

❖ I Am the Lotus ❖



Not the Muddy Pond

S. M. Peterson

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ISBN-10: 1480166340

ISBN-13: 978-1480166349

## FOREWARD

My honest opinion is that this book may leave readers feeling a bit numb at first. I feel Mandy's message will stimulate readers to re-examine their lives in an effort to awaken to various fear-driven realities that we have been conditioned to live by. Mandy offers her own insight as to what these realities are based upon through sharing many of the messages she has received, as well as through offering intimate aspects of her life as a guide to help others realize the mind games played upon us by individuals and aspects of society which dictate our lifestyles and what we should think, feel, or obtain in life.

In essence, this book offers a blueprint for those who seek to empower themselves. It is my hope that those who read this book will begin to challenge many of our accepted lifestyles, and the beliefs that sustain them, in order to create a new understanding of what our life purpose can be.

Belle Salisbury  
Editor of Bellesprit Magazine



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*"When the earth is ravaged, and the animals are dying a new tribe of people shall come onto the Earth from many colors, creeds and classes, and who by their actions and deeds shall make the Earth green again. They will be known as the Warriors of the Rainbow." -Hopi Prophecy*


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## INTRODUCTION

*We live in an age where our spiritual beliefs, intentions, and energy are constantly changing. However, our fear of change, concerning the material realm, leaves us stuck and destined to repeat the same lessons in ever more, potentially destructive ways. As our spiritual and material worlds continue to diverge, and this “split” continues to widen, my hope is that a new accountability and willingness to love-beyond a superficial level-may become more actualized, so that balance can be restored...*



While searching for a perfect title for this book, a fellow psychic wrote me an e-mail that stated: “Hi Mandy! How have you been doing? You keep coming to me in meditations, bringing lotus flowers. I also keep seeing a book. Have you been writing lately or thinking of it? The angels want you to write a lot.”

At the time of receiving this e-mail, I already had eight chapters written in rough form. My plan had been to write about the topic of living simply. However, the book seemed to take off in a different direction as I found myself writing primarily about the conflict that occurs when spiritual individuals seek to embrace metaphysical principles while remaining loyal to a collective mind-set that is insane. Furthermore, it is becoming increasingly more obvious that this conflict is the underlying cause of many of the problems of the world.

Looking up the symbolism of the lotus flower, what I came across was a quote from the Lalitavistara, a sacred text of the life of Buddha by Dharmaraksha (308 AD). It seemed to offer an interesting analogy. It states:

*The spirit of the best of men is spotless, like the new  
lotus in the muddy water which does not adhere to it.*

In a round-about way, this explanation of what the lotus symbolizes, as quoted in the Lalitavistara, became the main thesis of what this book is about: How to discern our true nature apart from a collective mind-set, which many of us may adhere to, without being mindful of what our adherence is truly creating (i.e. strife, anxiety, limitations, greed, corruption, abuses, environmental degradation, and more). So, I titled this book, *I Am the Lotus, Not the Muddy Pond*, where the lotus represents our divine nature and spiritual truth, and the muddy pond represents the dominant streams of collective consciousness within the world. The *I* in the title represents our greater *I Am* presence.

I do feel that the human race is entering an exciting time, where the sowing of the polluted seeds of its past and its present thoughts and actions are producing fruits of this labor within the world. We can use these fruits to gain the motivation and understanding to make new choices concerning:

- ❖ whether we will continue to serve what is in our own self-interest or whether we will begin to serve the common good
- ❖ whether we will continue to allow our spirituality to evolve in one direction, while remaining faithful or enslaved to the ways of an unconscious world that leads us down another path

Instead of living in certain predictable ways, a bridge *can* be created: a bridge that is awakened, free of judgment or blame, and which honors earth and the Truth that exists within her and all other living things. Many mystics, elders, and masters have achieved it; I firmly believe it is within the reach of everyone.

Before offering my ideas as to what could allow us to find more peace within ourselves and create more peace within our world, I want to offer a few more final points:

- ❖ This book stems from a lot of my own perceptions, channelings, and experiences, not to mention an inner desire to bring about world peace in a more meaningful way. I don't claim to be a guru or master concerning any topics I discuss.
- ❖ This book does not treat the various issues of the world with kid gloves. I present a stark reality concerning what I see as the effects of mankind's lack of love for itself and for the world. I believe that only through seeing where love has been lacking, does mankind have the opportunity to make another choice (to love).
- ❖ While at times I may appear to be recommending total anarchy, my true agenda is merely to inspire others to start asking questions regarding the illusions we give our power to. Only through being willing to challenge our world and its belief systems and norms can we break down various patterns of blind conformity that block us from evolving as a collective.
- ❖ I use the word 'mankind' instead of 'humankind' deliberately because it is the word my guides use.
- ❖ Throughout this book I reference various sources and masters without being a follower or student of any single discipline. I have found, through my experience with various teachings that all paths lead to the same place. Some teachings are clearer and can demonstrate a point better than others. Basically, they are all teaching love, compassion, truth, and growth. So, in addition to quoting Siddhartha Gautama (Buddha), I also quote the Bible, Osho (twentieth century Indian mystic), Eckhart Tolle (author of *The Power of Now*), and other sources.

All in all, we are embarking upon a glorious adventure toward the next step in our awakening process: moving beyond the material and superficial, while bringing all of the lost and split parts of ourselves

back into wholeness again. The fact that you are reading this book tells me you are ready for that challenge.

# CHAPTER 1

## Philosophical Splitting

*There once was a lotus that did not know it was a lotus.  
Such a lotus could only know its worth through gazing at  
its muddied reflection on a pond...*

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As I sit upon a dock by the water, I am wondering what to write concerning this recent call I have received: a call to humanity, a call to peace, a call to dignity in the life of the spirit made flesh, rather than the other way around. Above all else, this is what we are; our Spirit taking predominance over our physical form.

Prior to 2010, I had experienced various uncomfortable feelings and inner voices that told me something was not quite right concerning my spiritual beliefs and practices. However, I did not at the time realize that what was creating most of the conflict was my attempt to go along with abundance-focused philosophies (as prescribed by the leading spiritual gurus within the new age community), while simultaneously seeking to embrace other new age ideals such as nonduality and Oneness. In fact, I did not recognize that my spiritual and material goals expressed opposite agendas. I also did not take the time to notice that while many new age philosophies teach us that our spirit takes precedence concerning what we truly are, we are simultaneously taught a second message. What we often end up attempting to implement are both the original ideal and the obstacle toward realizing it.

What do I mean by this?

On the one hand, we are taught to believe that we are love, light, and wholeness. On the other hand, we are also taught that our worth and identity are meant to be predominantly defined through what we can externally achieve or 'manifest' within the world. I believe that this latter belief causes many of us psychological pain (whether conscious or unconscious). This same belief also acts as a block to letting the pain go. (See chapter 5 for examples.)

Even as a healer, I began to question whether particular clients were addressing issues that were appropriate to their distinctive suffering. The more I questioned things, the more a bigger picture began to unfold; though it would take many years, and the transpiring of certain events, for me to think outside the box enough to follow where my feelings and inner voices were leading. If you are reading this and experiencing the same dilemma, do not be afraid to follow your heart.

Ultimately, I became aware that many of us within the new age community are trying to evolve spiritually through a backward process, i.e., we are attempting to twist spiritual concepts to fit our material lifestyle, rather than changing our material lifestyles to accommodate what we spiritually feel is true.

Also, because the majority of us within the Western world have subliminally accepted society's belief that we *must* strive in certain external ways for our survival, certain attached fears become deeply conditioned into our everyday experience. They come to be seen as expected and normal. For this reason, they are left unaddressed and are misunderstood. Such fears include:

- ❖ fear of loss
- ❖ fear of letting go of materialism
- ❖ fear of letting go of denial
- ❖ fear of not being or having enough
- ❖ fear of lack of social approval
- ❖ fear of going against the norm
- ❖ excessive need for control and focus on outcomes (out of fear)
- ❖ fear of taking action toward solving some of the bigger issues in the world

If we can begin to see our spiritual Self as the lotus, then we can also begin to see these collective fears, as well as other collective beliefs and lifestyles, as the very essence of the mud that clouds the pond in which the lotus lays. The more the lotus attempts to find its reflection within the muddy water beneath it, not understanding it can seek its reflection internally, the more the pond begins to yield various collective and concrete manifestations that represent the nature of how it became polluted in the first place. After all, it is undeniable how our environment has become adversely polluted and affected by our collective striving to be enough, to have enough, and to find our worth externally.

There is hope however. There always was. For, our most prized and ancient teachers and masters have already taught us the way towards ascending some of the falseness and contradiction of the muddy pond that we have become lost in. Thus, if we can collectively understand and act upon some of the wisdom and practices of these masters, we can learn to bridge Heaven (Spirit) with Earth (Matter) in new ways.

However, before I discuss this subject any further, I think it is important to create a more clear definition of the *philosophical split* that I see occurring, allowing an examination of:

- ❖ the dilemma
- ❖ the cause
- ❖ how to bridge the split

## What is philosophical splitting?

What exactly do I mean when I use the term, *philosophical splitting*?

As already stated, I've noticed some confusing trends within modern spirituality that encourage many of us within the new age community to pursue contradictory philosophies at the same time.

What do I mean by this?

A person's lifestyle may run counter to a philosophy he intends to follow. Alternatively, a person may attempt to master two opposing sets of idealistic goals.

As a personal example, in my early thirties I felt very confused about how to put into practice *A Course in Miracles*. For those who have not heard of *A Course in Miracles*, it is primarily an inspirational

course (in book format) comprised of channeled material that aims to help its readers learn lessons in unconditional love and forgiveness. It theorizes that forgiveness lies with understanding that material life is an illusion. As part of the forgiveness process, we are encouraged to overcome our need to be special, our belief in duality, and the ways we make our illusions more real than they are.

While these concepts resonated with me deeply, attempting to apply these principles to my 'normal' life made me feel something was 'off,' yet I could not quite grasp where this feeling was coming from.

I do not believe I felt this way because the principles in the course were necessarily in error. I believe this feeling arose from the fact that I was practicing the principles while still trying to conform to my conventional lifestyle. As a result, I 'split' myself by attempting to follow two sets of philosophies at the same time: societies and those of the course.

As an example: family, friends, and society imparted to me that it was important to be special and to excel. *A Course in Miracles*, however, asks us to let go of specialness and duality. Not seeing that both goals were contradictory, I tried to *blend* them: i.e., I accepted the belief that a need to pursue specialness was necessary to my material survival, while at the same time trying to invoke a spiritual *feeling* that specialness was not my true agenda. I thought that as long as I could *feel* that I was intrinsically 'love, light and oneness,' then if I pursued specialness it wouldn't matter. I thought this was what the student's goal was supposed to be; to contort, suppress, and change our thoughts and beliefs so that we can still pursue all the things we had before, but with a different mind-set. Or, so this is what I told myself, since the course never really asks us to do this. I would eventually realize that what I was really partaking in was a mental game that thrived on self-delusion and denial.

Using the specific example of duality, I believed that I could pursue duality if I could mentally convince myself—at the same time—that duality did not exist. I had not yet grasped that I could choose to adopt a different lifestyle that would accommodate more of what I was attempting to achieve. I had not thought of ways in which I could begin a process toward letting go of various conditioned forms of external dependency (e.g. external sources of power, food, banks, credit cards) as well as a preoccupation with



money, success, recognition, competition, material things, ownership, etc.. After all, without consciously knowing such a choice is available—which many of us may not conceive that we even have a choice—who immediately thinks about changing their lifestyle or any of these other things? We all feel fated to live by certain rules, ways of living, norms and conditioning. We expect ourselves to learn to cope and to change our attitude toward what we perceive to be necessary for our survival, while suppressing or denying any accompanying sense of limitation, unhappiness or dis-ease.

When I began to understand what I was really doing, it started to make more sense to me. So did the solution: we do *not* have to conform to the world in ways that put us at odds with the spiritual values we would like to emulate; nor do we have to deny to ourselves we are choosing to serve the world (and what is false or illusion) over spirit (and truth), if this is what we are doing. Instead, we can learn to see what we are doing for what it is, and change our lifestyle in a way that allows it to support the spiritual values we seek to align with. It will always be our own choice, but we can choose whether or not we will require ourselves to live mentally ‘split’ apart.

I tell others that my new approach is called, ‘let us call a spade a spade.’ In other words, let me see my true intentions for what they really are, rather than trying to masquerade them as something else. While this new approach sounds harsh, it actually allows more self-forgiveness and self-change. How so? I can be more authentic with myself while also seeing my human condition with unconditional love, detachment and awareness. I resort less to excuses and rationalizations for doing something that goes against my higher principles simply because it is something ‘everyone else is doing’ as part of surviving or fitting in. Because I also understand that spiritual awakening is not always an overnight process, I know that when I am ready to follow spiritual precepts that emulate unity, love, and oneness, I will do so, while also allowing myself to let go of contradictory survival based practices as I am able. This way, I’m not blocked by denial if I wish to truly learn the lessons in *A Course in Miracles*.

<b><i>Accepted Spiritual Truth</i></b>	<b><i>Prescribed Lifestyle</i></b>
<i>We are innately enough. We have nothing to prove.</i>	<i>Outer striving needs to be engaged in to prove that we can be, do and have enough.</i>

<i>Inner sense of abundance and worth. Abundance is present. It exists within all living things.</i>	<i>Striving for outer abundance and worth. Abundance is past or future. It needs to be created through using earth's resources to create inanimate things.</i>
<i>Non-duality and non-judgment. Oneness, unity, benefit of the whole.</i>	<i>Duality and labels. Benefit of the self, competition, separation.</i>
<i>Each person is a spiritual being. Our worth is eternal and defined by Spirit. We are all equal in Spirit.</i>	<i>Each person is a material being. Our worth is determined by other men, our successes or failures, our buying and selling, our popularity and other external factors.</i>
<i>Peace, stillness, surrender, centeredness, and calm.</i>	<i>Chaos, scatteredness, over-activity, anxiety, need for control.</i>
<i>Vitality, joy, one's cup is eternally full.</i>	<i>Depression, burnout, overwhelm, exhaustion, one's cup is never quite full.</i>
<i>Ascension, rising above form. Oneness with nature and appreciation for the miracle within life. Seeing how blessed we are with all nature provides.</i>	<i>Materialism, clinging to form. The destruction of nature. Instead of being respected, nature is to be used as a means to an end that disrespects her. Overabundance turns into pollution and waste within our environment as we find we need to produce more and more inanimate things to fulfill us.</i>
<i>No real time. Living in present moment. Free of rush. Humility and equality.</i>	<i>Outcome focus. Living in future &amp; past. Not enough time. Rush. Pride and the need to be better than others. Desire for power, fame, and/or status.</i>
<i>Living from heart. All feelings are okay. Feeling our feelings has a healing effect.</i>	<i>Living from mind. The need to control or suppress thoughts and feelings that are perceived as negative. Feelings are feared rather than respected.</i>
<i>Actualized love: love in action and love that is responsible.</i>	<i>Conceptualized love: love in thought only and which results</i>

<i>Prayer is a walk of life.</i>	<i>in care-less-ness. Not feeling we can make our prayers a walk of life, we resort to superficial thoughts and prayers that can have no real substance because they are not backed by lifestyle and action.</i>
<i>Concepts of price tags and ownership are seen as illusion. Everything is free. Nothing and no one owns us and likewise we cannot own anything or anyone else.</i>	<i>Concepts of price tags and ownership are seen as real and necessary for survival. Therefore, out of fear of loss there results pursuance of copyrights, a focus upon ownership, attitudes of non-sharing, as well as the treatment of life and others as entities to buy from or sell/market to. The world and others own us and we own others and the world.</i>
<i>Truth focus. Material life is an illusion. The focus is upon manifesting love and truth.</i>	<i>Illusion focus. Material life is real and important. The focus is upon manifesting illusions.</i>

Figure 1: Accepted Spiritual Truth versus Prescribed Lifestyle

Figure 1 is a chart of some of the contradictions that stand out to me. The left side of the chart pertains to what many individuals within the new age community consider to be a reflection of spiritual truth. It is how we define and discuss our spiritual essence. The right side of the chart expresses the societal lifestyles and practices that we, within the same new age community, tend to not only live by but to espouse and promote; especially through abundance-centered philosophies that focus on what can be manifested externally.

This chart is not meant to foster judgment, nor is it meant to assign individuals to one camp or the other. Its purpose is to help people awaken and begin to question current Western world spiritual philosophies in new ways. In fact, I do not believe we have to rigidly live by the spiritual principles that are listed on the left side of the chart. I do not even believe it is fully possible to do so within our current consciousness or understanding. However, I do believe that we can give ourselves permission to let go of *actively pursuing* the goals on the right side of the chart, especially if we understand that this

pursuit will not ultimately help us find inner peace, self-worth, or happiness. The ideal would be to find a middle ground so we do not have to live split within ourselves.

<b><i>Spirit Centered Living</i></b>	<b><i>Material Centered Living</i></b>
<i>Lifestyle based on unity consciousness, increased self-sufficiency and freedom.</i>	<i>Lifestyle based on separation consciousness, dependency and competition.</i>
<i>Interdependent communities arising based on shared responsibilities, land sharing, co-operation, and use of off-grid power sources and barter systems. Less reliance on corporations and banks. More control over purity of food sources and of necessities. Greater health.</i>	<i>Communities which are dependent upon culture, norms, governments, laws, external constructs and institutions (including banks, toxic power sources, corporations). Less control over purity of food sources and necessity. Poorer health and potential sensitivities to chemicals and impurities.</i>
<i>Living maturely. Less need for toys. Less dependency upon parenting via government, external power sources and institutions. Instead there exists interdependency, self-sufficiency and responsibility. There is less blaming of parental structures for problems within the community because the community and its members take responsibility and are motivated toward being part of the solution.</i>	<i>Living childlike and helpless. Need for toys and to be externally provided for. Dependent upon external 'parents' (governments and institutions) to guide and provide. No responsibility. Blames parental institutions for what it cannot take responsibility for. Is too dependent and helpless to be motivated toward being part of the solution when it comes to societal issues.</i>

Figure 2: Spirit Centered versus Material Centered Living

Figure two offers two different types of lifestyle. However, I do not suggest there are only two, these are simply two extremes.

The spirit-centered lifestyle, as shown on the left side of the chart, may seem unattractive to many of us because we have been so

heavily conditioned to enjoy and accept our child-like dependency. I will discuss more concerning the effects of certain patterns of living in later chapters. I merely include this figure here so that readers can envisage an alternative ‘ideal’ when it comes to our lifestyles that we could work toward, if we wish to live lifestyles which are in more alignment with our spiritual ideals of love, harmony and peace.

## Understanding the Cause

Why are split philosophies followed and served? I see a few main themes:

1. Rationalization of lifestyle—rationalizing the split
2. Denial of the fruits being created within nature
3. Angelic, guru, or paranormal reinforcement
4. A belief that we have come here to serve two purposes: a spiritual purpose and a life purpose

### 1. Rationalization of Lifestyle—Rationalizing the Split

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Since there are so many of us who feel a need to cling to ingrained and habitual patterns of dependency, thinking, and lifestyle, it is only natural that we would have to either rationalize or deny a philosophical split in order for our ego to survive. After all, our ego’s sole concern is its own propagation and maintenance. Not that I believe having an ego is wrong. I am all for embracing the ego with unconditional love.

However, even Jesus warned us many times that we could not serve two masters. He told us that if we worshiped one, the other would become our enemy. I believe that he was talking about the pursuit of split philosophies. In Matthew 6:14, NIV, it states:

*No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money.*

Jesus offered us a way to save ourselves from our material illusions by making the ultimate sacrifice: his life. He wanted to teach man that his flesh was not his Spirit; our material existence is not the truth of what God is, or what his sons are. Our Spirit will not suffer, if we give up serving what is illusion in order to pursue truth.

To me, it makes sense that Jesus hoped we could learn from his death how to stand in the light of our truth without allowing the world, its laws, conventions or values to compromise it. In a completely nonviolent fashion, Jesus did not back down from his accusers. He stood up for what he believed, even though doing so threatened his life. After his death, he ascended to demonstrate that his Spirit was not—nor ever could be—destroyed, and that his body could be resurrected and mended.

This course of action is again demonstrated within the book of Galatians. This book of the Bible consists of a letter from Paul to the Christians in southern Galatia. In this letter, Paul appeals to citizens not to live their lives in ways that make the sacrifices of Jesus meaningless. Paul petitions them to turn away from a ‘yoke of slavery.’ Citizens no longer need to feel enslaved to the ways and customs of man, as Jesus has shown them the way out of this limited way of living and being. They could now live serving Spirit, rather than man and flesh. According to Galatians 5:16, NIV, Paul states:

*So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit you are not under the law.*

This is the very dilemma that the world presently faces concerning its spirituality. The spiritual man lives split because he fears giving up the material world; he fears experiencing potential pain, loss, suffering, or death if he does. As long as he lives this way, he is bound to the world and everything in it; he lives his life blocked from bringing his material lifestyle into greater alignment with his spiritual beliefs.

Such a man may rationalize that he cannot fully devote himself to a more spiritually aligned lifestyle or path because he *must* serve and

obey governments; he *must* buy from corporations that wield unruly power, and which may not have ethical intentions toward man or the planet; he *must* seek approval; and he *must* do what is deemed right according to various customs, norms, religions, or cultures. Rationalizing this, the split forms and becomes almost unnoticeable, since it is accepted everywhere and by everyone within the world of form. This is why I believe we speak of Jesus as a savior for our world. He preaches that there is another way to live, if we follow and *believe* in him.

Instead of following his example, or realizing that this example could be the ‘savior’ that we are waiting for, we seem to be holding out for another kind of savior to arrive. Revelations states that the next time Jesus comes he will take care of all of our problems with corruption, idolatry (i.e. worship of objects), harlotry (i.e. the selling of self for money), perversion of nature, and false prophecy for us; possibly because we have not learned how to do this for ourselves.

Others within the new age community await a mysterious process that will save us via angelic or extraterrestrial attunement, DNA activations, acceleration in our vibration or consciousness, etc. There are so many new age or channeled theories regarding how Earth will move past a self-destruction phase, or how we will ‘ascend’ it, that it is hard to know what to believe in or follow.

Atheists, for their part, have completely given up hope and have just resigned that there is no way to be saved at all from the customs, corruption, earth degradation, consumerism, norms, and governments that we unquestioningly obey and serve.

Instead of being helpless, however, we could see what Jesus offered us requires an ability to surrender what we cherish concerning comfort, ease and material things; (which he did speak of this, as did the Buddha). However, this is considered undesirable or even frightening to our egos. While Jesus already taught us how to save ourselves, ideally, we want to be ‘saved’ through an external process or divine act. We want the changes to be made easy for us. It is hard for us to conceive that our being saved or not relies upon our acquiring Faith that we no longer need to serve other guardians, nor the muddy pond:

*Before the coming of this faith, we were held in  
custody under the law, locked up until the faith that*

*was to come would be revealed. So the law was our guardian until Christ came that we might be justified by faith. Now that this faith has come, we are no longer under a guardian. -Galatians 3:23, NIV*

Then, add to our rationalizations a note of insanity, when we talk about having no fear. Yet, our whole lives and what we serve are evidence that we are ruled by fear. We are too afraid of what we could lose of the flesh if we seek to be free of the false guardianship that we obediently, and out of fear, submit to (i.e. of governments, taxes, corporations, polluting habits and lifestyles, environmental degradation, etc.). We feel that we are resigned to sit in the mud puddle of what has been sown and reaped—by way of toxic outcomes resulting from our lifestyles—while telling ourselves, ‘I will not be afraid of this.’

This ability to rationalize, deny, serve, and adhere to two opposing philosophies becomes fully possible and even appears to be sane; it lives, thrives, and counts upon everyone doing or following the same ideals, without questioning why or what is really to be gained. This pattern is repeated over time, passed down from our ancestors, and allowed to become more and more deeply ingrained to the point where it becomes automatic and unquestioned. Our rationales become overlooked and hidden, and we can no longer see them in order to examine them. Our thoughts of powerlessness, fear, and of never being enough end up perpetually hidden beneath the mundane.

Because life is still, after all, a dream (see chapter 2), what we collectively dream makes no difference to the Spirit dwelling within us. It is thus completely safe to challenge our assumptions about our current norms and lifestyles as Jesus did, if we so choose. We may begin by asking questions, such as:

- ❖ Why are we collectively dreaming of our own destruction?
- ❖ Why are concepts that run contrary to deeper truths and philosophies accepted and incorporated into our dreams and goals for ourselves?

If we allow ourselves to go far enough down the rabbit hole, we may discover deeper truths about the muddy pond that we unconsciously adhere to. Man does not have to rely on feeling, at a subconscious



level, that he is helpless and has already been defeated by a pond of mud. He doesn't have to accept the idea that he can't live *both* the dream of life and the dream of spirit in alignment with *One* intention: peace and love. Peace and love are fully possible, because peace and love are what the Lotus is, and, thus, what we are.

## 2. Denial of the Fruits Being Created within Nature

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Because all is One and Mother Nature is the perfect mirror, through her, a bigger picture starts to unfold. She begins to display that something is amiss, by the deleterious effects that humans are causing her bounty to suffer: the exhaustion of resources, depletion, excesses, destruction, pollution, etc. Even Ghandi, according to Pyarelal, within his book *Mahatma Gandhi—The Last Phase* (1958 and later editions), is cited to have expressed in 1947:

*What we are doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and to one another. Earth provides enough to satisfy every man's need, but not every man's greed.*

Of course, then, people are driven to deny or rationalize even what is happening in nature. The fruits of all we sow in nature are viewed as an expected part of living materially, and of having to serve and obey the ways, rules, and conventions of mankind. Because the problem is seen to be external instead of internal, it stands to reason that the mere mortals who are obeyed and followed are the ones to blame for the problems of the world. These leaders, though lost and deeply unconscious themselves, end up the very individuals who are looked toward for providing all of the solutions; as if lost souls could possibly solve the problems of the world.

Languishing in a deep state of unconsciousness and disempowerment, those who live psychologically split cannot understand how they are part of the creation and maintenance of such structures. They cannot see how their own servitude and blind obedience to certain facets of society and lifestyle have manifested various effects. They cannot understand that only when they begin to change from within, will the outer structures align with serving what they truly *are*, in all their holiness, rather than simply offering a

reflection of their illusion-based creations.

### 3. Angelic, Guru, or Paranormal Reinforcement

How many times have I heard from others, “My guides or guru told me,” “Such and such author agrees that...” or, “The angel channeling I read said...” as a rationale for conforming to the world and its dysfunction?

The problem with all these assertions, as with anything else in life, is that they have to be understood at the right time, in the right place, and in the right way. Additionally, the information we receive from any guru, channel, or other source can be influenced by our own ego, beliefs, and attachments. Likewise, individuals offering words of wisdom or channeled messages also may be influenced by their egos, beliefs, or attachments. It becomes difficult to know what is really and objectively the truth, unless we have entirely freed ourselves from our egos.

What I do know is that those individuals with whom my message resonates may find themselves experiencing similar insights to mine. Those who do not find that my message resonates with them may gravitate toward other books that encourage them to believe something else. In the end, we cannot have anything exist within our energy sphere that does not resonate with our own energy and belief system, at the time.

One particular precept from the Bible that I like to follow is to recognize the truth by its fruits. For, healthy fruits cannot grow from a poisonous tree. Thus, if a prophecy, tradition, lifestyle, or philosophy breeds destruction within ourselves, nature, or our collective world, then I look to see what is missing from such a philosophy or way of life. If what is being offered cultivates peace from the individual level to the collective level, leaving gentle and loving footprints upon the earth, then this is what I will hold dearer within my heart.

Not only did the bible discuss the concept of fruits, but Siddhartha Gautama Buddha is cited within *The Dhammapada: The Buddha's Path of Wisdom* (as translated from the Pali by Acharya Buddharakkhita, 1985) to have used this same terminology of fruit, trees and seeds in several places. For example, according to verse 164, Buddha states:

*Whoever, on account of perverted views, scorns the Teaching of the Perfected Ones, the Noble and Righteous Ones – that fool, like the bamboo, produces fruits only for self destruction.*

Furthermore, while counseling Kalamas of Kesaputta, regarding the uncertainty and doubt they felt about which Brahmins and monks were speaking the truth within their doctrines and which were lying, Buddha gave his criteria for accepting or rejecting doctrine. In the *Kālāma Sutta* (as translated from the Pali by Thanissaro Bhikkhu, 1994), Buddha tells Kalamas:

*Don't go by reports, by legends, by traditions, by scripture, by logical conjecture, by inference, by analogies, by agreement through pondering views, by probability, or by the thought, 'This contemplative is our teacher.' When you know for yourselves that, 'These qualities are unskillful; these qualities are blameworthy; these qualities are criticized by the wise; these qualities, when adopted and carried out, lead to harm and to suffering – then you should abandon them.'*

Within the same *Sutta*, Buddha offers criteria regarding what doctrines to accept as true:

*...don't go by reports, by legends, by traditions, by scripture, by logical conjecture, by inference, by analogies, by agreement through pondering views, by probability, or by the thought, 'This contemplative is our teacher.' When you know for yourselves that, 'These qualities are skillful; these qualities are blameless; these qualities are praised by the wise; these qualities, when adopted and carried out, lead to welfare and to happiness' – then you should enter and remain in them.*

## 4. We Serve Two Purposes—A Spiritual & a Life Purpose

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To rationalize the great split, I often hear people say, “It is okay if the way I am living my material life is out of alignment with my spiritual purpose, because we all come here with two purposes: a spiritual purpose and a life purpose as well.” I once lived by this rationalization, until the truth of how this caused a split within my life was revealed.

Yes, we may use various tools to interpret our life path and lessons. Such tools may include horoscopes, past life readings, palm readings, numerology, etc., which their interpretations appear to offer us a material purpose for our incarnated existence. *Because the way we use these interpretations* may end up supporting the duality and separation that we are experiencing in our lives, we may hang onto them thinking that this is what is required of us, or that they offer a ‘lesson’ that we need to learn. (Using these tools in an alternative way—in order to see our way out of the muddy pond—will be discussed in other chapters of this book.)

Unfortunately, the more we attempt to cope with all of the manifested dualities, contradictions, and pressures arising from clinging to what we feel is expected of us, the more we may find secondary issues begin to arise concerning our emotions, relationships, the environment, corporate abuses, etc. The rationale then becomes, “Oh, just deny all that ‘negative’ stuff and focus on Love.” Which love? Do we mean a love that can only express itself superficially and mentally, because in order for us to survive within our contemporary lifestyles we have to go along with what is contrary to love, and what destroys life? Or, do we mean a love that transcends the superficial by expressing itself through loving actions and lifestyles which honor life, which care about the benefit of the whole (rather than just the self), and which cherish all living things?

The problem with certain types of denial is that even the Law of Attraction and the way it is usually taught creates split purposes. We focus upon and choose to be accountable only for what we manifest within our personal lives. We do not apply the same philosophy to our effect upon the greater world. We do not even wish to look at the big picture. To look at it is somehow connected to fear, and fear is deemed wrong. Any discussion regarding a state of ‘dis-ease’ that is rampantly manifesting itself within our lifestyles and ecology is

considered taboo and quickly hushed.

In fact, I have been admonished at times, when bringing up world issues, and told, “Do not focus upon the ‘negatives’ because thinking about them will create them!” These statements are based upon distorted Law of Attraction theories which imply that the reason natural disasters and an increased potential for world devastation have manifested, or could potentially get worse, is because too many people are focusing on the negative reality of the environment coming to harm. If only manifestation worked that simply. I prefer to see that there are thoughts and mantras lying underneath the ‘manifested’ destruction of our environment that reflect our subconscious or unconscious thought that life has little value; it isn’t worth caring about; it isn’t worth protecting; it isn’t even worth looking at. Add to this, what we most cherish are anti-life objects and things. We call all of our inanimate acquisitions ‘abundance,’ while true treasure all around us is wasted and willfully polluted. All of this is seen as okay, of course, as long as we can obtain our lifeless things. In this way, the *sowing* of anti-life seeds (i.e. behaviors, lifestyles, thoughts, desires, and the work of our hands), will reap an anti-life tree. Don’t you think?

