



# Imaginal Cells

*practice prompts emailed daily*



September  
2020

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September 1, 2020

## Do You Feel Overly Responsible?

### 3-6 Year Old Inner Child

#### Overarching Developmental Task

Respecting the Positive and Negative in Self and Others

3-6 Year Old Developmental Tasks:

- Self-criticism
- Criticism of others
- Shame and unworthiness
- All or nothing thinking
- Body and sexuality
- BEING OVERLY RESPONSIBLE

Do you ever find yourself saying: "I feel like I carry the burden of the world." Or, "I feel guilty about not doing enough given everything that's happening in the world?"

Responsibility is not synonymous with burden.

Ideally a life well-lived includes being joyously response--able. Feeling response--able in a healthy, fully present sense facilitates our work in the world.

The sense of burden many people feel doesn't really have to do with the state of the world but with our own psychological and emotional landscape which we developed long before we knew anything about the messy world. It was a function of our environments and the people who surrounded us, nurtured us... or not.

Reflexibly assuming responsibility for the dysfunctional emotional and psychological states of our parents is unfortunately an irrepressible and universal hallmark of early childhood. Irrespective of what troubled parents verbally express, children absorb parents' stress, depression, anxiety, emotional absence etc. etc. etc. We do this automatically as children. We witness stress around us, assume that we created it and that it's our job to fix it. Our early absorption of our parents' stress very literally conditions our neurobiology.

Children may feel the responsibility for making the parent happy, protecting them, or for taking care of them in order to receive their approval. This type of responsibility is obviously a burden that no child needs to shoulder.

Compulsively pleasing others and not wanting to disappoint becomes our default coping mechanism. If left unexamined as we grow up this pattern gets baked into our neurocircuitry. As adults it may manifest as compulsive, rigid identification with duty and taking inordinate responsibility for those around us before, or rather than tending to our own needs. Feeling the burden of the whole world as a function of this early childhood momentum quite often translates into low grade, omnipresent



September 3, 2020

## All the World's A Stage, How Will you Engage?

Imagine that you're on a Disneyworld ride on a track which is designed to simulate alternating experiences of awe-inspiring magical beauty, and risky, breathtaking fear and horror. The scenery you're currently passing, combined with the hypnotic movement of the compartment in which you are seated is at once, enchanting and haunting. Moments later you hold on to your seat for dear life as you are careening down the tubes of tunnel after wormhole-like tunnel in the immersive fantasy world simulation, projected as only Disney can do.

Suddenly you hear a quick, earsplitting electrical sound as if a transformer has shorted out. The ride breaks down and everything grinds to a screeching halt. The lights turn on abruptly. As you see your fellow amusement ride travelers in bright fluorescent light, any lingering thread of connection to the fantasy that had fully engaged you moments earlier is severed.

Looking around, you become aware that the ride is in a nondescript cavernous warehouse made of uniform blue-gray cinder blocks. The thrill is gone. The illusory simulation evaporates. There is just an empty warehouse and a projector.

There is a parallel to be drawn with the way many people choose to approach the holographic projection in which we live. Often, having gotten an inkling that there is SO much more to reality beyond the narrow immersive experience of 3-D life, we may:

- feel lost, overwhelmed, or frightened at the import and prospect of what that might mean,
- hide behind a shield of denial even as the awareness of the broader reality nags at us like a splinter in our minds,
- fear disappointment should we fully accept that life in the learning lab of Earth is tantamount to living on an empty warehouse soundstage,
- be so wrapped up in the drama that we feel give us a sense of purpose that we tune out the bigger picture,
- fear taking full responsibility for the vast potential that a precious lifetime informed by non-material-world bound perspective offers.

Many of us deliberately choose to truncate our event horizons and remain exclusively in the familiar comfort zone of the illusion with which we are familiar. Even as we're aware that life is projection, at least it's not a frightening unknown. In such instances we hear questions and comments like:

- Shouldn't we just accept that life is a wonderful mystery, enjoy the ride as much as possible, and leave it at that?
- It's such a relief to know that the mystery of life is not ours to know. We needn't think about it or ask questions.

Conversely, once we see 3-D life for what it is, we can pluck up our courage and



September 4, 2020

## Simple Favorites

Nothing happens until the pain of remaining the same outweighs the pain of change.

—Arthur Burt

If you want to change you have to be willing to be uncomfortable.

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Discipline is just choosing between what you want now and what you want most.

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I know this transformation is painful but you're not falling apart, you're just falling into something different with a new capacity to be beautiful.

—William C. Hannan

The greatest act of courage is to be and own all that you are, without apology, without masks to cover the truth of who you really are.

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Maybe the journey isn't about becoming anything. Maybe it's about un-becoming everything that isn't you so that you can be who you were meant to be in the first place.

—Paul Coelho

The person who follows the crowd will usually go no further than the crowd. The person who walks alone will find himself in places no one has seen before.

—Albert Einstein

Be you. The world will adjust.

September 5, 2020

## **Create Dispassionate-Compassionate Space for the Light to Dawn on the Unaware**

When teacher Bankei held his meditation retreats, students from many parts of Japan came to attend. During one of these gatherings a student was caught stealing. The matter was reported to Bankei with the request that the culprit be expelled. Bankei ignored the case.

Later the pupil was caught in a similar act, and again Bankei disregarded the matter. This angered the other students, who felt that the actions of the thief endangered the entire group of retreatants. They drew up a petition asking for the dismissal of the thief, stating that otherwise they would all withdraw as a group from the retreat.

