



Imaginal Cells

practice prompts emailed daily



Imaginal Cells June, 2020

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May 30, 2020

We are Multidimensional Beings

In the awesome complexity of our third dimensional avatar form...

We are stardust, billion year old carbon, birthed from stars that gave their lives for our creation.

We are 60% water at the molecular level.

We are flow....an incessantly transforming amalgam of metabolic and cognitive processes.

We are predominantly space at the quantum level.

This degree of biological magnificence is only fitting for a vehicle that temporarily houses the vastness of our true-selves as consciousness.

Notes:

May 31, 2020

Calmly Abide Discomfort

Observe.

Watch and witness what *is*.

Be with what *is*.

Do not turn away, minimize, **nor** be pulled into the vortex.

May our hearts be open yet calm and coherent.

Listen and learn what the message inherent in each moment is for growth and discerning the most impactful positive path, no matter how excruciating that moment may be.

We suffer because we want life to be different from what it is.

We suffer because we push away what is inherently painful about the human condition and is made visible for our growth in our pursuit of pleasure.

We suffer because we want what is inherently fluid, ungraspable, and transitory to be fixed, solid, and secure.

The cessation of suffering is possible when we learn to calmly abide, ride out and surmount the discomfort and pain that are necessary for growth.

To rail against...to rage... to flail against ...is to be in the thrall of blinding limitation that inadvertently precipitates more suffering.

The degree to which we can calmly abide and expand awareness is the degree to which the pain will subside, and/or transmute itself into a more digestible form.

May our hearts be open yet strong and coherent.

Notes:

June 1, 2020

Be Love

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. That is 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.

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.

Yes indeed, as human avatars, we are recycled carbon, stardust.

At the molecular level we are mostly water.

We are wave-like flowing energy that appears as particulate matter when perceived with third dimensional, five sense-focused eyes.

Yes 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.

June 2, 2020

Mind Mastery

Neural Plasticity and Cognitive Restructuring

Sustaining non-dual awareness, becoming love, doesn't happen by osmosis. It's a process,.... a masterable process.

Once we have the tools at our service we simply need to fully embrace the process as a lifestyle, an ever-rewarding practice.

Neural Plasticity and Cognitive Restructuring

Mastery of our minds is essential to living in alignment with our highest selves, i.e. with Love. Such mastery involves working intentionally, creatively, and consistently with our brains. Mind is the brain in action. Our three-pound brains, composed of 85-100 billion neurons, each with about 10,000 synaptic connections are completely malleable and plastic. We can train our

minds to change the physical structure and the function(s) of the brain. If we continually pay attention to, and purposefully direct our thought processes we can gain tremendous self-knowledge. Until we begin to consistently work with the dynamics of our longstanding habits, belief systems, points of reference, and patterns, these processes run us. The brain defaults to what is familiar, not necessarily to what is healthy and growth producing.

The degree to which we work with and master the architecture of the mind-brain so that it gets out of the way of our true selves, is the degree to which we live happy, healthy, growth producing lives.

The degree to which we grow and evolve is the degree to which the larger consciousness system also evolves.

We are in the drivers' seat. We have the wherewithal and the tools to take command and control over our lives. We can set the course of the contribution we make in this lifetime, at any age.

The question becomes, How much do we want to be our best selves? —*the vast consciousness that is love housed in temporary vehicles designed for a sojourn on Earth.*

June 3, 2020

True Happiness is Not Above Our Pay Grade

True happiness is **not** above our pay grade. Happiness is well within reach when we know where to look and steadfastly focus our attention.

Our aspiration is to experience and *live into* indestructible happiness so that we can truly be of assistance to people and all sentient beings.

Being of service to those who are suffering does not mean that we have to be suffering martyrs. In fact if we radiate the frequency of suffering ourselves, we compromise our ability to have an enduring impact at all.

Sustaining non-dual awareness for longer and longer periods of time is a key to indestructible happiness.

We think 60,000-70,000 thoughts per day, 75%-95% of which are the same thoughts we thought yesterday, the day before that and five years ago. The preponderance of that percentage revolves around worry, anxiously planning, feeling inadequate or mistreated, and suffering! We are habituated to focusing our attention and aligning our energy with states that range from discomfort at one end of the spectrum to misery at the other.

The plasticity of our neuronal pathways is such that habitual negative thoughts continually imprint upon, and bolster unhealthy pathways that do not serve us, and reinforce corrosive emotional and behavioral patterns. We reflexively —most often unconsciously, live our lives through the automatic filters of past familiar, or traumatic experience. Yet, and still, while we're caught up in this seductive vortex of negativity and drama, we continue to yearn for and expect an improved quality of life! What's wrong with that picture?

