusive conditions, to become extraordinary peacemakers, healers, and exemplars of what transformative healing can be? We all have intertwined pre-birth contracts —champions, oppressed, infirm, and activists alike. Again, there is no such thing as an unbalanced equation that doesn't seek equilibrium.

Pain experienced in one way or another is our collective crucible of transmutation in the material octave. The unilateral experience of those who have transcended is sustained, intentional focus on a way of being that is beyond the current environment.

May we all SEE the mountaintop AND generate visceral, felt sense of the promised land.

Notes:

[illegible]

July 26

Egoic Constructs I.

Egoic constructs are the elements that form the individual personality structure of the 7.5 billion avatars into which the unified field projects consciousness in this particular reality frame, and through which it evolves.

Egoic constructs are also known as:

- Koshas (Upanishads)
- Masks we wear
- Personality structure
- Personas (C.G. Jung)
- Self with small “s”
- Third dimensional points of reference
- Roles that we play
- Sheathes
- Veils/levels of maya

Our individuated unit of consciousness relates to the material world of form through roles, or points of reference with which others around us can identify. Examples of roles/personas would be: parent, adult child, race, sibling, self around authority figures, professional self, class, partner, etc. etc. etc.

Egoic constructs are like lampshades temporarily covering the light of our true-selves while we are in physical embodiment. Some of the egoic constructs are part and parcel of our pre-birth contract, the “conference packet” for this particular lifetime. We create others as we make repetitive choices from day to day. The set of ego constructs and the life circumstances with which they are intertwined are for our maximum learning in this life.

Ideally the light of true-self shines brilliantly from the frequency of self-as-consciousness right through the egoic constructs, and into the world of form. However, more often than not, we over-identify with our avatar and consequently with one, or many of egoic constructs. Very unfortunately we begin to think that we ARE the avatar, and we ARE the egoic constructs.

We characterize the degree to which light flows through our egoic constructs as:

Transparent: The light shines through brightly and fully most of the time. When we experience these personas, we feel content, joyful, and sometimes euphoric. We experience our fullest self-expression in these roles.

Liminal: The light shines through partially, or only in certain circumstances. This feels frustrating, confusing and conflicted.

Opaque: The light is substantially obstructed, or blocked; this feels painful inasmuch as we feel cut off from expression of the deepest dimensions of ourselves.

Our task is to become skilled at remaining perpetually aware that we are consciousness in an avatar rather than egoic constructs which are just surface elements of the vehicle through which we relate to the 3D world.

To that end the following questions are food for thought about our personas, why we play roles in the way we do, and how they serve our growth.... or not.

Egoic Construct Questions:

1. What are your "go-to" stories about your life?
 - What are the first statements you make when you describe and initially introduce yourself to others?
 - Why do you choose those particular elements of your life?
2. What kind of picture do you want to paint of yourself for others?
3. What is your most opaque egoic construct/role?
4. What is your comfort level playing this role or identifying this way?
5. How are you viewed by others playing this role or identifying this way?
6. Do you have a sense of how others see you in this role?
7. What prompts you to play the role in the particular way you do?
8. What benefit do you derive from playing the role the way you do?
9. What are the challenges and downsides to the role?
 - Are you addressing the downsides?
 - If no, what precludes your addressing the downsides?
10. Are you growing and evolving in this role?
11. What have you learned thus far from the role?
12. If you could, would you free yourself from his role? Why?
13. What needs to change to enhance transmission of more light through this construct?

July 27, 2020

Review and Reflect I.

How is a seminal trauma on tray #4 linked to your most challenging or prevalent existential fear?

How is a habitually experienced existential fear linked to the developmental dropped stitches that turned up in your inner child work?

How are dropped stitches in inner child development related to intergenerational trauma.

How does intergenerational trauma exacerbate existential fear?

How might seminal trauma, existential fear, dropped developmental stitches and intergenerational trauma fuel blockages experienced when you are in the personal/role of your most opaque egoic constructs?

How does all of the aforementioned material figure into what you experience as your “edge,” the point beyond which it’s exceedingly uncomfortable to pull back the veil, or take the next step toward self-transmutation?

Notes:

July 28

Biomimicry

We will... Make Like the Mycelium

Let's allow our attention rest on the consummate network of planetary networks,

the central nervous system of the planet's natural world,the mycelium.

Mycelium are self-organizing, fungal membranes that form vast **underground** networks in the soil. They are self-learningconstantly experimenting and gaining knowledge.

Similarly, the most enduring human movements are those whose filigree roots are meticulously cultivated deep underground.

.....Networks whose memberskeep their heads below the barrier.

They don't shout, "We're here, we're here," but like the mycelium move quietly, often silently.

We will Make Like the Mycelium

....Methodically, inexorably building an intimately netted, organic,
....adaptable foundational stratawith purposeful, focused intentionality.