After Bankei read the petition he called the petitioners and the wayward student together. Addressing the angered students he said, "You are wise students. You know what is right and what is not right. You petitioners may go somewhere else to study if you wish, but this poor brother is not even aware that he doesn't know right from wrong. Who will teach him by example if we do not? Petition denied. This brother will stay here even if all the rest of you leave."

Simultaneously touched and illumined, a torrent of tears rushed down the face of the brother who had stolen. All desire to steal had vanished.

### **Artificial Sense of Separation**

There was once a pair of acrobats. One was a poor widower by the name of Eiji and the other, a young person named Meda. These acrobats performed each day on the streets in order to earn enough money from passersby to eat.

Their act consisted of Eiji balancing a tall bamboo pole on his head while little Meda climbed slowly to the top. Once at the top, she remained there while Eiji walked along slowly.

Both performers had established an intuitive rapport and rhythm that allowed them to maintain complete focus and balance in order to avoid injury and complete the performance. One day after thinking about the process, the widower said to the youngster, "Listen Meda, I will watch you and you watch me, so that we can help each other maintain concentration and balance and prevent an accident. Then we'll surely earn enough to eat."

But the little girl, wise beyond her years answered, "Dearest Eiji, I think it would be better for each of us to watch ourselves. When we each look deeply into ourselves we are actually looking after both of us. That way I am sure we will avoid any accidents and will always have abundant food to eat."





The sage observed, "You have great control over your bow, but little with the mind that lets loose the arrow!"

**September 6, 2020**

## **Compassionately Reweave Dropped Stitches**

### **Further Exploration of Trust Developed from 0-18 Months**

Potential issues in adult life that are indicative of dropped stitches in infancy

1. Fear of intimacy because it could result in abandonment
2. Needing but being afraid of physical affection.
3. Continual need for oral gratification (eating, smoking, drinking)
4. Fear of acknowledging needs because of fear that they will not be met.
5. Inability to trust even in trustworthy situations.

### **Questions that Explore Infant Issues**

- For whom do you feel the most trust? What is it about this relationship that inspires trust? Associate fully into the emotional state of feeling trust for that individual.
- Do you generally feel physically and emotionally safe with those for whom you care deeply? When, with whom or what types of people, and in what circumstances do feel completely safe?
- How do you feel about others depending on you and being dependent in a balanced way upon someone else?
- Can you readily and clearly identify what you need? Do you feel you have a right to have needs? Are you afraid or hesitant to acknowledge what you need?
- Do you feel your needs are usually met adequately or do you feel that your needs often go unfulfilled?

### **Use Simulations**

CSE work with simulations:

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

Builds our capacity to:

- Purposefully focus intention,
- Sustain concentration,
- Set and act upon expressed intentions,
- Create holistic, thematic, internal narratives that: build neural networks, signal larger consciousness frame collaboration and co-creation, and set the wheels of intended self-transmutation in motion.
- Enhance emotional intelligence and gain mastery over our emotional

- navigation system,
- Cultivate intuition,
- Access self-as-consciousness and non-material dimensions of the multiverse.

**September 7, 2020**

## **Agape: Altruistic Love**

### **Compassion Practice: Homelessness Scenario**

Agape is an altruistic, universal love which doesn't depend on familiarity or affiliation. Compassion for strangers, love of nature, the general love for animals, and love of our planet are all examples of this aspect of love. In short agape is an unselfish, altruistic concern for the welfare of other beings.

Altruism can generate an immediate euphoric feeling known as the "helper's high." The sustained practice of altruism has been repeatedly shown to strengthen mental and physical health. When we give of ourselves freely, we reciprocally open ourselves to receiving the gifts that others are moved to offer to us.

Agape practices of genuine cooperation and compassionate reciprocity also increase longevity. The intrinsic emotional reward of helping others translates directly into the neurobiology of wellbeing.

Practiced collectively in community, agape weaves and sustains the psycho-social fabric that protects, sustains, and cultivates that which is strong, beautiful, and whole within us.

A goal of this exercise is to dispassionately witness how your responses shift as you change various elements of the agape exercise each time that you imagine a homelessness scenario.

Imagine that as you are walking by an office building on the way to an appointment you notice a sleeping person lying in a thick roll of blankets surrounded by what you assume to be their belongings. The blanket roll is directly up against the building like a cocoon on a tree branch and its occupant is sleeping deeply. Next to the sleeping person is a sign with a cup for money beside it.

The elements in the scene that change each time you do the exercise are:

- Race
- Age
- Gender
- The message on the sign next to the person
- The overall appearance of the sleeping person, e.g.: cleanliness (visual appearance, odor etc.), orderliness around them.

The Scene: Stop in front of the sleeping person and take in the scene. Stay fully present and focused on the homeless person in your mind's eye. That is, refrain from conceptualizations such as the plight of the homeless or thoughts about privilege

relative to homelessness. Simply concentrate on the person in front of you and witness to what you spontaneously feel in their presence.

Your tasks are: 1) to determine whether you will give money to the sleeping homeless person each time you change an element or elements in the scene, 2) dispassionately witness your thought process, and become fully conscious of the range of emotion that you experience every time you make the decision. Write your responses each time you turn the dial to rearrange the elements in your internal landscape.

