



Imaginal Cells

practice prompts emailed daily

November 2020



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November 1, 2020

The Transmutative Alchemy of Pain and Sorrow

Smile

Smile tho' your heart is aching

Smile even tho' it's breaking

When there are clouds in the sky

You'll get by

If you smile

Thro' your fear and sorrow

Smile and maybe tomorrow

You'll see the sun come shin-ing thro' for you

Light up your face with gladness

Hide ev-'ry trace of sadness

Altho' a tear may be ever so near

That's the time

You must keep on trying

Smile, what's the use of crying

You'll find that life is still worth-while

If you just smile

Songwriters: Charles Chaplin / Geoffrey Parsons / John Turner

November 2, 2020

Thoughtforms I.

Thoughts, ideas, and concepts are tremendously powerful, influential, energetic forces.

Thoughts that are clothed with intense emotion are exponentially powerful.

Thoughts that are clear, distinct, strong and sustained by focus and concentration take on a life of their own.

These thoughts and repeated thought patterns become thought forms.

Thoughts which are systematically sustained by groups of people over a period of time come to life in the collective consciousness of the group.

Have you ever:

...Had strong ideas about the desired outcome you envisioned for an article you were writing, a special dish you planned to prepare, a canvas on which you were painting, a room you were renovating? You held the concept, the strong vision, the idea firmly in the forefront of your mind. You constantly brought the idea up in your mind's eye and methodically fleshed it out until it was objectified, externalized, and finally physically manifested.

Have you ever:

...Sat in a room for a time that was filled with likeminded people whose thoughts were collectively trained on one goal, and felt the palpable group intent? The group created and shared a collective thought form.

These are examples of the deliberate creation of a thought form. Our objectified animated existential fear(s), the shape of our empowered self, our addictions, our inner child-selves are examples of thought forms.

A sustained thought form, healthy or unhealthy, which is invisible to third dimension (3-D) vision, lives as an energetic form in our biofield. That is, as long as we give it our sustained attention. One category of thought forms are dependent on the people who generate them. They can be creative, uplifting and growth producing or parasitic and energy sapping.

Thoughtforms in biofields are visible to sensitives and intuitives who are simultaneously aware of dense and subtle bandwidths of reality. EVERYONE creates, can deliberately sustain, and summon thought forms with their creative innervation.

It is through the interface of our thought forms that the larger consciousness frame, the undifferentiated field, source energy often communicates with us.

More information?

Thought Forms, Annie Besant and C. W. Leadbetter

The Secret Doctrine, Helena P. Blavatsky

November 3, 2020

Election Day - Anticipation

*We can never know about the days to come
But we think about them anyway
And I wonder if I'm really with you now
Or just chasin' after some finer day*

*Anticipation, anticipation
Is makin' me late
Is keepin' me waitin'*

*And I tell you how easy it feels to be with you
And how right your arms feel around me
But I, I rehearsed those words just late last night
When I was thinkin' about how right tonight might be*

Anticipation, anticipation

*Is makin' me late
Is keepin' me waitin'
And tomorrow we might not be together
I'm no prophet and I don't know nature's ways
So I'll try and see into your eyes right now
And stay right here 'cause these are the good old days*

*And stay right here 'cause these are the good old days
(These are the good old days)
(These are the good old days)
(These are the good old days)
(These are the good old days)*

—Carly Simon

Comment: These days certainly may not feel like the good old days. Yet the excruciating years between 2016-2020 have been extraordinarily helpful in establishing a trial by fire baseline for how we'll handle the upcoming travail of our beloved planet.

The gaps, pitfalls, and rabbit holes have been exposed and are ingredients scattered on the table in front of us. What dish will we make of them? What will we individually and collectively prioritize as we move forward?

May we know peace,
May we invoke expansive perspective and,
May we hold the space for humanity with equanimity as we anticipate the outcome of the election.

November 5, 2020

The Thing About Resistance

Resistance mobilizes the troops and galvanizes the base. It gives warriors on the front lines a sense of purpose and the oppressed, glimmers of hope. It's an opportunity to put our best analysis of social ills and resistance movement models to the test. Economic and political liberation, social and eco-justice resistance struggles seem so essential, so vital, and are so seductive.

We instinctively resist conditions that we fear will cause or increase our pain. Yet it's impossible to overcome outer conditions until we recognize that they are merely reflections and projections of unresolved aspects of our internal state of being.

Engaging in the “*struggle—liberation*” dynamic without ongoing examination of our own interior lives is myopic and dangerous. Movement strategy that's conditioned by lack of internal self-awareness (*beyond the intellect*) is inevitably limited, stop-gap, and short lived. Without innervision, resistance simply indulges fear and inadvertently precipitates more suffering—*often reemerging down the pike in a more egregious form.*

Resistance, whether to deeper self-knowledge or external circumstances keeps us focused on, stuck, and swirling around in the vortex of the existing condition. Focusing on the problem while mistakenly believing that it's independent of ourselves, reinforces and anchors it.

Authentic liberation is synonymous with the clearest of clear vision —elimination of whatever obscures reality AS consciousness. From that expansive vantage point we're able to see that the —*me-me-me*— ego-driven drama of any given struggle is a futile, subjective vortex that does little more than perpetuate itself.

As we begin to experience separation as illusory and commit to *living into* non-duality, the inevitable pain of the human condition can then be equated with growth. And suffering, which is a mental predisposition, diminishes. The true task involved in creating change is to master our internal landscapes so that outer conditions reflect inner wholeness.

Viewed through the lenses of non-duality, suffering and misery — joy and bliss co-exist as two sides of the same coin. That which comes into our conscious awareness and pervades our experience is a function of **where we choose to focus our attention. The choice is ours.**

We can choose to identify primarily with our physical avatar* which lives in the realm of egoic, intellectual constructs; and which experiences itself as separate from everything in its environment. When activists adopt this frame of reference our resistance of external conditions is often a projection of internal unconscious resistance to looking at disturbing aspects of our own life experience.

We align our lives with deconstructing and raging against aberrant social conditions. We swim in scarcity and deprivation consciousness.

In this reality-frame we resist, resent, complain, protest and do battle with societal conditions. Our thoughts are about what has, or might be taken from us and what we do or don't possess. We feel compelled to fight hard for our wellbeing and that of others. Our action is fear-based. We fear losing control, not measuring up, not contributing enough, being incompetent or not good enough. We focus on status and maintaining it. The world is dark, and death is feared as something painful and finite.

Unhappiness is more the norm than not, and prolonged periods of joy are rare if they occur at all. We waste precious energy propping up the ego, trying to skirt our fears, uncertainty and lack of control. AND in the long run, all of that effort is futile. We unwittingly invoke more suffering and socio-political aberration.

Conversely we can choose to stand in the flow of the animating consciousness behind our avatars, —the more vast aspect of ourselves that is in alignment with the field of universal intelligence. The field, like the brilliance of the sun's light is always present whether we're conscious of it or not. The light is accessible even as the apparent gloom of suffering hangs heavy beneath the cloud cover generated and maintained by the collective unconscious.

We're wise to let go of the sense of "the struggle," NOT to become doormats, nor to indulge in perpetual navel-gazing, or to dilute our activism. We let go of the struggle-drug, the excruciating comfort zone, in order to liberate ourselves from being driven by limiting unconscious fears, patterns, and beliefs that keep us focused on deconstructing and analyzing the hellishness in front of us rather than generating its antidote.