(Perhaps we could all learn how to be better gardeners.)

It is stated in Revelations 9:20, NIV:

*The rest of mankind that were not killed by these plagues still did not repent of the work of their hands; they did not stop worshiping demons, and idols of gold, silver, bronze, stone and wood-idols that cannot see or hear or walk.*

Examined in another way, we cannot heal, nor send our love to, what we cannot acknowledge was the work of our hands, minds, and compulsive desires. In fact, consider the popular healing modalities that help us to look at the same kinds of symbols, or dis-ease (e.g. exhaustion, depletion, toxicity), as they might exist within our individual bodies, minds, and auras. Through such healing modalities, we are allowed to examine these aspects in order to take accountability for, and heal the thoughts or beliefs, which lay underneath the surface. So, it only makes sense that we can apply these same techniques toward a bigger picture. We can learn to

appreciate that there is a bigger body (i.e. the earth) and a bigger mind (i.e. the collective consciousness) that operate within the same metaphysical laws and boundaries as everything else.

It is no longer necessary within this day and age to deny what manifests on a greater scale. We can instead take accountability for any small part we might play. We can make our love more real and expansive. This involves moving beyond our current attitudes, however. For, currently, in place of accountability there blossoms a superficial form of love; one in which we tell ourselves to be love and to deny all fear, because intellectually we do understand that we *are* love and that fear *is* illusion. Regrettably, through our backward attempt to follow these principles, we end up living our lives in fear instead of love, while thinking the opposite is true. We also block ourselves from being able to lovingly recognize the various collective and existential fears that are preventing us from developing lifestyles that can serve a more *love-abundant* cause.

Many new-agers thus communicate a confusing and contradictory message to the world. Such a message, if verbalized, might sound something like this, “Dualities are manifested via our striving to consciously create what our egos deem to be ‘successful,’ ‘positive’ or ‘good.’ However, when a creation turns out to be something that was never consciously intended, and when on a larger scale it has a ‘negative’ impact, then we say that it has to be denied as if it does not exist [in case our fear or thoughts manifests a worse case of it]. The only manifestations that we should focus upon are the ones that occur within our personal lives which our egos deem as ‘positive.’”

In truth, *all* is illusion; both what we deem we want (i.e. the positive), *and* what we deem we do not want (i.e. the negative). Additionally, what we apply to our personal lives we must apply to our world, and vice versa. Otherwise, it makes no sense, and it implies that certain metaphysical laws or spiritual truths only apply when they are *convenient*, wanted, and when someone or something else can be put in charge or blamed when things get messy.

If our collective manifestations bring up unpleasantness or an awareness of imbalance, it is safe to take a peek at what emotions or fears are coming up, and to try and understand why. We do not have to live our lives in denial and fear. This would only be true if what we identified made us unworthy, rather than simply unconscious. The truth still remains that no matter what manifestations we make

of our lives, we are always worthy, safe, and loved.

## Bridging the Split

*The lotus discovers it is a lotus through its own growth and unfolding, which such an unfolding cannot be forced, it merely happens through the bloom's own awakening. Once awakened, the bloom then gains the ability to know its own reflection as separate from the muddied pond upon which it floats...*

What can we do about this split we serve? How can we live in more alignment with the truth of who we are as spiritual beings within our earthly, material dimension? While I cannot speak for any true process, I've applied the following principles to my own life:

### 1. You Will Need or Want Something, Until You Do Not Need or Want It Anymore

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In the book *The Alpha and the Omega, Vol. 10* (1978), Osho is quoted as stating:

*So pleasure seems to be a trick of desire: to trick you into pain. First the painful will drop, and then you will be able to see that the pleasure is illusory, unreal, a dream. 99.9 percent of desires will disappear through understanding, and then the final happens. It happens simultaneously: 100 percent of desires disappear, and the original mind arises in a single moment, not as cause and effect, but simultaneous, together.*

This statement resonates with what I feel I have learned up to now: we have free will, so we will always have a choice of what we want our life purpose to be.

A second truth that I have learned: we will have or want something, until we do not need to have or want it anymore. It will

cease to offer us any benefit or purpose.

We are not required to apply any judgment. We can truly have whatever we want in life, including any life purpose or dream. And, the more that we become conscious dreamers, the more we may experience an awakening process toward:

- ❖ seeing the dualities that we are creating
- ❖ seeing what is manifesting on a larger scale
- ❖ seeing our role, however small, in what is manifesting on that larger scale
- ❖ seeing how what is manifesting is being affected by what or who we choose to serve

As we continue to awaken to these actualities, we may even find that what we thought was our life purpose begins to change.

As an example, in 2006, I was just beginning to receive information from an energy that I knew as Archangel Gabriel. I asked this angel about my romantic love situation. At that time, I wanted to experience the passion and devotion I thought a loving romantic bond could offer. This is what I wrote down through automatic writing:

*For a little while longer, romantic love will appeal to you. You still operate within the boundaries and structures that having a romantic love has to offer. There are things you can learn about yourself through your relationships. However, relationships are not the truth. Seeking without and into another causes pain and can pull you farther away from the Self.*

I did not really understand this message at the time, because I could not imagine my life without having or seeking a love relationship to define me as love-worthy. Seeing the channeled message now—after coming to a point in my life where I really do not feel I will ever need another romantic relationship—the message makes more sense to me.

So, I now believe that the Truth or ‘Secret’ lies not in anything we have, own, or experience within the material world. It lies with understanding that we will continue to need and want something



within the material world, until we simply do not need or want it anymore—and do not need to control our minds and thoughts in an attempt to receive, avoid, or acquire it.

## 2. Dealing with Dualities

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Overcoming duality is a process of beginning to see where the good or positive overlaps with the bad or negative, and the shades of gray in between. These shades of gray are what I like to refer to as ‘isness,’ i.e. when something is not deemed one duality or another, it simply ‘is.’

The negative things or emotions we run away from are not necessarily negative, except within a mind that is afraid of pain. Even the man-made destruction that is happening to the earth’s environment is not necessarily negative, except within the mind that is afraid of pain (i.e., of being negatively affected). This is because the environment is just the environment. It is simply reacting to a cause and having an effect. In fact, some people perceive that environmental and other global disasters can be a ‘good’ thing. How can global disaster be good, you may ask? If extreme enough, we could experience a collapse of all of our cherished systems and economies. This would force us to face our fears of loss. Mankind could be freed in catalytic ways from various oppressive dependencies, relationships, habits, governments, systems, etc.

In similar fashion, what we may consider as ‘good’ might not necessarily be something we need to run to or acquire. Good things are only considered good within a mind that is focused on wanting—a form of insecurity resulting from fear of lack. Additionally, what some might consider good, others might see in a less favorable light. (See chapter 5 for examples.)

The truth is, if anything can be perceived as both positive and negative, then defining it as one polarity or the other is based on misunderstanding; which I’m using the term *anything* to include all of our emotions, states, manifestations, losses, conditions, experiences, ego, etc.

While a perception of duality will still exist for us until our minds decide that we do not need it anymore, we can still allow ourselves to embrace an understanding that beyond the dualities, all that truly exists are conditions of ‘isness.’ Isness does not need to be denied,

run from, chased after, or even adored, except within a mind that desires to take such action, until it does not desire to anymore.

### 3. Neither Force nor Perfection Is the Way

While I do believe that we will need certain realities until they do not appeal to us anymore, I do not believe that we can force this process through sheer willpower. Even a mental orientation toward non-duality is not something we can force. Awakening and change can only come through stillness, awareness, and being ready to let go of something in order to experience a void. I love one of Eckhart Tolle's quotes from *A New Earth: Awakening to Your Life's Purpose* (2006, p. 73) which states:

*The ego isn't wrong; it's just unconscious. When you observe the ego in yourself, you are beginning to go beyond it. Don't take the ego too seriously. When you detect egoic behavior in yourself, smile. At times you may even laugh. How could humanity have been taken in by this for so long? Above all, know that the ego isn't personal. It isn't who you are. If you consider the ego to be your personal problem, that's just more ego.*

While we cannot always disengage from an emotional attachment to a certain person, belief, desire, or thing—including an outcome we may want—we *can* choose whether or not to *overindulge* ourselves.

Sometimes, all that is necessary is to allow awareness to filter in and for our intention to be unwavering, even if, for a while, we do waver a bit. I still partake of duality, but the more I allow awareness of my lotus nature to filter in, the more it has a filtering effect; more so than if I struggled against the various conditions, emotions, and states that I was experiencing. What I learned most from Emotional Freedom Technique is that what we are aware of, and what we can love and accept about ourselves, cannot control us. What we run away from and deny often will.

Letting go of what we fear, and letting go of a focus on outcomes, must come in its own time and its own way, the same way one would have to mourn a broken heart if one truly felt broken-hearted. This

is not the same approach as ignorance. Ignorance allows no awareness of the split to filter in and the ignorant person must continue a life of obsessing and wanting. A better approach is to become conscious of the split, allowing it to mend naturally as shifts in our wants and needs take place. Everything within our consciousness must happen within its own timing. We see this timing expressed throughout nature. For example, a flower cannot bloom in a cold winter. It must wait for the warmth of spring.

Here is another part of the channeling from Gabriel that stresses this point of letting go of force:

*AAG: You do not have to try so hard nor understand it all. Instead, allow yourself to be yourself, in the moment. Know your beauty, your worth... from a Heavenly perspective that transcends form. Venture into the void. Be at peace. Know your destiny and that all happens for a reason.*

*Me: What is our destiny?*

*AAG: Truth.*

I am not sure man needs to drastically pursue either side of the split absolutely. If we did, it is likely the ego would try to predominate. I completely believe what Buddha taught in regard to helping mankind find a *middle way*—a term Buddha used within his first teaching, the *Dhammacakkappavattana Sutta*, which referred to a path of moderation between extremes of sensual self-indulgence and self-mortification. We can use this middle way to gently and lovingly dissolve splits or disharmony within our world and within ourselves. In fact, when I think of what could change the entire world, it is really all about simplicity—the path to true peace. I will discuss this more in chapter 10.

In summary, in order to try to deal with—or rationalize—a split, mankind must rationalize that he possesses both a spiritual self and a material self. Each self has opposing needs, goals, and desires. He must further rationalize that the material self must meet its needs through the current structure of the material world, and its systems and dependencies. He must rationalize that pursuing such duality is

still ‘spiritual.’

Through observing the ego without denying it, or attempting to force it to be another way, Truth can then have an opportunity to filter into the consciousness in order to enlighten and transform it. I really do believe that our egos are not our enemies, nor are our thoughts, personalities, or fears. The more we can see them as friends and allies, while detaching from them enough to find them amusing, then the more choice we can experience in who to be or what to serve, if anything.

In addition, the Law of Attraction, when not used to serve the split, can help us understand that everything which manifests around us, including various fruits within Mother Nature herself, can be used for our own enlightenment—if we can see ourselves through her mirroring process and how we truly are One and Holy.

## Where Do I Start?

I offer only what is my own path, as I know there may be others. So, in essence, this book is a culmination of various articles I have written on the path that I am taking myself. Chapters are organized to allow the reader to progress through various stages toward awakening to our lotus nature:

**Stage 1:** The Lotus petals begin to open. A sleeping lotus recognizes that it has been a non-lucid dreamer within the pond of life.

❖ The Dream of Life (chapter 2)

**Stage 2:** The lotus petals begin to open a little more. An awakening lotus becomes more lucid concerning the various levels of consciousness and thought that affect the pond.

❖ The Law of Attraction—Its Real Secret (chapter 3)

❖ The Various Levels of Consciousness & Thought (chapter 4)

**Stage 3:** The lotus petals open even further. The tips of the petals draw closer to the surface of the pond it floats on. The mud and slime is seen more clearly and less mistaken for the Self. Illusions can be seen for what they are, without judgment.

❖ Functioning In a Dysfunctional World (chapter 5)

❖ Illuminati Conspiracies—As Without, So Within (chapter 6)

**Stage 4:** The lotus is now more than half-way open. As it matures, it seeks its own identity and rules itself. It no longer needs the rules or parental structures of the muddy pond to tell it who and what it must become.

- ❖ Do We Serve the Lotus or Do We Serve the Pond? (chapter 7)
- ❖ True Abundance—Finding Our Innate ‘Enoughness’ (chapter 8)
- ❖ The Non-duality of Our Emotions & Experiences (chapter 9)

**Stage 5:** The lotus is almost fully open. It knows it is not the muddy pond on which it floats. Its dream of life becomes more lucid, and the lotus becomes more conscious toward becoming a more holistic embodiment of purity, truth and love.

- ❖ Earth Feng Shui—The Lucid Dreamer Dreams of Peace & Love (chapter 10)

**Stage 6:** The lotus is fully open and understands its true nature is eternal, beautiful and whole. It understands it is not the dream of life, just as much as it understands it is not the pond and its scum. It floats in the muddy pond, but knows not to become lost within it. It understands that the dreams it dreams are less important than its knowing of its Self.

- ❖ Releasing the Need for Dreaming & Creating a New Mantra for Life (chapter 11)



# Stage 1

*The Lotus petals begin to open. A sleeping lotus recognizes that it has been a non-lucid dreamer within the pond of life.*





## CHAPTER 2

### The Dream of Life

*The Holy Spirit, ever practical in His wisdom, accepts your dreams and uses them as a means for waking. You would have used them to remain asleep. -A Course in Miracles*

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In 1999, I fell ill and was in and out of the hospital three separate times. The symptoms became so severe that I began having multiple out-of-body experiences. In many of them, I visited loved ones and family members. I did not always do this, however. There were times I just hovered around my body.

While most of my OBEs (Out of Body Experiences) occurred either when I fell asleep or woke up in the morning, one particular OBE occurred after I fainted and lost consciousness. One minute I was awake, and the next I found myself facing the ceiling, but not going through it. Unlike the other OBEs, I felt incredibly humbled and awed by the whole experience. As I turned myself around and looked down upon my body, I was amazed at the sense of peace and calm that I felt.

Then, the ceiling started to give way, and I felt pulled backward and upward. The further I was drawn up and away from my room, the more the walls and everything within the room below me began to fade and turn transparent. In amazement, I thought to myself, "The walls are not even solid!" Even now, I still look at the walls sometimes and wonder how they seem solid, when part of me knows

that they are not. Solidity is an illusion.

The room would fade to almost black, and I realized that I was not ready to lose everything. So, I started journeying back to my body, and as I did so, the room began to rematerialize. As I drew closer to my body, I hovered over it for a while, thinking how amazing it would be to return for one purpose: Love.

Suddenly, I would feel slammed back into an old familiar reality. “Oh, no,” I thought to myself. On the other side I didn’t anticipate I would be returning to an experience of pain, fear and weakness. Outside my body, I had no consideration for these apparent realities. Now, here I was again in the midst of all of them. However, one thing was different: while my life felt so real to me, I knew on some level it wasn’t.

## A Dream Is a Wish Our Heart Makes

I presume that most new-agers readily accept as truth the notion that life is in many ways an illusion. For me, I now see life much like a dream; one which we do have free will and can dream whatever our hearts desire. However, our *heart’s desires* can reflect both conscious and subconscious levels of desire, will, thought, and emotion. As a result, we may not always be lucid concerning the choices we make or why we make them. Not that the choices we make can necessarily be ‘good’ or ‘bad.’ They will merely affect our earthbound experience, rather than affecting who we truly are in Spirit.

As most healers recognize, sometimes we may not always understand what is going on within our hearts. We may even subconsciously desire what is perhaps not in our own best interest, the world’s best interest, or the interest of advancing our self-awareness. Sometimes, we even end up consciously or subconsciously desiring what would create more pain or suffering for either ourselves or others. In fact, sometimes we may gain something out of our suffering, such as a subconscious need for self-punishment, humility, a need to feel like a martyr, a need to please others in codependent ways, etc.

Other times, we may have a conscious desire to attain something within the external world, misguidedly hoping such an attainment can bring us happiness. How many of us find out, in the end, that what we thought would bring us happiness has various strings attached?

These strings might include stress, striving, more work and less play, worry, etc. Additionally, any happiness sought through these external means is always transitory, which means we need to keep actively engaged in its pursuit.

If many of us were honest with ourselves, we would admit that we live our lives with a subconscious ache within; we feel something is missing. It is only missing because we are not awake enough to realize how full our glass truly is, rather than half-empty. And, because we are not awake, we do not always understand why our glasses remain half empty; which it is obviously because we do not understand the type of nourishment such a glass truly requires in order be perceived as full. We could, after all, try to fill our glasses with smoke or gas, but we would likely find that smoke or gas, much like our illusions, cannot easily be contained within a glass.

The truth is so visible and present within all our talk about manifesting abundance. We speak as if we do not have abundance, or that we need more of it. In reality, the majority of us are so very abundant that we can afford to waste it.

Thus, it is no wonder our world and ecology are in their present state of disarray. All of the world's chaotic symbols scream at us to look at our state of overabundance and how it is creating a bit of a nightmare. Our excessive seeking for abundance seems to be corrupting us in both internal and external ways.

There is a short clip in the movie *Apocalypto* (Safina, 2006) that perfectly describes this human dilemma:

*And a Man sat alone, drenched deep in sadness. And all the animals drew near to him and said, 'We do not like to see you so sad. Ask us for whatever you wish and you shall have it.' The Man said, 'I want to have good sight.' The vulture replied, 'You shall have mine.' The Man said, 'I want to be strong.' The jaguar said, 'You shall be strong like me.' Then the Man said, 'I long to know the secrets of the earth.' The serpent replied, 'I will show them to you.' And so it went with all the animals. And when the Man had all the gifts that they could give, he left. Then the owl said to the other animals, 'Now the Man knows much,*

*he'll be able to do many things. Suddenly I am afraid.'*  
*The deer said, 'The Man has all that he needs. Now his sadness will stop.'* But the owl replied, 'No. I saw a hole in the Man, deep like a hunger he will never fill. It is what makes him sad and what makes him want. He will go on taking and taking, until one day the World will say, 'I am no more and I have nothing left to give.'

Isn't it interesting how the world is full of lessons, courses, and seminars about how to ask our angels, ascended masters, and even Gaia for assistance with manifesting more of this or that? I would personally like to see more courses and seminars arise to teach us how to ask our angels, guides, ascended masters, and Gaia for the assistance we need in order to feel whole, loved, enough, and blessed in who we are and with what we already have. For, without feeling an inner recognition of the miracle of life in all its natural abundance and beauty, our wanting of external sustenance will be endless. Without having a core of loving ourselves unconditionally for who we are and what we innately possess, what we create will be enmeshed within our fears of not being or having enough. This fear of lack then ends up creating a larger reality that appears to be out of our control. This larger reality becomes a perfect symbol for an inner reality we have created that we try to deny and ignore.

While I do fully believe that manifestation within our dream of life does follow thought, I feel that the rabbit hole goes so much deeper than is theorized in movies such as *The Secret*. For example, do most of us really know our thoughts or desires well enough to have an answer for some of the following questions?

- ❖ Why do we want what we want? What or who is really shaping our wants and desires? Why is this important?
- ❖ Do we know our own unconscious thoughts and desires well enough to understand what is truly manifesting from them, especially at a higher level?
- ❖ Do we truly know our own unconscious thoughts and desires well enough to know what subconscious messages, beliefs, and even brainwashing our ego has accepted, or been conditioned to accept, without question?

- ❖ Who is truly in control when we live such unexamined lives?
- ❖ What shapes the conscious and unconscious desires within our hearts?
- ❖ Is it our unconscious desires and dreams that are in control, or is it the Self within us?

Before I discuss further on this subject, I would like to address the topic of dreaming in general, as well as what it means to be a lucid dreamer.

## The Dreamer Who Is Asleep Within His Dreaming

There are various kinds of dreams that we can have while physically asleep, as well as various levels of lucidity within them, e.g. full lucidity, partial lucidity, and transitory lucidity. For instance, individuals who are adept at lucid dreaming are able to be part of their dreams, while simultaneously aware and cognizant that they are asleep. Many are then able to manipulate their dream content through conscious intention. Within lucid dreams, there is also the potential to confront dream characters, to ask questions, and to explore the dreamscape in ways that would otherwise be unfeasible. Overall, the lucid dreamer often has a degree of conscious control over the content and direction of his or her dreams.

Conversely, those who are not lucid or 'awake' within their dreams may find that the most they can do is go with the flow of their dreaming; feeling as if they are a participant in their dream adventures rather than the creator and director. They feel less in control.

This same process can happen within our earth dreaming; which, when I use either of the terms *earth dreaming* or *dream of life*, I am referring to my belief that our experiences in our waking life are dreams in the same way that our experiences at night are. I also believe that our earth dreaming manifests content and symbols that can be interpreted--and that arise from various psychodynamics within us--the same way our dreams at night do.

Regardless of whether we are referring to our dream of life or our dreams at night, the inability to achieve lucidity within them means that we cannot observe our dreams as illusions that are 'made up' by our minds. Instead they are treated as actual realities.

Without an ability to be more discerning regarding what we are dreaming, we may find ourselves encountering the same themes repeatedly, because we have not identified what is driving our dreams at a core level. We are left without any tools to be able to confront various elements within our dreams. Nor do we know how to ask our dream for guidance, while paying attention to all the symbolic wisdom pouring forth.

Ultimately, we can learn how to become more lucid through changing the way we treat our dreams: as either real or illusions. Sometimes, what blocks our process to achieving lucidity, however, is that we often take our dreams too seriously and judge them, which brings us to the topic of the next segment.

## A Dream Is Just a Dream—It Is Free From Judgment

In order to encourage a positive and nonjudgmental attitude toward what we individually and collectively manifest within our dream of life, let us consider the dreams that we experience while in the physical act of sleeping. Nothing we dream while sleeping is good or bad, right or wrong. Very few individuals blame themselves for what they dream at night.

In such dreams, we can commit all sorts of sins and crimes, including murder, revenge, theft, and rape, as well as experience being raped, tortured, frightened, persecuted, etc. Yet, when we physically wake up, our conscience remains largely unscathed. We merely see our dreams as the filtering and processing of particular beliefs and emotions. Through this filtering process, the dream itself creates different experiences for us to dream about: some pleasurable, some less pleasurable, some neutral, some holy, and some criminal. Upon awakening, we often use and interpret our dreams for the purpose of helping us transform some of our deepest fears, or to identify and meet various emotional needs or desires--conscious or unconscious.

Personally, I relish any dream I have, whether divine or nightmarish. To me, each dream is exciting. I love all the tapestry of symbols, whatever kind they are. I believe that it helps to view dreams in general—including our dream of life—as an expression of ‘thought energy.’ However, by using the term *thought energy*, I wish to

go beyond what is presently considered ‘thought.’ To me, thought energy includes more than the thoughts generated by our minds or expressed through language. It includes the deeper thoughts that unconsciously shape our lifestyles, actions, and hearts. (I will discuss this in more detail in chapter 4.)

Ultimately, our dreams usually reflect two main types of content:

- ❖ aspects of our conscious lives and conscious emotions
- ❖ aspects of our unconscious lives and unconscious emotions

In showing us the latter, our dreams may help us process all parts of ourselves, thus making us whole. Such dreams may reveal emotions or memories that have become trapped, denied, or suppressed.

Take, for example, certain fears and how our dreams may transform them into a physical adventure. In this physical adventure, we may find ourselves chased or pursued by something ‘out to get us.’ In our dreams, we may even try to run, flee, or even fly away from what is making us afraid. Once we awaken, however, we know there was nothing that we really needed to be afraid of. We understand that these symbols are not necessarily meant to be taken literally, but often represent something emotional, internal, and subconscious that we might be attempting to suppress or run away from.

Even nightmares can become interesting or inspiring when we analyze them to see what they are really trying to process or communicate. Often, their meanings are easily explained. We rarely think, ‘I should not have dreamed that.’ Nor do we feel guilty, or feel less than who we are because of any dream we had.

Moreover, have you ever noticed that your dreams are very present and in the moment? Everything is just felt and experienced in a present tense. I notice for myself that I rarely have dreams where I worry about the future or dwell upon something past. If I dream of the past or future, I am right there in the present moment of its experience.

Life can be the same way if we allow it to be.

In addition to all of this, I do believe we even choose certain stories, or dream adventures, *before* we even incarnate. Some of us may be looking for different kinds of challenges, for there are

challenges involved in coming into the universal dream (i.e. our dreaming as it occurs at a collective level) to live a story as almost any particular kind of avatar we could imagine.

In fact, I feel that our earth incarnations are chosen much in the same ways as a writer might make choices regarding the writing of an outline for a script. A writer may plan how the story is going to unfold, but in the writing and experiencing of it—for the writer must experience the story through writing it, in order to write it—the outline can change, grow, or even lead down a very different path than expected. Certain characters may be created that play an integral part in the protagonist's lessons and adventures. And new characters may be dreamed up, while old ones exit. I believe our lives develop much the same way, and that these outlines of our lives are designed by us, and, in part, accessible to us through our astrology charts, the lines of our palms, numerology, etc.

With a better understanding of our lives as more relating to our being dreamers, as opposed to the concept of living in 'right' or 'wrong' ways, we can let go of all our judgments in order to become our own unbiased 'dream dictionaries' (i.e. our own interpreters for the symbols we manifest within our lives). We can be open with and honest about all the array of symbols encountered, without feeling we need to deny that they exist. This makes denying what we are dreaming, or denying any symbols we manifest into our dreams, an unnecessary act of fear. In fact, if we can fully see what we are dreaming, as well as our dream's symbols, while maintaining a loving space for ourselves, we may become a 'watcher' of the dream. This takes us into a more *lucid* state that allows a more detached stance concerning the symbols we create.

## Becoming the Dream Dictionary

In my teenage years, I began to have amazing nightly dreams and all sorts of nightmares and other strange sleep occurrences, including sleep paralysis and hypnagogic hallucinations (see glossary). The hypnagogic hallucinations felt very intense and real, although I knew they weren't. I remember one time, while experiencing sleep paralysis, and in my awake yet paralyzed state (because my body was still asleep), I dreamed that a wolf was attacking me. I tried to scream for help, wondering at how very real it all seemed, and wondering if



someone would answer my call. The realness of the vision was overwhelming to me.

Exerting much conscious effort, and still in my paralyzed state, I managed to move enough to crawl across the floor. Edging my way little by little, I hoped to reach my mother's room to get her help to wake me up. Or, at least this is what I thought I was doing. The energy I exerted thinking that I was crawling felt so real that when I woke up, I felt physically exhausted. To my surprise, I was still in my bed, not having crawled anywhere at all. This demonstrates the power of our dreams and how real they can seem, even when they are not.

After this episode, I began to have sleep paralysis quite frequently, sometimes four or five times a week. After a while, I became less frightened and more intrigued by these experiences, as well as by all of the vivid dreams and nightmares I was experiencing. By the time I was in university, I had bought my first dream journal and dictionary, not yet sure if my dreams meant anything, but willing to find out.

As I started writing out many of my dreams and looking them up in my dream dictionary to find out what various symbols stood for, I was amazed at what I was learning about myself. The symbols resonated so completely with what was happening within my 'real' life.

From continuously reading my dreams for what they meant, an intuitive language began to form; which I would eventually throw the dream dictionary away, not needing it anymore. I simply examined the dream and read the scenarios, as if I were describing emotions through analogies. For anyone who wants to know how to do this, you simply tag '*I feel like I...*' or '*It feels like I...*' before the symbols you encounter in a dream. For example, "I feel like I have been heading down a certain road in life, but I crashed and got thrown off course." So, if you put '*It feels like I...*' in front of almost any statement, and turn other symbols into part of the analogy, you can achieve further understanding and insight about the emotions or memories that you may be dealing with.

It didn't take long before I became adept at remembering my dreams. Sometimes, I could remember up to five dreams a night, even though I had not woken up. I do not know how, I just could remember them all in sequence. When I stopped recording my dreams, I lost this ability.

By twenty-two years of age, I learned to take my dream dictionary with me into my lucid dreams. I was now ‘awake’ within my dreams, no longer paralyzed, and developed a feel for what things going on around me meant or symbolized.

As one example, my absolute, favorite dream was a dream I had of the devil. He was chasing me, and I was trying to avoid his evil ‘touch.’ In the dream, I felt that if he succeeded in touching me, that I would somehow, magically, become as evil as he was. Regardless, he caught up with me, and the very thing I feared would happen, transpired. At this point, I became lucid, and decided to consciously confront the situation. I thought to myself, “Ok, I am touched, so what else can the devil do to me?” No longer feeling any fear, I approached the devil and laid my hands upon him. I sent him my love and healing. He struggled for a bit, but as I continued to touch him, his evil nature quickly disappeared. At that point, he turned around to thank me. How was this possible? Once lucid within my dreaming, I then knew what the devil symbolized: my running from my own negative emotions, seeing them as evil. I understood that what I needed was to ‘touch’ them in a healing way—with love of course.

Around this time in my life, I embarked on a path of believing that, whether asleep or awake, our dreams always mirror our beliefs about life and ourselves. If truth be told, life can be examined—much like our dreams at night—for what is going on below the surface of our conscious thinking, attracting, and acting. Life can be examined for what I like to call its *fruits*. Within our earthly lives, the ‘fruits’ represent objects, states, conditions, or material forms we have manifested into and onto the dreamscape of our lives. Within the dreams we experience while physically asleep, the fruits are all the symbols that the dreamer manifests, which reveal what is going on in the dreamer’s consciousness or unconsciousness. These fruits make up the content for us to discover the dream dictionary within ourselves as it relates to our lives.

During this same period in my life, I met a Reiki Master. She used a dream dictionary in her sessions, and a totem book, as well.

## Adding To Our Dream Dictionaries

In the early 1990’s, a friend recommended that I see two different

healers that she had seen; she attributed her cure of endometriosis to both of them. One healer was a spiritual and psychic healer. The other healer was a Reiki Master who used both a dream dictionary and book of animal totems in her sessions. I felt most drawn to this second healer, because she offered me two more ways to use a dream dictionary:

- ❖ to read animal totems: animals that are believed within certain cultures to have symbolic or spiritual significance
- ❖ to decode clairvoyant messages: a form of psychic ability where one receives messages through mental pictures

After buying the totem book that she used in her sessions, I discovered that I could even use it to decipher what it meant if certain animals crossed my path or came to me in dreams.

As for using a dream dictionary or totem book in order to receive intuitive insight, it is not that difficult. One simply clears oneself, connects with one's higher Self, quiets the mind, and then asks if there is any totem or symbol that can reveal itself or convey a message. Read anything that comes up, looking it up in your dream dictionary or totem book, even if you feel you made it up within your own mind. The more you trust the process and any symbols that arise—even those you may feel you simply made up—the more you can learn the reason why you thought of them.

(Please note: the best process is one that focuses upon self-discovery, rather than fortune-telling. Otherwise, you might end up seeking to overly control your dream of life, rather than allowing it to gracefully unfold.)

Most importantly, know that the internal dream dictionary that we create for ourselves is very flexible; it can pick up new symbols to add to its repertoire of symbolic language. We create the language; so, if we add various tools to our language, our dreams will begin to use them.

After learning about feng shui (see glossary) in 2000, my perception concerning the dream of life underwent another huge shift. I was amazed that the same dream dictionary definitions for parts of a house seemed to apply to feng shui as well. With feng shui, I found I

could even read the energy of my life through the placement of objects in my house. I could make sense of how my life flowed. This is because every object and its placement in our home can be used to read what is going on within us in some way. In feng shui, everything means something, because everything is manifested from our thoughts and beliefs.

By 2005, it was becoming easy for me to apply the same process toward understanding the symbolism within the symptoms of various conditions which I and others suffered from. As I began to help others with their healing, I could read a person from their symptoms or illnesses, the same way one could read a symbol on a tarot card.

Finally, over the last few years, I have found that feng shui is everywhere, including within nature. I will discuss this concept in the chapter on earth feng shui. I no longer believe that everything in life is random, even in nature. I believe that everything is symbolic and an expression of energy. What is happening within our world is simply another level of our dreaming; it is a collective dream that we are experiencing together.