1. What in your estimation is the range of possibilities that led to this person's sleeping in the street?
2. What are your immediate thoughts as you stand before this person?
3. What are your organic feelings about this person?
4. How does your experience of compassion shift and/or feel different when you change the elements of the internally experienced scenario?
5. For which type of homeless person, and/or in response to what type of mes-

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sage on the money request sign did you decide to leave money.... Or not?

6. What have you learned about your agape, compassion responses?

**September 9, 2020**

## **Who Do You Need to Forgive?**

Forgiveness is a choice.

Forgiveness is taking responsibility for our emotional wellbeing.

Forgiveness is about our healing and not about those who have hurt us.

Forgiveness is an initiation rite which is a key that opens the door to new stages of development.

Forgiveness is standing in our truth and claiming our power.

Forgiveness is a learnable skill-set.

Forgiveness of one person improves our other relationships.

Forgiveness facilitates constructive reallocation of time and energy from fixation on the past to fully enjoying the present moment.

Forgiveness can be invited and facilitated, yet it is not an intellectual process.

Forgiveness is not forgetting or repressing the fact that something painful happened.

Forgiveness is not denying or minimizing our hurt.

Forgiveness is not excusing poor behavior.

Forgiveness is not focused on changing another person's ideas, emotions, or behavior.

Forgiveness does not have to be an otherworldly or religious experience.

Forgiveness does not eliminate the option for pursuing compensatory action for ourselves or the community when appropriate.

Forgiveness stops the blaming of others for the emotions that we are experiencing.

Forgiveness develops empathetic abilities.

Forgiveness alleviates the sense of victimization.

Forgiveness expands perspective.

Forgiveness improves our mental and physical health.



- Reduces muscle tension,
- Increases emotional self-confidence,
- improves cardiovascular functioning.

Who do you need to forgive?

**September 10, 2020**

## **Are You Able to Say “No” and Honor Your Own Boundaries?**

### **Compassion Reweaves Dropped Stitches**

#### **Further Exploration of the Inner Toddler**

Overarching Developmental Task:

Moving from Dependence to Autonomy

18 Months -3 Years old Developmental Tasks

- Saying No
- Abiding being told no
- Boundaries Generally
- Honoring Your Own Boundaries
- Honoring the Boundaries of Others

The toddler stage of child development which includes the “terrible 2s” is often one of the most challenging for parents. This is when children move from being more accepting and unquestioningly obedient, to asserting their own autonomy in the world, separate from mom and dad. Whereas up until this age children learned right from wrong by being told “no,”

At this point they begin to say no and refuse to obey. Many parents initially find this newfound assertiveness disconcerting.

Successful parents learn to balance their responses when they first hear the defiant “no” from their toddlers. Each time they encounter a toddler’s defiance they weigh the relative importance of not shutting down the child’s spirit by facilitating her learning to set boundaries for herself, and the need to assert parental authority in the moment.

Potential issues in adult life that are indicative of dropped stitches as a toddler:

1. Inability to set limits and/or say “no” due to rejection fears.
2. Difficulty expressing feelings and needs due to fear of rejection or humiliation.
3. Feeling smothered if someone gets too close.
4. Taking too much responsibility for how others feel.

## Further Exploration of Toddler Developmental Dropped Stitches

Think of times when you really wanted to say no but did not. Describe each situation and write about how it felt.

- What internal selftalk do you hear when you say, find it impossible to say, or are told no?

Consider times when you were told “no.” Describe the situation and write about how it felt.

What feelings emerge within you when you are around someone who is emotionally upset?

How do you respond? Do you feel responsible for how they are feeling and compelled to act to shift their mood?

Think about the people with whom you spend the most time. How do you feel after you’ve been with them? If that person is depressed, angry, or exhilarated, do find yourself feeling the same way? What observations about yourself emerge?

Are you uncomfortable being close to people and feel more secure maintaining a safe distance from people?

- Do you experience being emotionally swallowed up or overwhelmed in these circumstances?
- Do you fear becoming too close to people in anticipation of eventually being abandoned?
- In romantic relationships do you tend to become preoccupied with your partner’s needs and tend to lose sight of your own?

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Invite your inner toddler into the simulation space.

Together, feel the healing flow of compassion restoring wholeness as you restore conscious connection to the love that you are.

**September 11, 2020**

## **Shift from Fear to Courage**

### **Deeper Into the Importance of Attraction and Aversion Exercises**

Ancient wisdom traditions made a clear distinction between comfort and happiness and how learning to abide aversion leads to the latter.

In the aftermath of the Western Scientific Revolution we began equating the reality we could witness with our five senses as “objective” because apparently objective, material things can be measured while subjective things cannot be measured. Objective things then became synonymous with “real.”

Comfort is easier to measure than the subjective state of happiness so we began building the entirety of western society around being comfortable. Much less relative attention has been paid to systematic cultivation of our internal landscape which is the subjective determinant of happiness. The upshot has been that mental illness is rampant among us.

Wisdom traditions have (for millennia) intentionally invited practitioners to build internal resilience and capacity through learning to abide discomfort. This is the intention of the induced discomfort of yoga positions, sweat lodges, periods of fasting, sundance ritual, meditation lotus position, vision quests, etc. etc. etc. A measured amount of invited stress, anxiety, and risk with no possibility for real harm informs us that we need not be controlled by fear. With repeated practice, our neurobiology rewires to reflect that acceptance.