With intentionality we have the capacity to progressively shed the heavy pall of limiting beliefs, false limitations, and the drama of the egoic self at will. With some discipline and *a little help from our activists' community-of-practice friends* we can learn how to remain in conscious communication with that field for longer and longer periods of time until this becomes the norm.

Movement-builders interested in taking activism to a place where they can serve as conduits for true evolutionary culture-building are invited to:

1. Do the internal work (in community) and experience authentic liberation.
2. Calm and master the analytical, linear mind so that it gets out of the way of experiencing universal intelligence,
3. Infuse activism with the increased clarity and wisdom that comes from self-examination and intentionally aligning small "s" self with the big "S" Self, the larger consciousness field, —*THE unparalleled vantage point on the world condition from which we might have a shot at evolving human consciousness.*

November 6, 2020

Thought Forms II.

QUESTION: *Have you ever considered, with what are people interacting when they:*

- Communicate with spirit guides who appear to them during a vision quest?
- Listen for guidance and “leadings” in silence on the Quaker meetinghouse bench?
- Pray to Jesus on bended knee?
- Invoke the benevolence of the Prophet Muhammad?
- Collectively witness apparitions of Mary, mother of Jesus, i.e Marian Apparitions at: Guadeloupe, Lourdes, Fatima, and the Medjugorje-sightings for 40 years to the present?
- Beseech the ancestors as they pour a ritual libation for the deceased?
- Invoke the wisdom of Ascended Masters?
- Pray for the protection and guidance of angels, archangels, and saints?
- Receive information that results in groundbreaking inventions and artistic masterpieces from characters they meet in dreamscapes?
- Meditate on and invoke overshadowing presences of bodhisattvas?

Every supplicant on the list above is invoking a thoughtform.

However, not all thought forms are created equal!

Some are generated primarily by consistent repetitive individual thought and emotional patterns.

Some are versions of ourselves experienced at other frequencies of our multidimensionality.

Some are generated by the collective unconscious and we know them best as universally shared archetypes.

Some exist completely independent of the individual or the collective unconscious. They are non-corporeal energy streams of various levels of attainment which evolve by facilitating the evolution of humanity or the earth. These data/energy streams evolve by simultaneously assisting and learning from the experience of people in physical embodiment. Some remain with us throughout a lifetime and others only for a time. The energy streams who assist us at any given point in time match our vibration at the time.

We come into embodiment with a lesson set, a pre-birth covenant to work through and at that time non-corporeal presences who will be with us over the course of a lifetime are those who have a similar or complementary path of evolution. They don't want or need to take physical embodiment but can assist us in staying on the path to successfully working through our lesson-set.

November 8, 2020

Thoughtforms III

More About Non-Corporeal Guides

The thoughtforms noted below are conduits through which source energy, the undifferentiated field can interface with humankind and assist with our evolution.

To reiterate and underscore for anyone who discounts that which isn't visible to the human eye, the term "thoughtform" used here assumes an understanding that thoughts are powerful, influential, energetic forces that when sustained take on a life of their own.

We encounter and interact with the thoughtforms below when we're either in very low brain wave states which are deeply relaxed, meditative, or dreamscapes (*Alpha and on the cusp of Alpha and Theta, circa 4hz*), or in very high, exalted states of transcendent bliss (*Gamma*). In both of these states, the analytical mind is still and silent. See *Imaginal Cell, Step One to Self-mastery: Brainwave Awareness, July 10, 2020*.

To review...

- Some thoughtforms are generated entirely by the avatar psyche and are very personal to our life experiences, beliefs, and aspirations.
- Some began in the human psyche and take on an energetic existence, i.e. a life of their own in the collective unconscious,
- Others exist entirely independently of the human psyche and are often fed energy by the collective focus of humanity once people become aware of them.

The thoughtforms noted below facilitate human evolution toward wholeness when summoned by our free will. Please note that "summon" here transcends the material universe notion of making a verbal invocation. We may also summon these thought forms through deep desire or intense focus and concentration.

They may:

- Arrange synchronicities,
- Help us cultivate our intuition and enhance the quality of our consciousness,
- Intensify learning encounters,
- Heal,
- Keep us on track with our pre-birth covenant.

Types of non-corporeal thoughtform interfaces:

- Ancestral figures/guides
- Animals (*Totem, Spirit, and Shadow Totem*)
- Archetypal
- Ascended Masters and Angels
- Multidimensional self

Ancestral guides are those who were physically related to us in this lifetime. Since every thought that has been thought and every life that has been lived in the multiverse is recorded in Akasha (*i.e. the quantum field*) See *Imaginal Cell: What is Akasha, August 25, 2020*, we (or intuitives) can summon ancestral guides from the records.

Our ancestors and loved ones may have long since re-embodied. Yet the larger consciousness frame, Akasha, will often call up the archived data stream of the ancestor from the records as an interface for someone in current embodiment if their interaction is likely to promote growth and evolution.

Animal Guides

Totem Animal: Protector who symbolizes and exhibits qualities we'll need to summon from within ourselves at some point.

Spirit Animal: Our animal equivalent whose vibration is almost identical to our unique authentic essence. It mirrors our inborn traits, qualities needs, desires, purposes, strengths and weaknesses.

Shadow Totem: Has symbolic resonance with aspects of ourselves that we have denied or rejected and which remain disowned and unresolved in the subconscious or unconscious mind.

Archetypal Guides

Archetypal guides reactivate identities they had in earlier lives that we would recognize, have symbolic meaning to us, or exemplify universally recognized behavior patterns and qualities. They resonate with the intention of our life lesson set as well as those classically related to the workings of the human and are available as teachers. As we learn and grow different guides may come on stream.

Ascended Masters, Saints, Bodhisattvas & Angelic Guides

Ascended masters, saints, bodhisattvas and angelic guides are energy streams/ presences magnetized to those whose pre-birth covenant revolves around reaching and/or working with higher spiritual planes. These presences are of very high frequency reality frames and often help groups of people with collective spiritual aspirations.

There are many thoughtforms in this category who have been invoked: 1) so frequently, 2) so consistently, 3) by so many millions/billions of people, 4) for so many eons upon eons that individuals or groups of people collectively and repeatedly witness what are known as "apparitions." It is said that these thoughtforms are so accessible through the power and momentum of invocation that they "step through the veil" and can be witnessed in third dimension (3-D).

Mary, thought to be the mother of the historical Jesus of Nazareth, is the most universally known example in the west, witnessed all over the world for centuries. In the east, Kuan Yin (Chinese), the female manifestation of the bodhisattva of infinite mercy, Avalokiteshvara, known as Tara and Chenrezig to Tibetans, and as Kannon to the Japanese is also witnessed by intuitives and is extremely accessible.

This accessibility is especially prevalent when the same thoughtforms/guides are included in the sacred texts of multiple faith and spiritual traditions such as the Archangels Michael, Raphael and Gabriel who all appear across Christian, Jewish, and Muslim texts.

Multidimensional True-Self as Guide

Multidimensional true-self as guide, *See Imaginal Cell: Turn the Dial Up on the Radio of Self, July 12, 2020*. Our true-self at higher frequencies, as consciousness, has the hotline to source energy because it is, we ARE source energy.