## Becoming a Lucid Dreamer—Using the Dream to Know Ourselves & Our World

*You may wish to keep a journal of your nightly dreams and daily experiences. View both as dream states that can be interpreted and addressed. If you have ever felt drawn to learning more about totems, or symbols, or even feng shui, now is the perfect time. Through paying attention to both your waking and your sleeping 'dreams,' there is the opportunity to become more 'lucid' and neutral within them. Synchronicities and symbols may begin to manifest that are not merely coincidence. You can then realize how your earth experience offers you a beautiful tapestry of life that is full of magic and synchronicity. You can allow this magic to speak to you through all of its symbols and events. -S. Peterson, New World Healing Deck*

I was so fascinated with learning to read my dreams that I was continually taking this type of education to a higher and more inclusive expression. The first step was interpreting my dreams at night to find my 'self.' The next step was interpreting visions and divination cards to receive other intuitive messages about my experiences and personal world. The third step was recognizing that I could also read my home, its energy flows, and various totems for their wisdom. There was even a step in which I turned my focus toward seeing a bigger picture concerning events and symbols that were manifesting within the world; interpreting them in dreamlike fashion as well. I now use the dream of life to answer the questions I asked at the beginning of this chapter:

- ❖ Why do we want what we want? What or who is really shaping our wants and desires? And why is this important?
- ❖ Do we know our own unconscious thoughts and desires well enough to understand what is truly manifesting from them, especially at a higher level?
- ❖ Do we ever truly know our own unconscious thoughts and desires well enough to know what subconscious messages, beliefs, and even brainwashing our ego has accepted (or been conditioned to accept) without question?
- ❖ Who is really, truly in control when we live such unexamined lives?
- ❖ What shapes the conscious and unconscious desires within our hearts?
- ❖ Is it our unconscious desires and dreams that are in control, or is it the Self within us?

Once we can see what is happening within the world as if it were a dream, we may then understand how everything is a form of communication about our consciousness. Any worldly symbol that we dream up might have a message to convey, be it pollution, poverty, illuminati conspiracies (see chapter 6), food and chemical sensitivities (see chapter 5), rising earth frequency, decrease in the

strength of the magnetic field<sup>1</sup>, natural disasters, and everything else that may create fear and imbalance in our lives; not forgetting to mention all that is awe inspiring, miraculous, and beautiful, too. Sometimes the miracle of life becomes lost among our seemingly mundane and daily routines. Even the more destructive and cataclysmic events that can occur on a global scale can become watered down and quickly forgotten as we return to our old lifestyles again. However, the miracle of life when exhibiting a state of health within our world and environment is a symbol of our true and natural state, one that is peaceful and in balance. Wherever imbalance is perceived it is simply a symbol of where we began to dream and think in ways which reflected that we had lost an awareness of the purity and truth that we are.

This book may seem to discuss in greater depth the symbols in our lives that cause mankind the most fear, imbalance, and lack of peace. My intention is not to make them our sole focus, but to see and then release them in order to more purposefully create a bridge between Heaven and Earth; a bridge that comes from conforming to and knowing the beauty of our lotus nature, knowing that this nature is separate from the ways and flows of the muddy water on which it floats.

In the end, and according to my own view of life, all seems to have meaning that relates back to something called the collective consciousness--the bigger thoughts beneath the bigger dream we are *all* dreaming together (defined in greater depth in chapter 4). Through a detached awareness, as if examining a dream, we can see the collective consciousness for what it is, what it represents, and what it is telling us to think and be. Through detached awareness, we can identify the deeper fears, habits, addictions, and attitudes that are going on beneath it, and what messages may be conveyed. In this way, the dream can teach us how to become more of who and what we truly are, as well as how to create more freedom for ourselves.

Before I can discuss all of this in more depth, first I need to discuss my own view of the Law of Attraction within this process; a process of becoming whole and wholly loved.

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<sup>1</sup> Certain factions within the new age movement believe that the earth's frequency is rising and that the strength of the magnetic shield is decreasing and that this is a sign of a process they call 'ascension'. I am here not stating that these occurrences are proven and true.

## Stage 2

*The lotus petals begin to open a little more. An awakening lotus becomes more lucid concerning the various levels of consciousness and thought that affect the pond.*





## CHAPTER 3

### The Law of Attraction—Its Real Secret

*The truth is that 'The Secret' did bring forth a lot of new information on our power to manifest. However, we are getting stuck on the personal level. Why? Because we still believe that collectively we have little power to change. This is an untruth, of course, but our inability to see this as our prime motivator in everything we want to create, keeps us creating within a box rather than outside of it. We can't create anything outside of us if we are not yet taking responsibility that it was first created from within. Responsibility is the key. -S. Peterson, 'The Law of Attraction: Awakening to a Collective Consciousness'*

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So, what is going on with the Law of Attraction?

When people started hearing, teaching, and promoting some of these concepts of attraction and manifestation, they were twisted the same way some of our healing modalities were. Thus, such metaphysical concepts came to be primarily used to serve a dysfunctional world. Why did this happen? Understandably, it happened because of the philosophical split, because of the ego, and because of our need to serve our base wants, needs, fears, and various desires.

Men who had not fully awakened became teachers of metaphysical

concepts. They taught such concepts from a state of not fully knowing their lotus Self. Because they did not fully know their lotus Self, they were unable to teach others how to fill an inner void with anything other than aspects of the muddy pond. If they had first understood that such a void can only be filled with self-love and Self-understanding, things would be very different. While my intention is not to fault them for what they did not understand, they taught metaphysical concepts from a perspective that involved listening to what their egos told them was the way for such concepts to be used: to advance in the world of form, in order to try to fill an inner void through external means.

As many of us within the new-age community began to heed these concepts taught by men who were lost, we became lost ourselves. Not that we were not lost before. It is a predominant human condition for man to be lost and seeking social, physical, and other forms of survival in ways that seem to separate him from who he truly is.

It is also easier for most of us to grasp concepts if we can relate them to our current needs, lifestyles, ways of living, and desires. This is easier than listening to the masters, monks, and mystics who have achieved awakening and enlightenment, but who did so by making certain sacrifices of the flesh. So, the idea that we can become enlightened without having to make any sacrifices was, naturally, a welcome idea; even though it kept us enslaved and addicted—though I trust that even our enslavement and addictions do, within a bigger picture, have a purpose as part of a divine plan.

Used as a toy for our egoic whims, the metaphysical concepts beneath the Law of Attraction support and enhance our preoccupation with materialism, consumerism and our flesh natures. They encourage us to further enter into duality, instead of coming out of it; to focus within the mind, instead of the heart; to control, manipulate, and focus on outcomes, instead of the present moment. They can also be used to keep us in bondage to certain manifestations and corrupt institutions (in other words, unconscious or unenlightened) that have been collectively created. Using the Law of Attraction to enhance and support these creations, even if indirectly or unconsciously, ends up limiting us in our very use of the Law of Attraction because we feel we have to manifest inside of a metaphorical box, i.e. we can only manifest in ways in which we

cooperate with and adhere to all of society's wayward definitions, systems, governments, customs, and dictates.

If we can begin to deprogram ourselves concerning everything that we have been taught, we can return to the wisdom of our greatest masters of the past and present who have tried to teach us a better way. Unfortunately, sometimes this wisdom becomes lost or sidelined.

Does all of this mean that we should never use the Law of Attraction to manifest into the world of form? Of course not! Jesus manifested material miracles all the time! My whole point is that a state of mind I like to call *miracle-mindedness* can blossom when we step outside the box and begin to manifest from being centered within our Lotus nature, rather than from being lost within a muddled reflection upon a pond.<sup>2</sup> There is currently a backward process that is occurring in our naive approach toward manifesting miracles, which makes our path very different from the one that Jesus took. His path stemmed from true love and a feeling of wholeness, while our approach comes from feeling incomplete, lacking, and in need of filling a void within.

To be clear, while I do believe in miraculous manifestation<sup>3</sup>, I believe that our obsessing upon future manifestation prevents us from possessing the miracle-mindedness that is required to manifest in the ways of Jesus. This is because our obsession with the material, as well as a need for control, blocks our ability to witness the abundance and miracle within the present moment. Missing this true miracle, we can never see it as present but only as happiness and contentment that is attained at a future time or place, since our present is not good enough or miraculous enough in itself.

Furthermore, because the majority of us are not lucid within our

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<sup>2</sup> In my definition, there is true and false forms of miracle-mindedness. True miracle-mindedness comes from being centered in ones lotus nature, manifesting from true awareness of who we are and our true needs in Spirit. False miracle-mindedness arises from the ego that is lost in the pond. Such an ego is attempting to solely use thought to manifest a miracle while in denial of what its true thoughts are or what is being created by them.

<sup>3</sup> Miracle manifestation refers to the abilities that Jesus and a mystic named Sri Sathya Sai Baba were reported to be capable of. For example, Jesus turned wine into water, walked on water, healed others and performed other types of miracles where he was able manifest from nothingness into form. Sai Baba was reported to be able to materialize small objects and holy ash.

dream of life to manifest directly from thought to form in the way Jesus was known to, most of our current manifestation programs have to be focused on creating in-between steps and realities. For example, our manifesting money, worth, successes, or other things is an in-between step we use toward manifesting something else; whether this ‘something else’ is of material gain or is a feeling of security, happiness or ease. We think “if I had more money I could buy more of this or have more of that.”

We could instead focus on manifesting within us the *feeling* that we are really seeking to achieve; such as a sense of security, happiness or ease that is independent of needing us to manifest money, worth, success or other things. What I have noticed is that focusing upon simply manifesting the in-between steps seems to end up “attracting” an addiction to this process; and instead of manifesting from a yin state of *being*, we attempt to manifest from a yang state of striving and over-thinking. The pitfall to this kind of manifestation program is that cup is never quite full enough; once having manifested what was wanted, it is still not enough, and there is a need to manifest something more.

## The Law of Attraction & *A Course In Miracles*

*A Course in Miracles* is one reference that discussed the metaphysical principles of attraction even before the term *the Law of Attraction* came about. Many other teachers, including Buddha, also taught us that the world is a reflection of our thoughts. However, few of these teachers—including the author of *A Course in Miracles*—taught us to use our thoughts in a program of worldly manifestation, thought control, emotional suppression, or the like. In fact, *A Course in Miracles* is primarily a book that teaches us how to learn to separate what is illusion from what is the Truth of who we are. Most of the exercises are affirmations to be applied toward recognizing how nothing we experience within life is anything but illusion; and for this reason, *all* can be forgiven.

There was nothing that I remember reading in *A Course in Miracles* that suggested we should actively focus on material manifestation and worldly striving. In fact, I believe if we all could truly learn the lessons from this course, our desire to strive or partake of what the world considers normal would become muted.

The course even discusses what it calls the ‘special relationship.’ It states in Chapter 16, VII 3:7-8:

*In the special relationship you are allowing your destruction to be. That this is insane is obvious. But what is less obvious is that the present is useless to you while you pursue the ego's goal as its ally.*

The course tries to impress upon the student (the reader) that the effort to become special is futile, because specialness cannot truly exist. Why? It is because attempting to be special takes us into duality and away from any awareness of who we are in Truth. Yet, through various new age concepts such as twin-flames, ideal romantic love, and abundance, as well as through our use of the Law of Attraction, most of what we are trying to achieve is a feeling of specialness, advancement, or of being or having enough. The course states in Chapter 16, VI, 12:1:

*The Holy Spirit asks only this little help of you: Whenever your thoughts wander to a special relationship which still attracts you, enter with Him into a holy instant, and there let Him release you. He needs only your willingness to share His perspective to give it to you completely.*

Even in my work as a healer, I used Emotional Freedom Technique to help others toward Law of Attraction goals and individual pursuits of striving. I found myself going along with my clients in their agendas to make various things important and worth defining within their lives. Sometimes, I felt very confused and unsettled about it all. On numerous occasions I started to question both the healing and psychic work that I did. As I stated in Chapter 1, something just felt ‘off.’ Yet, I did not know how to do my job in a way that could get around this, at least not without risking offending people.

Through my work, I noticed how many of us are seriously addicted to outcomes. I could empathically feel the stress and even an angry, frustrated, and compulsive energy emanating from individuals who tried to use thoughts, healings, or readings to manipulate outcomes. It was not that these individuals were necessarily aggressive personalities. It was just that there were deeper

fears underlying their need for control. Underneath this need for control, there usually lingered a subtle sense of helplessness, as well as a feeling of not being good enough for themselves or someone they loved. Some of them were doing affirmations every night, seeing multiple healers, attending seminars, taking courses, reading many books, getting attunements, meditating, doing yoga, among other things. Some were spending inordinate amounts of money, hoping that if they invested so much of their energy into all of these scattered pursuits, it would bring the material abundance, love, business success, or other feelings of completeness that they sought.

Sometimes, the goal was to have someone who did not love them begin to care. Other times, it was to heal their thoughts so that their businesses were not in debt or collapsing. More than a few wanted to overcome exhaustion, so they could go back to working hard in order to complete a test, assignment, or deadline. Many of them told me that recharging and taking care of themselves was 'not an option.' There was no allowance or time for it within their working professions, schools, etc. So, trying to help individuals with these kinds of agendas, I started to wonder, was I really helping them at all? Or, was I offering a quick fix so that many of them could go back to conforming to something that left them trapped and depleted in some form?

Often, deep-rooted issues became clear, and yet the client did not want to focus upon them. Some even possessed a fear of healing these areas of their life. To heal them would make them lazy, unloved, underachievers, etc. So, why should they want to heal something in a way that took them out of the world, instead of continuing to conform to its demands, systems of social approval, and norms?

It is hard for most of us to admit that we actually like our problems. We do not want to give up our stress or anxiety. We judge, we want to be better than, have more, be more, want more, etc., because all these define us the moment we enter our illusions and depart from a Truth beyond our forms. The next thing we know, we are comparing ourselves to our fellow brothers and sisters to see who is fatter, thinner, better, more special, going to steal our ideas, buy what we have to sell, etc. We label everything as our own, even though, spiritually, we talk about Oneness and achieving unity consciousness, knowing that, in truth, we own nothing. Our world

becomes one of ladders, and we all stand in various places upon them. Life becomes a race to some illusionary finish line that is always somewhere in the future, rather than learning to appreciate the present moment. Then, we wonder why we cannot bring more peace into the world.

In the end, I feel there are certain themes in the Law of Attraction that *A Course in Miracles* recognizes, but which we have been prevented from learning at a deeper level because of our need to split ourselves. Again, I am not saying we should never use our thoughts to have or to manifest materially. As I mentioned earlier, Christ used his thoughts and will to manifest miracles all the time. However, he had a *complete* connection to the divine first. During his travels, he had an awakening. Before becoming a teacher, he had walked the desert to face and overcome the temptations of the “devil,” of his flesh, and of his ego. He learned prayer and meditation. As a result, Jesus returned to Jerusalem a different kind of man.

One thing that I do love about *A Course in Miracles* is that it instructs its readers not to use force. We can allow information to filter in without rationalizing it. For example, we do not need to say, “There is truth in this, but I have to obey the world.” We can instead keep recognizing the part that we play, until the awakening process shifts us into more wholeness and completion, helping us to transform or release various wants and needs that keep us adhering to the muddy pond.

I imagine that for different people this will be a different process involving different timing appropriate to each individual’s level of readiness. Sometimes, we will be afraid, but we do not need to run away from what we fear, nor suppress or deny it. Other times, as we feel ready, we can choose to continue to face our fears until we do not need them anymore.

*When you have learned how to decide with God, all decisions become as easy and as right as breathing. There is no effort, and you will be led as gently as if you were being carried down a quiet path in summer.-ACIM, Chapter 14, 6:1*

## Erroneously Equating What Is Lifeless with What Is Full of Life

Abundance has become largely defined as something to be primarily attained *outside* of ourselves and in the *future* through creating *lifeless* things. Then, we wonder why we collectively manifest the destruction of life and nature, when the truth is it's because our energy seems to prefer this lifeless energy state. We also block our ability to fully come into our lotus nature when we primarily see abundance as something to be acquired outside of ourselves (i.e. in the pond) through the accumulation of money, affluence, and possessions. This is because, as would be expected, we begin to perceive our state of external abundance as the measure for how abundant we are within.

Likewise, having money and material abundance becomes erroneously equated with 'having energy.' Which, I find it so interesting that we have rationalized equating lifeless commodities with 'energy' (indicative of 'chi'), when an abundance of life around us seems to not be worthy enough to equate with anything at all; we even lack the desire to protect it.

Also, if it were true that money was equated with energy, then it would mean that many of the mystics who have walked upon our Earth, and who needed little and lived simply (some manifesting amazing miracles), had little inner abundance or energy. It would also mean that those of us who become rich or famous somehow have more.

Here is what I prefer to believe: Simple people have gifts to give that must come from within them rather than from without. Complicated people may see gift giving in terms of requiring the surrender of ownership of something physical to another person. Yes, the more physical abundance a person has, the more he or she possesses in order to give physically to others and to the world. But also, the more physical abundance a person has, the more others may expect that person to materially give or lend.

The truth is that monks and mystics are very different from the majority of us, primarily because they have let go of the world and its addictions. The rich and famous are not so different from the rest of us, because we all have similar addictions to possessions, a need for approval, coping mechanisms, escapes, and more.



## Giving the Law of Attraction Meaning & Purpose

In the first part of this chapter, I discussed how ideally the principles of the Law of Attraction could be used in a more conscious manner after one had fully awakened, rather than before. Otherwise, we could likely end up using what we know of these metaphysical principles to become further lost in the muddy pond of our dreaming, as opposed to realizing our lotus nature within. This does not mean, however, that the Law of Attraction does not have a useful purpose for those wishing to awaken.

With this in mind, I do fully believe that our thoughts create our reality. I believe there is a mirroring process that is going on between our thoughts and what is created in our world. But, I also believe there is more to what signifies ‘thought,’ and more to understanding how such metaphysical premises can be used. My views diverge from those that are more mainstream concerning:

- ❖ the use of the Law of Attraction
- ❖ the need to consider different levels of consciousness
- ❖ recognizing different modalities of thought
- ❖ recognizing that contradictions in intentions occur (for example, when you have two thoughts or intentions opposing one another, and therefore you do not manifest your intention)
- ❖ the focus on “abundance” and concepts concerning what abundance is
- ❖ the focus on the future rather than the present moment

When it comes to *the use of the Law of Attraction*, I believe that if we can identify the underlying thoughts and beliefs concerning what has already manifested, then the same metaphysical principles of this law which we use to move from thought to manifestation can also be used to move from manifestation to thought. In other words, the Law of Attraction can become a valuable tool for interpreting the dream of life and all of its various symbols (i.e., fruits).

Used in this fashion, the Law of Attraction can help us to uncover the thoughts that we do not even know we are thinking, the beliefs that we do not even realize that we believe, and the intentions we are

making that conflict with one another. We can delve deeper than examining our superficial thoughts and prayers in order to uncover what we unconsciously and subconsciously want and desire, and why. If we allow it to, our Earth dreaming can tell us some amazing things through its mirroring process and symbols. As I discussed in chapter 2, we can discover a whole new type of language that was always attempting to communicate with us if we were willing to listen and learn.

Once we realize what our true thoughts are, as well as what they are manifesting, we can then learn to separate these thoughts, beliefs, and their manifestations from who we are in spirit. Otherwise, we may find we intellectually know who we are, but there is a part of us that is acting on autopilot, not really knowing the seeds it is sowing or the path it is traveling. This same autopilot process can occur within our nightly dreams.

For those of us who have experienced lucid dreaming, there is an ability to take a *detached* stance within these types of dreams, because there is simultaneous understanding where the content arises from—thoughts. However, when we are not lucid within our dreams, we may wake and feel as if they seemed to meander aimlessly all over the place. They meandered in this way because our mind, on autopilot, believed what we dreamed was real, and so it *reacted* to the dream's various scenarios instead of taking a detached stance.

In the end, if the world owns us and we cannot release that ownership, it will be harder for us to awaken to what exists outside of the dimensions of materiality, and it will be harder for us to awaken to a higher understanding which exists outside of a current level of perception. The unfortunate result, I believe, is present within all of the world's chaotic symbols, which seem to be attempting to communicate--and very loudly--that what we believe to be a path to creating dreams of happiness and ease could in fact be a path to creating something else.

Keep all of this in mind, as I discuss various ways we can use and apply the Law of Attraction in our world to more clearly know what is beneath the surface of the pond we tend to collectively and unconsciously adhere to.

## Using the Law of Attraction to Become More Lucid In the Dream of Life

I fully believe that learning how to use the Law of Attraction in a reverse manner can become a valuable tool toward helping us discover the subconscious thoughts that lie beneath what we have created within the world of form. In other words, if we can take what has already been manifested and learn to read it backwards for what it means or symbolizes (much like we would if interpreting a dream), we may then more clearly be able to see what thoughts or emotions may have played a part in each symbol's creation. For example, we may be able to more clearly, and more truthfully, answer the following questions:

1. What or who do we truly serve?
2. What are possible lessons or karma?
3. What is loved or unloved?
4. What is feared?
5. What is hidden, concealed, or denied?
6. How whole are we?
7. What symbols can be examined for what they truly mean?
8. How can we better understand our collective level of experiences, and how are they manifested?

### 1. What or Who Do We Truly Serve?

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The Law of Attraction can reveal to us what we give our power to and serve. For example, if we love money, the Law of Attraction will be about money. If we love spirit, the Law of Attraction will be about spirit. If we love ourselves, it will be about self-love. If we love the divine, we will see it and respect it everywhere. What the Law of Attraction means to a person speaks something about that person's personality.

Said in another way, whatever we wish to manifest pertains to a theme or story we have chosen to define our lives. This pertains to our individual story as well as the part we play in the story of

humanity and Earth. Of the various themes and drives that people may pursue within their story of life, some may include:

- ❖ fame and recognition
- ❖ romantic love
- ❖ work
- ❖ wealth
- ❖ healing
- ❖ to feel good enough or perfect enough
- ❖ mental aptitude
- ❖ athletic ability
- ❖ physical attractiveness
- ❖ spiritual growth

While none of these are necessarily good or bad per se, just choices we can make, there are often deeper reasons why particular themes appeal to us, and why we may have corresponding lessons and energies to work through. If we can perceive a level of cause and effect that is moving in two different directions, this can help us better understand these corresponding lessons and energies, as well as why we make the choices we make and whom we make such choices for.

The first direction we can move—to identify how cause and effect is manifesting within our life—is from a particular facet of life that predominately influences our choices to its underlying cause(s). The ‘particular facet of life’ may be an area in which we carry out many of our lessons and challenges concerning what we attract to us. For instance, some of us may seem to predominantly focus on love, while others focus on wealth, spirituality, health or other things. Whatever our focus, there are certain questions we can begin to ask in order to learn more about ourselves, such as:

- ❖ Why is it that some individuals focus on wealth and others on love?
- ❖ Who or what has inspired my particular focus?
- ❖ Was it my parents, our culture, television and movies,

a guru or idol I admired, or something else?

Once we think we know the answers, we can then ask ourselves why we allowed these influences to define or affect us. We can begin to question whether the individuals, influences and/or the main focus or mind-set that we felt inspired to make important to us (all of which are facets of the pond), represent the full truth of who we are (as the lotus). We can also begin to ask ourselves if adopting such a focus or mind-set was necessarily a healthy or enlightened thing. We can begin to challenge our allegiance to all the ways we define ourselves by asking questions such as:

- ❖ How do such influences or individuals claim to have the authority to make certain decisions regarding what life choices I should make?
- ❖ What am I hoping to receive, deep down, i.e. is it love, worthiness, self-esteem, or something else?

Remember, this book is primarily about weeding through the pond in order to find our pure lotus nature. So, if we wish to find our lotus nature in all of its purity, we need to break through our illusions as well as the reasons why we cling to them so profoundly, believing they can decide for us who we are meant to be.

The second direction we can move—in order to achieve a greater awareness of cause and effect—is from a particular facet of life that predominately influences our choices toward identifying any greater effects that are manifesting within our world and reality. We might ask ourselves:

- ❖ What are the effects within my greater environment when I tend to focus upon a specific facet of life in a particular way?
- ❖ How is my focus and how I act upon it affecting others?
- ❖ Is my focus something I am stressed out about, something I feel at peace with, or is it a little of both?
- ❖ Is my focus preventing me from having time to enjoy other important things such as home or family?
- ❖ Am I burning myself out pursuing it?

❖ Is it pushing people away?

Most importantly, we can ask ourselves, “Am I concurrently manifesting other types of unwanted belief systems as a way to cope or as a defense mechanism?” For, if our focus is love (as an example) and we believe we need to be loved via a partner and yet love is not available, we might begin to adopt secondary beliefs that leave us feeling that we are not attractive enough, good enough, or even that we need to compromise our integrity to be loved, etc.

Once dealing with the more personal level of how our goals and what we focus upon affects our individual relationships and experiences, we can look at the world to see if there is a collective stream of consciousness that focuses on the same goal. We can then follow that energy into what it is manifesting by way of beliefs and symbols. Here, we are allowing the greater world to tell us its dream or story through the fruits that are created within it. Then, we can begin to ask ourselves, “What would be the potential environmental or collective effect if mass numbers of individuals were to pursue, or continue to pursue, a particular goal or methodology?”

For example, with so many people focused on finding external ways to feel abundant through external striving, what fruits are being created in nature? Pondering this, we can then begin to further question:

- ❖ Is it possible that what we are doing to nature is mirroring what we are actually doing to ourselves in many ways?
- ❖ How are we exhausting and harming our own bodies, mind, or spirit trying to achieve the abundance we dream of?
- ❖ Is there a lesson to learn, or a more productive way to fill an inner void?

If we can discover the bigger fruits that are being manifested from any collective stream of consciousness or goal, from these same fruits we can identify what is truly being served. In the end, whatever we find to be our focus or focuses in life, there are two predominant modes of service:

- ❖ to the material world (which includes the competitive drives of the lower self and ego)

- ❖ to Spirit (which includes the recognition of the spiritual and miraculous within living things and the desire for unity consciousness, wholeness and altruism)

What one chooses is not necessarily right or wrong, nor is it an either/or situation. One mode of service simply reflects our attachment to our illusions, while the other reflects the Truth of who we are.

What we manifest in our dream of life can also tell us *who* we serve. We can serve one of two masters:

- ❖ spirit
- ❖ man<sup>4</sup>

Why is important to know what we serve? Many of us may live in unconscious bondage to individuals or mankind without even being aware of how or why. When suffering from this type of limitation and bondage, we naturally feel inhibited from using the Law of Attraction in ways that could manifest true miracles and freedom. This is because our service to other men, parents, lovers, governments, and systems acts as an obstacle or block that we place in our paths. Yes, all these blocks seem real, but they are only thought forms. We can choose to recognize how our seeking approval from someone or something outside of ourselves limits us. And, if we come to feel pain through our perceived limitations, we can understand that its purpose is to nudge us to let go and release some of our attachments so that we can find the heart of the lotus where we can live in service to the One and the greater good (as it pertains to *all*).

The last form of service I wish to note is:

- ❖ to the self or ego
- ❖ to the whole or common good

As many mystics and masters have known, peace can best be cultivated through primarily aiming to serve Spirit and the whole first, because we are part of that whole. Here I am not talking about

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<sup>4</sup> By using the term 'man,' I am mainly referring to the primal human part of who we are and our ego-based needs, desires and goals.

identifying with the common pond and its self-serving agendas, but a more unified lotus consciousness that extends beyond it.

## 2. What Are Possible Lessons or Karma?

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We can discern what lessons, issues, or karma we are working through, or where we are stuck, by what we attract on both personal and collective levels. I have believed for a long time that the Law of Attraction works with Divine Love as its core for the purpose of having us attract, often repeatedly, what we need to learn and what we need to love until its purpose has been fulfilled. Sometimes, we can see the blocks in our personal lives, but try to ignore them. Other times, we might suffer and have no clue as to why. There usually are clues, however.

Most karma or lessons can be resolved by understanding there is a need for us to detach from something in some way, such as a need for approval, a focus on outcomes, a fear or addiction, a feeling of insecurity or abandonment, etc. Whatever we may need to detach from is usually something that may keep us hooked into finding our worth or identity outside of us, (i.e., in the murky water of the pond). So, if an issue or experience repeats or continues to grow worse, this might be a sign to look at some of the patterns of behavior that we might be trying to cling to. If it is not a pattern of behavior, it could be that we are meant to release our desire for a particular outcome or relationship.

Sometimes, the best way to detach from something we are cycling through is to surrender our will and accept what we would like to have our own way with. Such an act of surrender can often be best achieved through finding a means to become more still and centered. When still and centered, we can then watch our desires and anxieties flow through us and release. Think of it this way: if we can sit within our lotus nature and face anything emotional that comes up, we may find that most problems begin to resolve naturally on their own.

We can also use this same process when contemplating a bigger picture that includes our world. We can begin to look at problems such as war, pollution, environmental destruction, etc., for what seeds are being sown or bearing fruit. In fact, if we can step outside of blame and see service instead, we may begin to learn a lesson about our self, regarding its engagement with the world. We no longer



need to wait for the world around us to change, but, instead, change our relationship to it.

The trick is to take energy away from various illusions that we buy into. We do not want to fight them and make them real, just as we do not want to immerse ourselves in them with blind obedience (another way that makes them real). We cannot be free from a master we continue to blindly serve. However, we can detach our energy to the degree we are able, while still allowing our focus to primarily serve and hold an intention toward Truth.

This is not the same as denial. Denial tells us to continue to serve illusion, because it is real. Denial subliminally asserts that we are helpless to do anything about our illusions, and that we must continue to bind ourselves to them out of fear. Serving truth rather than denial says something like this: “I see what is being created from my thinking, flow of intention, and desires. While I cannot make a choice for the collective consciousness, and I may not feel ready to completely disengage from my lifestyle and the beliefs that support it, I can make a choice to understand what is not real and an illusion. I do not need to rationalize serving anything, any purpose, any person, or any structure that does not serve the world in a loving way.”

### 3. What Is Loved or Unloved?

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Another way to look at the attraction process is to look at the dream of life and everything that we have attracted to us as communication about what or who we love. It can also be used to discover what or who we do not love, including ourselves. How so? If we see the universe as energy, then it makes sense we attract what is on the same vibrational level as we are, even if that vibration comes from emotions or feelings that have been repressed. This is how our dreams at night work as well. For example, if we are confident about finding a new love or feel secure within a relationship that we are committed, we are likely to have romantic dreams that reflect happiness and contentment. Alternatively, if we worry about a relationship or feel miserable because we lack one, our dreams at night may contain symbols which represent our feelings of insecurity.

Sometimes, we may be unaware that we harbor insecurities or other repressed emotions. In this kind of situation, though we may believe we feel confident concerning a love situation (as an example),

what we manifest or even dream about may suggest the opposite. In such cases, it is likely that we are only *pretending* at feeling something. Repressed emotions may lie beneath the surface. So, the Law of Attraction, via what we attract, can help us to see where we feel unloved, insecure, blocked or afraid. We will always draw to us the symbols we need to experience in order to face our fears and feelings in loving ways.

What is not always taught concerning Law of Attraction is that polarities can manifest if there exists polarity within the self. One has to consider what energy or emotion is dominant within the energy field, since the Law of Attraction does not simply manifest from what is in our conscious thoughts, but from what is unconscious as well. For instance, if we think of what we do not love, we may notice an inner tension that arises from resistance, or from trying to suppress or push something that we deem unlovable away. Sometimes, it is a person. Other times, it may be an emotion. Whatever the case, it is usually a part of ourselves or a memory we do not wish to love or face.

Because the Universe seeks to teach us its great love, often the same kinds of energies we resist loving may end up thrown in our path for us to face. This is Love's method for helping us to overcome blocks to acceptance. This is likely the process that is occurring when we attract via polarities. So, if you find yourself attracting through polarities (e.g. asking for wealth but manifesting financial stress or loss) ask yourself if you are asserting too much control over what you wish to manifest. A lack of love and acceptance toward a present situation may be triggering a reaction in your energy field. You may find that you feel too strongly driven to achieve one side of a polarity through moving away from an opposite polarity (e.g., away from poverty to wealth).