We may know that if we deliberately break this pattern —if we do something different, we'll be happier. But that which is familiar, even if it's excruciating, often seems easier to deal with than venturing into the scary unknown, —even if the unknown is joy!

Pause for a long refreshing moment and consider what it would feel like if our thoughts, behaviors and habits were to revolve around joy, happiness, and contentment most of time! What aspects of our lives would shift if we divested our energy from battling our way through life with furrowed brows, and allotted it toward deliberately crafting lives that generate joy and wellbeing?

What would lives like that look like, feel like? What is it about our current thought, emotion and behaviors that would need to change in order for that to happen? Are we willing to fundamentally disrupt our familiar, juicy drama and misery-laced comfort zones to let happiness in?

Our capacity to be of true service to others and the planet, is intricately connected to how deeply we want to live in joy.

June 4, 2020

Lifting Up Emotion

Let's cease trying to make ourselves feel better, and focus on becoming more adept at the process of feeling.

Human minds seek to make meaning and find purpose using whatever information is available. Global society is on an unsustainable course because the meaning we've made of the world has historically been erroneously based on the illusion of separation and disconnection. Beginning with the ancient Greek notion of the dichotomy between human beings and the cosmos, Western civilization has been built on the flawed cognitive foundation of duality.

An antiquated view of reality that no longer serves us remains our primary frame of reference! It is the prism through which most of us see the world. It is grounded in centuries old Cartesian philosophy and Newtonian science that hypothesized on the basis of what could be seen with the naked eye! Our attitudes, beliefs, behaviors, and the choices we make all proceed from how and what we have been trained to see for generations, AND what we automatically filter out of conscious awareness.

Emotion in particular was deeply vilified with the advent of Rene Decartes' philosophical splitting of thinking and feeling, mind and body. Descartes banished emotion to the realm of the "primitive," and society proceeded to fuse messy, devalued emotions with femininity. This misconception continues to permeate every aspect of Western thinking.

Yet our emotions are the *essential* navigational system that we need to operationalize in the expansion of our awareness to include perspectives beyond the 3D, sense-world reality frame.

Let's embark on a path together to see our emotional navigation system with fresh eyes. Learning to: relax into, rather than turn away from strong emotions, befriend and skillfully work with intuition and emotional guideposts is a recipe for exponential growth and evolution.

NOTE

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.

June 5, 2020

Choose to Live Fully

Each step is all there is

A lifetime is a compendium of choose-your-own-adventure decisions that present in each and every moment.

The decisions we make are all there is and determine all that will be.

So dare.

We can habituate ourselves to becoming keenly conscious of choice-points as they present, and dare at each juncture to live *fully*.

We don't need lofty or magical credentials. We're here. We're alive. Life is the only permission that we need to open fully to emergent possibilities.

Dare to take intuitive risks that feel right and in alignment with the integrity of your true-self.

Summon the courage to make, learn from and surmount mistakes.

Irrespective of whatever mistakes we may make, there is necessarily a blank page, a fresh new opportunity in the next moment.

Notes:

June 6, 2020

Awareness of Systems Within Systems

Internal self-transmutation practices are not a set of “special” activities distinct from navigating a pandemic or responding to a meltdown of social order. Pandemics and the disruption of social order are the upshot of a collective lack of self-awareness. They are best addressed by **deeper** self-awareness, and they compel us to either look within and work on ourselves so as to **expand** self-awareness **Or not.**

If the internal work is done by a significant swath of people, they precipitate a tipping point whereby the lines of force on the planet shift to facilitate evolution toward wholeness. If not, the hellishness inevitably reemerges, *most often in an even more heinous form.*

We live in an intimately responsive dance of interconnection. Pandemics that disrupt our food supply chain and economic infrastructure in a nanosecond pull the curtain back on just how interrelated everything is. Yet it took a pandemic and social meltdown to bring this to our awareness because we’ve been enculturated with the deeply ingrained reflex to compartmentalize and focus on our *apparent* separateness.

Systems —political, social, economic, educational, healthcare, law enforcement systems and food supply chains; human bodies, communities, and ecosystems are most fully understood through the prism of integration that recognizes how all of the parts relate to each other and to the whole. In fact, the *relationship between things* is often more pivotal than the things themselves. The condition of these interrelated systems mirrors our state of consciousness at any given point in time.

The human condition is such that we easily get caught up in the seductive drama of it all and forget that our own collective unconscious precipitated the suffering. Once the protests cease, any attempt at lasting change will require us to own it. That’s not an indictment or an invitation to beat ourselves up. It’s simply an observation that active, conscious, sustained self-transformation is an antidote to the unconscious living that generated the mayhem. Not kumbaya navel gazing, but dynamic, skills-sharpening learning how to live into our true-selves is the need of the hour.