The planet's mycelial network has been described as a discrete subspace domain that can be conceptualized as a vast microscopic web, an intergalactic ecosystem, or an infinite number of roads leading everywhere.

We will... Make Like the Mycelium

The organization of neurons in the human brain and body mimics that of mycelium as does the organization of the internet.

Mycelium are the growing 'stem' cells of fungus that establish microbiomes and ecosystem landscapes. They have an innate ability to recycle nutrients and stream them so they become available to other organisms miles away in the environment.

Effective networks and movement likewise recycle..... learning from the potholes, rabbit holes and mistakes of initiatives that have gone before. They shine a cleansing light on, and transmute the baggage brought forward from

past experiences. They build-in redundancy, communicate fluidly, and again, quietly, methodicallywidely share the emergent nutrients of their work.

Mycelial networks close the energy cycle in ecosystems with decomposition and by breaking down molecules to allow nutrients to be accessible that were previously locked away.

Networks and movements that endure and are also impactful, consistently slough off outworn thinking and ingrained behavior patterns which no longer serve the evolution of the whole.

We will Make Like the Mycelium

There are 8 miles of mycelium in an inch of soil.

They are highly evolved sensory membranes. When you walk on them, they know that you are there. You can't hurt them because if there is a break in their web, in their mat, they will find alternative ways to stream nutrients. When you break it it just fork and continually branch.

Millions of tiny threads spread out as they gain territory. Mycelium not only grows and consumes for the survival of its own species but also for the benefit of the entire ecosystem.

They connect many organisms throughout the soil, often species of different plants. They facilitate plant communication and transfer nutrients amongst species.

We will.... Make Like the Mycelium

The mycelium can even act as a carbon storage facility that stands ready to reinvest the carbon into plants in the most challenging times.

We are **All** in challenging times.

We will methodically, inexorably weave an intimately netted, adaptable, organic web that holds the space for a robust, resilient, remnant through the challenges that lie ahead. We will do so with steadfast extension of dispassionate, compassion and joyous hearts.

We will.... Make Like the Mycelium

As Albert Camus wrote in his novel *The Outsider*: "The only way to deal with an unfree world is to become so absolutely free that your very existence is an act of rebellion."

I offer the aspiration....

.....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

July 29 - No Cell Sent

Notes:

July 30, 2020

Silence

Silence is a delicious phenomenon from which all creativity flows.

Let's take a moment before we begin a short journey inward together to experience silence.

Before our short story begins,

Right where you are,

Stop moving around.

Be still.

Still the self-talk in your mind. And let's listen to silence for a moment.

Focus all of your attention on listening deeply in silence to the space around you, where you are located. What do you hear in the silence? What do you sense?

- **Observe a minimum of 2 minutes of silence.**
- **Jot down a few words that capture your experience.**

Now let's take an internal walk.

Imagine in your mind's eye that you're strolling through a meadow toward a hill on a bright, sunny spring morning. You've decided to spend every free moment you have outdoors, experiencing the natural world.

You've visited this meadow before.

You've seen the intriguing building at the top of the hill before.

The locals call it the dwelling place of silence, but you've never ventured up the hill to explore.

There's a path that leads to the top of the hill and on this bright, sunny spring day, that exploration is your intent.

The trees that border the meadow, the grass, and the bushes are a sea of delicate, early spring light green. Feel a slight breeze on your face as you walk for a time to cross the meadow to the foot of the hill. The air is fresh and pleasantly cool. Smell the freshness and experience the newness of spring. The sunlight warms your skin.

Feel the lightness of your clothing on your body and the increasing exertion in the muscles of your legs as you experience the incline of the land in your approach to the foot of the hill.

You are beginning your ascent.

The path winds around the hill and isn't too steep so you're able to make the climb with relative ease, enjoying the song of birds, and plant life awakening to spring.

As you get closer and closer to the top of the hill and the building at the summit comes into closer view a pervasive, increasing sense of calm, peace, and stillness is in the atmosphere. There is no longer any birdsong.

There is no longer any sound at all.

All is silent.

As you walk closer and closer, the structure,.... the building..., now a short distance away is more and more breathtaking than you could ever have imagined.

The building takes on the shape and appearance of your highest, broadest, and most expansive consciousness. It is noble in its lines. It is harmonious in its architecture. It's radiant luminescent reflects the sun, AND somehow light emanates from its own energetic magnificence.

As you approach the portals of the structure, the coloration and details of the building become apparent. Take in the vision of the unsurpassed beauty before you. Notice what material the building is made of. See your hands on the entryway portal. See the threshold.

Become aware that no word has ever been uttered in this place. You are filled with a sense of awe and excited expectation. Begin opening the doors knowing that when you do so, you will be surrounded by peace in the silence.
ENTER.