Using this example of wealth, if the energetic focus or feeling of repulsion for what cannot be loved (e.g. poverty) is stronger than our faith in attracting what we want (knowing that it is something we deserve), then despite focusing so much on achieving financial ease and thinking the 'right' thoughts in order to attract it, what we manifest may be financial stress or loss. We cannot lie to our own energy field. It knows us too well and carries all of the triggers and repressed emotions that we may try to deny or hide.

In order to correct this pattern of attracting in polarities, we can

work toward allowing our energy to be moved by love rather than fear. Not through mentally forcing ourselves to love what our energy resists, but through releasing duality. If we begin to allow ourselves to accept any outcome without labeling it as good or bad, we may find we experience more relaxation. When more relaxed, we are more trusting and less worried. We have fewer emotions we need to repress because we judge them less as good or bad. If out of faith we can learn to surrender our will, allowing the will of the Holy Spirit within us to replace the will of our ego, then likely things will tend to go more smoothly for us. I imagine that more of our needs could be met in a way that is natural and flowing.

In general, I believe people will experience less stress when they learn to see the Law of Attraction as a *Law of Love and Internal Abundance* rather than a *Law of What Can Be Manifested Externally and In The Future*. Seen in a new way, people could come to use this law to become more loving and gentle with themselves. They could realize that love is a present moment experience; the only true moment we can find happiness. Finding happiness in the future is merely a waiting game.

I also believe that should we attract what we do not want, we do not need to see this as some form of punishment. I believe that it is our own love for ourselves, and our Creator's love for us, that wants us to understand that whatever illusions we create, we can still love and accept ourselves just as we are. We can know that our worth is found within our lotus Spirit. We do not need to give or deny love to ourselves based upon what the pond tells us is worthy or not.

#### 4. What Is Feared?

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Along the same theme, fear has a way of wanting to say; "Hi there, this is fear here, will you please look at me, tend to me, or listen!" Because of this, I believe that it is not always a good idea to follow teachings that encourage us to push away or deny our fears in order to pretend that they are not real or do not exist. Truth is, while many of us within the new age community believe that fear does not truly exist (it is only illusion), at some level, our consciousness feels it does, and may not believe what our minds have to say on the topic. Fighting fear does not necessarily change how our consciousness regards it either. This does not mean we have to indulge the fear,

however. It is about finding our way back to wholeness. So, even though it may cause us pain to face what we fear, sometimes we will attract what we consciously (or unconsciously) fear or run away from as Spirit's way of helping us find a way to be whole again.

If you can remember your dreams, you may have recalled a few where you were running away or trying to hide from something. It was hard to get away, was it not? That is, until you faced what you were running from. This is how the Law of Attraction works. Our mind manifests realities in the same manner in which our mind creates our dreams at night. However, if we happened to be having a nightmare and were able to become lucid, this could help us to recognize an opportunity to address what we are running away from, or to ask a potential antagonist why it is bothering us.

I also tell clients to think of their fears as little children who are still afraid of the boogeyman in the closet. If we tell the child that they must not think about the boogeyman because it will make it real, this does not really help much. This will only make the child feel the boogeyman is not only real, but if dwelled upon something bad could happen. On the other hand, if we simply tell the child there is no boogeyman, not only will the child still feel afraid, but also unheard and invalidated. The best approach is to explain that the boogeyman does not exist, but we understand the child feels as if it does. We may even wish to lead the child by the hand to the closet in order to look inside together—"See, no boogeyman!" The more we can love and reassure the child that we care and are there for them no matter what happens, the safer the child will feel. This holds true even if we are not dealing with a real child, but an inner child that is a part of us.

Sometimes, it is not necessarily our surface fears that become subject to the Law of Attraction's manifestation process. Through observation, I have found what we usually attract are experiences that will bring up the emotions that we are afraid to feel—because they are deemed painful or wrong. Most of us, after all, are hypochondriacs when it comes to experiencing certain emotions. Even our need to have or to avoid certain conflicts or experiences is usually driven by our need to either have or avoid certain emotions.

Unfortunately, how the Law of Attraction is currently taught and practiced can encourage us to become even more frightened of our emotions and susceptible to developing fears we never had before. Some of these fears may include fear of fear, fear of our thoughts,

fear of outcomes, fear of what we may manifest, fear of the future, and fear of not having enough. These fears naturally bring with them a feeling of need for control.

When the Law of Attraction is used in such a fear-driven way, the primary focus becomes one of *avoidance* (of negatives); which this can make the unconscious focus on the ‘negative’ even stronger. Then, because so much emotion becomes repressed in an effort to be ‘positive,’ feelings of frustration, chronic low level anxiety and anger begin to fill up the energy field. These emotional energies then leak out into the environment in various ways, drawing to the frustrated individual the very realities that they attempt to run away from.

This is why I love Eckhart Tolle, because he talks about the pain body. When the pain body is continually ignored, it appears to become even more sensitive and more easily triggered. We then may find ourselves frightened of experiencing these triggers. Unfortunately, many of us are encouraged to keep living in fear of our feelings—which they can then end up even further suppressed, disassociated and relegated to the realm of floating around in our energy field waiting to be recognized and brought back home and healed. This can even result in psychosomatic symptoms, disease or various other ‘eruptions’ as repressed thoughts or emotions attempt to say ‘hi.’ Collectively, diseases and eruptions may begin to manifest as well, even affecting Mother Earth, for the collective has a pain body as well.

Whether our suffering is personal or collective in nature, if we can learn to delve beneath all that we have been conditioned to suppress, including our fears, then, we can have an outlet for our pain body to begin to communicate with us. I’m sure most of what we would find is that most of our fears, when taken apart, break down to patterns of feelings that we fear would be too painful to fully allow ourselves to feel them. If we, at the same time, learn to connect with our lotus within, which is eternally whole, the pain body naturally begins to drop because the focus is upon the lotus and our innate wholeness rather than the turbulence of the pond. This is not the same as denial. If one denies their pain body and tries to manipulate or suppress it, it makes it real. Allowing the pain body to be what it is, while allowing oneself to consciously feel it, helps one to live life more like a lucid dreamer who can sleep sometimes and dream, but who is awake enough to know the dream does not define him.

A final important point to note: just because we may resolve a surface issue that is connected to a fear within us, does not necessarily mean we cure the fear. For example, people who worry about money all the time may do many things to manifest money and may succeed at amassing a fortune. However, they may still worry about money all the time—whatever abundance they manifest—if their worry concerned something deeper that was left unhealed. I have seen the same dilemma in clients who were very afraid of not finding love. Yet, when they found love, they still experienced anxiety, because then they were afraid of losing it. So, if you live your life waiting for the other shoe to drop, whether it is with money, love, health or other areas of life, it may be time to simply relax and start allowing yourself to be happy with what you have in the present moment without making what you do not have a duality.

## 5. What Is Hidden, Concealed, or Denied?

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I believe that the most important insight that we can gain from the metaphysical principles of the Law of Attraction pertains to what is hidden, concealed and needs to be brought to our awareness. Our life is always trying to communicate with us on some level. It does not simply use the thoughts that we may think or hear in our minds as a form of communication, but symbols, feelings, and energies. When we cannot understand, hear, or listen, then sometimes life might start yelling at us, but in a loving way. Life is calling us to attention with a loud, “Hey, wake up! You are unconscious of this over here!”

For example, many people believe that the mass numbers of individuals who fear the end of the world will somehow cause it to happen through what they are thinking or feeling on a superficial level. However, their fear may not necessarily be arising from a form of faulty thinking that needs to be corrected. It may be originating from something they ‘pick up,’ ‘feel,’ or intuit from paying attention to the language of symbols and energies that are beginning to voice themselves within the world. After all, the fear is coming from someplace. Something is telling a vast majority of people, “Hey, wake up, pay attention!”

If we were to consider our own physical body, it would not make sense for us to have a gaping wound and refuse to treat it.

Biologically, fear would step in with its wake-up call that something needs to be attended to. Possibly, an inner voice would tell us “Death and pain is a possibility.” So, if there is a lesson to be learned and we ignore or deny it, this does not mean the lesson disappears. This is all that is happening when it comes to mass numbers of people starting to wonder if prophecies are unfolding or if the world will really end. A little voice is beginning to say, “Wake up!”

The truth is that many of us on Earth are in denial of our collective/planetary lessons and karma. We pay no thought to why we are creating what we are creating collectively. If part of our lesson involved learning how to unite more in love through action so that too much damage to nature does not need to happen, it does not make sense that life would necessarily let us off the hook when it comes to learning this lesson just because we told ourselves it should be another way. In fact, the more we try to bypass what could help us to find a more loving path, the more the universe, via our collective thinking resulting in various actions, will continue to generate symptoms, symbols, energies and warnings. This is because the universe has its own innate warning system that can tell us when there is something we are missing or where we have strayed from the path of the lotus and fallen too completely into a pond of mud.

Using the example of the fear of the end of the world, if we look at a disease process upon Earth in the same way we look at a disease process of the body, we may find within *both* a similar language of symptoms and warnings (e.g. exhaustion, depletion, pollution, toxicity, etc.). When it comes to fears of the end of the world, there is a two-fold process that may be going on. As a first part of this process, it makes perfect sense that a sort of panic is beginning to arise: because our dream reality is manifesting a very real element of danger; our actions toward planet Earth are resulting in a bit of a nightmare. We can, if we wish to, continue to ignore the symptoms and messages that something within our collective thinking needs to be brought to awareness. Through what we choose to ignore, we may end up manifesting what we fear anyway, through an attitude of denial. After all, the minute we say to ourselves, “Do not think about this,” is the minute what we are trying not to think about becomes a calling card which calls into our experience what we attempt to deny or withhold our love. After all, the laws of the universe love to reveal what is covered and being denied for the purpose of teaching us

unconditional love and wholeness.

The second part of the two-fold process is the realization that it is *not* always true that we manifest simply what we think in our minds. We manifest from:

- ❖ actions (which arise from our thoughts)
- ❖ unconsciousness and/or what we would attempt to repress or deny (which arises from our thoughts)
- ❖ emotions (which arise from our thoughts)
- ❖ our state of energy (which also arise from our thoughts)<sup>5</sup>

For instance, we might perceive that a person with an illness was not taking care of themselves. They might be polluting their body, being self-destructive, and burning out. As a healer, I want to know why they are doing that to themselves, and what thoughts underlie such self-mistreatment. I would want them to understand that they have a choice. Once understanding the ways that they mistreat themselves and why, then more life-supportive thoughts and intentions would have the potential to be sustained and realized.

Tying this back to how the state of our environment is beginning to trigger fear within individuals, it is obvious that *action* is a key factor in what is created in our environment. *Inaction* is a second key factor in why the problems keep compounding. But, instead of asking what thoughts or intentions lay beneath why we *actively* destroy or ‘threaten’ our environment or refuse to take action toward a more love-abundant path, we seek to blame something superficial instead.

To me, it is bizarre to blame the state of our environment on the widespread fear that it is generating, or to deny that fears are valid. It would be more to our benefit if we could see that mankind is blatantly *behaving* in ways which reveal a discernible cause and effect process, and to ask why we feel we need to do this.

In the end, it is better neither to overindulge in nor to avoid anything in life. We are merely called to listen. If fear or other

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<sup>5</sup> By using the term ‘state of energy’ I am referring to what we are energetically ‘vibrating’ i.e. what emotional or other trapped energies are in our energy field. This may include psychic debris that is floating around in the energy field, such as emotions we have picked up from others or the collective consciousness, emotions we have disassociated from, etc.



emotions are talking a lot, we can ask them what they have to say. Sometimes part of what we fear is not knowing a solution and feeling helpless. But, if we can listen to our fears and attend to the helplessness we feel—and the reasons why—then our fears will no longer need to recreate various situations which send out red flashing warning lights.

In the end, those red flashing lights are only showing us where the dream of life is becoming a nightmare and calling us to become more lucid and awake. When we realize the nightmare is an illusion, we stop needing to serve it too much; not in a way we keep mindlessly behaving in the same manner which brought the nightmare to life, but through using the nightmare to find our way back to a more loving dream about our lotus self. How do we do this? We do it through awakening to and letting go of the thoughts beneath the *lifestyles* that created the nightmare in the first place (i.e. over-striving, anxiety, need for control, excess materialism, lack of love, defeatism, blame, etc.). Such thoughts are only facets of a muddy pond we falsely believed we needed to adhere to.

## 6. How Whole Are We?

Wholeness and love go hand in hand. What we do not love, we will try to set apart from ourselves, thinking, “this is bad, wrong, evil, failure, etc.” However, the part of us that was split off is never truly gone. It floats around in our energy field. So, it makes sense that we can sometimes manifest situations or people into our life as a way for our higher soul to say, “Hey, you have a part of yourself not integrated and loved over here, you’re not seeing it, so I’m going to send you various relationships or experiences so that you can better see what you split off from yourself emotionally and bring it back home.”

If anything were truly bad, evil, or negative about energy, bringing it home would not be the right thing to do. However, these negative energies are only projections in the same way that positive energies are. Many of the things we perceive as bad or negative energies, even spirits, are either split-off parts of ourselves or are beings who are attracted to them.

If we shut down any feeling of anger whenever we feel it, telling ourselves, “Anger is a bad emotion, I should not feel it,” it doesn't

necessarily make our anger go away. In fact, when not dealt with, such states can return. This is not a ‘negative’ process, and we do not need to make it such. It is the split-off part of our self, finding a way to say, “Hey, I am still here, waiting for you to love me and bring me home.”

Think of it as an inner child who is bothering us with behavior we feel uncomfortable with, so we send the child to their room. We just want some quiet space, and do not know how to deal with their energy. However, the inner child is a part of us. It does not always know why it makes us uncomfortable, or why it acts a certain way. If we leave the child in their room too long, he or she may eventually start crying for us to let them out again.

The only thing wrong with the inner child is that it has developed learned responses to cope with feeling threatened or afraid. He or she is asking to be let out of the room again and to be unconditionally loved and accepted. We do not have to be afraid to listen. It is safe to fully embrace our inner child with love and to allow it to communicate what is underneath its ‘negative’ behavior.

## 7. What Symbols Can Be Examined For What They Mean?

Life is a truly amazing dream. I recommend that anyone who wishes to understand its subtle and symbolic language learn about dream interpretation, feng shui, totems, and even Louise Hay’s interpretations on what illness or physical complaints stand for. As I mentioned in chapter 1, the bible calls these symbols *fruits*. In Matthew 7:16-20, NIV, it states:

*By their fruit you will recognize them. Do people pick grapes from thornbushes, or figs from thistles? Likewise, every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus, by their fruit you will recognize them.*

Fruits are the effects that result from a cause. They are seeds that have been sown, and through their sowing they have grown a life and reality of their own. In our dreams, they are the symbolic content,

emotions, and situations that arise and are drawn into the dream from the mind of the dreamer. In the dream of life (our everyday living), it works the same way, with the exception that the fruits have a less fantastical quality.

When it comes to our ‘real’ lives, we’ve become accustomed to the daily symbols and fruits that we encounter. They are considered mundane and everyday facets of living, so we never think to observe them for their deeper meaning. However, for those who *are* interested in finding deeper meaning, they may wish to use a sleeping dream dictionary to read the symbolism that is attached to the colors we love, the clothes we wear, the vehicle we drive, the diseases we suffer, and more. We can even read our homes via feng-shui, the positioning of stars, the lines on our hands, the animals that cross our path, or even the events in the greater world, which may include natural disasters, floods, pollution, etc.

We *are* innately meant to be whole. We *are* meant to be free. The metaphysical workings of the universe and its laws are here to help us achieve this through aligning ourselves with Spirit. We can learn to listen to the underlying messages being communicated to us through the events, emotions and experiences we attract to us. For, our desire for wholeness and Self-knowledge is always trying to speak to us on various levels until we establish a pure connection with Self and less need to learn from all of the various symbols in the world anymore.

On another note, while many of us are opening up to intuitive abilities, we are still primarily using these abilities to ‘intuit’ how to meet all our external needs and desires, and how to worry about all of the outcomes. We could choose, instead, to hone that listening skill and use it to go within ourselves instead. From a detached place, we can observe the deeper thoughts that lie beneath our superficial wants, desires, needs, fears, and thinking. The more we become aware of our thoughts, the more we can learn to release them and bring peace into our individual and collective worlds.

## 8. How Can We Better Understand Our Collective Level of Experience and How It Manifests

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While I discuss the concept of collective consciousness in its own chapter, in this one I will simply impart the following: if we take the

time to step outside the world, and see its symbols in all of its amazing, beautiful, and dynamic tapestry, what story does it tell?

## Releasing the Fear of Outcomes

*Never fear what will become of you, depend on no one.  
Only the moment you reject all help are you freed. -Swami  
Vivekananda*

In this book, I do admit that I am mainly addressing the parts of the pond that are unhealthy, and which block us from understanding our lotus nature as separate. However, we are always encouraged to focus, wherever we can, upon all the beauty and love that does exist, and which is ever present within people, nature, and our world. I do not mean to imply that we should fear those collective manifestations that seem chaotic. I merely believe we should observe the dysfunction and let it be, until we do not feel we need it anymore. Observation has an effect of changing our mind on its own. We neither have to force an internal change nor avoid any external outcome. Forcing an internal or external change only gets us back into the whole trap that we are trying to be free of.

There is a lot of fear of what is manifested within the whole Law of Attraction movement. However, from my own experiences in life, I learned that this fear is not necessary. It is safe to think our thoughts. We do not need to become so afraid of what they may potentially manifest. It is likewise safe to feel our fears, or to create whatever manifestations our mind, thoughts and feelings can dream up. I do not believe that we need to use the metaphysical principles of the Law of Attraction to trap ourselves further into various dualities, structures, disempowerment, control, and fear.

Looking back at my first experience with the Law of Attraction--or at least the fear-based way that it is practiced, it took place while receiving counseling from a Christian counselor. As part of her counseling, instead of helping me through my fears and to face them, she tried to impress on me how important it is not to have fear, for it would 'attract' the devil. According to this counselor, this devil was the cause of all fear.

At the same time, this Christian counselor advised me not to even think of the devil because, "If you think about the devil, he will

appear.” As a precautionary measure, she advised me to protect myself by repeating the name of Christ. It was her belief this thought ritual made negative entities and fear disappear.

This Christian counselor’s belief system, as well as how she expressed it, is actually very similar to how people promote the Law of Attraction. And, this type of thinking, whether encouraged by Christians or new-agers, is simply another form of emotional suppression and denial. It is another cork we can employ to try to plug up an internal volcano of emotions that may be brewing within. However, these emotions (parts of an inner child within us) are waiting for us to lovingly, safely and with awareness release them from their prison.

It is not surprising that my exploration with conventional Christianity came to a halt as I would attempt to find a form of devotion to God that would not result in fear or mental distress. In this same time period, a friend referred me to the Reiki Master who I mentioned in chapter 2. And, while I deeply loved this Reiki Master and appreciated all that I learned from her, one particular day when lying on her Reiki table I would be advised; “Do not think about anything negative or fearful, or you will manifest it.” So, in the same fashion as the Christian counselor, this Law of Attraction enthusiast sought to impress upon me that certain outcomes were to be considered undesirable. Which, in order to avoid such outcomes, I needed to assert control over my thoughts and fears.

My body instantly reacted to this teaching, in the same way it had reacted when I received similar advice from the Christian counselor. That is, I immediately cringed and my whole body tensed up. It was as if the very premise of what was being taught made me feel helpless and afraid of life. Here was a second person telling me to perform thought control to avoid feeling my own feelings. What made things worse was that much of my fear felt like a biological reaction; one which seemed unresponsive to thought control or rationalizations.

During my ride home from this Reiki practitioner’s office, I found myself hyper-vigilant and focused on trying to change my thoughts. Then, suddenly, I heard the first clairaudient message that I ever took note of. “This is not the way,” it said. As I followed the voice, it gently and lovingly guided me to allow my thoughts, whatever they were, and to let go of the fear of outcomes. Outcomes were of no consequence. The only thing that mattered was learning to love

myself, independent of them.

When I reached home, I turned on my computer and began writing. There was so much insight that was coming through. I ended up writing a five-page article on how judging an outcome as right or wrong was a form of duality; how we are meant to transcend this perception of duality by knowing that whatever we manifest, positive or negative, it is all illusion and all the same.

It was also impressed upon me that what we attract to ourselves, be it 'positives' or 'negatives,' was primarily about love. That is, we attract what most needs our understanding and love, including our emotions and the rejected parts of ourselves. So, in the event we attract or manifest a perceived 'negative' reality for ourselves, it is really a call for our love: to offer it where it is needed or to see where it has been absent. Once we can unconditionally love what has been denied our love, then we have less of a need to attract fear-based creations into our dream of life.

After writing the article, I forgot about it for many years. One could say I fell back into the muddy pond of the collective consciousness again. I would not really hear that voice, in the same manner, until many years later. Now, after having received the same wisdom at a time when people are beginning to challenge their adherence to certain facets of society and belief, I do not feel that urge to fall back into the pond.

I am convinced that the greatest manifestations come through love. Instead of seeing positive and negative outcomes, we can instead try to see 'this is where love is present' and 'this is where there exists a call for love.' In the end, it is just a dream of finding our way back to what we are: Love. On another level, we are already there.

While I have discussed the Law of Attraction and how we can use it to uncover deeper thoughts and feelings, I have not discussed the various streams of thought and consciousness that form our perceptions of the world, nor the levels they can occur on. This will be the subject of the next chapter.

## CHAPTER 4

### The Various Levels of Consciousness & Thought

*Exert yourself, O holy man! Cut off the stream (of craving), and discard sense desires. Knowing the destruction of all the conditioned things, become, O holy man, the knower of the Uncreated (Nibbana)!  
-Siddhartha Gautama Buddha*

In the last chapter, I discussed the Law of Attraction in a very personal sense as it relates to dreaming the personal dream of life. I had actually been planning to write a book a few years ago about my feeling that the prevailing understanding of the Law of Attraction is incomplete. I am glad that I waited, because I had not yet grasped that there existed a whole other dimension of thought and manifestation that I had never before considered.

It was not until I was asked to provide a world reading for a 2011 New Year's Eve radio show that an alternative way to view our abundance driven lifestyles unexpectedly revealed itself. And, I refrained from voicing on the radio what I saw, needing time to process it all. This was in large part due to the fact that the main message of the reading seemed to challenge the rationality of some of our popular abundance centered philosophies.

A sample from the reading follows (Peterson, 2012b):

*The message was very direct, that the wheel of fortune was reversed and stuck in that position. The core of what*

*I remember seeing is that we are stuck and not changing in ways that we are really being called to change. There were cards of refusing to change, being stuck, addicted, codependent, and similar 'stuck' themes. Many cards were indicating that what we are being called to change is our materialistic lifestyles, our greed, and our perversions of nature. The main message for 2011 was that we were stuck, and many of us likely were not going to change in the ways we were going to be called. There is potential, though, because I kept drawing the card, 'A choice will be made for you, if you do not make one for yourself.' The other cards forewarned that 'an unexpected change will be occurring, when or how remains uncertain.'*

While the reading revealed aspects about humanity that seemed harsh, what seemed even harsher was the outcome that was potentially coming into form via the card, "A choice will be made for you, if you do not make one for yourself." I do not believe the reading was meant to judge or frighten anyone. Its true intent, I feel, was merely to bear witness to what was going on within our collective mind-set, and to reveal what that mind-set was manifesting and why—and that we do have choice.

Part of the reading relayed that a few disasters were in store for 2011; which, indeed, by March of that year the world saw Japan devastated by a tsunami, and deadly tornadoes tore through the United States shortly after. Even as events themselves drew closer, Spirit was revealing to me within my dreams how these happenings were not only symbolic, but manifested from various patterns of lifestyle, thought, and energy.

What I had never realized before was how much I was blocking my own awareness of truth by going along with being conditioned (like much of the world is) to perceive the larger problems of the world as an 'us-against-them' situation. And, by using the word *them* I am referring to various parental constructs, governments, institutions, power providers, and etc.

Seeing problems in this way, it makes sense that I would have to project what was, in part, my responsibility onto something outside of me. So, like many others, I carried the unchallenged belief that



something or someone external should take responsibility for and fix many of the increasing number of issues within the world. Then, when this huge change in my perception took place, I could no longer see the same issues in the same light.

Once I glimpsed this bigger picture—one in which I had a share in the responsibilities of this planet and its problems—it started triggering further realizations. It was like a domino effect. Part of me struggled for a while with how to deal with this change in my perception that was taking place. I had been part of the whole movement that believed, ‘life is all illusion, so what is manifested, be it earth changes or anything else, does not matter.’ While this will always be true, certain angelic beings were telling me repeatedly, and even within my dreams at night, that we are gifted with ‘choice,’ which is ultimately to choose what to serve: love or fear, the whole or the self; awareness or denial, etc.

At the same time, it became clearer that the path of blame and of running away from the compounding problems that were manifesting in our world was the path of fear rather than love. As I kept digging and asking questions, I realized that we are reaping what we sow through our own free will. Not only this, but our free will has in way lost its freedom. How so? Our free will has become so trapped in fear-based patterns of thinking and choosing that it is become more increasingly difficult for it to see that any other way to think or make choices is possible.

What I started to realize was that free will has been gifted to us out of the highest love of our Creator. It is also the impetus behind our eternal and subconscious drive to come to know ourselves as this Creator’s reflection. Many of us, I feel, unconsciously seek to become this reflection through the work of our hands, minds, and actions; which at the end of the day, these works can either reflect something that is life-giving or anti-life.

For example, notice how the word *evil* is the word *live* spelled backwards. Consider, then, that blasphemy may merely reflect a choice to scorn life, rather than to protect, revere and foster it. This ‘life’ does not simply pertain to our daily living, either. It encompasses the miracle and holiness that lives within all living things and beings. It is this miracle of life which has been imbued with our Creator’s breath and ignited into living form through his great love. It is this natural abundance and treasure that our thoughts

unconsciously undervalue while giving value to the lifeless and transitory. Why? Because we have lost the ability to cherish the original lotus seed we were born from. Instead, we live a life that is depressed and muddy. We have lost grasp of the miracle, and can only perceive abundance through using our will and manifestation abilities toward the creation of money and lifeless forms.

I now believe that an opportunity to make a free will choice between serving the true life or the false anti-life is a prime reason why many of us incarnated during these amazing times. Due to the incredible fruits being sown in the world, we have the chance, unlike generations prior, to use the environment and world scale events as a way to see where we have gone astray in our thinking. We can use this time period to understand that we not only have personal karma to fulfill, but a responsibility to the collective and to the earth. Of the various lessons that are available for us to learn, we can choose to learn peace, we can choose to learn to wake up to our illusions, we can choose to learn how to bring balance back to our dream of form, and we can choose to come to embrace that we are part of a collective consciousness experience as well. But to do this, we must first understand what is meant by the term collective consciousness; we must understand how our thoughts may not necessarily be just our own but a reflection of a greater whole.

## Individual versus Collective Streams of Consciousness

What is a good definition of collective consciousness? I see it as a level of thought that extends beyond our personal thought level, of which our personal thought level can both be affected by various streams of collective consciousness as well as contribute to them.

If we can step back and contemplate a bigger picture concerning our thoughts and how they are intertwined with the consciousness of a collective, we may be able to view them as existing within a system of streams (visualizing these streams as encompassing different branches of collective thinking, patterning and belief). We can then visualize how there exists one large stream with smaller and smaller tributaries running from, into or within the larger streams. Some may cross over into other streams, take multiple pathways, etc. Though, when it comes to thought, its streams might not be as clear cut as

those streams we view within nature.

In my perception, the biggest streams are those which involve our beliefs concerning life in general, such as that we are human and have basic needs for survival. Tributaries may form which encompass the beliefs of different cultures, norms, groups, religions, etc. Even these tributaries, may have smaller streams within them or branching from them, and so on and so on; each reflecting more and more individualized and independent streams of thinking. Our individual consciousness is only one tiny stream that flows among many other streams to form a larger one.

To add a twist to this, in the same way there are various streams of consciousness, there is more than one level which manifestation can occur. For the purpose of simplicity, we could categorize two main levels:

1. Personal Manifestation: creates fruits within one's personal sphere of experience. Such fruits affect one's personal / individual dream of life.
2. Collective Manifestation: creates fruits within a larger sphere, such as on a collective or world scale. Such fruits affect a bigger picture that goes beyond the individual level of experience. There may be a collective consciousness of the entire world, as well as sub-collectives (i.e. the sub-streams and tributaries), representing cultures, countries, areas, groups, etc.

If we can also take into account beings such as angels, guides, discarnates, or inhabitants of other realms and worlds and their belief systems, then there is even the possibility that nonhuman dimensions of consciousness and/or manifestation can have an effect upon the earth, or influence our individual or collective consciousness.

Even the two main levels of manifestation mentioned above—personal and collective—may be affected by different levels of consciousness:

- ❖ Subconscious
- ❖ Conscious
- ❖ superconscious

If we can visualize these different levels as they pertain to streams of

consciousness, we may find that the most stable and purest stream is the superconscious; of which our individual superconscious is our lotus nature, and our collective superconscious is a pond which is pure, immaculate, and free of mud or algae. The superconscious stream is the part of us that I see as fully awake, even if in our human form we are not conscious of it.

While our higher thoughts spring from these superconscious streams, our ego-based thoughts originate from the conscious and subconscious streams. These streams represent the illusions that make up our dream of life and all the stories it weaves and tells. I think part of our incarnated purpose is to find our way back to the superconscious stream, individually and collectively.

While the superconscious stream can never be polluted by the other streams of consciousness, the conscious and unconscious streams can become more purified and aligned with the superconscious--through realizing we *are* the superconscious. This said, we are *all* living an experience as part of a multi-dimensional stream of consciousness. Within such an experience, the dualities and pollution only appear real, until we find our way back into alignment with the superconscious stream. Once doing so, we will not need to create various forms of emotional, physical, mental, psychic or spiritual pollution anymore.

## What Really Constitutes Thought?

Not only do we have multiple levels of consciousness, we also have different *carriers* of consciousness vibration. Such carriers *carry* the energy and make it real by expressing it into the world of form.

In the Bible, it was the word becoming real, which when our will and intention are strong and unwavering--while supported by the knowledge of who we truly are—manifestation can happen that straightforwardly. However, I believe that there are forms of consciousness that are capable of manifesting, which the *carriers* of such consciousness can go beyond words. There are, after all, many different forms of thought, communication, and language that can be expressed all at once, and many do not involve language thoughts (thoughts composed of words).

So, what are some of these carriers of thought?

❖ willful prayers, intentions, and desires

- ❖ emotions
- ❖ visualizations
- ❖ conscious or unconscious wants, desires, hopes, dreams, beliefs
- ❖ actions or inactions (arise out of thoughts, wants, desires, hopes, intentions, etc.)
- ❖ lifestyles, habits, conditioning, addictions (arise out of various forms of thought and beliefs, whether conscious or not, sometimes operating on autopilot)
- ❖ energy and vibrations

Again, many of these can be considered as existing at an individual level of expression, or as part of a collective level of expression (i.e. where a group of people act as carriers for the same thought consciousness).

## What Happens When Thoughts Contradict One Another Or Are Empathically ‘Taken On?’

Not every thought we have will manifest concretely. Additionally, different thoughts and intentions can contradict one another, even at a core level. I realized this one day when I saw a psychic while seeking to be released from various forms of suffering. He explained to me that I had two intentions that opposed one another. One was conscious and the other was unconscious. According to this psychic, not only did this frustrate me, but it manifested neutrality concerning what I consciously wanted to achieve.

As it turned out, I even had thoughts that were not my own that I had taken on from others around me in my personal environment.<sup>6</sup> Yes, this is a form of thought as well; as is picking them up from the

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<sup>6</sup> For those readers who will not know what I mean when I use the term ‘taking on’ or ‘picking up,’ these are common terms used in new age circles and various energy healing modalities. Another word used is ‘sponging.’ It reflects the belief that we can be affected by other peoples thoughts, prayer and energy through a process called ‘empathic sponging,’ where one literally takes on (take into their own experience, beliefs and energy field) the thoughts, symptoms, feelings, or vibrations of other individuals, collectives or earth herself.

general collective consciousness.<sup>7</sup> I had accepted a certain stream of consciousness, and it became part of my own energy, vibration, intentions, behavior, and language. Whether a person does or does not end up taking on another individual's thought forms is largely dependent on their own thought level and susceptibility.