These traditions, refined and sharpened by neuroscience tools, teach us how to confront and consciously select challenging experiences in order to shift from fear to courage. This capacity facilitates our: 1) realization and, 2) 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.

**September 12, 2020**

## **Do You Have Self-Discipline & Complete Tasks?**

### **6-12 Year Old Inner Child**

Overarching Developmental Task: Social Relationships and Acceptance

6-12 Year Old Developmental Tasks:

- Acceptance of and by peers
- Fitting in socially
- Speaking publicly
- Task completion
- Self-discipline
- Physical competition skills

6-12 Year-old Dropped Stitches As They Manifest in Adult Life

- Feeling self-conscious and out of place in social gatherings,
- Self-discipline challenges,
- Inertia, procrastination, difficulty, or inability to complete tasks and projects that have been started,
- Challenge or inability to meet deadlines,
- Not being able to attain professional goals,
- Fear of speaking in front of a group or people.

Pre-Simulation Food for Thought, Questions, and Ideas:

1. Do you worry about being accepted by peers and feel that you need to prove yourself to them in order to gain acceptance?
2. Do you compare your appearance with that of others and experience mood swings based on whether you feel you look better or worse than they?
3. Have there been times when you were part of the “In Group” and have been aware of someone who was excluded? How did you feel? What did you do?
4. What is your internal selftalk when you are called to speak in public?

5. Think of a situation where your inability to complete something jeopardized your career, relationship, position, reputation, etc, etc. etc. Describe the situation and consider how thinking about it now makes you feel.
6. What statements do you make about your ability to succeed and/or when you do begin to get ahead and start to succeed? What emotional patterns emerge?

**September 13, 2020**

## **Basic Body Scan**

Relax your body in a comfortable position.

Close your eyes if you care to, and tune into the energy that is emanating from, and which surrounds your body.

Take a moment before you begin to experience silence right where you are.

- Stop moving around.
- Be still.
- Still your body.
- Still the self-talk in your mind. And listen to your environment in silent stillness for a moment.

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

Let's continue getting in touch with our bodies, these wonderful vehicles that serve as an interface between the larger dimension of ourselves as consciousness, and the form-focused, third dimensional world.

We'll experience a very basic body scan:

Feel your feet in your shoes, or in your socks, or just become aware of your feet.

Feel your feet on the floor.

The sensation in your toes and feet ....tingly, buzzing, aches?

Become aware of the sensations in your ankles, your calves, your shins.

Bring your attention to your knees.

Sense the clothing gently lying against your legs. The backs of your thighs against the chair.

Become aware of your bottom against the chair and any sensation in your butt.

Notice where there is any tension and stress stored and through the power of your attention, release it out of the body.

Visualize the release of stress and tension through the crown of the head, streaming out of your body from center outward, or streaming down into the ground.

Bring your attention to your lower back.

What do you feel there? Release any tension, letting it drain from your lower back down through your body through your feet into the ground.

Be aware of your pelvic area.

Sense the texture and weight of the material of whatever clothing you are wearing from the waste down.

With a gentle focus become aware of your waist area, any belt or waistband on your clothing.

Sense your back against your chair.

The clothing on your torso.

Sensation in your abdomen and your gut.

Notice and release any muscle tension or tightness.

Become aware of your stomach, is there a sense of fullness, emptiness, rumbling, nausea, movement?

Sense the clothing on your torso.

Sensation in your upper back.

Focus your awareness on your chest, feeling your breath rise and fall and your heartbeat

Sensation in your shoulders, upper arms, elbows, lower arms, hands, fingers, fingertips.

Bring your attention to your neck.

Release all stiffness, and tightness there.

Again, visualize the release of stress and tension through the crown of the head, streaming out of your body from center outward, or streaming down into the ground.

Head, face, ears, eyes, temples, skull, hair.

Bring your hands to your head and gently massage your scalp.

Message your neck by stroking to soothe the nervous system.

Please open your eyes, come back to us and without dwelling on it, make note, or a list of wherever you felt discomfort, tightness, tension or pain in your body thanking your body for making you aware of where you tend to hold or block energy, and again invite release of that energy.

**September 14, 2020**

## **The Flame**

Imagine a burning flame. Let whatever type of flame emerges simultaneously for you come into your mind's eye.

See it dancing, flickering, sketching its ever-changing designs in the air.

Become aware that you recognize it as flame...as fire, but it is completely different from moment to moment.

Look into it as it dances, darts,... moves.

Seek to experience its fiery quality.

Fire is transformative; refining and transmuting elements from one form, one octave to another.

Let yourself be carried by the movement.

As you continue to visualize the flame think about fire and how it manifests in the psyche as warmth and radiance, flaming love or joy, fiery enthusiasm and ardor.

What kind of flame are you?

Keep the flame in front of your inner eye as you slowly imagine that you are animated by the dancing freedom of that fire.

That you are becoming the flame, freed from focus on self as form.

Meld with it.

Witness yourself as the flame.

You are now in the space of your refined rarified self at heightened frequency.

You are simultaneously in your avatar vehicle, you are a flame, a body of light, and you are everywhere.

**September 15, 2020**

## **Returning Two Year-old Cycle**

### **9-12 Years Old**

Consider what was happening in your household during the period when you were 9-12 years old. What was going on in the world? What were your parents' concerns and priorities? How were you relating to your siblings at that age? All these circumstances of course impacted successful integration of challenging developmental identity formation tasks that were ascendant from 9-12 years old.