Thoughtforms that manifest as non-corporeal guides appear, or reveal themselves to our innervation in forms that we can most easily recognize and offer information in ways that we can best metabolize for our evolution.

Notes

November 9, 2020

Story Excerpted from
“Mother Teresa and the Prison of Wealth”
in *The Soul of Money* by Lynne Twist

This story took place in 1991 in Delhi when Lynne Twist who was working on world hunger met with Mother Teresa.

“Mother Teresa and I were deeply engaged in this intimate conversation when we were interrupted by a scuffling noise and loud voices coming from down the hall.

First I smelled them, then I heard them: a middle-aged Indian couple, a man and a woman, both very tall, very large, very heavily perfumed and clearly very rich. The woman came first, pushing ahead of her husband, moving aggressively toward our small meeting table. She had diamond studs in her ears and one in her nose. Her arms were covered in lavish bangles, many laced with precious stones. She was heavily made up and was wearing a blue and white sari covered with opulent gold and silver brocade and embroidery. She was very overweight and her flesh bulged through the open midsection of her taut sari.

Her husband was bigger, wider, and flashier than she was. He wore a turban with a topaz set in the center just above his forehead, and a white brocade kurta. He had a ring on every finger of both hands. In the quiet of this hallway, they seemed to me like monsters as they barged into our tranquil and intimate scene.

With no greeting at all to me or to Mother Teresa, the large, loud woman shoved a camera into my hand as she and her husband pulled Mother Teresa from her chair and situated her against the wall between them. Then they pushed in like giant, grotesque bookends on either side of Mother Teresa and demanded a photograph.

“We didn’t get a picture. We need to have a picture!” the woman complained loudly, and she motioned for me to snap a photo with her camera.

I was livid. The beauty of my moment with Mother Teresa was shattered in the rage I felt now at these rude and opulent intruders. As I snapped the photo, the tall woman fussed at Mother Teresa to look up toward her for a second shot. Mother Teresa was bent over at the neck from old age and osteoporosis, but without hesitating, the woman put her hand under Mother Teresa’s chin and forced it up.

Shocked that anyone would treat Mother Teresa that way, but wanting them gone, I snapped the second photo. The woman then snatched her camera and she and her husband, without so much as a “thank you” to Mother Teresa or to me, disappeared in a noisy rush back down the hall and away.

Mother Teresa returned to her chair by the table and continued as if nothing had happened, finishing her thoughts on the topic of our earlier conversation. But I could

hardly hear her. I was so full of anger and outrage toward this couple. I could feel the blood coursing through my veins; my palms were sweaty. It was time for our meeting to end. Tearfully, I said good-bye. She kissed both my hands, and I kissed hers, we embraced, and we parted.

I walked out to my waiting car, perspiring and breathing hard, running over and over again in my mind the dreadful scene of insult and entitlement that had just played out. I recalled the moment the large woman forced up Mother Teresa's chin, and I felt enraged all over again. I thought terrible thoughts about the intruders and felt a seething anger at the bossy, obnoxious, arrogant rich. My body was tense, and hatred ran through me.

I thought back and realized that Mother Teresa had had no problem with the wealthy couple. To her, they deserved no less and no more than the orphans in her care, and she had treated them with love and respect and then calmly returned to her meeting with me.

I had always thought of myself as open and compassionate with everyone everywhere, but now I saw my own bigotry and where my compassion stopped. I saw my own prejudice against the rich and powerful. These were not my people. These were people I could not embrace and include in my circle of love. They were rude. They were ugly. They were disgraceful. I also could see now that this chance encounter with this wealthy couple, behaving as they did, enabled me for the first time to confront and know my own prejudice.

That night, I sat down and wrote a letter to Mother Teresa, asking for her counsel. Weeks later I received a letter from her.

In her reply Mother Teresa admonished me, saying that while I had expressed compassion for the poor, the sick, the faint, and the weak all my life, that would always be a place where my self-expression and service would easily flourish.

The vicious cycle of poverty, she said, has been clearly articulated and is widely known. What is less obvious and goes almost completely unacknowledged is the vicious cycle of wealth.

There is no recognition of the trap wealth so often is, and of the suffering of the wealthy: the loneliness, the isolation, the hardening of the heart, the hunger and the poverty of the soul that can come with the burden of wealth. She said that I had extended little or no compassion to the strong, the powerful, and the wealthy, while they need as much compassion as anyone else on earth.

"You must open your heart to them and become their student and their teacher," she said in her letter. "Open your compassion and include them. This is an important part of your life's work. Do not shut them out. They also are your work."

November 10, 2020

Smile Break From the Days of Yore

AKA Gratitude Practice for Living in 2020

In the 1500's...

June Weddings & Bouquets

Most people got married in June because they took their yearly bath in May, and still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Don't Throw the Baby Out With the Bath Water

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, Don't throw the baby out with the bath water..

It's Raining Cats and Dogs

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

Canopy Bed

There was nothing to stop things from falling into the house which posed a real problem in the bedroom where bugs and other droppings could land on the bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. This is how canopy beds came into existence.

Dirt Poor

The floors in most houses were dirt. Only the wealthy had flooring other than dirt. Hence the saying, dirt poor.

Peas Porridge Hot

Food was cooked in the kitchen with a big kettle that always hung over the fire. Everyday items were added to the pot. Vegetable stew from dinner was left over in the pot to get cold overnight. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme, *Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old.*

Bring Home the Bacon and Chew the Fat

Sometimes families could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could bring home the bacon. They would cut off a little to share with guests and everyone would sit around and “chew the fat.”

Upper Crust

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

Wakes

Lead cups were used to drink ale or whisky. Lead leaching into the alcohol would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.

Dead Ringers Saved By the Bell on Graveyard Shifts

There wasn't much space after at time to bury people in England. So they dug up coffins, took the bones to a bone-house, and reused the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone sat in the graveyard all night (the graveyard shift.) to listen for the bell. Thus, someone could be saved by the bell or was considered a dead ringer.

Notes

November 12, 2020

Fear Tracking

How do we quickly get a constructive handle on fears that could unseat us in the moment, as they arise? When we have a plan of action prepared to deal with difficult emotions we enhance our self-mastery. When we consistently and frequently deploy that plan of action we engrain the resourceful response and can more rapidly return to emotional equilibrium. Fear tracking is a helpful plan of action.

Strong, uncomfortable emotions stem from some version of the existential fears:

Fear of death itself:

1. physical disappearance, death, transition from corporeal presence,
2. aging,
3. abandonment,
4. rejection (*tribal, primordial*).

Fear of death of the ego/identity with small "s"/ personality and points of reference through which we relate to the 5-sense-perceptible matter universe:

1. inadequacy, not being enough, not measuring up, incompetence,
2. not smart enough,
3. mental or emotional instability,
4. impostor/fraud,
5. unlovable, unworthy, shame,
6. shadow/malevolence/evil/original sin, self-loathing, non-acceptance of self.
7. exposure, itself or exposure of any or all of these.

The Pre-game Plan

1. Develop the habit of continually associating into the high frequency, empowered life experience slide trays so they become instant "go to" resources.
2. Identify and have your favorite simulation workspaces at the ready.
3. Strengthen your self-observing practice in order to become keenly aware of negative emotions as they arise, before they gobble up your attention and you slip down into a subjective vortex.