Many of us take for granted how truly sensitive we are at a vibrational level. Most healers understand that we can even forcefully project thoughts, beliefs, feelings, and other vibrational energy onto others. Such transfers of thought energy, when unloving, are often labeled as psychic attacks, curses, voodoo or spells. Such transfers of thought energy, when loving, are often labeled as prayer or healing. Through such prayer or healing, energy (a carrier of thought vibration), can be directed into another person's energy field to help them with their own thoughts, or to help them to balance their energy or vibrations (since thought and belief is believed to be at its core a form of vibration/energy).

Additionally, some of us even use homeopathic medicines, flower essences, and other vibrational medicines which carry the consciousness vibrations of various plants, crystals, animals, etc. These vibrational energies become integrated into the energy field of the person who uses and accepts them. We are also sensitive to the positions of the planets, and to the moon and tides. Some people with earth empathy may sense Mother Earth and her consciousness, energetic shifts or imbalances. Other individuals may be sensitive to animal consciousness, or that of cherished pets. And, as I suggested earlier in this chapter, it is even possible to have our thoughts or consciousness affected by nonphysical beings such as angels, guides, departed ones, extraterrestrials, etc.

The truth is, many of us subliminally take on thoughts and beliefs that are not our own all the time. It is by choice though. We do have free will and cannot attract anything unwillingly *or* which does not resonate with our energy and belief systems on some level.

The most common way we subliminally and willingly take on thoughts is through general streams of collective consciousness that linger around us and influence us more than we may realize. We take them on from television, movies, books, advertisements, magazines, culture, governments, and religions. We take them on from anything that tries to impress upon us who we are, what we want, how we

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<sup>7</sup> See footnote 10 for what 'picking up' means.

should feel about ourselves, what we should look like, what we should believe in, what we should buy or sell, and the list goes on. While embarking on cleansing programs to vigilantly ‘clear’ ourselves of beliefs is not necessary (see chapter 9), finding a way back to Self *does* involve weeding through all these thoughts and beliefs (through becoming the detached observer) in order to find who we are, who we are not, and what thoughts are in true alignment with the energy that we truly, and on all levels, wish to carry into our world.

## How to Tell What You Are Thinking & If It Is Aligned With Truth

*A fool who knows his foolishness is wise at least to that extent, but a fool who thinks himself wise is a fool indeed. Ill done is that action of doing which one repents later, and the fruit of which one, weeping, reaps with tears. Well done is that action of doing which one repents not later, and the fruit of which one reaps with delight and happiness. So long as an evil deed has not ripened, the fool thinks it as sweet as honey. But when the evil deed ripens, the fool comes to grief. -Siddhartha Gautama Buddha*

There is a reason the Bible and Buddha preached to us about the *fruits* of our actions and prophecy. The *fruits* (i.e. the effects of our *seeds* or beliefs), gives us instructions for recognizing the true prophet of God from the false prophet by the prophet’s fruits. This may sound judgmental, but it simply means the true prophet is the one who speaks in service to Spirit rather than to the split or to the world. Today, there are many spiritual people who still serve the world. And, that service does yield the fruits of ecological imbalance, as well as bondage to systems, structures, forms, and other manifestations that have nothing to do with who we truly are. They are illusions. We do not necessarily need to fight them, master them, or change them. We merely let them reveal themselves to us for what they truly are: illusions.

Because all manifestation in the world is rooted in thought, we can

use the world to decipher what our own thoughts and beliefs are, both on the collective subconscious and conscious level, as well as the individual level. As we discussed in the chapter on the Law of Attraction, we can use the symbolism within the world to locate even some of the subconscious thoughts of the collective that may be influencing us.

To begin this process, we can start to look at the problems of the collective world (i.e. the fruits of false prophecy) while connecting these problems to certain ways mankind is behaving. Once able to do this, we can then connect these behaviors to the thoughts and beliefs that lay underneath (as well as what streams of consciousness are promoting such beliefs). Then, we may be able to see where prophecy (i.e. guidance concerning how to live spiritually or otherwise) may have become misaligned. We may also begin to see how this misalignment process happened. Sometimes, when examining issues this way, we may find multi-levels of thoughts and beliefs all working toward various forms of misaligned manifestations. We may also find that some beliefs and systems we went along with without questioning are the ones that are leading to the disharmonious fruits in the world.

Yes, our wholeness exists, but our earth being-ness may not yet know this at a human level. It is still acting out themes that are self-undoing within its dreaming. This is not to say that this is ‘wrong’ or that we need to feel bad. We are simply having a consciousness experience, in which our consciousness is capable of growing, learning, and evolving.

In chapters 5 and 6, we look at how certain collective thought processes are affecting us on an individual and societal level.



## Stage 3

*The lotus petals open even further. The tips of the petals draw closer to the surface of the pond it floats. The mud and slime is seen more clearly and less mistaken for the Self. Illusions can be seen for what they are without judgment.*



## CHAPTER 5

### Functioning In a Dysfunctional World

*Come! Behold this world, which is like a decorated royal chariot. Here fools flounder, but the wise have no attachment to it. -Siddhartha Gautama Buddha*

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I've been noticing people are beginning to wake up to the fact that something has always been missing concerning what is being manifested in our external world and environment, as well as in relation to mankind's collective and chronic experiences with internal stress. I even received a newsletter from a prominent EFT Master, who reported that he is noticing a 'Pattern of Overwhelm' with many of the individuals he is working with.

What is this *Pattern of Overwhelm*?

According to this EFT Master, an increasing number of individuals feel more stressed and exhausted than normal; because they have too many things to do, too much responsibility, not enough time, as well as information overload. His prescription offers the typical new age pitch to 'Buy My Seminar.' Very few people seem to make the connection that in some measure it is this type of consumer-driven mentality that is part of the problem.

Taking a detached stance in order to ponder upon a bigger picture regarding our human dilemma, I find myself asking such questions as:

- ❖ What if we are not meant to use various healing modalities for the purpose of a quick fix?

- ❖ What if we are not meant to persevere, cope and conform to the *normal* ways of the world?
- ❖ Are these ways truly normal?
- ❖ What does it even mean to be *normal* or even *sane* within such a world?

Possibly, we can observe that some of the prevailing issues of our world do not necessarily point to an imbalance within ourselves as individuals. By exhibiting signs of stress and imbalance, perhaps we are just having a normal reaction to a world mind-set that is insane. The world, after all, has become a place where an increasing body of individuals can only cope by succumbing to various addictions, healing efforts, and reliance on psychiatric medications. Observing this, we may wish to ask ourselves at what point will the world become sufficiently intolerable that we will become brave enough to examine what is driving our societal wants, fears, and definitions, i.e. such as of success and failure? At what point will the world's dysfunction become so exhausting that we will choose to let go of the need to exhaust ourselves?

## Defining Normal

I spent most of my childhood trying to be good enough for my parents, whose expectations were based on finding success within the definitions that most of the unconscious world holds. Nothing about this seemed abnormal. I even succeeded (in societal terms) and excelled in many areas.

Despite going along with what was the accepted way to live, I was probably the unhappiest teenager alive. I burned-out by my twenties, and then my whole life and how I defined myself fell apart. I was no longer 'normal,' and could not seem to fit in with the way the world was anymore, no matter how hard I tried.

For the next ten years, I strove to be normal again, or at least to be who I thought everyone around me expected me to be. There was tremendous pressure for me to be anything but myself, especially from my family. It was regularly impressed upon me that something about me was unacceptable, and that I needed to go along with what was conventional at the time in order to fix it. I did all I could this way until I could no longer physically tolerate the 'normal' quick

fixes, medications, and treatments that I so easily stomached before.

By my thirties, an impulse within me began to drive me to let go of the game. I gave up many relationships, and spent almost two years completely alone. I figured that there had to be more to life than feeling bad about myself. I also intuitively knew that feeling this way was not a viable path to finding an inner sense of wholeness or happiness.

So, I gave up on the world in a way. I threw away the labels that had been attached to me and decided that I was going to feel okay about myself. Part of me, I admit, was playing the blame game, and maybe this was what I needed for a period. But another part of me felt that maybe if I walked away from everything I could figure everything out. I then might be able to return back home as a better version of myself; a version that was more confident and better able to endure life's various slings and arrows that I seemed so sensitive to.

None of this ever really came to pass. Instead, my life unexpectedly embarked down a completely different path. The changes that occurred in my life in a short period of time were astounding. I even began doing a type of work that I never before imagined myself doing. By my mid-thirties, I could finally consider myself somewhat 'normal.'

What helped the most was being able to work primarily as an intuitive, helping others through many of the same issues that I had suffered. There were so many individuals who were suffering from various forms of codependency, over-striving, anxiety, being too much in the mind, burnout, not feeling good enough, not thinking they are enough, not loving themselves, etc.

I also began to feel some of these same energies emanating from mass-marketing emails, social sites, get-rich-quick schemes, seminars, attunements, courses, and more. It felt as if the whole world was in a state of rush, and that everyone seemed anxious for a piece of some illusive pie. It was becoming more and more obvious to me that because of the way many of us choose to live our lives, we feel trapped in a rat race of needing money and feeling we have to work day and night to keep ahead of the game--or at least to pay off various debts. We thus scatter ourselves and our life force in various directions, trying to survive financially and socially, and trying to fit in.

I began to see a deeper message within all of the commercials on anxiety and depression, as well as news programs about these issues. I witnessed the sharp increase in twentieth century diseases (see glossary) such as chronic fatigue syndrome, fibromyalgia, multiple chemical sensitivity disorder, food sensitivities, etc. Everything I was witnessing started to poke at me a bit, until the pokes became stronger and stronger, and I began to see the flip side of everything. Perhaps an increasing number of individuals are simply beginning to experience an emotionally, spiritually, and physiologically normal reaction to the collective imbalance in the world. Perhaps the issue was not that individuals are becoming weaker, but that various mind-sets, impurities, strivings, feelings of helplessness, and goals are becoming less easy to tolerate, as would be expected. I began to think that maybe it was time for all of us to re-evaluate what exactly 'normal' is and what it is not; since we have all become so brainwashed by our daily lifestyles we have lost the ability to know what is natural, i.e. what follows nature's laws.

So, here is a question for everyone out there: Has the collective mind-set become so dysfunctional that it is by all natural means making people sick? Additionally, is there not something amiss with the world, when the only way for the average person to cope within it is to have to take a drug or rely on other kinds of treatment or healing therapy? This does not even include the mass number of individuals who are coping by succumbing to various addictions, dependencies, alcohol, and other forms of escapism. It seems that many of us either cannot cope with the world, or are running away from it in some fashion. We end up living lives trying to be happy all the time, while suppressed and weighed down by the pressures and demands of a world that breeds fear, obsession, bondage and the need for control.

## Imbalance Is the New Normal

It is likely no accident that so many people are currently turning to gurus and healers for answers on how to cope with life and the world. For many of us, the philosophical split continues to widen. The more it widens, the more our lifestyles, dreams, pursuits, and goals become misaligned and imbalanced. Even the pursuit of spiritual enlightenment and healing has become a crazed, scattered,

and exhausting adventure. We are all conditioned by the collective consciousness to believe our answers can be found in getting the next attunement, trying the latest healing fad, repeating various affirmations, learning about various and scattered techniques for increasing our vibration, etc. However, spurting our energy in multiple directions further distracts us from establishing a pure and still connection with the Self. I fell into all of these pitfalls as well.

We are so scattered in so many directions seeking answers outside of ourselves that we do not truly know how to be still anymore. Yet, it is primarily our ability to be still that will most help us heal ourselves and the various problems and conditions of the world.

If we can look at the world and how it tries to survive with an open and compassionate perspective, it makes sense that people are tired, dehydrated, nervous, tense, exhausted, or depressed. I really do feel that extreme fatigue conditions, multiple allergies and sensitivities, as well as empathic illnesses, have something to teach the world. After all, such illnesses, at times, almost force the sufferer out of the 'normal' stream of lifestyle and activity. Many times, in order to get well, the sufferer is required to embark upon a path toward purity. Sufferers often may find themselves benefiting from purifying their diet, leaving toxic relationships, and reducing their exposure to toxic chemicals. However, as soon as they feel a little rejuvenated, they may celebrate by jumping back into the pond, feeling blessed to be able to live some semblance of a 'normal' life again where acceptance is granted.

While a growing number of us are beginning to have 'reactions' to an ever-increasing barrage of toxins, pollutions, impurities and stressors, for those of us who do not become completely incapacitated, we condition ourselves to expect to suffer from 'normal' levels of sickness, tiredness, anxiety, etc. We have to do this because in order to survive, we must rationalize the toxic pond that we insist on swimming in rather than understanding that fully immersing ourselves in the muddy water was never required.

Our need to survive through a habit of rationalization and denial makes it easier for us to ignore whether certain facets of life are affecting our health, or the health of our children and planet. Our secret dream is to be able to keep everything going, while somehow becoming invincible to it all. Why?

Yes, we can embark on various clearing programs or efforts to

make ourselves more immune. But, often the minute some of us see a healer to clear ourselves from various states of overwhelm, other emotions, or physical complaints, the very next day we may feel we need a clearing again for either the same issue or another one. I've seen many individuals become addicted to clearings; some using a variety of techniques including EFT, Reiki, chakra work, energy readings, belief work, etc. The issue may not even be that something was not 'cleared,' but more that an inner resistance exists to creating a new way of living and being that can more lovingly (and with self-care) support an intention toward health and wholeness.

What is my point?

If we can see a bigger picture, then we can more purposefully use healing for a new agenda; not an agenda that requires returning to the ways of an old world that are not self-fulfilling or peaceful, but one that fosters new ways to live. Our healing efforts could help us:

- ❖ come into more simplicity and truth
- ❖ break free of the clutter in our minds and lives
- ❖ find more freedom from things that bind us
- ❖ live in balance, rather than creating overabundance and excess versus under-abundance and depletion scenarios in our bodies, minds, environment, and life
- ❖ purify ourselves of pollutants to our mind and health
- ❖ create a cease-fire in our mental war with our heart and emotions

I do believe that some of the health and emotional issues of the world today are amazing teachers, if we are willing to listen to the underlying messages they convey. If we let them, they can help us find our way to a *True Normal* again. It does not have to be the false, *crazy* normal that we have grown accustomed to, but a 'normal' that requires less stress and effort; which brings humanity more *into* balance, rather than *out* of it.

## The Quest for Healing

So, what are some of the various conditions or symptoms of our bodies that we can learn to listen to for a deeper message about our



world and collective beliefs and attitudes?

- ❖ exhaustion
- ❖ dehydration
- ❖ toxicity and pollution
- ❖ anxiety and depression
- ❖ food and chemical sensitivities
- ❖ sleep disorders
- ❖ weight gain and overeating
- ❖ hyperactivity

As I explain my view on these disorders, some parts may be redundant. My belief is that many factors of our lifestyles contribute into many different types of health or emotional problems that we may suffer from. So, at times I will mention some of the same factors beneath different conditions to show how these lifestyle factors influence them.

Please also understand I am not a medical doctor. Always seek a professional's opinion if you feel you suffer from any of these conditions, and do your own research as well. Also, in giving advice concerning any disorder, I do understand there are shades of gray and not everyone will fit the profiles that I list. At a core level, illness does not really exist, nor do labels. It is merely communication. In the end, I do believe what other authors have to say who state illness can be given up if we refuse to believe in it or its various labels anymore. At this state, one has fully accessed their lotus nature when it comes to releasing various streams of collective consciousness that relate to personal diseases and their labels or definitions. However, I also believe we can give up 'dis-ease' through resolving what our life and path is attempting to communicate to us through using the body. Through doing so, we are taken through a process of learning to give up the pond in order to access our lotus nature another way.

## Exhaustion

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Today, there was a midday news program that aired on the subject of exhaustion and how an increasing number of individuals seem to be

suffering from this condition. The leading question to be answered was, "What can the viewer do about it?"

While I do believe that the root causes lie within us individually, the question was phrased to put the onus on the sufferers to treat their own exhaustion to better function in the world. This presumption of the daily news show only served to reinforce the dysfunction at the core of the collective consciousness. It rationalizes that the world is normal and each person must be able to cope with and keep up with its insane energy, dreams, and drives. Every person is expected to be able to be part of the world and its polluted collective consciousness. Without questioning the validity or sanity of such an expectation, and without being able to see that any other choice is available to us, we end up unconsciously rationalizing that we must find ways to heal, balance, and come back to purity (emotionally, physically, and spiritually) while simultaneously continuing to partake in all that is polluted around us, feeling that this is the only way to survive.

We are prevented from seeing the inherent contradictions within this approach through our unconscious acceptance of all the subtle programming that we take on from the collective consciousness. For, the collective consciousness tells us that to live in crazy or exhausting ways is desired and normal. As a result, what this mind-set subtly conditions us to accept and believe is that any resulting symptoms we suffer from are from being dysfunctional at a personal level in some way. Thus, our lifestyles are never examined as being the source of the problem that may benefit from change.

What is my advice?

If you are feeling exhausted, go beyond the superficial thinking that somehow you are weaker than others because you feel overwhelmed by the demands of the world. Allow yourself to let go of some of society's negative attitudes toward rest and self-care. You are not lazy or selfish if you take care of yourself. As you take care of yourself, you might find that those who have problems may be jealous that you are somehow enjoying life more than they are. Remember, life *is* meant to be enjoyed. We do not have to be busy and productive at all times.

In fact, the healthiest thing we can do right now for our children, Mother Earth, and ourselves is to move beyond the dysfunctional thinking that *rest* is a dirty word. We can all learn to move beyond a

temporary fix to see what is truly out of alignment in order to choose the highest and best path toward everything (including nature), and toward resolving it. Listen to any inner messages that arise concerning what discomforts you on a level that goes deeper than your small and more superficial self. Allow this message to help you find a path to your true identity, what truth you wish to serve, and what illusions you may give yourself permission to let go of.

## Dehydration

I have noticed within healing sessions that an issue of dehydration comes up frequently with almost everyone I treat. That is, I use an EFT divination deck in my work and often will draw the ‘dehydration’ card when drawing a card for what is blocking the person's recovery. Not that this is unusual for EFT practice, and there is a reason why there is a card for dehydration in the deck.

Even mild dehydration can cause symptoms. Sometimes just drinking water can help a headache, joint pain, digestion or other issues.<sup>8</sup>

What is my advice if you are dehydrated? Water—being a *yin* symbol—has a receptive quality. Yin is associated with stillness, flow, intuition, and receptivity. Alternatively, fire is a *yang* symbol. It is associated with the sun, achievement, action and doing. So, ask yourself what are you not receiving? Where are you becoming too yang in your life? Where are you giving out more energy than you are taking in? How is your glass half empty rather than full? What is leaving you feeling drained? Then ask yourself what beliefs of the collective consciousness you can detach from in order to feel replenished and enough again.

## Toxicity and Pollution

Toxicity and pollution can exist on a physical, emotional, spiritual, or metaphorical level. There are various forms of toxicity and toxic conditions. Within the field of alternative medicine there can be

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<sup>8</sup> An amazing article on this subject by Phillip Day can be found at <http://foodmatters.tv/articles-1/are-you-chronically-dehydrated> and is titled *Are You Chronically Dehydrated*.

discussions concerning candida, parasites, toxicity, the ‘need for cleansing,’ chemical sensitivities, geopathic stress, entities, etc. Even our own emotions and adrenaline can have toxic effects as stress hormones are released into the bloodstream.

What is my advice? If you feel polluted or unclean, embrace purity, a natural state of being, and simplicity with everything. Find who you are beyond the polluted and toxic consciousness of the world and pave a middle path between any extremes that you find yourself living with. Find out what is irritating or toxic concerning your interpersonal environment, and what makes you feel unworthy or unloved. Ask yourself who or what is draining you or becoming a parasite on your energies? With whom are you being codependent or needy? What are you continually tolerating from your environment that is toxic? Where do you need better boundaries, or to say “no” to others? Find the underlying communication your toxins are trying to convey to you and bring purity and wholeness into your mind, life and environment.

## Anxiety and Depression

With the healing work that I do, I find that those who are more prone to anxiety are more likely to be overachievers and worriers; they want to be perfect in order to be approved of. They are driven individuals. They usually ask for healing to fix something within themselves so that they will be better able to achieve their goals. Many that I have encountered have been conditioned to see their emotions as wrong, negative, and something to suppress.

Because they are usually sensitive and empathic, they seek to please others and the world. Add to this the constant bustle of life; coffee drinking; continued exposure to emotional, physical and energetic pollutants; over-stimulation from what is viewed on television, internet, other media sources; not to mention geopathic stress (reactions to all our frequency-emitting computers, electronics and other devices); it is not difficult to understand why individuals feel high-strung, wired, anxious, overloaded and hypersensitive to everything around them.

Where anxiety may result from too much of something and from feelings of being overwhelmed, depression can result from feeling the opposite; it presents as if there is not enough. However, both

disorders result from an innate feeling of what I term ‘not-enoughness’ (see chapter 8). While the anxious person is more driven and worried about pleasing and being ‘more,’ the depressed person is lethargic and does not want to care so much anymore.

What many of my depressed clients had in common was their search for something—a solution—outside of themselves that they can only find within. In fact, many depressed clients asked for healing so that external situations could resolve themselves. Sometimes they would approach me to heal the people around them. Various experiences, relationships, jobs and life itself seem to continually disappoint them or let them down.

I might ask my depressed clients why they see life as pointless; when did they give up and become discouraged in life, in others, or themselves, not believing they can find happiness or love within themselves? They may not even be consciously aware that they have given up. They just know life is not as exciting to them as the driven person, or perhaps they were once driven, but have totally exhausted or frustrated themselves.

When it comes to finding treatment, there doesn't seem to be a lot of true understanding out there in the world. Some of the anti-depressant commercials that I have seen can attest to where we have gone astray in our thinking, as well as illustrate our collective willingness to assimilate anything society feeds us. In one commercial that I saw, the whole message pertained to how there is now a second anti-depressant available that may be taken in conjunction with an individual's main anti-depressant if an individual finds that their original anti-depressant is not working well enough. Some of us may not need one drug, we may need two! Really?

A second commercial conveyed a message such as, ‘The symptoms of depression are not just emotional anymore. Depression has physical symptoms too.’ This is troubling because such a message is unconsciously aimed at encouraging individuals (ever so subtly) to ignore the manner in which our bodies and Nature is attempting to communicate with us. Symptoms can be ways that our body is trying to give us flashing red warning lights that we've taken a wrong turn somewhere. At times, depression is even the emotional symptom of a variety of other potential conditions, some listed in this chapter. So, if your depression has physical symptoms or you have fibromyalgia or chronic fatigue syndrome, do your research!

Yes, your emotions are at the root of symptoms--whether they represent real diseases or imagined complaints, but what is triggering your emotions? We aren't meant to ignore our minds, emotions or bodies.

Of course, if you feel suicidal, have post-traumatic stress disorder, other severe mental disorders, or have experienced an extreme loss or trauma, definitely seek help. I do agree drugs may be of help in certain situations. I also do not wish to argue that depression cannot be hereditary, biochemical, or accompanied by physical symptoms. Likewise, I understand that anxiety and depression can overlap. My intention within this chapter is to address the less serious burnout, hyper-vigilance or fatigue so that we can learn from them in order to stop swimming in the pond of dysfunction and learn to function in a more *nature-al* way.

## Food and Chemical Sensitivities

Like anxiety and other issues, food and chemical sensitivities can result from living in a state of chronic overwhelm. The fact is, the word *overwhelm* isn't even supposed to be used as a noun, but it is becoming a condition rather than a feeling in this twenty-first century, so many within the healing community have begun to use the word in this new way.

The effect of chronic overwhelm is that there is too much energy in certain places and too little energy in others. It creates a high state of imbalance, which creates its own internal warning signals that something isn't okay. This is why some individuals develop a 'sensitivity to everything' syndrome. Their internal warning system is subconsciously 'turned on' and on high alert to everything, to the point that the conscious mind has difficulty turning it off.<sup>9</sup>

Often, individuals who are highly sensitive in these ways have chakras that are imbalanced as a result of tending to live more in the etheric level, rather than fully incarnated within the body. The upper chakras may be overactive and the lower chakras underactive. This is

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<sup>9</sup> I'm not here stating any biological fact, but simply what I present as what I see as symbolic throughout this section. From working with many clients I do see patterns of symbology. However, I also believe that we create our own guidance system and decide what definitions will hold true for us.

why highly spiritual people who suffer from sensitivities classify them as part of a compilation of symptoms which are labeled ‘ascension symptoms.’ They are living in their upper chakras more than their lower ones. Some are not fully grounded in the body. Some are afraid of their bodies and of feeling various emotions, which they may experience as psychosomatic symptoms in the body.

Regular grounding is vital in order to bring the soul fully into the body. I also encourage anyone with food and chemical sensitivities to learn to love and be in the body, and to experience all its reactions, symptoms, and emotions. See your emotions as a beautiful and amazing tapestry of color and experience. Make your affirmation one of ‘I allow’ to everything. Allow this to replace a subconscious feeling of ‘I cannot tolerate.’ Know that the balancing chakra is the heart chakra; pull energy down from the upper chakras, so that you can fill your heart and other parts of the body with self-love. Then, allow the energy to flow down your base chakra, through your feet and into the ground.

As with other conditions, stress and burnout can underlie food and chemical sensitivities, too. When under stress, your body can release histamine: the same chemical the body releases during an allergic reaction. Histamine tends to rise when there is a perceived threat within the body, as if the body is preparing to mount a defense against the threat. This can trigger an *inflammatory* response. However, conditions of *low* histamine can be attached to developing allergies as well. When it comes to food allergies, the body may begin mounting a defense against foods and other substances that would normally be considered safe in limited amounts. Due to chronic exposures to what may be viewed by our internal warning system as a danger (including stress, toxins, abuse, etc.), the last straw may have already broke the camel’s back.

This often mirrors what is going on within a sufferer’s emotional level of experience. An individual may be feeling emotionally overwhelmed and unsafe in what should be considered a safe environment and so lives with his defenses raised (much like how some people develop *histadelia* or *high* histamine levels in blood to guard against a threat).<sup>10</sup> They may have grown up with abuse, were

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<sup>10</sup> Information on histamine, histadelia and histapenia and their emotional counterparts can be found on the internet. One such resource is <http://superiorsites3.com/NNSp97NutrientsDepression.htm>

constantly criticized, or may be trapped in toxic relationships. Alternatively, another individual may feel a *lack* of defenses or boundaries to emotional threats (which some people can develop *histapenia*, or *low* histamine levels in the blood).

While there are different kinds of sensitivities, I currently see that each different kind can have its own message to relay. For example, I view food sensitivities as connected to issues around emotional nourishment and an inability to receive love, which stems from a feeling of being constantly guarded. What should be nourishing to these individuals is treated by the body (or the emotions) as indigestible, or something that their bodies must react to. Usually, those with food allergies suffer from nutritional deficiencies because they may not properly digest the foods they eat. This is all symbolic of feeling unable to ‘digest’ emotional nourishment. Usually, there is a history of feeling unworthy, overly criticized or verbally abused within relationships. Living with walls up and without being willing to let others in incase they get hurt, they may end up feeling deficient in being able to meet vital emotional needs; particularly for nurturing, support, and a feeling of being safe and loved.

I view chemical sensitivities as symbolic of more toxic relationships and situations. There is something corrosive, unnatural, or caustic in the sufferer’s environment that the sufferer is reacting to because they feel threatened or unsafe.

Autoimmune disease, which can underlie some of these issues, may represent the self attacking the self in some manner. Thus, learning self-love is important.

*Candida* is another condition that can underlie multiple food and chemical sensitivities. This condition is often symbolic of being too scattered (because symptoms are all over the place). *Candida* may also represent an unhealthy need for approval from certain individuals (because yeast is a parasite that feeds off its host to survive).

What is my advice?

If you have any of these issues, check to see where you may have built up a wall that prevents you from receiving. Ask yourself if you are allowing yourself to relax, recharge, or to be nourished by life, relationships, and spirit. Ask yourself what or who you are feeling overwhelmed by (and why?). Find a sanctuary for yourself so that you can learn to feel safe and to trust life again.



## Insomnia

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Sleep disorders are of varying types. Some people oversleep, which this condition is more connected with depression. Some people sleep too little or have difficulty falling asleep, staying asleep, or getting enough sleep, which is often connected with anxiety or an inability to ‘turn off.’ Too many thoughts, plans or goals end up circling within the mind when one should be resting instead. Exhaustion can also cause insomnia as well, particularly if one begins to feel that ‘I am so tired, but I cannot sleep/rest’ feeling.

Having insomnia itself can be a source of stress, anxiety, and pressure. This is understandable, since the world is full of pressures and possesses a negative attitude toward rest. We all want to be well rested in order to complete all of our worldly demands.

I had many clients who actually made their insomnia worse because they ‘have to be well’ for the next day and feared they would not get enough sleep. In this way, insomnia may represent wanting to please or prove oneself to others too much, especially if trouble sleeping is caused by the mind continuously replaying conversations or arguments.

Some individuals actually put off their own need for sleep to meet the needs or wants of partners or others. I had clients who were severely exhausted and sick, and yet they still refused to rest because someone else needed them, or someone else was sick, or they felt guilty if they let such a person down. They do not want to offend a loved one by saying “no” or taking a break.

What is my advice?

If you have sleep issues, examine your ability to have boundaries or to say “no” to pressures, people, or demands. Allow yourself to follow a natural flow with life and sleep. See if meditation or breathing exercises help. Give yourself permission to take a break from the world at times to attend to your own inner needs. Life is all about learning self-love. The world can wait for a bit.

## Weight Gain and Overeating

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Eating can offer energy, pleasure and gratification; particularly if you are feeling bored, deprived, overworked, or empty in some fashion. Certain individuals may even gain weight or eat more to help them

feel more heavy or grounded.

Sometimes what we eat causes cravings, which cravings and addictions are full of symbolism. I even heard one author who commented that food cravings were symbolic of issues with greed for more. You may want to take a look at how you are trying to fill yourself up. You may want to ask yourself what is making you feel depleted, and why? What part of you is being denied? What are you running away from or trying to escape? Is there someone or something you are having difficulty releasing?

Sometimes, we can receive a deeper message about the types of foods that we are craving or addicted to because foods have symbolic meaning. Sugar issues are often symbolic of wanting love and sweetness, or alternatively not feeling sweet enough or loved enough. Salt is about excesses or deficiencies in zest and vigor. Starches and breads are about our basic needs, and if they are being met. Sometimes they tend to slow us down, which helps us rest. Meat is about passion and what is animal or instinctual within us. Water and liquids are about emotions, intuition, and yin receptivity. Junk food is usually a craving for drama or what is not emotionally healthy. Alcohol allows us to escape or to express ourselves in less inhibited ways. But, definitely use your own intuition for what your cravings might symbolize to you.

## Hyperactivity

Why are so many of us diagnosed with ADHD and feeling more hyperactive? Why are our children more sensitive? If you think of sensitivity as the ability to empathically 'pick up' energies, it only makes sense that we feel *sped up* and hyperactive during these times. There are so many things that contribute to this, including sensitivity to:

- ❖ geopathic stress and energy emitted from technology and gadgets
- ❖ earth empathy (empathically picking up on the disturbed or unbalanced energy of places)
- ❖ the 'go, go, go' mind-set that affects many of us in the Western World, with so much for all of us to

accomplish and do

- ❖ being too ungrounded and over analyzing everything
- ❖ information overload/exposure to excess stimuli (i.e. from media, video games, advertising, ideas, programs, world events, news)
- ❖ picking up on the energy of others who are scattered, distracted, and who cannot rest

What is my advice?

If you want your children to be relaxed, make sure that you are relaxed. If you want to be calm, make sure your environment and beliefs are calm. Only we, by ourselves and together, can create a new collective consciousness that supports a mind-set of presence rather than rush, adrenaline or chaos.