Systems within systems interact continually at multiple levels and cannot be fully understood in isolation. We are part of one, unified web of relationships. We are now called to act accordingly if we plan to collectively thrive in a *radically* altered and perpetually changing future.

June 7, 2020

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, 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.

Notes:

June 8, 2020

Self as Process

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.

Notes:

June 10, 2020

Silence Quotes

Silence is delicious.

Stillness is the true-self-nurturing cessation of activity.

Seeking, striving, and doing stops as we remain in open readiness to receive.

If we are open and empty of expectation we receive.

Unbalanced equations are not sustainable. In order to compassionately give, we must also learn to receive.

Have we taken time today, however brief, to be in silent readiness to receive?

Enjoy the sentiments of fellow travelers who have been signposts over the centuries:

“The ultimate truth is wordless.

The silence within the silence.”

—Pirke Avot

“Be Still and know that I am God.”

—Psalm 46:10

“Let silence take you to the core of life.”

—Rumi

“The complete stillness of the brain is an extraordinary thing; it is highly sensitive, vigorous, fully alive, aware of every outward movement but utterly still.”

“To Realize the Self is to be still.”

—Ramana Maharishi

“Nothing in all creation is so like God as stillness.”

—Meister Eckhart

Empty yourself of everything. Let the mind rest at peace.
Ten thousand things rise and fall while the Self watches their return.

They grow and flourish and then return to the source.

Returning to the source is stillness. Which is the way of the Tao.”

—Lao Tzu

“In the stillness of the mind I saw myself as I am: unbound.”

—Nisargadadatta Maharaj

“The secret of the receptive must be sought in stillness.”

—Zhou Xuanjing

“Compose yourself in stillness, draw your attention inward and devote your mind to the Self. The wisdom you seek lies within.”

—Bhagavad Gita

Notes:

June 11, 2020

How Do We Hold The Pain?

There is a Zen saying:

Before enlightenment, chop wood, carry water.

After enlightenment chop wood, carry water.

This refers to the perspective we bring to the perpetual, often painful challenge of the human condition. (*The human condition being the inherent discomfort of being consciousness projected into a carbon unit avatar.*)

A continuum of pain, *ranging from malaise outside of our comfort zone.... to limitation and constraints.... to excruciating experiences...* is essential for growth.

The opportunity for accelerated growth and evolution emergent from the choices we make subject to the constraints of the 3D matrix “rule set,” is why we’re here in the learning lab which we call Earth.

Pain is a given. There can be no light without darkness, fullness without emptiness, happiness without sadness.

Struggle however, the degree to which we suffer in relation to the pain we encounter, is a reflection of our inner world.

When we wake up, when enlightenment flickers and dawns, pain is still present.

We continue to chop wood and carry water. Yet suffering lessens and may cease.

What has changed is that the resistance to “what is,” has stopped.

This doesn’t mean that we spend our time contemplating our navels as opposed to taking action in the outer world. It simply means that the often emotionally debilitating “*sense of struggle*” has been dropped, and/or the one who struggles is seen for the 3D avatar that it is. Our vantage point has shifted. Our field of awareness has expanded.

June 12, 2020

Attention

When we consider...

...Job's lessons derived from his suffering,

...The Buddhist sage [Milarepa, required to repeatedly build, tear down, and rebuild tower walls](#) for his teacher Marpa, or,

...mythological Sisyphus pushing a boulder up the mountain, knowing that it will invariably roll back down...

It's obvious that by definition, the human condition certainly isn't a cake walk and at times it can all seem pretty hopeless. That is, if hopelessness is where we choose to focus our attention.

Our sustained **attention** and where we consistently direct it determines how much we learn in our 3D matrix classroom, the pace at which we learn it, and the quality of our consciousness.

And since we're inseparably part and parcel of all that is, whatever enjoys our sustained attention precipitates and contributes to either the upliftment or degradation of all that surrounds us.

There is always choice, a "decision space," however small that may be.

If Sisyphus chooses to bracket his attention on the apparent hopelessness of his fate, his pain, amplified by constant attention, becomes the wretched despair of perpetual suffering.

IF, as he pushes the boulder up the hill, he notices an enchanting flower growing out of a crevice of the mountain rock face and takes pleasure in its beauty,

IF he gazes upward and momentarily rejoices in the stunning azure blue of the sky above him,

IF, he looks across the mountain and sees someone else simultaneously pushing their boulder up the mountain and makes deeply supportive and nourishing eye contact,

Sisyphus will have deliberately chosen to intersperse and appreciate moments of joy in the midst of his pain.