This is an age which recycles the earlier stage of temper tantrums of the two year old. It is a stage when children again establish independence from their parents and develop a sense of self worth. This is an important period when children establish their own identity so that they are not rejected.

9-12 year olds begin to see adults as imperfect, not the ultimate models and begin to see the necessity of establishing stability and confidence in their own abilities and judgements. They have learned their parents values and thus begin to experiment with values that are opposite of their parents. Peer values begin to eclipse parent values. Popularity is valued over competence.

### **Unresolved Issues That Surface As an Adult**

Do you feel unaccepted by your peers?

Do you feel judged by many people your own age or by those in your profession?

Do you feel excluded from the activities of others?

Do you not join many or any organizations because you feel self-conscious?

Children become less responsible, polite, and agreeable from 9-12 years of

age. They typically resist public display of affection from parents and become argumentatives. They may have highly developed language skills at this age which need to be reinforced and encouraged when appropriate. The child needs to “win” at times in order to assert their autonomy.

9-12 year olds are highly sensitive to right and wrong and become very concerned with justice and fairness. Successful integration here sets the stage for adult relationship to activism.

How well have you navigated this cyclical return of the terrible twos?

**September 17 , 2020**

## **Sleep, Neural Plasticity, and Lucid Dreaming**

Good, sound, restorative sleep and informed exposure to light are foundational to stress reduction, health, and wellbeing. More specifically for CSE purposes, regular periods of deep Non-REM (Rapid Eye Movement) sleep are essential for optimizing:

- Neural plasticity
- Learning and memory generally,
- And supporting learning in other reality frames such as the lucid dreamscape reality frame which takes place in REM sleep.

Best quality sleep occurs when we:

Choose to refrain from:

- Exposure to device screens prior to bedtime.
- Eating two hours before sleeping.
- Caffeine and/or intoxicants before sleeping.
- Over the course of the day, consume those meals that are richest in complex carbohydrates closer to sleeping time, observing the two-hour buffer period. Carbohydrates closer to sleep time help us get deeper sleep (Promotes tryptophan. Dopamine and GABA production.)

### **Neuroplasticity is a two part process which is sleep-assisted**

Phase I. - A [learning] trigger stimulates changes in neurons which marks out particular synapses for change. Activity that triggers brain growth has to be intentionally geared to learning and doing something new. After age 25 what we do is reflexive. Rote, routinized, activity on autopilot does not activate neuroplasticity.

Phase II. - Specific Types of Rest

- Deep, slow wave sleep, large delta wave sleep completes and reinforces new neural networks (See July 10, 2020 Imaginal Cell on Brain Wave Awareness). Delta wave sleep is a time when:
  - Deep recovery of neural tissue and physical regeneration of body tissue takes place.
  - There is a rapid profusion of cerebral spinal fluid through the brain and





Unit ,NIH David Berson, Brown University). Exposure to bright light during that period in the middle of the night:

1. Suppresses dopamine, the feel good chemical and can have depressive effects
2. Generates deficits in memory and learning
3. The brain structures this acts on is directly connected to the pancreas and disrupts blood sugar regulation
  - Keep the lights dim
  - Keep lights low (desk level, floor level) as opposed to overhead in your physical environment.

**September 19, 2020**

## **Looking in the Window of Self-formation**

Imagine going back in time and looking through the window of the childhood home that you lived in prior to 7 years old. Witness a typical family scene that includes you at that age.

- Who do you see there? Father? Mother? Siblings? Others?  
~~What are they doing?~~
- How are the people you witness interacting with each other?
- How are they interacting with you?
- On who or what is your attention focused?
- How are you moving about in the space?
- Note facial expressions and body language.
- What do you hear?
- What is deliberately not said/not discussed?
- As you witness the scene how do you feel now in the present about the younger version of yourself at that age? Name the emotion are you experiencing as you watch.

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How easy was it to bring details of that period of your life to mind?

How might the scene and the interaction you witness relate to your:

- Predominant existential fear?
- Most opaque egoic constructs?
- Inner child dropped stitches?
- Your edge?
- Vestiges of intergenerational trauma?
- Current beliefs about yourself.

What does your emotional experience of this exercise reveal about your successful integration and resolution of childhood relationships and issues in your adult life.... Or not?

**September 19, 2020**

## **“Objectification” in CSE Work**

### **Clarified and Reframed**

The meaning of the word “objectification” has been so widely used in social science, and feminist theory in particular, that it immediately conjures up the notion of treating people like objects rather than people. We are invited to put this frame of reference on the shelf for a time and consider another meaning of “objectify” for the purposes of CSE work.

We use the word objectify in CSE work to connote the externalization of an internal phenomenon. (Bear in mind that this is third dimensional terminology which is limited to a dualistic understanding of internal vs. external. We recognize that this separation is an artificial construct and use the 3-D language here merely as a shortcut.)

CSE objectification of various aspects of ourselves (operational reality frames) gives them quasi-form and expression so that we can more easily understand, interact and experience them in our internal landscapes, own, transmute, and finally reintegrate them. We objectify fears, egoic constructs, inner children, the intellect, resourceful presences/beings, etc. etc. etc. for this purpose.

Typically people are unaware that traumas large and small experienced over time generate disowned, fragmented aspects of themselves that are shoved into dark shadowy corners of our subconscious and/or unconscious minds until they break through into our lives in unhelpful ways. Others of us are somewhat aware of these aspects of ourselves yet: 1) don't know what to do about them or, 2) are too frightened to engage them or, 3) poke at them tentatively and often haphazardly.