I do not mean to imply there are no other issues going on with hyperactivity, or that afflicted children (or adults) do not need drugs or treatment. I am suggesting there are ways we can supplement treatment with practical lifestyles. I do not believe that it is coincidence that we are seeing a rise in these conditions. If we can look at a bigger picture, we can understand why this is occurring.

In my work I have learned that it is not always best to focus on techniques, attunements or other modalities for ‘increasing vibration’ (something individuals in the new age or alternative healing community ascribe to). I find that certain individuals are doing all sorts of things to their energy (or promoting others do them) not really understanding how energy works. I find it is energetically better to work toward (or intend toward) the *emotion* you are trying to achieve (peace, love, detachment, etc.).

In Energy Psychology (see glossary), there is actually a condition of energy that block progress known as *neurological disorganization*. I also observe there can be a condition of *energy overcharge* that occurs when certain chakras are overactive in unhealthy ways (particularly the upper chakras). Such energy conditions usually symbolize an individual is attempting to go against their natural flow or cycles. They may be scattered or overwhelmed. Certain techniques can be used to correct these energy conditions. But for more lasting effects, one should try to identify the root causes and change one’s overactive lifestyles and the thought processes that encourage and support disorganized or overactive energy states.

I realize that addictions should be an important part of this dialog about learning to function within a dysfunctional world. However, I feel a discussion on this topic is better suited for chapter 8: Finding our Innate 'Enoughness.'

Now that we have discussed the personal level of what we have never challenged and been conditioned to accept as 'normal,' we can begin to discuss a bigger picture that has been treated in the same way.

## CHAPTER 6

### Illuminati Conspiracies—As Without So Within

*One who destroys life, utters lies, takes what is not given,  
goes to another man's wife, and is addicted to intoxicating  
drinks – such a man digs up his own root even in this  
world. -Siddhartha Gautama Buddha*

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If you have never heard of the illuminati or other various conspiracies, you are not alone. I did not really know anything about conspiracies until 2009 when I began dating a man who was interested in certain types of documentaries. It was a real revelation. What I learned the most was that while various documentaries seem to blame an outside force for all of the world's problems, I saw things a bit differently. In essence, I saw a bigger picture of 'as without, so within' (see glossary). I even felt a bit confused that others were not seeing it as well.

Some of the documentaries--which I won't go into detail about all of them--were about government and banking conspiracies, the dangers of fracking, the problem of nuclear waste, the suppression of spiritual truth, GMOs (genetically modified organisms), the end of the world, polar shifts, etc. Then one day, while visiting a health food store that I frequented, I was unable to find certain products that I used to purchase. The store clerk asked me, "Have you heard of Codex Alimentarius?" (See glossary.)

While I had never heard of Codex Alimentarius, I had experienced

my own issues with the medical establishment. This is because prior to my thirties, it was still natural to give my power and decision making over to other authorities. And, as a result of this, I went through several painstaking years allowing various professionals to try to help me with my own health issues.

As one example, I followed the diet instructions of the initial doctor who first diagnosed *Candida Albicans* and took the drug called nystatin that he prescribed. He advised me that this condition was due to overuse of antibiotics, which I had taken antibiotics quite frequently for recurrent throat infections most my life, not knowing this could cause me harm.

However, after faithfully taking nystatin for five years, I was referred to a Chronic Fatigue Specialist who told me that I had one of the worst cases of *Candida* that he had ever seen. I not only had systemic candidiasis affecting my intestines, but it was also in my bloodstream (showing up in a blood test). “How is this possible?” I asked him. “I’ve been taking nystatin for five years.” He then explained to me that nystatin, while an antifungal, is also another form of antibiotic. If taken too long for *Candida*, it can actually promote the development of *resistant candidiasis*.

So, how does all of this relate to conspiracies?

The medical health profession had let me down. Of course, I never thought to do my own research. Who really does that? Most of us tend to submit to the various authorities around us and accept their wisdom or expertise.

I think there was a purpose to what happened to me, and that purpose existed on several levels. From this experience, I learned to stop giving away my power, intuition, and authority. I began to question things and do my own research. I also looked for more purity in my eating habits, living space, and lifestyle. I began noticing the environment and how it is being affected. It took being affected by ‘pollution’ myself to realize what we are doing to the body called earth and to our own physical vehicles. I started asking, “Why do we do this? Are we crazy?”

A friend, who was going through similar struggles, gave me a book titled *The Medical Mafia*. This was the first conspiracy theory I ever learned about. However, it seems less of a conspiracy and more of a societal issue, where a majority of people are generally looking for:

- ❖ money
- ❖ quick fixes to problems
- ❖ opportunity
- ❖ leisure
- ❖ creativity

So, do I believe, according to various conspiracies, that the World Health Organization conjointly with other powers that be wish make us sick with drugs, vaccinations, lab generated viruses, toxins in our foods and other things as a way to require us to then need more drugs or treatment which puts money into the WHO's pocket? To me it is irrelevant whether it is true or not. What is relevant is that if we wish to overcome various external issues, then we have to first overcome them internally.

As I see it, the medicine and pharmaceutical industries are industries like any other industry. Industries naturally like to make money. Most industries like to make money by creating demand for their product. Many will create products that lead to more demand for related products, or for replacements if products break down. To me, it makes more sense that what is going on within the medical and pharmaceutical industries (and even WHO) is more of an unconscious, societal issue than a conspiracy.

Most of the Western world seems motivated this way. Even spiritual individuals operate on the same principles. All anyone has to do is look at the mass marketing of books, seminars, healing modalities, or psychic readings. Most of what we create is geared toward generating increased demand, dependency, clientele, and buyers for our product or service. The whole *Law of Attraction* trend is rooted in realizing this 'dream.' The big corporations out there are just acting with the same unconscious motives that most of us are.

Nevertheless, unconsciousness is unconsciousness. Greed is greed. All greed has its roots in a mantra so many of us unconsciously repeat daily, "I don't have enough, I never have enough, and I need more and more and more." Not that this is wrong or bad. It simply comes from not knowing who we are, or how to more purposefully and lovingly fill a void within.

As a secondary issue, many people like to do, be, and achieve (including healing personal or health issues) the easiest way possible.

In fact, many of us like the idea of getting rich quick and being able to obtain quick fixes for many of our problems. We do not always like to take into account the big picture. So, why should the medical system, or any other entity, be any different? Drugs cannot always be tested for long-term effects over twenty years. So, did doctors prior to the 1990s know that antibiotics had these long-term effects? Maybe this isn't the right question to ask.

Do I advise others never to use a doctor or mental health professional? Of course not! That would be silly. The question, however, this conspiracy theory did have me asking myself was, "Why are you giving your power away so much?" This is where the core of the problem starts. Probably some of our greatest blocks lie with what we blindly follow—without asking questions—in our lifestyles and in our self-defeating attitudes, as well as in our trouble with seeing 'as without, so within.'

Now, I did not really expect, as I embarked more on a path of empowerment, that I would learn of a multitude of *other* conspiracies that seemed to further cast a light on the ways in which I was dependent, a follower, disempowered, or afraid. And, while I have heard many people in the denial camp say, "Don't look at Illuminati conspiracies, because you will get trapped in a fear-based energy," what I advise instead is that we look all we want, because until we do, we will be living afraid; afraid to look, afraid to take responsibility, afraid of freedom, and afraid of adapting new ways of thinking and being within the world. Until we look at everything we unconsciously adhere to without question, our lotus nature and the collective consciousness will be locked together inside of a murky pond that we cannot see our way out of.<sup>11</sup>

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<sup>11</sup> To be clearer, I am including this chapter because I have not yet come across a documentary that offers a middle ground between blame and revolution versus denial and defeatism. Thus, my main intention is to discuss conspiracies, not so that they will be believed in or feared, but so that we can see the collective streams of consciousness that created all of our issues with power, abusing power, or the giving away of power at various levels. If we can see the big picture, we might be able to grasp that there is that middle ground between ignorance and revolution.



## Popular Conspiracy Theories & How They Reflect Our Collective Choices

Here are a few of the popular conspiracies that I have learned about to various degrees:

- ❖ illuminati, secret societies, new world order, and banking conspiracies (including subconspiracies, such as media brainwashing, suppression of spiritual knowledge, etc.)
- ❖ World Health Organization and Codex Alimentarius conspiracies
- ❖ issues with GMOs (genetically modified organisms)
- ❖ problems with power
- ❖ ‘end-of-world’ conspiracies and judgment day

### Illuminati, Secret Societies, New World Order & Banking Conspiracies

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According to some of the conspiracy theories, there is a secret organization of the most elite, powerful, and influential individuals in the population who are covertly devising ways of controlling, enslaving, and even depopulating the masses. These secret societies have existed for ages. They are reported to circulate through various groups, such as the Free Masons, the Bilderberg Group, the Tri-Lateral commission, and others. These secret societies also supposedly control all the major banks in the United States, including the Federal Reserve. They are even thought to control the election process.

Why is this secret organization called the *illuminati*?

The word *illuminati* derives from Latin and means “illuminated ones.” Being illuminated, members of these societies are thought to covet secret spiritual knowledge of metaphysics and other related concepts which they keep actively hidden from the general public. This, of course, is because—so the thinking goes—the masses remain willing slaves of the system, prevented from exploring spiritual truths

that would free them. Instead, the masses are kept idle by being subjected to constant brainwashing through advertising, distractions, movies, games, etc. In fact, despite being 'illuminated,' these groups are reported to worship Satan and materialism. The public is thus considered 'sheep' to be lured into a Satanic agenda.

Interestingly, symbols are supposedly very important to these individuals and groups. So much so, that there are whole documentaries discussing the use of pyramids (displaying the all-seeing eye), pentagons, gargoyles, and even certain hand signals.

Many conspiracy theorists believe that the government uses fictitious 'inside job' events (e.g., 9/11) in order to stir the masses to support various wars or political agendas. Their reported goal is to create enough of these crises to strip the public of its rights to the point that torture, martial law, microchipping etc., may be instituted on the premise of 'protecting the masses.' The ultimate goal is reported to be the implementation of a *New World Order* agenda. In this agenda, the world is governed by one government.

Banking conspiracies abound as well. It is predicted that the division between the rich and poor will widen, with the poor working harder and harder as unknowing slaves so that the rich can live comfortably off the poor. How is the unwilling public enslaved? Through the creation of debt and the dependency on banks, credit cards, and other systems which create the very debt which entraps them.

The sub-conspiracies are the attempts of the elite and secret societies to use certain means to control the masses for their larger agendas. Some of these sub-conspiracies include:

Brainwashing by the media: The purpose is to control the thoughts and beliefs of the masses, and to encourage conformity rather than individuality.

'Dumbing down' of the masses, keeping them distracted through various methods: The aim is to prevent the public from advancing in the understanding of metaphysical principals, and to prevent public awareness of our natural freedom and spiritual identity. According to such theories, if we really knew the truth of who we are, we would no longer allow ourselves to be enslaved by higher forces,

governments, and systems of control that favor the elite class. The public is thus ‘dumbed down’ through forms of addiction and distraction. Forms of distraction include entertainment, movies, television, videos games, gadgets, toys, etc.

Intentions to lower the health and vitality of the masses by putting toxins in our food and water supply: The purpose, again, is to have more control. Sick people are more dependent.

HAARP (High Frequency Active Auroral Research Program): This conspiracy claims that the government is using HAARP to both emit frequencies that affect the nervous systems of the general public and keep them controllable and suppressed. Alternatively, some individuals believe the government is using HAARP to control the weather and to deliberately cause certain natural disasters for various reasons.

Microchip Tracking: The intent is to have everyone carry microchips in the future. These chips will be injected into individuals, as they are currently done with animals. Microchips will allow the government to easily track and monitor people. This will force more compliance and reduce crime. Right now, they are being offered to people as a system of stored data for medical purposes.

New World Order: The aim is to create a One World government. In this scheme, the big, bad corporations and financial institutions will reportedly control everything, including all of the monopolies in the world, with the public completely dependent.

Despite all that is being portrayed concerning this elite group, in my theory, we, the public, are no better in ways. The majority within the collective consciousness worships materialism. So, blaming a secret society that is just like us—on a more noticeable and organized

scale—is simply a form of projection; that is, we are seeing something outside of ourselves as possessing qualities that exist within us at some level. We all are worshipping and serving similar ideals.

Secondly, if there is a plan going on, I see it more as a game of wake up and see what *we the public* are creating. For example, is HAARP a conspiracy to hurt humans, or are humans just set up to want to manifest and experiment in ways that are increasingly more dangerous? It makes more sense to me that other things are contributing to disasters like solar flares, climate change, waste wells, fracking, and oil spills.

Thirdly, in my mind, the feeling that certain factions have power over us is just another form of illusion in more than one way. If we all unite with an intention of peace and love in order to have a say together, our governments would have to change to conform to *us*. This is because *we* shape the consciousness and even our institutions and economy via a law of supply and demand. Without demand, there can be no supply. If the dollar truly controls everything and makes us vulnerable to being played by lower energies, it makes sense that abstinence and living a more simple and awakened life, free of video games, technologies, debts, credit cards, loans, etc., and by curtailing our dependency and the money we give to various conglomerates and corporations, will solve many of these problems.

A truth I do see is that the masses work day and night like slaves to a system, but end up in debt and have to work even more to get out of it. But is this anyone's fault, except our own lack of consciousness?

Lastly, I have an intuitive feeling that unless mankind gets quick control over his issues with 'power' (including energy sources), we could have a whole slew of issues to deal with as karma and consequence of giving our 'power' away. Even those in control will likely not have any power anymore, metaphorically and physically.

The real test for whether mankind can come to a realization of *unity consciousness* and care for the whole, rather than just the self, is if the collective can band together during these crucial times to see certain forms of *power* dismantled or to see new interdependent and off-grid (see glossary) communities arise. One example would be to collectively band together to replace our use of nuclear power and natural gas with alternative sources.

As I see it, even if there is an ominous agenda, at the rate we are going with our collective and consumer natures, we will manifest our own fall in some way, be it through disasters or other means. Such a fall could cause industries, banks, and other facets of our dependencies to start to fall apart on their own. Part of our energy and spiritual intention is already calling out for these types of ‘shifts’ or changes to transpire. The problem is many of us are afraid of change, so we—according to our current path and collective mind-set—will likely have them brought upon us through some external means rather than willingly making the changes from within.

## World Health Organization & Codex Alimentarius Conspiracies

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Codex Alimentarius allows the World Health Organization (WHO) more control over food standards, guidelines, and codes of practice.

So where is the conspiracy?

The argument states that WHO's plan was to slowly ban more and more natural supplements, foods, and ways of farming. The goal is to chip away at the public's ability to choose what they can buy and use for their own health or diet. As the theory goes, this would make the public more dependent upon WHO and various affiliated corporations, which would financially profit. For example, various industries stand to profit if we are forced to use the pesticides, drugs, and other products that certain multinational corporations and governments can sell, monopolize, and control.

A more ominous agenda is proposed to be going on, as well. This agenda is to make the population deliberately sick for the purpose of control, profit, or depopulation. The opponents of Codex offer up tons of research how all the toxins in our food, the pesticides, fluoride, and other chemicals are harmful to our health. While I do agree that we are being overexposed to toxins, it is likely because society has the mind-set that our love for excess has to be sustained, which means taking short cuts and being less natural (emotionally, metaphorically, and physically).

Where the conspiracy does start to seem believable is when we get ourselves more and more involved in situations that make us more and more dependent upon outside sources, instead of ourselves. The

more we become trapped like little children who cannot fend for ourselves, and the more we are dependent upon authorities, parents, and companies to take care of all our needs, the more complicated our lives become when we grow up and suddenly wish to have freedom, and thus rebel.

What is my advice? It is time to go back to a more natural, simplistic, less needy, and less dependent lifestyle. Maybe it is time to let go of needing so many toys and distractions, and to mature, become more responsible, stronger, independent, and assertive. Maybe it is time to *nonviolently* stop allowing parental powers around us (or the muddy pond) tell us what is good for us and how to be.

The way out of most conspiracies is to get back in touch with nature, follow the ways of the natives, and become more self-sufficient wherever we can.

## GMOs

I had never heard of GMOs until recently, but they are worth knowing about. *GMO* stands for *Genetically Modified Organism*. The supposed problem with GMOs is, again, that multinational corporations are in control. Many of these supposed conspiracies have the same agendas: to corner the market and create a dependency.

If I understand the conspiracy correctly, the fear is that these genetically modified seeds (being more resistant to insects or repellants because they have been genetically modified) may cross contaminate non-GMO crops that are planted in the vicinity. Once non-GMO crops become contaminated, they may not flourish. The farmer may then feel pressure to buy and use GMO seeds, if he wishes to have crops that thrive.

GMOs are patent protected by a company called Monsanto. Monsanto allegedly requires farmers to sign agreements that they will not save seeds after each harvest or sell seeds to other farmers. This creates dependency, as the farmers then have to go back each year to buy more seeds from Monsanto. And, of course, Monsanto pockets the money.<sup>12</sup>

Another major concern is whether these GMO foods are healthy

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<sup>12</sup> See <http://www.pubpat.org/monsanto-seed-patents.htm>

or safe to consume. As a third concern, it is argued that insects might evolve to become more pesticide-resistant, and thus become a danger to our environment.<sup>13</sup>

Is it really a conspiracy? Or, do we simply reap what we sow of certain unconscious thoughts, lifestyles, and ‘seeds’? As I have already mentioned while discussing other conspiracies, as I see it, it is a societal problem and not a conspiracy. Various individuals or companies are trying to come up with solutions that address the need to find new ways to farm that are capable of feeding the ever-increasing population. Like most quick fixes, such a venture has its side effects and becomes affected by the fear-based greed of the corporations involved. (This greed and attitude of excess without accountability lies within us all).

Again, I do not discuss conspiracies to encourage an ‘us-against-them’ mentality, but to help readers see what is happening on a deeper level. Only when we see the truth within *ourselves* can we take responsibility for the roles we all play. My whole reason for writing about these topics is so that the reader can see how there is no real blame, only choices that can be made with new understanding. We *mirror* those we seek to blame as long as we are dreaming of being a lotus that seeks itself within the external, muddy pond. Within this pond, supply *always* reflects demand. Supply folds under, if demand does not exist. If we attack others who we view as causing these problems, then we *are* attacking what we have supported, nourished and maintained.

### A Problem with Power

I find this issue to be incredibly full of symbolism. Power is a vital symbol. We either *own* our own power or we give it away. We are either independent and self-sufficient or dependent like little children. Isn’t it interesting that all the forms of power that leave us dependent on industries and entities outside of ourselves are somewhat toxic, polluting, and both harmful to ourselves and to life on our planet? Maybe this is trying to tell us something.

Notice how sources of power that are less toxic are ones that offer man the opportunity to be more self-sufficient, independent and off-

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<sup>13</sup> See <http://grist.org/food/gmo-resistant-insects-add-insult-to-drought-injury/>

grid (self-supplied and not connected to public energy grids, e.g. solar power). I personally believe this is not an accident. Our world mirrors and communicates who we are individually and on a collective level. As long as we are reliant on power (symbolically or literally) *outside* of ourselves, we will likely have to pay for it, become dependent upon it, and give away our resources and energy. This creates dis-ease and chaos. Being dependent on an external source of physical power symbolizes an inability to know how to use power within ourselves appropriately.

So what are some of the sources of power, i.e., energy, that are a big concern right now?

- ❖ natural gas created through a hydraulic fracturing process
- ❖ nuclear power and radioactive waste
- ❖ petroleum
- ❖ waste wells

Natural Gas and Fracking: If you want to understand the conspiracies surrounding fracking, watch a documentary titled *Gas Land* by Josh Fox (2010). The problem with natural gas concerns its hydraulic fracturing process, which involves injecting water and chemicals deep into the ground in order to release natural gas within the earth. According to sources, approximately one to eight million gallons of water, and up to six hundred chemicals, are used to complete a job.

The movie *Gas Land* also visits the nearby residents of a fracking operation, and, of course, horrors are revealed. For example, the water is so polluted that it can be lit on fire, straight from the tap; the land has become so toxic it is affecting the health and lives of livestock; and people are suffering various degrees of health problems. Fracking has also been argued to be a precipitator of earthquakes.<sup>14</sup> It has also been argued to cause climate change.<sup>15</sup>

Nuclear Power and Radioactive Waste: If you live in the United

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<sup>14</sup> See <http://www.cbc.ca/news/technology/story/2012/04/17/environment-fracking-earthquake-studies.html>.

<sup>15</sup> See <http://inhabitat.com/updated-cornell-study-shows-fracking-causes-more-global-warming-than-coal/>



States, there are over 100 nuclear power plants, most situated in central to eastern states. In the world there are many hundred more. Some conspiracies are concerned about the increase in natural disasters and solar flares, and whether this creates the potential for a nuclear holocaust at some point in the future. How so? When the power grid fails, nuclear power plants have to operate on generators. However, if disasters are severe enough, there can be trouble getting fuel to the generators in order to prevent a meltdown.

Another concern was brought forward in a movie called *Into Eternity* by Michael Madsen (2010), which its purpose was to expose what many of us may not know, and may not wish to know, about nuclear power and waste (whether it is 100 percent truth, I cannot be sure).

While the major earthquake and tsunami in Japan in 2011 revealed the actual danger and vulnerability of nuclear power plants to natural disasters, there is another danger concerning the highly radioactive nuclear waste that is created every day. According to the movie *Into Eternity*, nuclear waste, remains “radioactive and radiotoxic” for *at least* one hundred thousand years.<sup>16</sup> This is troubling since it cannot be sent out into space or kept in interim storage plants forever. Thus, according to the movie, the world’s first permanent storage facility is being created in Finland, called Onkalo, which means *hiding place*.

Waste will be stored in a system of tunnels dug out of solid rock. Again, because nuclear waste can remain radioactive for centuries and have long half-life periods, the facility must remain undisturbed for many years.

As for what can be done about this, I do fully believe that this is a crucial time in which we can learn lessons of love and unity consciousness through banding together for the whole rather than just focusing on ourselves (while denying the fruits created via the work of our own hands and thoughts). After all, as long as our energy is tied to certain sources of power, we are aligned with it. This becomes a free will choice which locks us into serving a toxic pond rather than allowing ourselves to become a lotus that can live more purely and naturally. When we have achieved purity, you will see it

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<sup>16</sup> See “Nuclear Facts” at <http://www.intoeternitythemovie.com/>

expressed through nature.<sup>17</sup> Remember, as without, so within.

Petroleum: Petroleum is another example of a societal issue. Despite a catastrophic oil spill we have remained largely unchanged in our support of and use of this type of fuel. The reason why can be found within the bible, Revelations 9:20, NIV:

*The rest of mankind that were not killed by these plagues still did not repent of the work of their hands; they did not stop worshiping demons, and idols of gold, silver, bronze, stone and wood-idols that cannot see or hear or walk.*

Everyone complains about the inconvenience of eco-friendly cars and lifestyles. Our superficial comforts and worship of what is lifeless (and what we make an idol out of) takes precedence to caring about the common good. We will not move to other models that are less toxic *unless* these models prove superior in speed and ease of use to petroleum models. We will not give up our need for 'speed' and our fast paced lifestyles to surrender to something kinder and gentler to life, ourselves, and other living beings and things. Speed and comfort come first, of course.

Speed is competitive, after all, and we are unwilling to let this go from our nature. This is the truth that conspiracy theorists do not wish to see. If we are being preyed upon because of these values, the problem still lies within us, and is not simply something that is external. In the end, it comes down to what we collectively choose to value. It is within our own control whether we can branch off from a collective and choose a better and kinder way to live that promotes self-love and projects loving intentions into our world.

The other concern is that fossil fuel burning causes climate change. While some scientists attempt to argue this is not true, other scientists argue the opposite. I think all can agree that the 2010 oil spill was a real disaster which the effects were devastating on many

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<sup>17</sup> Some spiritualists believe our future used to hold nuclear disaster (according to prophecies), but that we have evolved to the point that we have altered that outcome. I would say that the marker for whether evolution has occurred will be when mankind has evolved past certain threats, i.e. when there are no more nuclear power plants or weapons on the planet anymore.

levels.

Waste Injection Wells: Without another solution, wells are being created that go very deep down under the earth's crust to hold hazardous waste. With petroleum drilling, underground disturbances can be created when salt water is injected into the wells after the oil has been extracted. Wells have been associated with problems such as groundwater contamination, earthquakes, and contaminated soils near the wellheads.<sup>18</sup>

## End-of-World Conspiracies & Judgment Day

There are so many end-of-world conspiracies that I cannot list them all. People seem very afraid of the end of the world, and some fall back on the Book of Revelations or various prophecies from Nostradamus, Hopi, Mayan, etc.

When it comes to the Book of Revelations, it reads as if it is primarily about our materialism, our idolatry and worship of things, the destruction of our environment, and the need to repent. It is described as an age of deception and false prophecy, greed, self-prostitution and arrogance. As disasters begin to happen—largely caused by the work of man's hands—mankind is depicted as not really being much concerned.

To be clear, I do not view repentance as most Christians do. For me, it is about devotion, service and action. If you truly see God as Creator, you will cherish his creation. Thus, true repentance is the act of cherishing God in ways that honor the miracle of life, as opposed to living in ways that destroy his creation with the “work of our hands.” Again, the Book of Revelations is very environmental in nature. Those who harm the earth come to reap what they sow.

Here is what I took from the *Book of Revelations, New International Version* (which I'm not implying that I'm studied in the bible): 'The False Prophet, who is focused on survival and dependent on form, preaches the word of God in a way that supports the Beast. This 'Beast' has everyone working day and night in his worship, for the Beast represents our service to our flesh natures. As a result of man's

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<sup>18</sup> According to *A Shot In The Dark: Underground Injection of Hazardous Waste*: a Greenpeace report by J. Thompson, 1990.

worship, the “smoke of [his] torment rises for ever and ever” (not to mention pollution), because there is no rest day or night for he (the workaholic?) that worships the Beast and its image.

From what I further interpreted, the False Prophet and Beast are so convincing that almost *everyone* is deceived. The Fiery Dragon speaks of empowerment, dominion, success, and conquering. It is a yang symbol, and part of the Trinity of the anti-Christ. Why? Because it favors our finding ourselves in the world, while trying to own and conquer it, rather than finding our place within the Kingdom of Heaven of God, Self, Christ (and remember, God's Holy Spirit dwells *within* us, not outside). Much of what passes for empowerment these days is illusion. It traps us into thinking we are powerful, while we are still enslaved to everything outside of ourselves, including governments, corporations, lifestyles, objects, ideas of ownership, etc.

While I can't say for sure if the world will end or if it will not, or if certain chosen ones will be saved or if they will not, I do believe that there are lessons that can be learned about what and who we serve, paying attention to the fruits being seeded and sown.

As for judgment day, the Law of Attraction *is* a concept that discusses accountability for what we manifest. In my mind, it only makes sense that a ‘day of Judgment’ merely opens us up to the realization that accountability extends beyond our individual level of experiences and includes what we have manifested collectively within our world.

*...and they were judged every man according to their works. And death and hell were cast into the lake of fire. This is the second death. And whosoever was not found written in the book of life was cast into the lake of fire. -Revelations 20: 13-15, KJV*

Even today, I saw a post on Facebook with a similar message. It speaks of an Anishnabe prophecy<sup>19</sup>:

*They will come to a fork in the road. One road will lead to Materialism and Destruction.....for almost all living creatures....The other road will lead to a*

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<sup>19</sup> This prophecy is located online at <http://the8thfire.org/8thfire/index.htm>

*Spiritual Way upon which the Native People will be standing...This path will lead to the lighting of the 8th fire, a period of eternal peace, harmony and a "New Earth" where the destruction of the past will be healed.*

So, what can we do about these various conspiracy theories? The answer lies in understanding the concepts of forward and backward integration, as well as the book of Galatians in the Bible. The book of Galatians surprisingly speaks on these very issues of obedience to conventions and man-made rules, laws, and forms.



## Stage 4

*The lotus is now more than half-way open. As it matures, it seeks its own identity and rules itself. It no longer needs the rules or parental structures of the muddy pond to tell it who and what it must become.*





## CHAPTER 7

### Do We Serve the Lotus or Do We Serve the Pond?

*In walking the path of the lotus, follow the ways and laws of your lotus nature above the ways and laws of a muddied pond. While such a pond can offer a reflection of your physical being, it can never match what you truly are. Such a reflection can only ever be a glimmer of your true nature cast upon the surface of a muddy pond...*

These are exciting times! On both an individual and collective level, we have the potential to make choices that can change our present course and create more true freedom. We might also move into a more holistic view of life and our interconnectedness with everything. Perhaps our biggest choice set before our path right now is this: will we live our lives in faith and service to Spirit, Love, Peace and Oneness, or will we live our lives preaching Love, Peace, and Unity Consciousness, while leading ourselves down another path?

Sometimes, I have wondered if we are living as part of a galactic form of reality show or experiment. What would be the purpose? Choice: to see what kinds of choices humankind makes if exposed to certain stimuli. Can we find ourselves among all the various thoughts that try to define us? Can we learn to serve 'Great Spirit' and what we truly are, instead of the thoughts of unconscious men and structures of the world?

## Forward Integration versus Backward Integration

Right now, what many of us are trying to do is integrate our spiritual life into our material life. One of my guides calls this *backward integration*. We can observe what is ‘backward’ in our spiritual understanding by examining the fruits. The world we see is out of balance and becoming more so, regardless of the thousands of people focusing more on spirituality. We try to own the earth and to find ourselves and our worth through what we feel we own. Why? It is because of backward integration, i.e., the attempt to integrate our spiritual ideals into our material desires and lifestyles, through the false belief that we will find our salvation through what we can manifest within the material world.

What is forward integration? According to the same guide, the correct path to integration is the integration of our lesser material life into our fuller spiritual reality. Thus, our ‘salvation’ comes through recognizing what we *are* in spirit and what we inherit as sons of God; the same way Jesus, Buddha, the Native Elders, and the great mystics of the world have done. This way, our material life does not have dominant expression. Furthermore, we will not have to submit to restrictive lifestyles, customs, and modes of survival that prevent us from attaining true freedom.

Therefore, for 2013 and beyond, because we have mastered the lesson that we are spiritual beings, we are ready for the next step: to seek to align our material expression to our spiritual one, rather than aligning in the opposite direction. What does this entail? We must face the fear of going without and of going against the grain. We must face the fear of pulling out of certain streams of collective consciousness that are predominant in the world, in order to unite our consciousness with others who are focused on a more loving way. We are to trust that, whatever happens, we are whole and safe. We do not need to compromise our Truth, trying to package it into what is false in the world.

From a new perspective of forward rather than backward integration, certain philosophies or modalities of living can be viewed in new ways. The philosophies that I particularly wish to discuss in this chapter are the following:

- ❖ popular manifestation & abundance concepts
- ❖ wanting versus having

- ❖ denial and fear of emotions
- ❖ love
- ❖ conspiracy theories
- ❖ end-of-world fears

### Popular Manifestation & Abundance Concepts

The movie *The Secret* provided a lot of the foundation for the ideas of the Law of Attraction that the new-age community currently ascribes to. Ester Hicks' books were another huge influence; though there are countless books that have been written on the subject of manifestation and abundance. While I do not wish to go into lengthy descriptions concerning the material (I assume most people reading this book are already familiar, or can become familiar through their own research), the way these notions are being misinterpreted, sold, and packaged favors backward integration. This has occurred because an unconscious and ego driven definition of the Law of Attraction has created too much focus on trying to attain abundance externally.

While I am not sure the intention behind such manifestation centered philosophies was to keep us un-free, this has been the most predominant effect. Through binding us further to the world's materialistic and consumer-driven mentality, such philosophies teaches a form of miracle-mindedness, where the miracle can only occur within a box rather than outside of it; which by using the term *box*, I am referring to the world's systems, rules, structures, norms, etc. In essence, this approach keeps us manifesting in ways that are predictable and which keep the dysfunction in the world going. Practicing the Law of Attraction in this way might appear to yield good fruits at times, but if we can look at the big picture and how we are affecting nature and the world, the fruits are not wholly desirable or loving. Though, this does not necessarily make the entire concept faulty; just missing a step.