While he is keenly aware that the pain of his preordained condition remains, his suffering is alleviated or diminished.

May we carefully choose the nature of that which receives our sustained attention.

June 13, 2020

Cultivate Metacognition & Expansion Beyond

The Thought - Behavior Loop

All thoughts set off biochemical reactions that lead to behavior.

Unconscious thoughts produce unconscious behavior.

Unconscious, involuntary patterns of behavior become habits which are neurologically wired in the brain.

Shall we invest some time in systematically making unconscious thoughts conscious?

The Thought - Emotion Loop

Emotions are the chemical results of events encoded in the brain and various neuron clusters in centers throughout the body.

When we have a thought about something that frightens us for example, that thought generates emotions which in turn produce chemicals in the brain and body as above.

The chemicals generate MORE fearful thoughts which produce a flood of more chemicals, reinforcing the fear loop which builds supporting circuitry in the brain.

Any sustained feeling (*anger, resentment, sense of injustice, victimhood, guilt, joy, gratitude, wonder*) becomes a mood.

Sustained moods become attitudes. Attitudes translate into ingrained habits.

Sustained habits become cultivated character traits over time, coloring our sense of ourselves.

We program ourselves to automatically and continually think and feel the same way we did an hour ago, a month, a year, 10, 20 years ago. It feels safe.

This may produce an identity comfort zone that affords a modicum of control, but it also stifles growth and expansion.

How interested are we in expanding our awareness and separating out from the auto-pilot programs that run our lives?

Shall we challenge our 3D, sense-world assumptions about who we are?

What would change in our lives if we decided to stop:

Suffering?

Worrying?

Feeling victimized?

Feeling guilty?

Begin to tell the full truth to ourselves and others?

Are we ready for the changes that would ensue?

June 14, 2020

What will it Be, Love or Fear?

There is a very straightforward way to determine whether a thought, emotion, or action serves us as we go about the course of our day.

There are only two overarching emotional forces that govern life in the 5-sense world. They are love and fear with countless derivative manifestations thereof.

We often reflexively assume that hate is the opposite of love.

There is a more accurate opposing correlation.

We'll define love as deep connection, the powerful force of coming together, oneness, an experience of expanded wholeness, unity.

Fear is the opposite of love. Fear is the emotional equivalent of entropy. Entropy is a measure of randomness, separation, disorder, fragmentation and disintegration in a system.

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.

The high entropy state of fear which IS, and drives fragmentation is the definition of poor mental, emotional and physical health.

The challenge is that it's hard to simply let go of fear. "Low-grade fear" is a function of the discomfort of our existence as consciousness projected into an avatar which generates an uncomfortable felt-sense of separation.

For those of us who are *predominantly* identified with the form-focused world, fear is the main driving force in our lives. Fear, inflamed by the societies in which we live permeates our identity.

We can, however, learn and become skilled at shining a spotlight on fear in order to see it for what it is....and isn't.

As a first step, we'd be wise to self-observe until it becomes second nature to continually ask ourselves the question: Is this thought, feeling, or behavior driven by love or fear?

Seen through this lens the choices before us are clearer and we can hasten our growth.

June 16, 2020

Gratitude Series

Gratitude - Health - Wellbeing

Gratitude is a time tested and proven mood enhancing antidepressant. The practice of gratitude is a simple, elegant pathway toward a deep abiding sense of wellbeing.

Gratitude is: 1) acknowledgment of having received something that serves us, and, 2) appreciative recognition of receipt, often from that which is larger than ourselves.

A purposefully sustained, grateful outlook translates directly into our biochemistry.

It boosts the “feel good neurotransmitter” serotonin, and activates the brain stem’s production of dopamine, the “happy chemical.”

Ongoing gratitude practice lifts depression and boosts the immune system’s defense by generating the antibody Immunoglobulin A (IgA).

Gratitude and Heart Health: Cultivated states of gratitude relieves chronic stress which underlies cardiovascular ailments and hormonal imbalances. It lowers cholesterol and elevated blood pressure levels. Gratitude and appreciation also produce heart-rhythm coherence. The rhythm of the heart, the most powerful oscillator in the body, entrains the other organs to harmoniously oscillate in sync, generating a sense of inner harmony and wellbeing.

We’d be wise to set aside 10 minutes per day to practice sustained gratitude. Upon waking, just before sleep, and while in nature are good times.

Notes:

June 18, 2020

The Myth of Adversaries, Enemies, and Opponents

We would be wise to reframe the word “enemy” which carries all manner of emotional and psychological baggage.

“Projected shadow side of ourselves made manifest” would be an infinitely more accurate phrase.

Here’s the thinking...

There is consciousness, the only thing that is fundamental.

There is evolution.