Existential fears are so completely infused and interwoven into who we think we are that they are difficult to identify as such. We come to think that feeling unlovable, unworthy, inadequate etc. is who we are. We can however track existential fears down by being on the lookout for outcroppings of the threatened ego. Any negative, unresourceful emotion is a signal that the ego is threatened in some way. Fear fuels the ego whose job it is to keep us focused exclusively on the 3-D, matrix world.

The Fear Tracking Plan

The first step is attitudinal. We can determine to be curious. When strong emotion rises we have the option not to turn away from it, not to bury it, not to be overwhelmed by it, but to be open and curious about what it has to teach us.

Second, on the spot, we can shine the bright light of attention on the fear. This immediately weakens its power over us. Fear is amplified when we avoid it by tucking it away in dark obscure corners of our minds (and bodies).

Selftalk is important. We can train our minds to immediately think, this is “Ego at work!” In real time, say to yourself, this is an old outworn pattern, an old default tape playing in the background of my mind which no longer serves me. I am no longer subject to this pattern. I have a new way.

And then:

1. Name the emotion and the existential fear from which it arises.
2. Recognize it as compost and know that it's going to offer wonderful nourishment for self-transmutation.
3. Track the emotion to its origin, asking yourself, “When was the first time I ever remember feeling this way.” Recall the earliest life experience that comes to mind from which it originated. Identify, but do not associate into the emotion of the life experience slide.
4. Consider how the emotion that the experienced anchored has reverberated through your life since that early origin moment.
5. Recognize how the repeated reverberation may have created a familiar yet unhealthy emotional pattern.
6. Immediately transfer the difficult emotion you're experiencing into whichever one of your favorite simulations is most easily accessible to you and work through the simulation. All simulations draw upon the high frequency, empowered life-experience to counterbalance and dissolve the trauma, or “compost” experiences.
7. Repeat this cycle every time disempowering emotions surface until it becomes second nature and experience the lifting of fear as you cultivate increased self-mastery.

When we purposefully direct the force of high frequency energy from our empowered life experience into the originating trauma event encoded in the neural circuitry, we cause the neurological pruning, i.e, the atrophy, of the trauma networks that do not serve us.

November 14, 2020

Pandemic Journal II: Healing Meditation

CHOOSE to focus on healing, wellness, and wholeness for the American people and for people across the globe.

Use the imagery that follows as you train your attention on:

1. Hospitals and hospital intensive care units
2. Healthcare workers
3. The sick
4. Families who have lost a loved one to COVID-19

Workspace in Your Internal Landscape

Bring to your mind's eye:

1. Someone or people who you love with all of your heart and being. See their faces and feel the love and compassion well up within you. Let the profound gratitude for their presence in your life wash over you.
2. Friends who you are fond of, with whom you like to spend time, and who would make a good team if you'd like to get a job done. Feel the joy, fun and upliftment of their presence,
3. Wise, loving presences of light, beings of light, however that image spontaneously emerges for you.

Feel the energetic presence around you of those who you love, cherish and appreciate.

The Group Assembled

Imagine that you are seated in a big **listening circle** in a large comfortable room with all of the people and beings who you love and appreciate.

You are all assembled, seated in soft reclining armchairs. You are all there to listen deeply together and to serve humanity.

The people who you love dearly are interspersed in the circle with friends who you're fond of who are present as teammates.

Interspersed and seated among **that** number are the wise, loving, luminescent presences.

With your inner vision, look around, taking in everyone seated there, and appreciate the presence of the group assembled. The bond of love, compassion, and companionship emanates from the group, surrounding and enveloping the entire circle.

Inner Hearing

In that space of high frequency love, open your inner hearing to awareness of the travail of people all across the country. There is an immediate rush of sound.

Everyone seated in the circle is hearing the same thing simultaneously.

You're all hearing the din of newscasts and talk shows overlapping each other as if tuning into radio station after radio station. The cacophony of shows are all loudly and excitedly talking about the soaring corona-virus infection rate, the death toll, hospital overload, the makeshift field hospitals in convention centers, portable morgues and what is or isn't being done about the situation.

- Stabilize your energy as you hear and acknowledge the information.
- Observe your state of being as you are seated there immersed in this experience,

Now tune into, and hear the voices and conversations of American families seated around their dinner tables who have loved ones who are sick, loved ones who are dying or who have already died of the virus and will be deeply missed this Thanksgiving.

Hear the soft weeping and then the sobbing.

Hear the confusion, anger and grief in the baffled voices.

- Breathe deeply from your source of compassion,
- Hold compassionate spaciousness for the pain of Americans,
- Exhale compassion with all of your heart into their energy field
- With your innervation, check the monitor and notice how you're doing,
- Sense the steadfast presence of your higher self behind you and take courage.

Now as you listen to the sound of deep American pain, bring to your mind's eye a map of the United States and imagine that the group circle in which you're seated is situated right in the middle of the country.

Feel your energy gently lifted up into the group intention and generation of an electromagnetic pulse of healing compassion that is transmitted out in ring after ring from the circle as epicenter, bathing the entire map of the United States from its center where the group is situated. Watch ring after ring, wave after wave of healing compassion spread out over the United States, soothing and cradling Americans in love.

Your love saturates and lightens the atmosphere. Rings of group compassion, your warm loving compassion spread out over the map. It falls like a gentle rain seeping deep into the soil of Oregon, California, Massachusetts, and Washington State, Washington DC, Ohio, New York, Vermont, Illinois, New Mexico, Connecticut, Florida and Texas. It washes over the entire country.

Put your hand on your diaphragm. Inhale and exhale deeply.

November 15, 2020

Consciousness as THE Fundamental Reality

We are consciousness.

We are multi-dimensionality personified.

We are perpetual movement, transforming, transmuting, becoming.

We are ever changing,never the same from moment to moment, nanosecond to nanosecond.

We are process.

Our quantum selves are undulating rippling waves that stream forth as our own unique frequencies, our individuated units of consciousnessout into multiple dimensions from undifferentiated wholeness.

EVEN ASwe are that wholeness evolving through us.

We are shafts of light, datastreams, lifestreams projected out from unified consciousness into the bandwidth of apparent form.

We are becoming as we evolve at the pace that our lifestreams can best digest, metabolize, and integrate.

Waves we remain until the five senses apprehend us, tuning out our vastness to narrowly perceive only the illusion of static form.

Quantum Physicists Observe

I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulates consciousness.

—Max Planck

I conclude that our waking consciousness, which we experience as our daily consciousness, is only a complementary aspect of our whole and infinite nonlocal consciousness. This consciousness is based on indestructible and constantly evolving fields of information, where all knowledge, wisdom, and unconditional love are present and available, and these fields of consciousness are stored in a dimension beyond our concept of time and space with nonlocal and universal interconnectedness. One could call this our higher consciousness, divine consciousness, or cosmic consciousness. It's the Akashic field to which conditions at the portals of death provide a special kind of access.

—Ervin Laszlo

Everything we call real is made of things that cannot be regarded as real.

—Neils Bohr

As a man who has devoted his whole life to the most clear headed science, to the study of matter, I can tell you as a result of my research about the atoms this much: There is no matter as such!