In both instances the shadowy material swirls around us in our energy field, unresolved, disrupting our relationships and slowing our potential growth. Or in the case of resourceful presences, i.e., empowered dimensions of avatar-selves, we call

upon them and draw upon their strength all too infrequently.

Objectification, that is, externalizing and animating these constructs generated by the avatar mind-brain, we create distance that allow us to:

- dialog with,
- be protected by,
- be protective of,
- listen compassionately to,
- comfort,
- heal,
- reinforce, and
- uplift

them as needed; seeing them from an alternative, metacognitive vantage point.

**September 20, 2020**

## **Thought Leaders Aplenty**

### **Relevant Thought Leaders & Helpful Processes**

- Abraham Hicks, Esther Hicks
- Bob Monroe, The Monroe Institute
- Buddhism: Bon, Theravada, Tibetan schools, Mahayana, Pureland, Zen, Nichiren
- Brene Brown
- Bruce Lipton
- Byron Katie
- Charles Eisenstein
- Chogyam Trungpa Rinpoche & other Tibetan Rinpoches
- *Course in Miracles*, Helen Schucman
- Dalai Lama
- Daniel Siegel, The Mindsight Institute
- Deepak Chopra
- Donald Hoffman, *The Case Against Reality*
- Edward Fredkin, Carnegie Mellon University
- Eckhart Tolle
- Ervin Laszlo
- Gabor Mate
- Gregg Braden
- Gurdjieff, *The Work*, *The Fourth Way*
- Joan Halifax, Upaya Zen Center
- Joanna Macy, *The Work that Reconnects*
- John Kabat Zin and a cadre of thousands of mindfulness teachers
- Joseph McMoneagle
- Judith Simmer-Brown
- Helena P. Blavatsky & Henry Steel Olcott, Theosophy
- Holistic Life Foundation

- Institute of Noetic Sciences
- International Academy of Consciousness
- Krishnamurti
- Llewellyn vaughan-lee
- Lisa Feldman Barrett
- Louise Hay
- Mankind Project
- Marianne Williamson
- Naropa University
- Osho
- Parker Palmer, Center for Courage and Renewal
- Pathways Institute for Lifelong Learning
- Pema Chodron
- PEAR Labs, Princeton Engineering Anomalies Research, Princeton University
- Ram Dass
- Ramtha School of Enlightenment, J.Z. Knight
- Rick Hansen
- Robert Waggoner
- Rudolf Steiner, Anthroposophy
- Rupert Sheldrake
- Russel Targ
- Rumi
- Seth (Jane Roberts)
- Shambhala Path
- Steven La Berge
- Tara Brach
- Theosophy, Alice Bailey
- Thich Nhat Hanh
- Tim Freke
- Tom Campbell
- Vedanta Societies
- Vipassana & Insight Meditation, Jack Kornfield, Sharon Salzberg, Joseph Goldstein
- Wayne Dyer
- Indigenous:
- Robin Wall Kimmerer
- Sherri Michelle
- Christian Framework
- Meister Eckhart
- Michael Beckwith
- Catherine of Siena
- Cynthia Bourgeault
- Hildegard of Bingen
- Richard Rohr, Center for Action and Contemplation
- Neale Donald Walsch
- Thomas Merton

An inflated consciousness is always egocentric and conscious of nothing but its own existence. It is incapable of learning from the past, incapable of understanding contemporary events, and incapable of drawing right conclusions about the future. It is hypnotized by itself and therefore cannot be argued with. It inevitably dooms itself to calamities that must strike it dead.

—Carl Jung

To understand the world, one must not be worrying about one's self.

—Albert Einstein

Knowing is not enough; we must apply.  
Willing is not enough we must do.

—Goethe

## **Community Supported Enlightenment (CSE) Lexicon V.**

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

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

**Meridians:** energy pathways in the human body. Energy and alternative medicine healers Meridians can be mapped throughout the body; they flow within the body and not on the surface, meridians exist in corresponding pairs and each meridian has many acupuncture points along its path.

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

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

**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.

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

**Remote Healing:** Also known as “distant healing intention” (DHI) is a compassionate

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

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

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

**True-self:** The consciousness which is aware of and witnessing all of our experiences in one reality frame or another. Our true self is the “observer” “watcher,” “witness,” the “dreamer.”

**September 24, 2020**

## **Our Old Friend Fear**

How is it best to live with fear, a permanent part of the human condition? Like all emotions, fear is neutral. We can learn to see it as such and cultivate an alliance with it. Fear is just a heightened state of arousal which is generically generated. That is, fear can protect, serve, overwhelm, immobilize, or crush us.

It is our human forebrain that superimposes meaning on it. It translates autonomic arousal into dread, (fear anticipated) terror (while the dreaded event is occurring) and horror (consideration of the experience in the aftermath). The fear-alliance capacity will be a pivotal aspect of our ability to successfully navigate the mid-21st century.

We've noted that the broad categories of existential fear that we all face as a function of being human are: 1) fears related to death itself and, 2) fears related to the threatened ego or personal identity.

We have externalized, objectified, and animated our most prevalent existential fears so that we could interact, learn from, establish rapport, detente, and then befriend them. We've spent time stabilizing our relationship with fear in the avatar psyche by relating to it from various metacognitive and meta-conscious vantage points. We are now poised to add additional tools to our repertoire.