Upon entering a vast, light filled room opens before you and you are slowly, gently infused with the high frequency, radiant energy of the space. It's hard to

tell what or where the light source is. You are welcomed. You are drawn in by the atmosphere of stillness and peace all around you.

Walk forward, looking around as you go. Walk into another open space that's under a massive, luminous dome. The light emanates not only from the rays of the sun striking it, but seems to spring from within, and to be concentrated in an area of radiance just in front of you.

Enter this area of light-filled silence.

Feel gently absorbed and lovingly held by it. Beams of beneficent, warm, powerful light envelop you. Let the peace, the light, the silence pervade you. Feel it flowing through your veins and permeating every cell in your body.

Remain in this luminous silence for a couple of minutes. You are aware, awake, alert yet totally at peace. Silence is a living quality and not just the absence of sounds. So, listen to the silence.

Observe silence for a minimum of 2 minutes.

Slowly walk out of the radiant area, back through the magnificent, cavernous rooms of the building, over the threshold, and back through the portals.

Outside, open yourself to the full, beautiful impact of spring. Feel the gentle breeze again, and drink in the delicate ephemeral light green of fresh growth, new evolution,.... life begun anew.

Record and reflect upon any aspect of your experience of silence.

Notes:

July 31, 2020

Self-Observing – Meditation Rubrics

Christian, Buddhist, Humanist-mindfulness, Kabbalistic, Sufi, Taoist, Transcendental, Vedic, and Hindu, Yogic, and other esoteric self-observing, contemplative, and meditative traditions fall into the broad rubrics below:

Focused Attention: cultivates single pointed focus and calms chattering discursive thought. The point of focus may be the breath, a sound/mantra, a visualization, part of the body, a repetitive activity, an external object, etc. Over time it becomes easier to keep the flow of attention on the chosen focal point. Distractions become fewer and more short-lived. Depth and steadiness of attention develop in time.

Open Monitoring: takes in all aspects of present experience, without judgment or attachment. All perceptions, internal thoughts, feelings, memory, etc., and external stimuli (e.g., sound, smell, etc.), are gently acknowledged and then released from awareness. This is dispassionate, non-reactive monitoring of the content of experience from moment to moment, without delving into it.

Effortless Presence: refrains from focusing on anything in particular. The mind rests in an expansive consciousness frame – quiet, empty, and steady.

Modality-specific Focused Attention Practices

Auditory

- Focus attention on a background noise: Air conditioner, air heater, loudly ticking clock, lawn mower, leaf blower, traffic outside of the window, OR,
- Focus mentally on the sound of two or three syllables which mean nothing but end in a soothing or warm, humming vibratory sound. “eem” and “ing” are such endings. Mix and match syllables that make

you comfortable but which have no intellectual content. Focus on sound not words.

- Repeat the syllables in your mind. *You don't need to say the syllables out loud.* Fill your mind with the sound using it rhythmically, thinking of nothing else.
- When you start, the syllables will be distinct. As your attention stabilizes on the syllables for a time, blur the syllable into a monotone hum.
- Hold your attention on the hum. If thoughts impinge, bring the sound back to the individual syllables.

Visual

Geometric Shapes - Imagine a:

- Black and white soccer ball slowly rotating.
- Red and blue soccer ball slowly rotating.
- Slowly rotating (one at a time) sphere, cube, cylinder, rectangle, triangle of different colors.

Nature scenes:

- Choose a beach, forest, or mountain meadow scene for example and associate into a multisensory experience of one of the scenes. For example, in your mind's eye watch and hear the ebb and flow of ocean to the shore, feel the moist warm sand under your feet, the salty mist of ocean spray on your face, the smell of seaweed and marine life.
- Start with the complexity of the entire scene and then choose simpler elements on which to focus. For example simplify from the beach scene to a smooth glistening stone, a seaweed frond, a piece of driftwood, or a grain of sand. Focus perhaps on a beetle in the forest scenario.
- Let the process of simplification unfold naturally.

Kinesthetic: Allow the tactile sensations of cool air or water on your warm skin, petting a silken haired animal, mud squishing up between your toes, the feel of a scratchy wool shirt, satin, or burlap to fill your mind.

Olfactory: Focus your attention on the smell of freshly baked bread, a skunk, a rose, stagnant swamp water, a pine forest, freshly mown grass, a closed musty room, smoked cheese, hospital disinfectant, or fresh lemon.

Gustatory: Imagine the taste buds on your tongue experiencing salty, sweet, bitter, sour, pungent (*spicy*) or astringent (*mouth puckering/tightening*) tastes as the sensations fill your mind.

Tips: Gently usher the intellect and streams of thought out of the way. Avoid getting snagged on “doing.” This is not another technique to learn with the intellect to force ourselves to be in a meditation state. This practice is about experiencing and being with ourselves, not doing. ENJOY YOURSELF.

Notes:

[illegible]