—Max Planck

The universe gives birth to consciousness, and consciousness gives meaning to the universe.

—John Archibald Wheeler

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

—Max Planck

The awareness of our intrinsic connection with people, and with nature and the universe is a radical departure from the way we conventionally view the world. In the conventional view our sense of oneness with people and nature is a fantasy. This view is still dominant in the modern world, but it is the wrong view. It can be, and needs to be challenged and overcome.

The emerging worldview of the quantum sciences helps us overcome the obsolete and still dominant view.

—Ervin Laszlo

Notes

November 17, 2020

Aspirations, Questions, and Suggestions

Awaken to life and help others do the same because others are manifestations of you at the core level of consciousness.

Awaken to the illusion of your separate self, the dream mirage of limitation.

Limits are an illusion. We can touch, step into, and become more and more of our limitlessness.

Find your unique, natural frequency in stillness. There is an ease at the moment(s) of discovery. Own your true-self. Own who you are.

Embrace and learn to skillfully ride waves of disruption.

The ultimate spirituality is authenticity.

The definition of vibrational integrity is alignment with true-self.

We can resolve to respond only from clarity, love and integrity to everyone we encounter.

We can determine to dissolve our ego into maximum flexibility.

True character reveals itself in how you treat the people who the culture you're in allows you to mistreat. (*People who are too powerless to complain about how you treat them.*)

The last impression seeds the next interaction.

Do you spend most of each day doing what you're good at?

A wound that we don't take the time to heal becomes a blueprint.

Fighting for peace is tantamount to screaming for silence.

Determine to experience life directly, unmediated by the conceptual mind.

Non-attachment doesn't mean you don't care. It means that you don't have any ego investment in it.

We can learn to incessantly live into our full capacity, progressively stripping away anything that is not our true-selves.

Remain steadily in a place of not knowing with ease, poise and grace; accepting and dealing effectively with whatever arises.

November 18, 2020

Synonyms: Belief Systems, Mazes, and Echo Chambers

What are Beliefs?

Beliefs are the stories that we tell ourselves and others about our lives and the world around us. People see their own beliefs as particularly accurate. Beliefs reflect the acceptance that a statement is true, that something exists, or is real. However, they are neither true or false. They are only detrimental or beneficial in the context of the moment.

Beliefs are fear driven. They are the mind's way of feeling in control of experience, representing an acceptance of something on the conceptual level which brings comfort and assurance. They offer us a sense of stability and certainty.

We tend to internalize our parents' model, our teachers' model, our culture's model, and/or society's model of reality which then become our model.

Beliefs frame our interpretations and the models that we create. Those interpretations reflect the quality of our consciousness at any given point in time. They clothe our maps and models, often riddled with cognitive distortions, which help us explain how things work and allow us to more easily navigate the world.

The model, the map, is not the territory. However, at some point we invariably lose sight of the fact that it's only a model and start thinking that the model is reality. We forget that we've concocted beliefs that support the model and are then convinced that that's "the way it is." We reflexively, often unconsciously disregard dissonant information and other models that conflict with our prevailing beliefs.

Belief systems typically endure—often for a lifetime. However, since ideally our awareness of reality is ever-expanding and ever-evolving, a belief system that remains unchanged necessarily becomes tantamount to an echo chamber or a maze that leads nowhere.

Beliefs, positions, and unwavering opinions fall away when there is no invested, threatened egoic self to defend.

This is in stark contrast to faith, which imbued with *trust*, is:

1. Staying and abiding in the place of complete not knowing,
2. Acceptance of whatever arises,
3. Surrender to the pull of the singularity even as the self with a small "s" is dissolved and dismantled.

November 19, 2020

Drill Down to Peel Off Beliefs

Belief Questionnaire

Journaling Prompts

1. What do I believe about each of the categories below?
2. Where does each belief originate?
3. How does this belief limit me, or my quality of life.... Or not?
4. How have I substantiated each belief to date?
5. How does holding this belief serve or help me,..... Or not?
6. What would change in my life if I discovered that this belief is false and decide to let it go?

INVENTORY: Apply the prompts above to each category below.

- Myself:
 - My body
 - My current state of health
 - My mind and intellect
 - My reason for living and purpose in life
 - My relationship with fear
 - The process of aging
 - My death
 - My ability to radically change
 - My personal relationships
 - Family
 - Friends
 - Coworkers
- The neighborhood, community, state, and country in which I live,
- Humanity as a whole,
- Lack, poverty, abundance, and wealth,
- Work,
- The educational systems available in the United States,
- Money and economic systems,
- Government and political systems,
- The media.

November 20, 2020

I BELIEVE

What's Wrong With This Picture....Or not?

Deep Exploration of Belief Systems: Sit with the belief statements below. What resonates with you? What is enculturated, inherited, fear-driven? What no longer serves you, is outworn but hard to release, or serves you in an unhealthy way? What serves your growth and evolution?

Myself

I believe...

- There are biologically predetermined stages of aging at which certain inevitable changes will occur, and through which my body will move as I grow older. I will necessarily become less and less able.
- Paying attention to the appearance of my body is vain and conceited.
- In the final analysis, the intellect is the appropriate, effective, and reliable internal guidance system.
- I am smart and/or wise.
- I am often the smartest and/or wisest person in the room.
- It is important to me that people view me as smart.
- My own death isn't a healthy thing to think about too much or too often.
- I intellectually believe, or I don't really believe that dream reality is as real as the world that I experience with five senses.
- I intellectually believe, or I don't really believe that I am a multidimensional being who can learn to skillfully navigate more than the world of my 5 senses.
- I am physically, emotionally, psychologically and spiritually prepared for constant, radical change.

Personal Relationships

I believe...

- I am the hub around which my friends/family/co-workers revolve, and my sense of self is rightly fed by this.
- My best bet is to not make waves in my family or in the workplace because the end result of not behaving this way isn't helpful or desirable.
- I am obligated to be the primary wayshower that safeguards and moves my family/coworkers/peers/friends forward.

The neighborhood, community, state & country in which I live.

I believe...

- My community, state, or region is wiser, has a broader, or clearer perspective than other states or regions in the country.

Humanity as a Whole

I believe that humanity as a whole...

- Is basically good.
- Is rather ignorant and needs leaders to shepherd them.
- Is governed by the impulses of their shadow side which needs to constantly be reigned in and curtailed.

Work

I believe...

- Hard work is how one gets ahead.
- Application of oneself to work tasks is an important measure of one's character.
- Work in a group is hard, frustrating, and in the final analysis not worth the effort.
- Work gets done more efficiently and effectively if one identifiable person takes charge and moves things forward.

Educational Systems

I believe...

- American public educational systems were put in place to generate informed electorate.
- Public education offers social mobility a pathway out of poverty.
- Education exposes students to the way the reality works.

Government and Political Systems

I believe...