There is one undifferentiated field of consciousness, the quantum field.

That unified field seeks to maximize its evolution through as many variant experiences as possible.

The experiences of 7.5 billion humans, plant life, animal life and countless sentient beings in the matrix reality frame we inhabit aid and abet 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 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.

So demonization of the adversary is a misallocation of time and energy.

June 19, 2020

Sustained Focus and Wellbeing

We are outposts –nodes in one distributed field of consciousness.

Therefore the definition of optimal health at all levels is alignment with that oneness.

Integration is the pathway to oneness.

We have the tools that enable us to use the brain's malleability to consciously and deliberately foster integration.

We can train the mind to change the structure and enhance the function of the brain through self-observing practices interwoven into the fabric of who we are.

Mental presence, i.e., sustained, focused attention is what changes the structure of the brain.

- We observe our emotional diet.
- We cultivate awareness and then choose the thoughts we think.
- We step away from the Matrix, social conditioning, for long enough periods to see the clearer reality that we are.
- When our brains are integrated our minds become coherent and are resilient.

Combine integrated mind-brain with elevated states of compassion and we generate heart-mind coherence. This is the equivalent of internal harmony, equilibrium and wellbeing.

The prerequisite is cultivating enough love and appreciation of ourselves that we

give ourselves the gift of the internal self-discipline that makes this possible.

This is the kind of discipline that is not imposed, but that generates the delicious felt-sense of coming closer and closer into alignment with our authentic self.

June 20, 2020

Our Relationship With Emotion

When we are born we FEEL the world first.

Our relationship with emotions begins in childhood as we engage with the emotions of others.

We feel the world through others before we think it.

Many of us were raised by people who didn't know how to deal with their own emotions and therefore our emotional lives can be confusing terrain for us.

We learn to reject, deny, disown, repress, bypass and most especially, devalue our emotions.

This leads to numbness and/or dissociation.

We can initiate emotional mastery by allowing ourselves to fully feel emotion in the present moment.

Some steps we can take are:

1. Cultivate the habit of pausing at intervals throughout the course of the day to take stock of your emotional and physical felt-sense state of being in that moment. (*BTW: What you are FEELING is the mind's interpretation of these states.*) BE with the felt-sense, directly experienced EMOTION that is reverberating throughout your body and being in the moment.
 - a. To what does the feeling in the moment correspond? i.e. what triggered that state of being?
 - b. What message can I take away from this state. What might I learn about my experience in the moment, my patterns, myself?
 - c. Record what you discover over the course of a day or two and become aware of patterns that begin to emerge.
2. Pay special attention to strong emotions. They are trying to get your attention for a reason.

June 21, 2020

Fear and Chronic Stress Fuel Dread and Worry

Humanity is most easily controlled through deliberate, systematic subjection to fear which then continually generates stress hormones. Survival hormones shift into gear and we experience dread. We worry incessantly. Stress hormones, elevated glucocorticoids, accentuate the “us-them” worldview causing us to believe and act as if we are separate. When we feel fragmented and separate from one another, we are highly manipulable.

Anyone who intends to thrive among the robust, resilient, remnant must learn to live less in survival mode and more in concert with higher frequencies of collaborative thriving. That is, the frequencies of self as consciousness, individuated yet simultaneously aware of and at one with the unified field. Fear generated chronic stress which often manifests as dread and constant worry is the antithesis of this state of being..

When stress hormones are released we contract. Our vital life force is trained on the chemical reactions of survival rather than higher frequency emotions.

Our morphogenic field shrinks and we feel more like particulate matter and less like dynamic waves. In other words, chronic stress forces us to bracket attention exclusively on the 3D Matrix. Expansion of consciousness ceases.

Most people spend 70% of their lives living in survival stress, anticipating the worst case scenario based on past experience. Chronic stress amplified by living in protracted states of fear commands every fiber of our being to be on perpetual high alert. Elevated glucocorticoids continually flood our bodies.

Consider what we might do to reduce or alleviate chronic stress in our lives.

Whether we thrive, surviveor neither, may depend on our liberation therefrom.

June 22, 2020

Build an Emotional Self-Mastery Repertoire

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.

That said...

Be ready.

Become aware of emotions AS they arise and have a healthy response from your emotional self-mastery repertoire prepared for use.

1. Notice and observe how emotions are responses to habitual thought loops. Describe these thought loops for yourself.
2. Consider when it was you learned that there was a threat connected with allowing yourself to experience emotions and feelings?

Trace any disempowering emotion back to the first time you remember feeling it.

- Bring up the scenario/slide.
 - What do you currently do to shut the feeling down?
 - Work with the emotional content in a simulation of your choosing.
3. Ask: What is the hidden, self-protecting intention I have for not feeling?