If we were to use these popular concepts of abundance and manifestation in a forward integrated way, we could learn, instead, that we cannot attain true abundance through slavery to the world and promotion of 'false abundance.' One form of abundance is pure and infinite, while the other form is transitory and meaningless to our

spiritual form. One favors peace and enlightenment, while the other favors anxiety, depression, addiction, and more. One has us finding joy in the present moment, while the other has us worrying about outcomes too much.

As I have said elsewhere, this does not mean that one can never manifest materially. What I am being given, however, is that through redirecting integration from backward integration to forward integration, we can let go of excessive addiction, attachments, dependencies, and bondage. Manifestation, then, does not have to occur inside a box. Miracle-mindedness from spirit can then arise, because what man then wants to manifest is less limited, since it is not then required to adhere to our current ways and lifestyles. Our consciousness can begin to meditate on the possibility of moving *beyond* a limited form of manifestation. When miracle-manifestation occurs (as a result of miracle-mindedness), it will not need to entrap people to the money system and keep them subservient to man-made laws and forms.

Furthermore, those who claim to have mastered the Law of Attraction want to teach us to control our thoughts to overcome our fears. However, as the Law of Attraction is being predominantly presented, does it not give us instructions on how to live in fear and need for control? It teaches us to classify the world by identifying all that is superficial and needy as good to attract, and if we do not attract these things, it is negative, or we are not a success in some way; that is, it teaches us that we are unworthy. This separation naturally causes the very fear it is trying to tell us to deny.

Forward integration, as opposed to backward integration, will help us find the Truth without needing to see the world through denial. When we become forward integrated, we do not need the world, so there is less reason to obsess on outcomes or to make dualities of positives, negatives, money, or abundance. There is less need to fear our fears, emotions, or our egos because we can move further into trust and toward letting go of serving the world. We, instead, replace this form of service with a service to Great Spirit/God. With forward integration, we appreciate the abundance in every miracle, seeing miracles everywhere. We become more thankful for the abundance of the earth, for our connection to the divine, and for the joy we can experience within our connections to others and the world.

## Wanting versus Having

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Wanting favors backward integration. Having and feeling blessed when we focus on what we have eternally in Spirit—rather than transiently through form—favors forward integration.

While most of us in the spiritual community like to think we are loving, kind and focused on oneness and unity consciousness, the truth is that most of us love *things* and our conveniences more than Spirit. We want more, which leaves us less appreciative of what we already have. In fact, the majority of us are obsessed with things and with never having enough. We want, and want, and want, having to take in order to have, and this is manifesting a growing collective situation that will likely create what we most fear: loss and depletion.

As I have stated in other chapters, a growing collective seems set upon burning itself out in order to obtain the merely transitory. While this is not right or wrong, it *is* manifesting similar fruits on a world scale, due to the predominant and collective focus upon:

- ❖ not having enough
- ❖ not being enough
- ❖ not feeling good enough
- ❖ not doing enough

The more the majority of us cannot reverse this trend of excessive physical wants, the more likely we will see droughts, destruction, and loss within our world. Not that this is bad. We will learn from such losses, of course. In fact, through choosing to face our fears of loss, we can begin to realize that we were always enough, and that we always had all the abundance we needed, even at times we let such abundance escape our notice. Once understanding this, we can begin to let go of feeling trapped in a pattern of attempting to make and take enough to make ourselves feel whole.

No matter what we manifest, if we are focusing on what we want in the ways of the world over what we are in spirit, we will always feel our cup is half empty and in need of more to fill it up. It is an intellectual game: our thoughts of wanting only manifest more wanting and maintaining, due to the impermanence of form. Feeling whole and enough can only come from the inside. And, when manifested from the inside, whatever we manifest from feeling

enough comes from giving and pure joy.

How does forward integration fit into this discussion?

Forward integration yields fruits of love, cooperation, and recognition that all life is imbued with perfection and Spirit. We begin to see life as sacred, everything that we have in Spirit and how blessed and infinite we are. Such infiniteness is limitless and permanent, so why choose to cherish primarily what is impermanent, instead?

A good exercise for becoming forward integrated is thankfulness. In meditation, thank God for everything, e.g. for life, for the mountains, for the streams, for our shelter, for our safety, etc., and then move toward giving thanks for our infiniteness, our eternal love, our eternally being loved, and our wholeness, oneness and infinite spirit. If we have negative things in our lives, we can give thanks for them as well because they are not real and only part of an illusion.

### Denial and Fear of Emotions

Many of us today are afraid of our emotions. We may be trying to control so much that we are also trying to avoid *feeling* anything deemed negative. However, forward integration does not ask us not to feel. We recognize that we are a spiritual being before we are a material one. The spiritual 'being-ness' within us takes precedence to form. The spiritual being-ness within us is already perfect. We do not have to expend effort to make it whole. Backward integration makes us feel we are never enough. Therefore, we are always striving within the world to compensate.

Another huge force we see in today's world is denial. Denial arises because of fear and backward integration. It arises from trying to package who we are in Spirit into the limitations of the material world. As a consequence, we thus have to deny the real fruits that become more and more obvious. Backward integration teaches us to ignore our reality and just keep manifesting, wanting, and obsessing. We think we are manifesting freedom, all the while in denial that we are merely a slave who is tightly bound to the systems, forms, conventions, cultures, etc., of the world. Instead, forward integration asks us to understand our material reality is imperfect. Do not be afraid to look at it that way. Yes, perfection lies within the heart of all we are in Truth and we take this Truth with us wherever our

material path may tread in life. However, our material reality is not the truth but an illusion we are meant to awaken from.

As discussed in chapter 2, we can step outside our experiences as if we are merely observing a dream.<sup>20</sup> That way, we don't have to believe our 'dreams' (i.e. our illusions, life stories and experiences) are real, nor do we have to believe that the dreams were perfect. Instead of seeing everything as perfection within our dreaming, we step outside of it, as if we are a lucid dreamer, and simply see ourselves as dreaming a story from a neutral and almost third-person perspective.

Yes, there will be things we dream that we want to change. This change will occur naturally the more we remain lucid (i.e. awakened to our illusions) and allow this lucidity to govern the choices that we make. When forward integrated, changes will not need to occur out of anxiety or a need to control the dream. They will occur as the result of understanding what encompasses the truly miraculous within life, while simultaneously understanding that the miraculous is what we all are and what we deserve.

I love Eckhart Tolle because he teaches forward integration. He teaches how to surrender into the now moment and how to bring our forms into alignment with Spirit, rather than trying to bring your Spirit into alignment with a world of form

## Love

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There is a lot of talk about love in our spiritual communities. However, if we examine the fruits within the world, love is not really manifesting in any greater collective way. Within many of our spiritual disciplines and communities, love is just a thought and intention that has not been aligned with action or with understanding our true needs in Spirit first. The backward integrated man loves things and tries to think thoughts of love, but he will not (or fears that he cannot) give up his love for things enough to actualize it. He loves idolatry.

Look upon the world and ask yourself, "What is being loved?" For, if man loves God, why does he waste God's creation? Does man love things more than he loves the waters, nature, animals, and

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<sup>20</sup> By using the word 'dreams,' I am not discussing our hopes for our lives, but the *dream of life*. See glossary.

creatures who share a journey on this beautiful planet with him?

Does this mean that man, in spirit, is not the very essence of love? No, of course not! When man learns to forward instead of backward integrate, his love will shine from a true knowing of his lovable Self! It will shine into the world from the truth of who he is and what we *all are*. He will be a less destructive force within the world.

You might be feeling, “Well, I do not destroy.” You might be thinking, “It’s the corporations who should ...” Yet, we are using the corporations for our own material advantage. The Law of Supply and Demand asserts that excesses and corruption within the world result due to a demand for them. Without a demand, suppliers go out of business. Hence, many of us end up indirectly promoting and spreading a seed while wishing to disassociate ourselves from what is sown. However, these seeds keep pollinating, until weeds cover almost everything.

Does this mean we cannot buy or want anything material anymore? Of course not! However, if we follow the ways of Buddha, the Native Elders, Jesus, and the mystics who had few needs except those in Spirit, we can be a part of what changes the world. Whatever we acquire comes from a place of gratitude and from seeing the miracle of life everywhere in total awe and respect for it.

Yes, changing how we perceive the world can be a scary thing. However, refusing to change our perceptions—and refusing to align our enlightenment process with new ways of living and being within the world—is not bearing collective fruits of health and ‘nature-al’ abundance. I will discuss this more in chapter 10.

## Conspiracy Theories

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I find it very interesting that while many conspiracies discuss enslavement, I have not seen anyone examine these concepts in a spiritual light.

As I have said earlier, our enslavement is a result of backward integration. For a long time, people lost hope in Spirit, did not believe in Christ or his miracles anymore, nor believed in his resurrection or even knew what it was about. Many do not even believe that the resurrection even happened anymore. Why not? It doesn’t fit in with our current understanding of the Law of Attraction. One would have to ask, “Why would Jesus have allowed



his thoughts to create something like that?” Of course, it will seem strange if one cannot see Jesus as forward rather than backward integrated.

Repeating what I said in the first chapter, I feel that Jesus allowed his persecution to show that he could transcend certain material forces within the world. He was standing up to serve God over the laws of mankind. Exactly as the Bible says, he was trying to free man through his own example. How he lived his life seems to instruct us, ‘Do not be afraid for your physical vehicle, judgment by the world, or pain, because while your body can be destroyed, your essence is eternal and can be resurrected.’ We are *not* a slave to sin. Meaning, we do not need to lose our Self within the world of sin. We are not sinful, the world is sinful; and with forgiveness of the world (which does not mean you buy into it), we can begin to transcend it.

Certain conspiracies are merely bringing forth the concept of mankind’s enslavement to forces he has been in denial of before. Few are recognizing any way out other than blame, victimhood, revolution, or denial. Few are discussing each person’s part in creating a larger reality. However, forward integration can show us the way out.

## End-of-World Theories

Right now, for any person who is not living in denial, we *must* look upon the world as it really is and separate that from who we are in Spirit. Right now, the world is calling mankind to see this truth; to bring our light and awareness into the world; to bring about an end to the world as we currently know it; to differentiate who we are in Spirit from who we are in form; and to forward integrate our experiences into our knowledge of our ‘Divine Being-ness.’ We will always deny the truth of who we are if we try to confuse it, cloud it, or limit it by trying to make our spiritual identity adhere to our perceptions concerning our physical forms.

So, what is the answer?

Within a dream I had in 2012, I was told that there are choices we are being called to make, almost in the form of a game. We are being called to separate what is false from what is Truth. With this, I was informed, “The most grounded of men will be able to see the Truth.” The mystics of the world have lived their lives by this Truth. It is

*simplicity.*

Our ability to live more simply will help us transcend many other problems of the world, e.g. environmental issues, issues with power and power sources, issues with relationships, financial issues, etc. I truly believe that man is being called to live his life in more purity, truth, and simplicity. We can learn to do this while lovingly bringing unconscious thoughts, actions, and intentions into awareness while also learning to manifest our loving thoughts, intentions, and actions into the world of form.

We *can* create a reality which bears witness to good fruits! I do feel that the door is opening for mankind to understand and find the true abundance that lives within himself, and which is vibrating from the spark of love, light, and life that exists within all living beings in the world.

## The Book of Galatians

*There is neither Jew nor Gentile, neither slave nor free,  
nor is there male and female, for you are all one in  
Christ Jesus. -Galatians 3:28, NIV*

I love this book within the Bible! Not only does it separate spiritual worship from state/politics, but it also asks that followers of Christ completely abandon serving men at all, in favor of serving Spirit and Faith instead.

I never even knew what the Book of Galatians was about until the guide I mentioned at the beginning of this chapter approached me with a very strong energy and message. He asked me to question why we collectively and obediently give our power away to structures, forms, conventions, materialism, etc. Asking this guide for his name (which he felt distinctly male), I only heard one word: *Galatians*. I assumed this term was short for “galactic being,” until I decided to research the Internet to see if I could find who the ‘Galatians’ were. Surprisingly, what kept popping up was a book in the Bible that was titled “Galatians.” I was even more shocked when I found out this book in the Bible is focused on the very topic of the message that I had received!

For others who do not know about the Book of Galatians, it consists of a letter from Apostle Paul to the city of Galatia regarding

the ritual of circumcision. However, it is much more than this. Paul is vehement that the people understand that Christ died for them in order that they would not be under any oppressive rule of worldly men. Those who follow Christ can choose to serve and obey God *instead* of man. In fact, though conspiracy theorists love to throw the word *slavery* around, Paul himself states in Galatians 5:1, NIV, "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

In another part of his letter, according to what is translated in Galatians 3:1-14, NIV, Paul states:

*You foolish Galatians! Who has bewitched you? Before your very eyes Jesus Christ was clearly portrayed as crucified. I would like to learn just one thing from you: Did you receive the Spirit by the works of the law, or by believing what you heard? Are you so foolish? After beginning by means of the Spirit, are you now trying to finish by means of the flesh? Have you experienced so much in vain—if it really was in vain? So again I ask, does God give you his Spirit and work miracles among you by the works of the law.... For all who rely on the works of the law are under a curse, as it is written: 'Cursed is everyone who does not continue to do everything written in the Book of the Law.' Clearly no one who relies on the law is justified before God, because 'the righteous will live by faith.' The law is not based on faith.... Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: 'Cursed is everyone who is hung on a pole.' He redeemed us in order that the blessing given to Abraham might come to the Gentiles through Christ Jesus, so that by faith we might receive the promise of the Spirit.*

Paul further explains that when we did not know Christ, we were under the guardianship of other men, the same way a child is under the guardianship of parents. Now that Christ has come to show us

the way, we realize we are children of God. By our faith, we no longer need the guardianship of men. We are not children. According to Galatians 4:1-11, NIV, we are justified in Christ and not under the laws of men anymore:

*What I am saying is that as long as an heir is underage, he is no different from a slave, although he owns the whole estate. The heir is subject to guardians and trustees until the time set by his father. So also, when we were underage, we were in slavery under the elemental spiritual forces of the world. But when the set time had fully come, God sent his Son, born of a woman, born under the law, to redeem those under the law, that we might receive adoption to sonship. Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, 'Abba, Father.' So you are no longer a slave, but God's child; and since you are his child, God has made you also an heir. Formerly, when you did not know God, you were slaves to those who by nature are not gods. But now that you know God—or rather are known by God—how is it that you are turning back to those weak and miserable forces? Do you wish to be enslaved by them all over again?*

Paul discusses how the message of Christ was not about obeying various forms of illusion, but about faith expressing itself through love. He is not trying to chastise the Galatians, but trying to help them understand their freedom, i.e. how the ways of the world, of governments, and of man end up hindering our alignment with Truth. According to Galatians 5:4-9, NIV, Paul states:

*You who are trying to be justified by the law have been alienated from Christ; you have fallen away from grace. For through the Spirit we eagerly await by faith the righteousness for which we hope. For in Christ Jesus neither circumcision nor uncircumcision has any*

*value. The only thing that counts is faith expressing itself through love. You were running a good race. Who cut in on you to keep you from obeying the truth? That kind of persuasion does not come from the one who calls you. 'A little yeast works through the whole batch of dough.'*

Paul also provides a way out of the dilemma (the split). In Galatians 5:13, NIV, Paul offers us a life lived through humility. Such a life is less driven to use our innate freedom and free will to over-indulging in the ways of the flesh:

*You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: 'Love your neighbor as yourself.' If you bite and devour each other, watch out or you will be destroyed by each other. So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law.... I warn you, as I did before, that those who live like this will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.*

In the next two chapters, I specifically discuss approaching our

emotions and concepts of abundance in a new way. These new ways put an emphasis on spirit before matter. They also help us to further let go of the false beliefs that have us denying our lotus nature in order to conform to a muddy pond.

## CHAPTER 8

### True Abundance—Finding Our Innate 'Enoughness'

*To see a world in a grain of sand And a heaven in a  
wild flower, Hold infinity in the palm of your hand,  
And eternity in an hour. -William Blake*

You are enough. I am enough. We are all equally enough. So, let us begin to live this Truth instead of speaking about it while promoting something else!

Life is a mirror, and as the saying goes, “As without, so within.” This being true, the excess, pollution, and depletion scenarios manifested in our own lives and toward nature are not accidental. Instead, they are symbols we are dreaming that can be decoded to help us find a better path—one that leads us away from the suffering we incur through our illusions and toward truth.

The symbols of the world take their original form within predominant streams of collective consciousness that feed on creating or recreating scenarios. As I have said many times, if we can look at the world, it will tell a story. The story I am told seems to be a sad rather than happy story. I am not trying to be negative here. I know this story is not the truth of who we are, nor does it represent our beautiful potential. However, in this story, mankind never feels quite whole or enough. He is forever striving to buy enough, invent enough, implement enough, do enough, be enough, and more. As I

stated in chapter 5, this striving prevents many people from being able to relax. Many may even end up suffering from various forms of energy depletion, anxiety, depression, and feelings of emptiness, however subtle.

At the root of this dilemma, mankind currently has an abundance of *yang* energy. Yang energy is representative of the masculine, the doer and the conqueror. It is symbolized by action, fire, and the sun. Collectively, mankind lacks faith in letting go of his predominant yang disposition. We find it difficult to allow our yang energy to be complemented and balanced with the gentler and more feminine yin energies. *Yin* is not trusted as much, because it has a quality that makes people fear a potential loss of opportunity. Why? Because yin represents surrender, flow, emotions, intuition, gentleness, and receptivity. In fact, those who are predominantly yin may be perceived as not doing or achieving enough. At times, yin is even viewed as weakness or laziness.

What is not always taken into account when cultivating a mind-set that is open to abundance is that yin is equally as important as yang. This is because yin is characterized by *receptivity*. Yang is also important because yang is characterized by *action*. Both complement one another to create harmony and balance. In addition to this, incorporating yin with yang allows any yang action we take to be heart-centered.

Think of it this way, when yin is present and trusted, we believe our cup is full and we worry less about outcomes. When yin is distrusted, we believe we have to overstrive or we will miss opportunity for gain. We believe we have to worry about outcomes.

Right now, because our current collective mind-set distrusts rather than trusts the yin energy, it is commonly believed that one must always be active and achieving in order to master life and to receive. This naturally brings about feelings of fear of inadequacy or loss if we should surrender, trust and let go.

What could help us come into balance is if we can understand that it is a law of Nature that wherever there is overabundance there must follow depletion. Fully understanding how this law of nature works could help us to see that our attempts to have more and more will not really satiate us, but deplete us. This is why we have all the abundance in the world, and yet we are beset by depletion and exhaustion—as perceived not only within our own bodies, but within



Nature Herself.

Notice how many of the imbalances that I discussed in Chapter 5 can be applied to Nature as well. She is beginning to show some of the same signs of an inability to cope with similar problems of overabundance, excesses, and demands. It is almost as if a disease has taken over. Nature is not herself anymore. She is ‘un-nature-al.’ She is not in balance. She is on the verge of collapse, and this seems to cause few of us much concern. But, then again, we live in an age where everything is disposable, including life, and a lack of concern for what is true abundance (life) is mitigated by our need to give too much concern to false abundance (non-living things).

The cause is the same for Nature as it is for ourselves. For, Nature is controlled by a parasitic energy that feeds off her continuously and unconsciously. This parasite can only focus upon gorging itself more and more. This is the effect that the current collective consciousness has upon its host. It is unconscious, it is invasive, and it feeds off of its host’s adherence and reliance upon it. The host then becomes imbalanced, and begins to show signs of mirroring the energy of the collective mind-set that possessed it and made it home.

## Transforming an Age of Consumerism into an Age of Cooperation & Healing

We live in an age of overconsumption, over-activity, and over-promotionalism. Sometimes, it appears that almost everyone has something to promote, buy, or sell. Of course, our advancement is complicated by a multitude of spiritual books and gurus who tell us how to thrive and survive in this age—and how to become a product for sale within it—rather than how to transcend it. Thus, we end up subliminally taught that to be unsuccessful in the material world—according to this consciousness of consumerism—means that we are ‘less than’ in some way. We are taught this means that we have ‘blocks’ to clear as if it were a disease.

To me, the best thing that we can do right now to heal the earth, mankind, and ourselves is to work toward understanding that we *are* whole and enough. We always were. Furthermore, as long as we can unite with our fellow man in loving ways, we will always be safe, supported, and have enough, as well.

What blocks most of us from realizing that we are safe and enough, is we are so afraid to let go of the material, the drama, and the struggle in order to truly come together in peace and love. After all, think about the times you have been upset with the people in your life, what was it about? Were they trying to be more than you? Were you jealous or envious of something they had or achieved? Were they jealous or envious of you? Were they being greedy or expecting too much from you? Were they so focused on work that they had less time to show you that they cared? Were they not appreciating your efforts?

Upon closer examination, almost all of our emotions and struggles go back to various feelings of being either less than, more than, or incomplete on some level. If we could allow ourselves to let go of the need for competition and material completion, while aspiring to become more heart-centered and cooperative, we would probably find we had less drama in our lives. However, there is a lot of resistance to letting certain philosophies filter out, so that new philosophies and approaches can filter in.

All of this said, in my work as an EFT practitioner, I found several issues common to clients who wanted healings to clear blocks to attracting money or abundance:

- ❖ An inability to feel comfortable in the present moment due to always being focused on the next project, the next success, or something else that can be achieved, produced or overcome.
- ❖ Not enough time to relax and take care of themselves, resulting in anxiety over any downtime required to overcome exhaustion or illness, because downtime can get in the way of accomplishing ambitions.
- ❖ A fear of loss.
- ❖ A fear of the unknown or of not being in control.
- ❖ An inability to access the heart due to worrying too much or being too stuck in the mind.
- ❖ Feelings of worthlessness or of being 'less than' if there is an inability to feel successful within a job, relationship, or with pleasing another person.

Then, visualize, what would happen if we could all learn to let these mentalities go? “But how is this achieved?” you may ask.

For those who have a focus on future success and/or abundance, I ask you to think about what you are really looking for through its attainment. Start your healing process there. What do you feel in your body, when you think of doing nothing and living happily with less? Does this thought make you anxious? Repulsed? Feel like a failure? Do you feel not in control or that you don’t know how to survive? Do you feel unacceptable to the world? Does it feel like giving up an addiction? To answer this last question, we need to discuss the nature of addiction and attachment.

## The Nature of Addiction & Attachment

*He who knows that enough is enough will always have enough. -Lao Tzu*

The truth is, we do not only live in an age of consumerism, but also an age of addiction. Additionally, the majority of us within the collective consciousness act out compulsively, trying to satisfy all of our numerous material addictions, including our addictive quest for money.

While various healers and gurus would have us clear all our blocks to viewing money as a negative thing, what needs to be cleared most is the addictive and compulsive energies around money that give it a bad name. The root of this addiction needs to be cleared, as well, but can only be accessed through examining the collective consciousness and its mind-set of ‘never-enoughness’ and lack.

Money, used appropriately, is simply a means of exchange. However, when we live in greed, fear, and compulsion for more, it then begins to affect our personality. Once it affects our personality, it may cause loss of self-esteem, conflict, anxiety, bondage, theft, and more. Money and greed can destroy families and other relationships. It is the number one cause of divorce.

The *Merriam Webster Dictionary* defines *addiction* as the “...compulsive need for and use of a habit-forming substance (as heroin, nicotine, or alcohol) characterized by tolerance and by well-defined physiological symptoms upon withdrawal; broadly: persistent compulsive use of a substance known by the user to be harmful.”

The same dictionary gives the words *dependence* and *habit* as examples of synonyms.

What is it about us, within us, and in our attitudes toward money that makes it so addictive, and makes us so compulsive in pursuing it? Even when one has enough, it is never enough. One may even develop a ‘tolerance’ toward it. In fact, the more one has, the more one wants. The gratitude and exhilaration eventually wear off, so the addicted individual needs more and more money to get the same ‘high’ or effects. The same process may happen with success, achievement, fame, and other pursuits of ‘not-enoughness.’

The truth is we are an addicted society. One sign of addiction is pursuing an activity to the point of self-destruction. Addictions may also affect the family members, friends and close relationships of the addict. In fact, addicts often mute their own empathy and compassion so that they can continue feeding their addictions, showing little concern for others whom their addictions affect. Addicts become this way because they feel out of control.

Addicts do not always understand why they are addicted. Some may not even be conscious that they are addicted at all. They just know they need more of what they are addicted to. In a similar manner, it does not matter to us if we are destroying our environment, jeopardizing our children’s future, hurting our friends and neighbors, or harming other forms of life, because we want our fix and will have it at any cost. Thus, this book can be considered an attempt at an intervention on behalf of our children, our elders, and any other innocent living things or beings that our addictions affect.

Is the solution never to have money or things? Not really. The solution lies with healing any core of inner not-enoughness within us that breeds addiction, of which my guides say the predominant emotion is shame. Any healing we wish to receive for our addictions does not need to be rooted in self-denial or even self-blame, but in changing our beliefs about what we are addicted to. Like any addiction, it is solved by developing a new relationship to we are addicted to, as well as developing a pattern of *moderation*.

Our ability to overcome certain addictions—not just to money—is blocked because certain metaphysical concepts have erroneously, and via the ego, labeled having lots of money and material abundance as ‘positive.’ As I have mentioned before, the subliminal message becomes, ‘If one is not materially abundant, then one *must* have some

sort of mental block that is interfering [e.g. sickness].’ This, of course, adds to our drive to acquire what is ‘good’ in order to improve our social position and feeling of being enough.

Remember, you can become addicted to anything—anything that causes you to be compulsive and anxious about acquiring it. We can be addicted to relationships, the need for approval, sex, drugs, alcohol, drama, chaos, possessions, games, television, and more. I have even seen people get addicted to psychic readings, healings, clearings, attunements, and attending new-age courses and seminars.

Anyone who looks honestly at the world will see that the collective consciousness is a mess of addictions that are all habit-forming. Again, I’m not stating addictions are wrong. They simply represent a pattern of imbalance. They keep us from what we all are truly looking for: love. After all, how many addicts do we know who feel complete and loved? This is not to say that we are not the very essence of love. It is simply evidence that we are unconscious of who we truly are as the lotus, not the muddy pond.

## Are Concepts of Success & Failure Leaving You Feeling Not Enough?

*As we have seen, having—the concept of ownership—is a fiction created by the ego to give itself solidity and permanency and make itself stand out, make itself special. Since you cannot find yourself through having, however, there is another more powerful drive underneath it that pertains to the structure of the ego: the need for more, which we could also call ‘wanting.’ No ego can last for long without the need for more. Therefore, wanting keeps the ego alive much more than having. The ego wants to want more than it wants to have. And so the shallow satisfaction of having is always replaced by more wanting. This is the psychological need for more, that is to say, more things to identify with. It is an addictive need, not an authentic one. -Eckhart Tolle*

Success and achievement can also be addictive; and when I use the term *success*, I am referring to the wayward definition that the current collective conscious ascribes to.

I know for myself personally, I have been a huge success and I have been an outstanding failure in the eyes of the world. It taught me one thing, though; when I focused too much on success and failure, I created more 'failure' in my mind-set: failure to adopt a correct perception of my Self; failure to simply enjoy life and the present moment; failure because there was always more for me to be considered 'not good enough' and a failure at. The bar separating success and failure is all perception and not truly real in the end. And, the bar to its attainment can keep rising to rigorous, self-abusive, self-demeaning, or exhausting standards if we let it.

Most notably, I now understand that even during the times I manifested the most success in my life and enjoyed the most materially, I was not the most happy. In fact, I suffered from severe depression.

So, I am under no illusion that success must bring happiness any more than failure must bring with it feelings of defeat. How we view our life is simply a transitory perception, after all. For, what could be considered a failure to one person might be a success to another, and what could be considered a success to one person might be a failure to someone who may pursue a different lifestyle or different values. What is important is aiming to be a success by loving ourselves for who we are in the now.

Looking back, my obsession with success and failure made me view the world as a competition. The object of the completion was to find a ladder(s) in life in which to climb (the more ladders one could climb the better). Each ladder had many rungs on which to stand; each representing a level of achievement. And, if I should not find myself standing on one of the higher rungs, I allowed this to define my worth as being 'less than,' rather than 'enough.'

In essence, I had created a heightened emphasis on duality where it did not really exist. I also learned a valuable lesson: if life is played like a race, you might just end up exhausted in the end—running, running, and more running; always trying to stay ahead of the game, or at least attempting to keep up in some way.

This is why I think that it is so important to take a break every now and then to stop and smell the flowers. Come to know who you

truly are within yourself, independent of how anything or anyone may try to define you. Find a beauty and sense of worth that is eternal and ever present: a beauty that cannot be found externally, but only within your innermost heart and soul. It might help to adopt a new self-loving concept of abundance to replace an old one that is creating imbalance. You are a miracle, after all!

So, how can we view abundance in another way?

## What Is True Abundance?

True abundance has nothing to do with gain or loss. With true abundance, there is no fear of what might be lost, nor feeling of a need for more to complete oneself. With true abundance, one lives in gratitude for everything one already has in the present moment. This is why, I think, the Bible states that it is harder for a rich man to get into heaven. *Heaven is where the heart is.* The more we look outside of it to fill a void, the more absent we feel in our heart.

When we know true abundance, we can then begin to see the miracles in the simple things in life. Those who primarily focus on acquiring things, as well as those who need miracles to be extravagant, truly miss the beauty of the miracle.

Why is being able to see the miracle so important? It is important because even the act of seeing the miracle has a way of making us feel more expansive. Therefore, once we see the miracle, we begin to care for more than just ourselves; we begin to feel a sense of oneness with other living things and beings. We can then feel true joy and bliss. Which, I am sure we all have had small moments such as this, when we grasped the inherent beauty of something seemingly ordinary, and once we fully grasped that beauty, we recognized something beautiful within ourselves as well.

In truth, there is no such thing as *striving* for abundance. The act of striving states that abundance is absent and needs to be sought. The act of striving also replaces the beauty, wonder, and appreciation of both what one is and what one has. One can only know and accept abundance. For, how can one strive for what one already is? To realize abundance, all one has to do is see it and believe in it. There is nothing to attract at a future time. There is only a present moment to enjoy, which the miracle occupies that moment.

A truly abundant person does not need excessive abundance in

the way of the flesh anymore because he has achieved it from within his lotus nature. He trusts his worldly needs are taken care of. Because he is not excessive, he naturally attracts what meets his needs through cooperation, deeds, and trust.

If our current attitudes regarding *acquiring* abundance truly attracted abundance, then why is the world at risk of self-destruction (and loss of everything) through its striving? To be clear, it is not so much the wanting of things that brings self-destruction, but our inability to recognize the true miracle and abundance of life in order to whole-heartedly and lovingly wish to preserve, protect, and revere it. To reach this state of mind, however, we have to understand how another state of mind is not working for us. We need to acknowledge what our addictions are creating, and be responsible for the effects.

So, here is what I believe of the world's concepts of abundance: needy people may attract an abundance of things *or* they may not attract them, depending upon what type of psychological blocks they possess. But whether or not they attract an abundance of things, the materially abundant *and* the materially less abundant may *both* have neediness as a trait in common. I am aware some people do exist who are not needy and who do attract an abundance of *things*. Such individuals are easily recognizable, because they generously give away this type of abundance or share it. They can take or leave the things they attract.

The needy people who attract many things, and the needy people who do not attract many things, both suffer from the same disease: 'never-enoughness.' They allow the true miracle of peace and love to escape them.

In the end, here is all anyone needs to know in order to receive the riches within their inner kingdom: inner abundance is not connected to outer abundance. Inner need is, however. Otherwise, there would not be mass numbers of rich and powerful people in the world who have every need met, as well as fame and fortune beyond measure, and yet such individuals are still deeply depressed and struggling with various forms of suffering.

Alternatively, many who have achieved inner abundance have, by choice, lived simply and with less. Why? Because an attitude of inner abundance allows for simplicity because the inner abundant person has less fear, less neediness, less need for control, etc. Stated



in another way, the truly abundant person is able to embrace the present moment and find love, beauty, peace, unity, and everything else abundant in that present moment.