Let's establish some neurobiological, hormonal, and cardiovascular baselines for fear, i.e., autonomic arousal. At the moment of threat detection (in the amygdala) the autonomic nervous system swings into action and our bodies mobilize resources to deal with the danger:

- Pupils dilate so we can see better.
- There is decreased heart rate variability (variation in the time interval

between consecutive heartbeat. A normal, healthy heart doesn't beat evenly but exhibits constant variation in milliseconds) as the heart, and respiratory rate increase so that we can run, fight or hide. Blood pressure is elevated.

- More glucose goes into the blood stream so we have more energy available.
- Blood is shunted to extremities and away from our internal organs so that we move quickly.
- Blood clotting is enhanced as is blunt pain perception (stress-induced analgesia).
- The immune system dials up and then dials down as elevated glucocorticoids (e.g. adrenaline and cortisol) flood the muscles to provide energy.
- Adrenal cortex hormones are sent to storage sites to empty them of all available energy.
- Stress hormones in the brain increase oxygen and glucose (from increased blood flow) enhancing learning, memory, and recall so as to enable us to act from optimal alertness in the moment.
- The field of concentration is narrowed in order to deal with the threat.
- Circulation moves from the rational forebrain to the hind brain so we have less capacity to think creatively and rely on our instinct to react.
- The parasympathetic nervous system which governs long term energy use is turned off. This shuts down digestion, growth, and reproduction.

There was a time when science posited that the dynamic activation of the systems above inexorably resulted in a fight, flight or freeze response. We now know better.

Once again after 5,000 years science is now validating what ancient wisdom traditions have always taught.

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That is, we can resourcefully learn now not to be controlled and wedged into autonomic nervous system responses that have been thought to be inevitable. We do not have to be witless products of our internal or external environments.

For eons wisdom traditions and esoteric mystery schools have intentionally induced states ranging from discomfort to intense fear in order to teach initiates who they are beyond reactive patterns. This teaching about Self is what undergirds everything from yoga asanas, and lotus meditation position, to sweat lodges, vision quests, and the Lakota Sundance.

The task that lies before us as we face the prospect of abiding cascading crises for the remainder of our lifetimes is to learn how to skillfully manage our neuromodulators and neurotransmitters, specifically the norepinephrine, acetylcholine, and dopamine systems. We will learn to strategically invite discomfort (e.g. our Attraction-Aversion Exercises) with no real risk of harm so that we learn to internalize our locus of control. This is the definition of sovereignty.

**September 25, 2020**

## **Simple Favorites from Taoism and Stoicism**

Clay is shaped into a bowl but it is the empty space that makes it useful.

—Lao Tzu

Caretake this moment. Immerse yourself in its particulars. Respond to this person, this challenge, this deed. Quit evasions. Stop giving yourself needless trouble. It is time to really live; to fully inhabit the situation you happen to be in now.

—Epictetus

He who knows that enough is enough will always have enough.

—Lao Tzu

How long are you going to wait before you demand the best for yourself and in no instance bypass the discriminations of reason? You have been given the principles that you ought to endorse, and you have endorsed them. What kind of teacher, then, are you still waiting for in order to refer to your self-improvement?.....

From now on, then, resolve to live as a grown-up who is making progress, and make whatever you think best a law that you never set aside. And whenever you encounter anything that is difficult or pleasurable, or highly or lowly regarded, remember that the contest is now: you are at the Olympic Games, you cannot wait any longer, and that your progress is wrecked or preserved by a single day and a single event.

—Epictetus





These three are your greatest treasures.  
Simple in actions and thoughts, you return to the source of being.  
Patient with both friends and enemies,  
you accord with the way things are.  
Compassionate toward yourself,  
you reconcile all beings in the world.

—Lao Tzu, Tao Te Ching

Remember, it is not enough to be hit or insulted to be harmed, you must believe that you are being harmed. If someone succeeds in provoking you, realize that your mind is complicit in the provocation. Which is why it is essential that we not respond impulsively to impressions; take a moment before reacting, and you will find it easier to maintain control.

—Epictetus

*The Art of Living: The Classical Manual on Virtue, Happiness and Effectiveness*

**September 26, 2020**

## **Have You Ever Had a Lucid Dream?**

Lucid dreaming is realizing that we're dreaming while we're IN the dream state, with some ability to influence the dream. Have you had this experience?

If so, take a moment and write out the first lucid dream that you remember. Then write out a regular dream. Compare the two and note how a dream differs after you become lucid.

Lucid dreaming is actually a pretty widespread phenomenon. The International Journal of Dream Research reports these percentages of college students have experienced lucidity while dreaming:

- 71% in the United States
- 82% in Germany
- 73% in the Netherlands
- 47% in Japan
- 20% of college age dreamers claim to have frequent lucid dreams which means at least one such dream a month.

Dream lucidity practice has been shown to have tremendous capacity for generating wonder, well being, deep learning, the experience of complete freedom, and to unleash creativity.

The lucid dreaming revelations of the renowned persons below are widely recognized to have produced masterpieces and breakthrough inventions (Deirdre Barret, The Committee of Sleep):

While lucid dreaming...

Paul McCartney received the tune for the hit song, "Yesterday."

Richard Wagner received the opera Tristan and Isolde

August Kekule was shown the structure of the benzene molecule which opened up the field of organic chemistry.