What bad thing do I think will happen if I allow myself to feel?

- Consider the types of tapes that play in your mind of life experiences that may have soldered “feeling” to punishment and pain in your neural circuitry. Consider for example, the pre-spanking words, “I’ll give you something to cry about,” when tears were how you authentically expressed emotion.

- Consider societal gender socialization, intra-familial attitudes, and intergenerational trauma that may have contributed to your not allowing yourself to feel and express emotion.
4. After you've: 1) explored the underpinnings of key emotional patterns, 2) worked them through in simulations of your choice, and 3) begun to feel confidence building, give yourself opportunities to practice using your emotional self-mastery repertoire.
- Welcome and/or create emotional experiences in, "real" time (*i.e., Matrix time*) that you know will be emotionally evocative. Start with less challenging situations and when you've had some success, increase the intensity of situational emotional content. Examples of this might be wading into challenging family or workplace situations which heretofore unearthed emotions that you didn't want to deal with and turned away from.
 - Observe *in the moment* how emotion arises within you and use your repertoire.
 - Success looks like any combination of: Remaining present to the moment, fully experiencing the emotion without being pulled down a vortex, sustaining equanimous perspective, responding resourcefully in a growth enhancing way.

Notes:

June 23, 2020

Evolutionary Game Theory Got it Right!

Evolutionary game theory now posits precisely what the Vedantic wisdom texts affirmed 5000 years ago.

That is, for all intents and purposes we live as though we're wearing a virtual reality headset. Just as in a computer simulation, when we focus on something, we render it..... i.e., we populate the screen. In essence, through the momentum of sustained focus we are collectively the authors of all that we see.

Question: Why then do things seem so objectifiable and permanent?

Answer: Baked into perceptual psychology is the deeply unquestioned assumption that objects exist independent of our perception. Socialization into 3-D perception rapidly excludes the broader perspective on reality that we bring into embodiment as infants.

According to Swiss child developmental psychologist Jean Piaget, by age 4-18 months, children have been enculturated by parents and caregivers to see objects as solid, or "real."

The only user interface that we readily and typically access is the part of the human brain that allows us to navigate the Matrix. Most of us are ignorant of, 1) its true nature, 2) its function, or 3) its capacity when we learn how to override the enculturated circuitry through visualization in order to step outside of it.

Most conventional scientists [*who want to safeguard their funding*] haven't been able to link the brain to the generation of consciousness because their lenses and premises are matter-centric. That is, they start from the assumed and accepted cornerstone of particulate matter as fundamental, which cutting edge science has proven to be erroneous.

ONLY consciousness is fundamental.

Evolutionary Game Theory, the Vedas, the Upanishads, the Tao-te Ching, and the Sutras all affirm that what consciousness generates,

June 25, 2020

Emotional Self-Mastery

Anger and Righteous Indignation

Anger erupts when fear-driven frustration, chronic stress, and threatened personhood build up and explode. We often try to bottle up and suppress anger because we connect its expression with being socially sanctioned — e.g. fear of abandonment, rejection or marginalization.

Yet, anger which is critical to our survival, is not evil or bad and feeling angry doesn't make us a bad person. Anger is a survival-centered, cover emotion for powerlessness; a state of being that threatens species survival over the long haul.

Bursts of anger pull us out of the sense of powerlessness for a while. We feel a bit of relief.

Anger and its more socially acceptable cousin, righteous indignation, make us feel as though we are taking action, taking back our power, and that we are carving out choices for ourselves. It temporarily builds confidence because we feel as though the unleashed ire has reduced the threat. It lifts the lid off of a corner of the pressure cooker for a while.

It's so seductive for activists who have either felt powerless themselves or who champion the oppressed to embrace unprocessed anger as the fuel that drives their passion. The release of group anger is galvanizing, motivating, and when organized behind a cause, feels absolutely cathartic in the moment.

However un-examined, un-transmuted anger and powerlessness co-exist as partners in an ongoing self-perpetuating cycle. One state arises and turns into the other continually until hopefully, we finally wake up, step off of the revolving wheel, and summon the courage to take a good look at ourselves.

Although the drama of angry catharsis feels good, in and of itself it does nothing to dissolve the underlying cause of the anger. Hurt, chronic woundedness and fear are the underlying engines of anger. We actually use the drama to avoid looking at the underlying lower vibrational states of hurt and fear. It's a temporarily intoxicating escape hatch, an avoidance tool.

Further, it's entirely possible to get addicted to the hormone-racing, angry hyper-arousal of catharsis itself.