- The United States of America is the freest country in the world.
- Democracy in some form or another practiced well, is an inherently superior form of government.
- I have a right to own property in the form of land in the United States.
- That any feelings of guilt I may have about the history of the United States are appropriate and righteous.
- People who do not share my socio-political views are not any less intelligent than I am, they just lack exposure to broader perspectives.
- It is right, and I am obligated to champion, advocate for, and support the rights of those who are oppressed in some way.
- People who live in poverty, immigrants, people of color want me to champion their rights.
- That if I don't get caught up in the emotional drama of social movements, then I'm not participating in an authentic way.
- Following a charismatic/dynamic or charismatic/sage leader who is exotic

November 21, 2020

Multidimensionality: Three Body Exercise

Imagine experiencing the energy, the data stream, that is your own lifestream as part of an undifferentiated field of light. See this in your mind's eye. Experience wholeness, unity, and an unfathomable depth of enveloping love. You are part of the oneness, suspended in an ocean of light. We exist in the quantum, akashic field in this way.

Visualize a light-filled human form that represents you proceeding forth in a side view silhouette, as if projected out from the ocean of light. As the figure emerges from the field it is trailing light in brilliant streams behind it. The form is intelligible as human but it is not solid. It is of the light. It is of high frequency consciousness. It is of the light, yet individuated.

From the vantage point of this individuated unit of consciousness, become aware of your human self, coping with day to day life in the third dimension who stands in before you. You know that this third iteration of you needs assistance.

As a non-material, individuated unit of consciousness, find a way to make contact with and offer guidance to your third dimensional, human self. As your human self, find a way to be aware and sensitive to your higher frequency self.

All the while you've been in an "observer position," first seeing yourself as the field, then projected from the field as a non-material individuated unit of consciousness, and finally as a human projection in third dimension (3-D). This projection moved in one direction like a step-down transformer of energy frequency, reaching its most dense in the realm of form.

Now witness the movement in the opposite direction. The human sits in silent contemplation or meditation. Watch the light energy stream forth from the human as outreach to the self at a higher frequency is intentionally initiated. Success! The human merges with, and experiences herself as an individuated unit of consciousness which in turn, again melds with the undifferentiated field.

Repeat. Repeat. Repeat this internal process. Watch the step-down projection of energy out from the undifferentiated field into the matter-sphere, and subsequently witness the realignment of human awareness with meta-consciousness. Each time we do this exercise we remind ourselves that we are multidimensional beings.

November 22, 2020

Dancing With Fear

Fear is as essential as pain. Neither is pleasant but we can't navigate our environment without fear just as we can't grow without some discomfort or pain. Our intent isn't to rid ourselves of fear but to shine a spotlight on it, see it for what it is in the moment, get a handle on it, befriend it, dance with it, and use it.

Fear is our early warning system that signals danger. It lets us know that it's not a great idea to walk off the edge of a cliff, put our hand in the flame, or walk out into the street in front of an oncoming truck.

Fear is tremendously helpful in keeping us safe and alive when real danger looms. The autonomic nervous system is appropriately aroused, we are moved to take action and deal with the threat in one way or another, and the fear then subsides. In manageable doses, fear offers us life's tests that toughen the metal and provide opportunities for growth, expansion, and evolution. Fear can be a constructive ally.

The challenge arises when our experience of traumas, large and small predispose us to constantly perceive danger when there is no clear, acute, real threat. We allow murky, unclarified fear to ride roughshod over us.

A fear-driven life is dominated by overwhelm and chronic stress which depletes our bodies of vitality. We remain in psychological "stuck states" for protracted periods of time. We allow shadowy, nebulous, unexamined fear to hang out in our biofield and pray upon us.

This dynamic stops when we turn toward the fear, objectify it, compassionately look it in the face, and initiate constructive interaction. *(See Imaginal Cell, September 19 "Objectification" in CSE Work, Clarified and Reframed - **Objectification: Externalization of an abstract internal phenomenon. We objectify fears, egoic constructs, inner children, the intellect, resourceful presences/beings, etc. etc. etc. for this purpose.***)

We don't need to talk about our fear for years or dissect and intellectually deconstruct it ad nauseum. We can forgo that self-defeating process which is tantamount to trying to solve the problem at the level it was created, i.e., by the linear intellect, the seat of the ego. It's simply a marginalized, disowned aspect of ourselves that seeks re-integration and understandably acts out when we continue to neglect it. Neglect has invited it to seemingly grow big and scary. However, shadow cannot withstand, and is transformed by light. So let there be light!

Once we've drawn the fear energy out of our biofield and objectified it, we've engaged the circuitry of our limbic system, our emotional brain, the seat of our intuition which is in turn our pathway to higher frequency guidance. We can clearly see our fear, non-judgmentally familiarize ourselves with it, and perhaps make friends.

November 23, 2020

True-self

We are to our physical bodies as our physical bodies are to the cars, the vehicles that efficiently carry us from place to place.

We were ourselves...our individuated units of consciousness... distinct from, and before we were siblings, children, parents, professionals, students, friends, and co-workers.

We were fundamentally ourselves as consciousness before we were rich, poor, educated, accomplished, middle class, resident of any state, region, or a citizen of any given country.

We were fundamentally ourselves as consciousness before we were male, female, non-binary, white, black, or brown.

All of the above are:

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

We are not any of these roles that we take on, much like temporary suits of clothing, as we enter life in the third dimension. We are the life force, the data stream, that animates the suit.....*not the suit!*

The body that we don and the life circumstances in which we find ourselves simply afford us a certain set of experiences for our learning. No more, no less. Yet, intoxicated by the spell of 3-D we fall asleep. We tumble down the rabbit hole of immersive identification with the roles, personas, and external veneers that we mistakenly think constitute "self." We sleepwalk in somnambulant subjectivity and forget that our true-self is the consciousness that is projected into the body.

May we resolve to stay awake!

November 25, 2020

Are You Comfortable in Your Own Skin?

12 -15 Year Old Inner Teenager

Overarching Developmental Task: Calmly Abiding Discomfort

Mastery, or not, of developmental tasks at this age underlie our capacity to willingly and effectively face unpleasantness, life's most difficult challenges, and painful situations. Dropped stitches at this age may be treated and remedied through "Attraction and Aversion" exercises. (*Imaginal Cells: August 1, 19, 28 & September 11*)

Attraction and Aversion exercises teach us how to consciously select and confront difficult experiences with which to engage in order to gradually shift from self-consciousness, anxiety, and fear to courage.

12-15 Year Old Developmental Tasks:

- Social Awkwardness
- Physical and Sexual Awkwardness
- Dependency on External Approval from Others
- Addictive Behavior

12-15 Year-old Dropped Stitches As They May Manifest in Adult Life

- Lack of acceptance of your own physical presence, e.g. feeling: 1) that your body is too fat, too thin, too out of shape, etc., 2) sexually inhibited, 3) clumsy.
- Need for constant feedback and external validation.
- Difficulty making a decision unless you have validating opinions from external sources.
- Sinking into depression and/or anxiety states when life seems too painful or overwhelming.
- Excessive eating, drinking, smoking, TV watching, gambling, shopping, etc. as a way to distract, not feel, or escape from physical, psychological or emotional discomfort.

Food for Thought, Questions, and Ideas

1. Constantly observe your internal self talk when you feel anxious, awkward in new situations, out of place, self-conscious, or indulge in addictive behaviors.
2. Become aware of the situations that typically trigger these feelings and behaviors,
3. Prepare: 1) a "behavioral interrupt," however small, that redirects the habit and repeatedly signals to the brain that you're shifting the pattern, 2) a pre-scripted

repertoire of “redirection self talk” for the occasions when the unhealthy self talk would most likely emerge. For example if you berate yourself for your body’s lack of muscle tone each time you look in the mirror, be prepared. Place a small free weight near the mirror. Before the self-deprecating self talk has a chance to kick in, pick up the free weight and do a few repetitions, focusing on and congratulating yourself on strengthening your muscles.