Dmitri Medndeleev clearly saw the periodic table of elements

Alias Howe was shown the design for the type of needle needed to create the first functional sewing machine.

For the purposes of our work in the Community Supported Enlightenment (CSE) Network dream lucidity is one of many exciting reality frames we explore in order to know ourselves better and enhance the quality of our consciousness.

We all spend about 6 years in an average lifetime dreaming. That's 9% of every day. For every 11 year of our lives we spend one of them in a dream state. So why not use precious time in the dreamscape wisely, productively, and have fun in the process?

**September 27, 2020**

## **Antidotes To Fear Of Death**

**by Rebecca Elson**

Sometimes as an antidote  
To fear of death,  
I eat the stars.

Those nights, lying on my back,  
I suck them from the quenching dark  
Til they are all, all inside me,  
Pepper hot and sharp.

Sometimes, instead, I stir myself  
Into a universe still young,  
Still warm as blood:  
No outer space, just space,

The light of all the not yet stars  
Drifting like a bright mist,  
And all of us, and everything  
Already there  
But unconstrained by form.

And sometime it's enough  
To lie down here on earth  
Beside our long ancestral bones:  
To walk across the cobble fields  
Of our discarded skulls,  
Each like a treasure, like a chrysalis,  
Thinking: whatever left these husks  
Flew off on bright wings.

**September 28, 2020**

## **Simple Wisdom Stories**

### **Practice**

Thought: If we look at life as a circular path, a line without beginning or end, then we can learn to shift or focus away from the “final destination” at the end of the road and towards the gently curving slope of the absolute present moment.

One day a small boy was playing near the river when he saw an old man with a long beard seated in the sand. The boy moved closer and watched as the old man drew a perfect circle into the sand.

“Hey, old man, how did you draw such a perfect circle?” asked the boy.

The old man looked at the boy and said, “I don’t know, I just tried, and tried again... here, you try.”

The old man handed the stick to the boy and walked away. The boy began drawing circles in the sand. At first his circles came out too wide, or too long, or too crooked. But as time went by the circles began to look better and better.

He kept trying and then, one bright morning, he drew a perfect circle into the sand. Then he heard a small voice behind him.

“Hey old man, how did you draw such a perfect circle?”

### **Blind Ego**



Unfazed, he waded out and tried again. And again and again, to no avail. After watching this performance in silence, one of his fellow monks asked the other, “D’ you suppose we should tell him where the stepping stones are?”

### **The Moment**

A man was walking across a field when he saw a tiger. Fearing for his life, the man fled, but the tiger gave chase. The man reached the edge of a cliff, and just as he thought the tiger would get him, he spotted a vine growing over the edge of the cliff. Grabbing on to it, he swung himself over the edge to safety.

The tiger came to the edge and snarled at him from above. While precariously perched like this, the man saw another tiger growling at him from below. Trembling, he held on to the thin vine that was keeping him from being dinner for the tigers. What could be worse than this, he wondered.

Just then, two mice scampered out and began gnawing at the vine. As they chewed and the man pondered over his fate, he saw a juicy, red strawberry on a ledge next to him. Grasping the vine with one hand, he plucked the strawberry with the other. Ah, how sweet it tasted!

**September 29, 2020**

### **Suspension of Disbelief - Suspension of Belief**

Those of us who have grown up in the western part of the world, hobbled (until recently) by scientific materialism, have been enculturated to view subtle, non-material realms through binary, religious/spiritual or anti-religious/anti-spiritual lenses. The “ask” here is that we step out of unidirectional thinking, not superimpose either set of lenses, and dispassionately consider the subtle, non-material world as just another domain of life that co-exists with our 3-D world.

IMAGINE that there are aspects of reality that exist outside, or at more subtle levels than the threshold of our 3-D perception. These are objective realities that simply operate with principles that differ from those that work in our world.

CONSIDER that we have the capacity to hone the skills and develop different sets of tools to work with these alternative sets of principles.

IMAGINE that just as there are countless trillions of quadrillions of microscopic bacteria in and on everything in the 3-D physical reality frame.....

..... there are also countless trillions of quadrillions of tiny points of light in the subtle, non-material realm (just as there are vast beings) which act as an interface, like a thin veil between the material and non-material world.

The lower frequencies of this non-material layer of thoughtforms which remains influenced by the shadowy substance of the human subconscious and unconscious has given rise to myth, legend, and folklore. (4th dimension- See Reality Frame

Progression, Imaginal Cell, July 4, 2020).

The interfaces at the higher frequencies of this bandwidth and others beyond are known to us as:

- Angels and Archangels
- Ascended Masters
- Bodhisattvas
- Dream characters
- Interfaces with the larger consciousness frame that appear to the human consciousness in whatever form is most likely to seem familiar and be received/heard with ease.
- Ourselves as non-material, nonlocal consciousness
- Saints
- Spirit animals
- Spirit guides
- Totem animals

Entertain the notion that many of these countless trillions of quadrillions of subtle-realm beings don't even know that humanity exists any more than the bacteria on our skin know that we exist. Humans are simply an element of the environment in which they exist.

IMAGINE however, there are also beings in subtle reality frames who are definitely concerned with the evolution of humanity and the planet earth. There is a concerted push at this juncture in human and planetary history to open up pathways for increased collaborative co-creation between humanity and the subtle realms.

The type of co-creation between realms that will potentiate our work in 3D requires

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