So, how can we allow ourselves to authentically and skillfully feel anger in ways that serve us? Like any third dimensional Matrix experience, we let it rise, observe it, and learn from it. Even simple awareness of the root-cause of anger offers some relief. Proposed Process:

1. We don't look away from, but move toward these raw feelings of vulnerability that we encounter when we lift off the cover emotion.
2. We train in being unconditionally present with whatever emotion arises after examining anger. While sustaining metacognitive awareness we allow ourselves to feel it in all of its painful discomfort. We will not get pulled down an emotional vortex if we feel it from a place of learning. We won't disintegrate!
 - We recognize, identify, and acknowledge the origin of the underlying powerlessness.
 - We non-judgmentally speak the truth of experiencing it.
 - We seek to understand the hurt and fear that underlies the powerlessness, by asking:
 - What am I really afraid of in this situation?
 - What aspect of myself is threatened? What egoic construct is threatened? What existential fear is operative in this situation?
 - If I shine the spotlight of courageous, broadened awareness on this perception of threat, is it a substantiated true threat in actuality?
 - What is my unmet need in this situation?
3. We facilitate physical release: Engage in some Phase I clearness and somatic release activities to understand its underpinnings as we let go if its stored imprint in the body. Write it out. Dance it out. Walk it, run it, bike it, shout it out in an empty room, pray it, meditate it, punching bag/ free weight it out, yoga it out.
4. We take meta-cognitive assessment: Scope out the dimensions of the decision space available to us, however slim. We identify the choice point. There is invariably a choice to be made, a lesson to be gleaned.
5. We move into meta-consciousness alignment: Put third dimensional analysis on the shelf. We deliberately turn the dial of our full attention to our higher operational frequencies. Using intuition, invoke guidance from expanded consciousness and listen deeply.

June 26, 2020

Emotional Self-Mastery

No one Can MAKE Us Feel a Particular Way

We choose to experience misery, contentment, or bliss.

Why would we ever choose to be miserable?

What of those people who are abused, oppressed, and born into horrific circumstances?

We all have the capacity, *whether we are conscious of it or not*, to generate our own emotional and psychological states independently of the environmental circumstances in which we find ourselves.

We can feel absolutely wretched in the midst of stunning beauty and peace.

We can experience joy and even mystical ecstasy in the midst of abject deprivation.

Taking full responsibility for our thought, emotional, and behavioral patterns — where we continually focus our attention, can change our lives.

Elie Weisel reflects on the 13 months he spent clinging to life in German concentration camps during World War II...

Even in a climate of oppression,
men are capable of inventing their own freedom,
of creating their own ideal of sovereignty
What if they are a minority?
Even if only one free individual is left,
He is proof that the dictator is powerless against freedom.
But a free man is never alone; the dictator is alone.
The free man is the one who, even in prison,
gives to the other prisoners
their thirst for, their memory of, freedom.

- Elie Weisel

Nelson Mandela spent 27 years in brutal prison isolation cultivating the compassion for his jailers that translated into the South African peace and reconciliation process under his presidency. One of his jailers who he had reached at a deep emotional level sat in the front row during Mandela's inauguration.

June 27, 2020

Ecosystem Unity

Tree Consciousness

Consider that our planet is 4.5 billion years old and for 3.8 billion of those years Earth has harbored life. Since that time, untold numbers of sentient organisms have adapted and evolved to meet their needs, creating intricately interconnected living systems, *within* living systems in the process.

These beings have arrived at well-adapted solutions that have stood the test of time.

We are part of, rather than separate from, the ecosystems of our planet, so we'd be very wise to understand, to learn from, and to emulate the strategies used by the myriad other living beings who have gotten it *right* for 3.8 billion years.... if we want to continue to thrive.

Bring your attention to the trees who have been our silent companions since the dawn of our species. Trees are aware, awake, social beings who live in families, share food, and know well the advantages of working together.

Trees speak to each other incessantly, using a silent, sophisticated language, communicating complex information via smell, tree-taste, and electrical impulses.

Bring to mind one of your favorite trees, or a type of tree under which you'd like to sit that makes you feel safe, protected, accepted, and silently seen.

In your mind's eye, be seated under your tree with your back up against the trunk.

Take in your environment as you settle into your comfortable seated position.

Supported by the tree:

What do you feel? With what, ..are your clothing and body in contact as you are seated — the soil, above ground tree roots, plants?

What is touching you?

What scents and smells are in the air at the base of your tree?

Listen carefully to the sounds around you.

How close or far do they sound from you?

Look up through the intricate leaf pattern above you as you gaze skyward through its canopy.

Feel the solidity of its strong massive trunk, and know that this giant is nourished, supported, and grounded by a vast underground root system and miles of filigree mycelium networks.

Trees are complex ecosystems unto themselves.