4. Explore “Attraction and Aversion” exercises which facilitate our realization ability to experientially *live into* the reality that:

- We do not have to be the reactive products of our environment.
- We can internalize our locus of control.
- We can learn who we are beyond reactive, conditioned patterns.
- We can learn how not to be controlled by fear.
- We have the capacity to respond resourcefully to threats.
- We can maintain clear cognition during heightened states of arousal.

Learning how to internalize our locus of control, independent of our environment is the definition of true sovereignty. Internal resilience-building that fosters sovereignty is key to joyous thriving in the times ahead.

Notes

November 26, 2020

Have You Clearly Defined Who You Are?

Self-awareness - 15-17 Year Old Inner Adolescent

Overarching Developmental Task: Identity Formation

15-17 years old is a period of life when every fiber of our being strains toward independence and autonomy yet we're not quite ready for total freedom. It's a time when we naturally test boundaries as we define ourselves and what is important to us. Ideally caregivers encourage exploration even as they provide strong, mature guidance and structure that allows the adolescent to feel safe.

Working with our inner adolescent can be particularly challenging because dropped stitches at this age later predispose our adult-selves to reflexively avoid confrontation. That is, internal confrontation with a frightening, rebellious part of ourselves can be as, if not more difficult than confronting other people.

As is the case with the neglect and suppression of any part of ourselves, the disowned aspect progressively grows into a more and more terrifying shadow in the subconscious. The rebellious acting out that characterizes the inner adolescent exacerbates the fear factor in approaching this dimension of ourselves.

It's hard for us to admit that this intimidating part of ourselves which we view as unacceptable exists, let alone muster the courage to engage with it. Yet the more we succumb to our fear and stay away from the inner adolescent rebel, the more frequently it will break through into our lives, wreaking havoc on our relationships and well being.

15-17 Year Old Developmental Tasks:

- Stand Up For Yourself
- Work Through the Rebellion Cycle
- Establish Healthy Rapport with Your Inner Critic
- Define a "Self"

15-17 Year-old Dropped Stitches As They May Manifest in Adult Life

- Tolerating disrespectful or abusive behavior from others.
- Conflict avoidance.
- Insecurity about who you are as a person.
- Projecting your own critic outward onto others, especially those who are closest to you.
- The sense that rules, norms, social conventions, irrespective of how

appropriate, are unwarranted constraints that violate your rights and liberty. Rules are an irritant that make you reflexively chafe.

- Intolerance of approaches that are different from yours.
- Holding others to your standards and reacting in unhealthy ways if they do not measure up.
- Acting out when you don't get your own way.
- Absorbing the belief systems of those around you without discernment or examination. Going along to get along.
- Prioritization of fitting in.

Food for Thought, Questions, and Ideas:

Step back into a metacognitive position and observe what happens for you physically, mentally, and emotionally in the following instances:

- When you stand up for and defend yourself and when you don't. What do the two experiences feel like?
- In what circumstances and around whom do you most often rebel?: Around bosses in the workplace, with: partner, siblings, parents, any authority, peers, society?
- Do you rebel when you feel like your identity, your sense of self, is being threatened?
- How do you rebel? Do you notice patterns? Picture yourself in the throes of rebellion and notice how you behave. What are some of the results of your rebellion?
- When, and in what circumstances has rebellion served you and when has it been self-destructive?
- What is unique about you, your gifts, and talents? Are you completely at ease with expressing your unique qualities? Do other people recognize, appreciate and encourage you to be fully yourself?
- How do you cultivate your own individuality and uniqueness?

How does any of the above relate to the potential to rest in sustained vibrational resonance with your true-self, your true identity as consciousness?

Notes

November 27, 2020

We Have Agency. Build Capacity. Take Action.

Part of taking full responsibility for our lives as the mid-21st century approaches, involves living to the extent we are able in ways that do not harm sentient beings, the natural environment, and the planet. Many of us devote so much time to keeping abreast of, or directly engaging in various types of environmental work that we rarely stop to ponder what a radically climate-changed future might look like. We unequivocally have the wherewithal to give this some thought from a place of equanimity.

There are so many unknown factors in the equation that speculation is a poor allocation of time. However, we might be wise to extrapolate from what is already happening, specifically with regard to the adjustment that our bodies, precious vehicles for consciousness that they are, might have to make as a warming post-carbon era comes over the horizon.

Be Especially Kind to Your Lungs

What we DO know:

- **Forest fires** will become more frequent and increasingly wide-ranging for longer burn seasons.
- **Smoke inhalation** from wildfires can do both acute and long-term respiratory damage.
- **Heat waves** will be hotter and hotter, becoming more frequent, generating dangerous levels of ozone and particle pollution.
- **Ground-level ozone pollution also known as smog** accumulates in the atmosphere when tailpipe and smokestack gases come in contact with sunlight. This ozone-forming reaction is more likely to form in the hot, stagnant air of heat waves.
- **Ozone pollution aggressively attacks lung tissue.** It is tantamount to sunburn on the lungs which can cause immediate breathing problems and lead to serious lung damage over time.
- We don't have to be in a wildfire zone or near factory smokestacks and highways to be at risk for the damaging effects of air pollution. Prevailing winds can carry wildfire smoke and industrial air pollution hundreds of miles.
- **Extreme heat** itself can take a toll on our bodies and lungs. Breathing in hot, humid air can worsen existing respiratory conditions. The heat increases metabolic demands on already weakened lungs.

What to do?

Agency: We DO NOT have to stand on the beach and passively watch the climate-change tsunami roll toward us. We have so much more agency than we typically think to co-create with body, mind, and spirit. We have the capacity to predispose ourselves to superlative physical, emotional, psychological, and spiritual health.

Yes, human beings are predisposed to various types of physical and mental health conditions due to genetics, environment, and cultural socialization. It has been the long held belief that this was a fait accompli. However, we now know from:

- Epigenetics,
- Neuroscience, and
- Psychoneuroimmunology

that: 1) we have an important measure of control over the modification of our gene expression, 2) the quality of our thoughts and emotions precipitate our reality, and 3) the complete interrelatedness of our minds and bodies determines our state of being at any given point in time.

Science has now validated [*for the linear sequential mind*] the keys to the realm of “awakening,” agency, and self-efficacy espoused by wisdom traditions for thousands of years. Science has given us easy access to tools of self-knowledge that facilitate optimal multidimensional functioning. We are called to refine our skills-set in order to be of service *if we so choose*.

Build Capacity and Take Action: It’s infinitely easier to intervene through behaviors than by trying to talk ourselves out of psychological states. Thinking, reading about what’s best to do, researching are great first steps but won’t get us over the threshold. Action is concrete. Action is key.

Love and Protect Your Lungs

The usual suspects: Don’t smoke, limit exposure to pollution to the extent possible, walk when you’re able rather than driving, support clean energy suppliers, live among houseplants that purify the air, don’t use aerosol sprays, ensure that your living space is well ventilated.

Trade cleaning products that contain ammonia and bleach for baking soda, vinegar and lemon juice. Avoid laundry products and air fresheners that have strong, synthetic fragrances and contain toxic chemicals.

Stay well-hydrated and eat lung healthy foods: green vegetables, garlic, onions, turmeric, cayenne pepper, and ginger. Dance around the house and do cardio exercises like cycling, swimming, and speed walking.

Exercise your lungs and engage your diaphragm: Laugh a lot, sing from the diaphragm, blow up a few balloons every day to improve lung capacity, do deep breathing exercises to strengthen your lungs and expel toxins, practice yoga.

Pick up the Baton!

We CAN do this.

We're all here, in embodiment at this juncture in history with intertwined pre-birth covenants for a reason.

We can determine to build the capacity to thrive.

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. The gift of 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. We can summon the courage to learn from and surmount past mistakes, determining to live lightly upon the earth.

Act. Safeguard yourself, your health, your community, our country and the planet in whatever ways are possible for you. Irrespective of whatever mistakes we may make going forward, there is necessarily a blank page, a fresh new opportunity to thrive in the next moment and in whatever future lies ahead.

Notes

November 28, 2020

A Tour of Our Multidimensionality

**Observe where your innervision takes you
as we focus our attention on our true-selves.**

Imagine you are looking into the tube of a kaleidoscope witnessing thousands of beautiful shards of glass, turning, rotating, shifting into different spaces.

Continually changing symmetrical, geometrical forms and configurations

Observe constantly reconfiguring patterns shapes and forms.

We are living, breathing, multidimensional kaleidoscopes.

We are swirling living systems within living systems.

We are one with the vast larger conscious system rotating as cyclical, rhythmic inbreaths and outbreaths into and out of manifestation

as the multiverse from the singularity.

The cosmic exhale for our little tiny corner of the multiverse in particular, was most recently 13.8 billion years ago.

Universes within the multiverse,

Star systems within the universe, planets in their orbit around suns.

Systems within systems.

The Earth body,the continents,the construct of nation states, societies and cultures.

Human bodies as vehicles for the evolution of consciousness.

Organ systems,organs....., cells, organelles within cells.

We are consciousness.

We are fundamentally, awareness, the constant background of all that we experience.

As awareness we are the still-point consciousness that bears witness to that which changes.

We are the perpetual presence that witnesses movement, transforming, transmuting, becoming.

We are multidimensional beings.

Even as we are the watcher, the observer, the witness in still point consciousness at the core of being, we are also projections in the matter universe — data streams of experience. As such we are ever changing,never the same from moment to moment, nanosecond to nanosecond.

We are process.

Our quantum selves are an undulating ripple of waves that stream forth as our own unique frequencies, our individuated units of consciousness Infused into multiple dimensions from the undifferentiated wholeness.

EVEN ASwe are that wholeness evolving through us.

We are shafts of light, lifestreams projected out from unified consciousness into the bandwidth of apparent form.

We are becoming as we evolve at the pace that our lifestreams can best digest, metabolize, and integrate.

Waves we remain until the 5 senses apprehend us, **tuning out** our vastness to narrowly perceive only the illusion of static form.

Please call up to your mind's eye, the image of a flame, specifically a candle flame first.

We are movement,

We dance the primordial, perpetual dance of being.

Become aware with your innervision of a candle flame before you,... first flickering and then holding moderately steady, occasionally shifting,

moving ever so gently, ever so slightly. Internally mirror and feel its stillness, it's calm, quiet steadiness.

May all sentient beings know this calm and steadiness.

Gaze into the flame in a stone hearth fire warming a room, dancing, changing, flaring up, blazing,

occasionally popping, shifting in every moment.

Constantly changing shape. Rising, descending, radiating warmth that permeates you, and holds the room cozy.

May all sentient beings know this safe warmth and enveloping coziness.

Seat yourself as close as you dare to a blazing bonfire which is surrounded by a circle of smiling friends engaged in murmuring conversation after a long productive

work day outdoors.

The fire crackles in the crisp autumn air. Sparks rise into the night, tiny fireworks against the black, starlit sky.

The blaze peaks so high at times that you can just barely see the illuminated faces of those seated on the other side of the circle.

Voices calm and soften as the warmth of the fire draws everyone into its dancing trance, mesmerized by light in perpetual motion.

Be warmed through and through, within and without by the brilliant, radiant fire.

Be with the fire. Feel the light and warmth of the fire. The fire is within you, within me, within us all... as one.

May all sentient beings experience interconnectedness, the flame of oneness that burns like a pilot light within us all.

We are light.

Glowing light.

Radiating light.

Intensified light

Our focused luminescence consumes all shadow, transmuting it into light.

This moment we are foci of the source of light

Flowing through us is a pristine river, a living fountain of light

Which can never be requalified by human thought and feeling.

We are outposts of quantum source.

Any shadow that would blind us,

Is swallowed up by the mighty river of light which we are.

We are...we are... we are light.

We live, we dwell, we calmly abide in light.

We are light's fullest dimension.

We are light's purest intention.

We are light... we are light... we are light.

Flooding the world everywhere we move

Strengthening, transmitting, conveying the purpose of

true-self as consciousness.

November 30, 2020

Where Are You On the Spectrum?

Where are you on the spectrum of liberation from five-sense-world subjectivity?

Transpersonal and developmental psychology speak to a spectrum that plots “survival mode” of existence at one end of the spectrum graph and “self-actualization” at the other end. Which end of the spectrum characterizes your life in this moment and describes your comfort zone?

Survival mode doesn't necessarily mean wondering where our next meal is coming from or worrying about having a roof over our heads. (*Although for billions of people it very literally means that as well.*) Survival can also mean, constantly being chased by existential fears and revolving thought patterns that prey upon us. It can mean tenuously holding our lives together by orchestrating highly regulated, hyper-scheduled routines, carefully managing how much of the larger reality we allow ourselves to experience. Living in survival mode is to avoid and cleverly evade the larger, messy, often scary reality that refuses to sync with linear, unidirectional thinking.

Survival mode is a mindset that perceives a predominantly hostile, unsafe world. It's a worldview that can leave us feeling as though we're hanging on to our moorings for dear life. All the while ironically, those very same outworn moorings circumscribe our ability to live life fully.

Survival mode is a set of lenses that anchors us deeply, and often exclusively, in the illusion of the solidity of the time-space matter world. It brackets our attention on that infinitesimally small sliver of reality which is right in front of our faces, accessible to the five senses. This is often the exquisitely excruciating comfort zone of both the victim, consumed by saving self, and the martyr, consumed by saving others.

As we move from the far side of the spectrum we begin to expand our field of perception and cultivate increasing self-awareness. We move away from focusing primarily on ourselves, our needs, and the needs of our immediate family which is experienced as an extension of ourselves. That narrow focus opens to a softened, yet powerful and inclusive gaze which embraces empathic connection with others, the collective, humanity.

Proceeding toward the other end of the spectrum we peel off and let go of cultural conditioning, and static belief systems, which constrict perception. We cultivate metacognition and then meta-consciousness as we learn to trust our intuition. This practice in turn leads to our direct experience of realms of more subtle energy, clearer perspective, and guidance.