Imagine for a moment how *all manner* of lifeforms and ecosystems *within* ecosystems are being supported at various levels by this majestic giant.

What relationships do these lifeforms have to each other, and to their gracious host?

What can thriving, resilient, distinct yet deeply interdependent tree ecosystems teach humans about nurturance, authentic collaboration, self-organization, and adaptation?

Notes:

June 28, 2020

The Intellect

A distinguished college professor excitedly secured an appointment with a Tibetan lama during a long awaited trip to Lhasa. The professor who was renowned for his prolific published work in the field of Theology chaired the Asian Religious Studies Department at his college. He delighted in his role as a speaker, a “go to” resource person, and pundit when the media and scholars alike needed background information on Asian religious culture. So, he eagerly anticipated his conversation with the lama.

The lama was known only via experiences shared by fellow seekers who had so radically transformed their own lives as they worked beside him, that they spread the word. He sought no renown yet was highly sought out.

Finally the day of the professor’s visit arrived. The educator tried to contain his excitement as he was unceremoniously ushered into the lama’s tiny quarters by one of several gathered monks chatting on the veranda of the cottage. Smiling, the lama motioned for the professor to have a seat and asked him if he might join him for a cup of tea. The professor, honored at the prospect of being served by this wise person, enthusiastically accepted.

As the lama prepared the tea service he asked the professor to share something about himself and the reason for his visit. The professor gladly began to talk about his writing, listed his degrees, waxed long about his awards, achievements and illustrious career. Indeed, he was so swept up in his autobiographical reverie that he tuned out his environment and talked on and on.

The lama began to pour tea into the professor’s cup. When the tea reached the top of the cup the lama continued to pour until the hot liquid spilled all over the table and into the lap of the professor.

The hot tea streaming into his lap jolted the professor out of his monologue. Witnessing what was happening, he jumped up from his seat shouting into the face of the lama, “What are you doing man, have you no manners or training!?!”

The lama quietly replied, “When our cup is filled to the top with knowledge, there is no room for an offering of wisdom.”

The intellect is the seat of the ego and egoic constructs. A cultivated intellect unbalanced by intuition and emotional intelligence is the definition of blindness to true-self as consciousness.

June 29

Sunrise Meditation

Visualize yourself on the beach at the first light of dawn. The vast expanse of the ocean stretches out in front of you, almost motionless as the last bright night stars are about to disappear.

Take some time to experience the silence just before sunrise; the stillness filled with possibility.

Enjoy the bracing saltiness of the air. Look out over the water to witness the last fading stars in the predawn sky which is ready to burst into color.

The darkness gradually melts and bands of color begin to rise on the horizon. The sky at the horizon line becomes red, then golden. As the sun's first rays appear, you watch its slow shimmering emergence from the water.

With half the sun's disc visible and the rest still below the horizon you see that its reflection in the water is creating a pathway of glistening golden light, leading from you all the way to the heart of the sun.

The temperature of the water is pleasant and you decide to go in. Slowly, with joy you start to swim in the midst of the golden radiance. You feel the light filled water enveloping your body. You experience yourself floating effortlessly and moving pleurably in the ocean.

The more you swim toward the sun, the less aware you are of the water. The more the light around you increases, the more you are infused with its transformative energy. The sun, ...the light, fills your awareness. You are enveloped in a warm, beneficial high frequency golden light which completely permeates your being.

Your body is now bathed in the vitality of the sun. You are emotionally uplifted by its warmth. Your mind is illuminated by its radiance.

You are light.

June 30, 2020

Waterfall Meditation

Prelude: The Process of Perpetually Becoming

In every moment, we are becoming.

Biologically we are new beings in every nanosecond. We remain in physical health because our cells and organs are constantly regenerating.

Our bodies at the cellular level and at the quantum level are flow.

Our minds, our thoughts,our emotions, the society in which we live, the global family of humanity, the planet on which we live are all in a dynamic flow state of change, movement, and becoming.

We are essentially flow.

We are perpetually becoming.

So, we have the perpetual opportunity to either be frightened, paralyzed, or resist incessant change which is the definition of suffering

OR to flow with constant change which is the definition of evolution.

Waterfall

Direct your attention to your inner landscape.

Bring into your mind's eye a stunningly beautiful waterfall cascading over and down a mountainside.

The area is an intense, lush green with thick vegetation covering the entire mountain vista.

You find yourself behind the waterfall at a level where there is a wide ledge at the mouth of a mountain grotto.

At this level the thunder of the cascading water fills the soundwaves so that the roar of the powerful flow fills your ears and all of your other senses.

The cascade is powerful yet welcoming.

The spray from the flow is cool but not freezing.