## What Can We Do To Feel Enough?

Remember, within you is a divine lotus that is wholly pure, even though the pond it lies upon might be affected by mud and slime. The muddy waters are not what the lotus is. They do not define the lotus, nor represent its truth or beauty. The lotus is still as much a lotus as it ever was.

It is okay to apply the same principles to our world around us. Our purpose is to create a bridge, and to experience *being* the lotus within a material pond; which I'm sure we all have encountered that the material experience can be a difficult one to master if we are too much under its sway.

Remember that the mind-set of the world is much like the muddy water. It is full of illusions and definitions which appear to represent what is Truth, but which do not really reflect Truth at all. The mind-set of the world reflects only the truth of the many illusions that we anxiously seek to maintain.

To create a bridge between illusion and Truth means to be able to exist in the material world and in the Spirit world at the same time without feeling that we have to compromise our lotus nature in order to obey the ways and norms conveyed by the muddy water.

So, how do we achieve this bridge?

Instead of compromising our lotus nature, we can choose to see the unconsciousness beneath the fear-based utterings of the collective consciousness as simply noise. If we are still enough, we can separate who we are from all of that extraneous noise that surrounds us. Then, we can realize how conditioned we have been by these utterings to the point that we subconsciously believe that if we go against the norm, we will be alone, different, disapproved of, or deprived of bounty in some way. This, of course, breeds a fear of loss within us.

Secondly, remember that the solution—a simpler way of living and being—is only distasteful if we are conditioned to believe this is the truth. After all, we have been trained from childhood not to accept a natural simplicity and innocence to life. We have been taught

it is an ominous mind-set that has the potential to bring about a state of loss. This is merely a false truth, however. The real truth is that simplicity is merely 'simple.' The only things we stand to lose through embracing simplicity are the facets of the pond that never truly served us. What we stand to gain in place of what is lost is our true innocence.

We *can* overcome any brainwashing that has been aimed toward convincing us to reject our natural state of simplicity and innocence. While this brainwashing might have begun in childhood, I'm sure most of us can still reflect upon certain memories of what it was like to be a child and to enjoy simplicity and 'present-momentness.' So, do not be afraid to go back to those memories as often as you can. Most of us, I'm sure, at a young age knew how to be innocent, authentic and playful without needing much of anything. This may have been why it is stated in Matthew 19:14, NIV;

*Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."*

A second way to overcome some of our subconscious conditioning toward rejecting what is simple and natural is to go back within ourselves to discover every person, advertisement, program, norm, guru, or other who told us that we had to strive to be enough, in however subtle a way. As a neutral observer, simply observe the world's psychosis, including its constant barrage of subtle and not-so-subtle communications—some not even grasped by our consciousness or able to be put into words. Once able to decipher our own truth in these ways, we can come to know that we are not the world's psychosis. The world's psychosis is only a form of collective thought; a whisper of nothingness.

If we can allow ourselves to rise out of this muddy pond of collective psychosis, we can become enlightened to all of the various whisperings and mantras which keep us locked into affirming our 'not enoughness,' and which keep us dependent and disempowered. Such mantras keep us seeking who we are in what we do, possess, own, master, or have control over in the external world. Ultimately, these subliminal messages keep us chasing something we can never have; that is, as long as they keep us looking outside of ourselves for our worth and identity. The result is that many of us end up living

our lives as if we are playing a game of snakes and ladders; our dreams become ones of finding ways to reach a higher rung, while remaining unaware of how this mind-set keeps us all defined as entities whose primary purpose in life is to market or sell the product of who we have become.

There is another choice we can make, however. We can realize that we have been part of a larger game, which involves breaking free of feeling we have to sell our soul to be enough in some way. The aim of the game is awakening to what we made real which never was. A game in which we realize that most of what we hold dear is illusion; an illusion we will all play along with, until a time where we decide to stop playing so hard.



## CHAPTER 9

### The Nonduality of Our Emotions & Experiences

*Man when lost, may try to find his footing, traveling blind and weighted down by shoes of clay. Man will say, 'Do not cast thou eyes upon thy feet,' because man fears that eyes, devoid of love, pronounce a judgment based on shame. But within each fair judgment lies a call for love, and within each call is found a Light that says, 'You need not tarry over plagues in darkness; once your feet know Love, they then can light a way.'* -S. Peterson

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I have learned that when people polarize their emotions and experiences in their minds—separating them into columns of good and bad, or things we can or cannot experience—it creates tension and fear. I know this entire book seems to be creating a polarity in this regard. It is difficult to discuss the causes of mankind's incompleteness and split self, without encouraging him to fully embrace that split—in living color. The last chapter discusses the final stage of dropping the pollution of the pond in its entirety. At this stage, one needs not to interpret the symbols of the world, nor understand what they reveal of mankind's mind-set. But, for those not ready to make this leap, I put forward a few intermediary steps that I am guided by within my own life, and which work for me.

When we create a duality out of our emotions and experiences,

and when we as a result feel tension, fear, or aversion, there is a natural movement *away* from unconditional love. We also sometimes end up creating more of what we are trying to run away from. Emotions are energy, after all. Just because we cut them off from our awareness, does not mean they are not still floating around.

This, again, brings us back to the discussion of the Law of Attraction. Remember, the Law of Attraction offers us a path toward love, and toward integrating ourselves into wholeness. It uncovers all parts of our soul that we are trying to hide from our consciousness. The Law of Attraction is a loving mirror which can be used to reveal to us all that we love or what is in need of our love or attention. How does it achieve this? Via our attracting to us what we would polarize, desire, suppress or run away from.

We are spiritual beings. As such, we are innately whole. We are merely living what seems to be an experience of forgetting who we are. Likewise, we have forgotten how to revere life and our physical vehicle.

For example, the biological body is a physical vehicle and entity of its own--for our spirit to use for its journey. The biological body also has the ability to *communicate* with us through various types of 'symptoms.' Though some symptoms may be uncomfortable, our body has our best interest at heart. Though the body can feel like our enemy at times, it really isn't. And, if the body is not our enemy, neither are its emotions. In fact, the body and its emotions, via how they communicate with us, can be wonderful tools for our learning.

As a physical entity, our body carries out a variety of physical functions. For example, our brain releases electrical impulses which transport information and messages in mystifying ways. This process is largely autonomic, for the body does know what we need. Through these automatic processes, the brain can control the release of hormones and other chemicals; some involved in our experience of emotions. In this way, our body and brain allow us an amazing and wondrous ability to feel our emotions in *physical* ways.

In fact, one thing I noticed when I experienced being outside of my body was that because I was in a bodiless state, I did not feel emotions in the same way anymore; nor did I think thoughts in the same way either. So, I believe our bodies are vehicles that behave in certain ways. Likewise, thoughts and feelings can arise from our bodies electrical impulses, which may cause us to be subjected to

sensations and experiences that have nothing to do with what our *soul* really thinks or feels.

Thus, in this process of our body creating for us the ability to physically experience sensations and feelings, I do not believe that it is a case that the body was created faulty, nor was the mind. We are on a creative journey. In this amazing journey, our bodies and our emotions can all be used, until such a time or place where we find that we need to worry less about our emotions and whether they hold sway.

So, what can we do if we find our emotions do hold sway?

Instead of labeling certain emotions as ‘negative’ or the ‘opposite of love,’ we can remind ourselves that all emotions we experience through the body—whether comfortable or uncomfortable—are simply biochemical responses. They just are. As I stated in the first chapters, the positives and the negatives we strive for are both illusions; see both as dreams. We can look at *both*, we can feel *both*. We do not need to run away from anything we experience through feeling aversion to it. Aversion is just another emotion. We could fight what we perceive as negative, but then our unconditional love could not come into play. The better approach is to trust that even if a negative exists, Truth is always there; even when our illusions try to cloud our minds, eyes, and ears.

As I said earlier, some of our emotions are the natural result of biological processes and are meant for biological and survival purposes. This does not make them good, nor does it mean that they need to be over-indulged. It simply means they are tools our body uses to let our consciousness realize something might be needed or something might be out of balance or alignment.

For example: if we had no fear, we might think we could jump out of a plane or rush out in traffic with nothing to stop us. So, if fear is good in some ways, where is the line of duality drawn, which makes fear one side of polarity, and love another side?

## Love Is Not the Opposite of Fear

When I see spiritual individuals preaching to the masses to choose love instead of fear, it does not make sense to me, because why polarize what we can choose to love so that it can be integrated and/or released?

To prove that love is not the opposite of fear, the next time you feel fear, confront it with unconditional love. The fact that we can take love with us *into* fear proves that emotions are not opposites. The lotus is not even the opposite of the pond. The lotus simply floats upon the pond, while allowed to experience a choice of whether to find its true reflection within itself or within the pond and mud. However, it is still a lotus whatever choice it makes.

I have mentioned this before, and I will mention it again because it so fits this chapter: one thing that I *love* about EFT, and what has really been a tremendous part of my own healing, is that it does not make any of our emotions or experiences unlovable. Instead, EFT takes love and acceptance into the emotion or experience. One faces and embraces the state that one is experiencing, while stating, “Even though I have this {emotion or condition}, I deeply and profoundly love and accept myself.” To use EFT for clearing major blocks, one taps various meridian points on the body while affirming, “I deeply and profoundly love and accept myself, with all my weaknesses and limitations.”

In this same theme, I feel Eckhart Tolle, author of *The Power of Now*, is a wonderful mentor for anyone who wants to learn to accept, love, embrace, and be in the moment with all of their emotions. Osho is a second mentor whose philosophy of life I have always loved to read. He states in Chapter 19 of *A Rose Is a Rose Is a Rose* (1978):

*My whole emphasis is for acceptance and becoming a witness. But the religions all over the world have corrupted the mind of people, and they have corrupted tremendously. They have created a bifurcation, a split. They have made the whole of humanity schizophrenic. Drop this schizophrenia. Don't make any split within yourself; you are one—and take yourself as one. And whatsoever is within you, you have to love it, you have to move into its mystery, you have to know it to the very end.*

If there is no clear delineation of where a category of emotion or experience is wholly ‘negative’ or ‘positive,’ then there can be no clear duality, and no need for labels, denial, or cursing. After all, what is a



‘curse,’ if it is not the placement of a false perception upon the Self? All simply *is*.

The only duality that exists is illusion versus reality. And, if you notice, one can exist completely within the other. However, unlike Truth, illusion cannot stand on its own. It cannot live as a separate entity, so it cannot truly be an opposite. It simply doesn't exist—in the same manner our dreams at night never did.

## Empathic Sponging, Curses & Negative Entities

The previous discussion about nonduality applies in the same way to our perceptions about negative entities, curses, empathic energies taken on, etc. I've had some clients who experience great anxiety over their interpretations of these ideas. However, nothing outside of us can attack us, except as a reflection of something completely harmless and benign from within.

As I stated in other chapters, the story of our lives and what we experience can be subject to the same laws and boundaries that our dreams at night are. For example, if we were to dream that an entity was trying to attack us, this represents some form of trapped emotion or memory that we feel threatens us. The same holds true in real life. Nothing can exist within our energy field, unless it is first a part of our emotional and biological experience, or something we were willing to experience through taking it on.

I believe that in the Oneness experience that we are living out on earth, for particular entities or attachments to exist within our personal energy field, they must be of like vibration to an emotion, desire or belief that we are suppressing or carrying. This is not a reason to be afraid, but a reason to *love*, instead. Not through trying to *force* an experience of love—so that we become free of whatever we are afraid of. Instead, think of love in a way that it becomes unconditional. Unconditional love can state, “I am facing you and you are facing me. You represent a part of me that I have not loved. You represent a way I haven't felt whole or complete.” If I were to employ EFT, I might use a set-up statement such as, “Even though I have this energy within me that seems to be attacking me [or whatever may be perceived], I deeply and profoundly love and accept myself.”

In the end, for any individual who may find themselves suffering

from any of these perceived issues, giving oneself permission to love oneself with all of one's perceived demons, curses, or burdens to carry may have the greatest healing affect. Such a person may also wish to work on issues of feeling vulnerable, impure, or not good enough. After all, we all deserve to love ourselves, whatever we experience or attract into our field.

## Cleansing

The last thing I want to touch upon is the subject of 'cleansing.'

Several years ago, I started feeling uncomfortable when clients or friends spoke of how they are always cleansing themselves of certain things, i.e. energies, blocks, emotions they've picked up on, imperfections, etc. It seemed as if they were treating parts of themselves as negatives that could never be perfected upon enough. Sometimes, they were anxious that certain energies, even empathic ones, could harm them. They usually wanted these energies cleared right away.

Typically, I found this issue occurred in people who had difficulty accessing their own emotions. Not only did these individuals have issues accepting their own emotions, but it was difficult for them to accept the emotions of others, as well. It pained them to think someone might not approve of them, might be angry with them, disappointed, etc. So, their solutions were to clear themselves so that those types of events were not 'attracted' to them.

Underneath this hyper-vigilance concerning wanting life, others and relationships to be some other way than they were, I usually found that the real issue that needed healing was a fear of emotional pain. The dilemma in life is that we are not always going to please other people—even ourselves—all the time. In some situations, it is normal to attract negativity, e.g. even Jesus was persecuted, and Buddha had dissenters and assassination attempts. In such cases, we could strive to be perfect and liked, but at some point certain individuals may decide they do not like us simply because we are too perfect or likeable. As an alternative to encouraging a belief that experiencing others emotions or energy is dangerous in some way, a new mantra can be created. For example, "I allow my own emotions, and I allow others to have theirs as well. I am completely safe."

As for the physical sensations connected to being empathic or

psychically attacked (see glossary), they are usually harmless. However, focusing on such sensations, while mentally labeling them as something external, unsafe or unwanted, often causes the symptoms to feel more pronounced, or to linger.

This does not mean we are to ignore what we feel. If we have a symptom, it could be trying to tell us something. Sometimes, we might benefit from becoming more still and centered in order to discharge ourselves of others' energies. Sometimes, symptoms might be there to tell us something else. Go within yourself with loving intent to see what you or your energy might need in the moment. Through acceptance there comes the power for transmutation.

If the thought of being impure, attacked, or vulnerable to entities causes any fear, we can think of the child we discussed in Chapter 4 who is terrified of the boogeyman in the closet. Making the child more afraid that the boogeyman is going to come out and cause some sort of disruption will make the child feel less safe. But we do not need to use denial, either. Using denial is similar to telling the child to stop thinking that there is a boogeyman. We all know how well that works! The consciousness will not relate to this concept if it is trapped in fear. The child can only come to experience the truth of this for him or herself.

Therefore, the best way to approach this kind of anxiety is to let the child (or, in the case of ourselves, the inner child) know that the boogeyman is only a scary creature because he feels unloved and feared. Support the child to let the boogeyman out of the closet so that it can be seen in a new way—a way that allows us to have unconditional love and compassion. For, the boogeyman is a part of our own perception and experience. It is a part of our egoic self that has become split off; so it lives as a grotesque and mutant attachment that always seems to be lurking around, ready to pop out when least expected in order to cause havoc or harm.

In summary, while we do not need to overanalyze our experiences and emotions, we can begin to lovingly decode them in order to find something deeper to our storytelling. The trick is to find the dream within the dream, and what story our symbols and emotions are telling us regarding our knowledge or lack of knowledge of our beautiful and shining Self. It is truly an amazing story; one in which we are all dreaming our way back to wholeness, oneness and a home in Spirit.

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## Stage 5

*The lotus is almost fully open. It knows it is not the muddy pond on which it floats. Its dream of life becomes more lucid, and the lotus becomes more conscious toward maturing into a more holistic embodiment of purity, truth and love.*



## CHAPTER 10

### Earth Feng Shui–The Lucid Dreamer Dreams of Peace & Love

*Change your definition of abundance, dear ones. Begin to take a good look at the world around you. See that what is most threatening to its existence is not a lack of material abundance but a state of over-abundance that has become a sight of pollution within your eyes. This pollution is then interpreted in a way that leave many of you consciously or unconsciously defining Nature as your enemy and a deliverer of punishment through creating something which you do not understand that you asked for. Do you not ask to burn petroleum and to be able to live with the effects? Do you not ask to be able to manufacture to excess and to cope with the environmental upsets it creates? –Asuko*

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*Earth feng shui* is a name I gave to a technique for using the earth as a dreamscape to:

- ❖ see what we are creating
- ❖ see how our energy is moving
- ❖ see how to more successfully and intentionally bring peace and love into our world

This process involves using our favorite metaphysical principles of attraction and co-creation in a holistic, unified way. As I have discussed in other chapters, this process requires stepping outside of our habitual and conditioned pattern of striving toward personal pursuits in order to realize there is a bigger world picture that represents a part of who and what we are, as well as what we think and do.

Unlike regular feng shui, we do not need to use tools like compasses and baguas to analyze flows of energy within a space. Instead, earth feng shui relies more upon using what the earth is producing of fruits and symbols to analyze collective energy flows.

To use earth feng shui, it helps if we can begin to see patterns of energy. We may wish to scan our own energy fields, as if looking for strings or cords of consciousness which depart from our energy and connect us to everything within our personal and collective world. Such consciousness may take the form of thoughts, lifestyles, actions, beliefs, conditioning, conventions, etc. Thus, concerning whatever is within our energies path or whatever our energy might touch, be it something that exists materially or something that exists only as a conceptualization, we may wish to note the following

- ❖ What is being touched or affected by our personal energy (through our acceptance of ideas, what we purchase, what we produce, what sources of power we rely on, etc.)?
- ❖ What our energy touches, what truth or belief systems is it aligning with? What belief systems or intentions of others is it lending its unconscious support? Is there any deeper message concerning what is going on within our unconscious or automatic thoughts?
- ❖ What is it manifesting at a collective level?

When it comes to earth feng shui, the outcome of this process can be whatever we truly wish it to be. In fact, if enough of us can begin to think about the bigger picture, we can create an intention that brings the world closer to aligning with and actualizing peace, love, and unity.

For example; if we were applying feng shui to our homes for the purpose of creating more peace, health and love, we would not wish



to place objects that were polluting, unwanted, or unloving within a direct energy path. Contrary to this, when seeing our energy moving out into a bigger world picture, we can begin to see how our energy touches and affects what we might not always want it to be aligned with (e.g. nuclear power and weapons which have the capacity to destroy us, overabundant garbage and waste, industries that are abusive or corrupt, etc.). All this says something about us. It is the same as if we visualized placing these symbols in our backyard or home. Remember, the earth *is* our backyard and home.

While home feng shui is about recognizing a flow of external *chi* that surrounds us and where this chi has a good flow or where it is blocked, earth feng shui is more about our own personal chi and seeing where it extends out from the self and creates energy pathways upon our planet; e.g. within our collective human experience, within collective streams of consciousness, and within nature. These energy pathways can then offer us insight as to how to redirect our energy in order to align it with what we truly want to be part of collectively creating.

For example, if our primary intention is to manifest peace, love, or unity upon our collective or individual dreamscape, we might want to ask ourselves the following questions:

- ❖ Where does this type of energy appear to be flowing smoothly? What fruits is its flow producing? What belief systems seem to be supportive of this flow?
- ❖ Where does this type of energy appear to be blocked? What belief systems, intentions, or lifestyles seem to lie beneath these blocks?
- ❖ How can we use our intentions so that chi can flow in a loving, peaceful and unified way?

Because we all have free will, we can realize and manifest all the choices and possibilities available to us in life. Once we are aware that we do have choice, then we can use our energy to make more conscious decisions; becoming more lucid and empowered within our dream of life.

We can also step back to observe Mother Earth and her energy flows and life-giving consciousness. We can view the various streams of human collective consciousness and the causes and effects upon

Mother Earth that are being created. As I have indicated before, the ability to view the world from a detached and unbiased perspective is an important part of seeing more clearly what our own energy is a part of, what it is creating, and how it flows within various collective streams (e.g. those of various cultures, habits, norms, conditioning, and lifestyles).

After all, we read horoscopes and the patterns of the stars to know ourselves. We read our palms. We read so many things so intelligently, and all of it has meaning. However, very few of us have learned to read our bodies, our emotions, or even the Earth for what she is communicating to us about her/our needs, her/our purpose, her/our compassion, and her/our beauty. We can sometimes forget that her innate beauty is our own innate beauty as well, for *she* is a part of *us*.

## The Importance of Love

*Cultivate an all-embracing mind of love For all  
throughout the universe, In all its height, depth and  
breadth – Love that is untroubled And beyond hatred  
or enmity. -Siddhartha Gautama Buddha*

In striving toward wholeness and unity, it makes sense that love becomes an integral part of this process. To even discuss the topic of earth feng shui, it becomes important to know what true holistic and unified love is really about.

We all possess the potential through our love to manifest more healing and alignment within our greater world. We can move beyond the mere idea of love, and what simply affects our own individual experience, toward learning to live our lives more consciously concerning what affects the greater whole. This process helps us experience a feeling and conceptualization of *unity consciousness*.

Right now, many of us feel anything but unity with others. We feel separated and alone. We feel we have to fend for ourselves in life. We feel helpless to be part of what heals a bigger picture because we cannot conceive that our small self matters. It matters more than we know! We each are part of a larger whole in ways we do not realize.

To achieve this sense of unity consciousness, we must be able to

both love ourselves and see our lotus beauty enough so that it becomes safe to awaken from any unconsciousness that blocks unification from being actualized. Otherwise, without understanding and being accountable for the ways that we are unloving toward the whole, our energetic intentions result in neutrality and contradiction.

Because of certain metaphysical laws that are always at work, it is not surprising that what we do to our environment, we cannot avoid doing to ourselves, and vice versa. Whatever we ignore of our world's needs, particularly the need for love, we will deny this need within ourselves, and vice versa. Additionally, what we cannot see within our world, we will be blind to within ourselves, and vice versa. So, while many philosophies teach simply to focus on the individual, I personally believe that the best process is a dual one, where multi-levels of our awareness and existence can be taken into account.

*We* as *one* are meant to fully understand what is meant by the term *Oneness* and to love all parts of creation as we love ourselves. This type of consciousness allows us to recognize the ways in which what is done unto the whole is done unto the parts, i.e., ourselves. This is not to punish us, but is simply a law of cause and effect. It is also a law of love. Using this law, earth, through her mirroring process, can become our greatest teacher for finding where our true thoughts lie. Earth can also teach us who we *think* we are, and where we may hold onto beliefs that go against self-love, because any misalignment between what we think and the Truth of who we are becomes more difficult to ignore.

I believe that we are living during exciting times! We are beautifully at the crux of a time of choice! Do we wish to create fruits of loving action and unification on the canvas of the world and ourselves? Or, will we choose to seed fruits of self-defeat, without knowing why or how we are participants? Will we become the lotus that knows itself as the lotus? Or, will we continue to strive to find ourselves within the muddy pond?

## Moving Beyond Superficial Love

Within human beings exists an amazing potential for love and unity. I think, however, we sometimes feel that we are trapped in lifestyles and ways of surviving in the world that restrict or block us from actualizing this loving potential within us. We all exhibit this

potential at some point in our lives; even those who may seem to be more lost and unloving than others. Certain individuals may merely have lost faith in the deep beauty and miracle of eternal love that lies within all of us and within life.

As children growing up, we begin our process innately whole and innocent. The more we move away from this innocence and toward a world of thoughts, forms, responsibilities, and various conditioning, the more the depth of our love and capacity for 'is-ness' and unity can end up restricted or lost among our various worldly concerns and worries. Unable to separate ourselves from feeling a need to serve the world in various ways and in its predetermined forms, our desire to love is complicated by a feeling of helplessness. We feel we have an impossible choice to make, 'Do we love, or do we survive, cope, and compete?'

As we learn more about our nature as being one of Love within a collective consciousness, while simultaneously feeling bound to lifestyles that seem to put us at odds with this concept, there naturally arises more than a few beautifully intentioned—yet ungrounded—conceptualizations concerning how to express this love into the world. Such concepts are kept ungrounded through being practiced at only a superficial level of 'thought' or 'prayer;' and must remain at this artificial level if we are to master our lives and survive within the current expectations that society seems to hold for us.

As I discussed in chapter 1, the split must be continually rationalized in order to help it survive. It must also be rationalized in order for us to find ways to deal with our own fear of death. After all, if we all became love in a *real* embodied way upon earth, how would we be able to continue with our present lifestyles?

While I do feel Buddha had the perfect answer—the middle way—for many of us, our consciousness is stuck, even when it comes to thinking about living more simply. Our minds begin to churn out chatter subliminally or consciously, which leaves us believing that in order to live simply, we would all have to become monk-like. What a horrible thought that is! We have beliefs that such a choice will potentially cause us physical, emotional, or social harm, lack, or even death. This fear of death then has us acting out upon the world in ways that seem to—over time—manifest the very reality we fear, rather than addressing it.

The more these seeds of fear sow their fruits within the world, the

more the philosophical split must widen to compensate. Then, we have to find ways to perceive that we are treading a loving path when really the path we tread is one of all sorts of fears: of loss, of rejection, fear of taking responsibility for some of the problems of the world, fear of lack of approval, fear of going against the crowd, etc. Thus, superficial concepts of love arise to keep the split going.

Adding to this complexity are ideologies that preach love is the opposite of fear. Then, because these ideologies serve to keep various fears suppressed or denied, such fears can no longer be used as a warning light that we may have veered off path somewhere. Out of this whole mess, ideals arise which attempt to teach us how to merely 'send' our love and healing to people and to the earth, as well as how to use our thoughts and prayers toward this same cause. Our efforts, however, must be kept on a shallow and insincere level. Why insincere? It is because our primary and contradictory intention is to remain loyal to all the constructs within the world that would contribute to destroying it. This is not meant to be malicious on our part. Preferring to show love in an idealistic rather than an embodied way is simply the only way we know how to compensate for our ingrained sense of helplessness and inability to act toward being a truly healing force within the world. As a result, however, though love is still a beautiful concept when employed in an idealistic way, it only touches most of our lives and intentions at a very superficial and personal level. (However, I have noticed this superficiality has begun to shift over the last few years.)

Consider the Casanova who thrives on love and romance. This individual takes pleasure in the enjoyment of romance, love, sex, and affection. It gives the Casanova an exhilarating rush and an ego boost of sorts. However, if one psychologically examines the Casanova-type personality, his or her pursuit is not necessarily motivated by love. It is rooted in a desire for bonding and stimulation; sometimes even a desire to conquer, to possess, or to own. It is seeded in a lack of belief in or inability to know the *love* of the Self.

As an intuitive reader, I have read more than a few women who fell for Casanovas, and I can tell you that most of them felt deeply unloved and unworthy. This is even part of the reason why they were so vulnerable to being seduced by such individuals in the first place. The seduction did not necessarily make them feel loved,

either. Any love they felt in the moment of seduction was only temporary. It did not last. Instead, it usually left the love-object of the Casanova confused, wondering if they were ever wanted beyond a sexual and superficial level.

Of the women that I have talked to who had experiences with a Casanova male (though females are just as capable of exhibiting this personality), many complained that there was no substance or deeper bonding. There was no attempt made by the Casanova to know or care about them on a deeper level. Many women I read talked in depth about how *action* was missing. Loving words may be spoken readily, but the actions displayed something different. There was not much to show that the love object was truly thought of, cared for, and appreciated. The men were selfish, unfaithful, dishonest, or were tempted to stray. The original rush of passion was frequently not lasting.

As proof of the superficiality of a Casanova's love, this type of personality usually does not introduce the woman he romances to his family or friends. He may go periods without calling them. There are numerous other ways he may show he is not attentive to his love object's needs. For, though the Casanova enjoys bonding with his love objects, he is afraid of true intimacy. The women that he bonds with are only affairs, rather than individuals to be loved deeply or cared for.

The point that I am trying to make is that the majority of new-agers who proclaim to be primarily motivated by love, and who spout precepts about being love, light, or oneness are very much like the Casanova in their idealization and spiritual romanticism. I do realize this is not true for everyone. I do know that there are those within the new-age community whose love and caring go much deeper. As for the majority, how do I know that there is nothing deeper going on? The answer is simple. I make this observation from perceiving the fruits within the world, of course. Not that I think we should judge various fruits as good or bad.

For example, if people do not love themselves, there will be many signs of this in their personal lives. Maybe there will be low self-esteem, attraction to unloving partners, toleration of abuse, or even the abuse of others. Some may prostitute their bodies, overeat or be workaholics. Many may be out of touch with their bodies and emotions. Many may not be able to understand or feel the needs of

their own bodies, of others, or the planet.

At a larger level, this lack of love exhibits itself through nature. The new-age individual might talk about having thoughts or intentions of love toward nature, but like the Casanova, the love is only superficial and is not backed by action or true caring.

One thing we can do to see how we split and abuse ourselves requires recognizing that we are in an abusive relationship with Nature—and thus ourselves, for all is One. Even if we do proclaim to love her, we still continue to tolerate her being abused. We do nothing, and moreover, we contribute to the abuses ourselves. Our own ease and comfort, as well as the immediate rush we get out of life, takes precedence to commitment and caring over the long term. We do not think about the impact we are having upon her (Nature's) future, in the same way we do not think of the impact upon ourselves or our children. We fear any type of intimacy that is involved with thinking more deeply about this subject. Because of this, we cannot listen to Nature and her innate and overflowing wisdom. In the same way, we cannot listen to our own hearts and the deeper mystery within.

We ignore the catastrophes and breakdowns in order to continue to drive our gas-powered cars and to use Nature's resources in a self-serving, disrespectful and polluting way. We give her the diseases that we carry, forgetting that she is our intimate partner and capable of contracting them at her expense. This is very similar to how Casanovas use the bodies of their partners for sex, enjoyment, and other pleasures, with no real attention to their partners' deeper needs, or even if they are hurting them. Like the Casanova, we do not like to think about long-term effects.

I've talked to a few Casanovas, as clients, who felt that if they were thinking thoughts of love, experiencing overpowering sexual attraction, or making romantic gestures, that this *is* showing love. It is not. It is only a small taste. It is idealized love. Likewise, those who proclaim to be 'love and light' may be doing the same thing; getting a temporary high off of idealized love. In fact, many of us, like the Casanova, probably don't even know that the ways we show love may not really even be that loving. This is because we have not been conditioned to know how to be loved ourselves to a great enough degree. We thus do not really understand how to receive or give love, even to ourselves.

This calls out for our compassion.

To begin to change the pattern, one must begin to think about what our love truly encapsulates, otherwise the deeper level of our intentions can become lost and confounded. We *are* so very capable of this deeper kind of love, first finding it within ourselves by understanding how loved we are, and then applying it to the One and All, even the pond.

Our love can change the entire world if we choose to allow this, and if we choose to love ourselves and treat all as we are worthy to be treated.

While we may not be able to act in a perfectly loving way, or to walk our life path in perfect alignment, this is not necessarily the point of earth feng shui. The point of this book and of earth feng shui is to primarily *promote awareness*; to encourage others to be a witness of the dream, without rationalizing its symbols or its splits. The more we allow loving awareness to seep in, the more loving ‘action’ will find a way to present itself. Because, based on the Law of Attraction, everything begins with thought and intention. What I am thus proposing is what will alter the subconscious intention. The first action is recognition without excuses; the second step is letting go of force and being the watcher; the third step is allowing life to naturally take shape—in whatever way it can—around new understanding.

As a second example of how we can move our love beyond its current limitations, in 2011 I was approached about an earth-healing endeavor. The purpose was to create a group of individuals to ‘send love’ to the Gulf of Mexico which had been polluted by a major oil spill. Not that the intention of this group is anything I have a problem with, for I have a group myself. However, it is an intention that is left incomplete if not followed through with certain actions, or inactions. As I have stated before, if thought or intention is contradicted by action—which may be based on opposing thoughts—then this intention is not built on a clear foundation.

I asked if there were any part of this group that were going to focus on lifestyle and action, explaining that lifestyle is a form of thought and a carrier for potential contradictory thoughts, beliefs, and intentions. It was explained to me that because of the power of thought, lifestyle does not need to be changed. I was told to read



Masaru Emoto's work—which I have read—concerning how words affect the molecules in water. It was felt that this theory proved that only superficial thought and intention are necessary. Yes, maybe. That is, if we were so lucid within the dream of life that we were Christ-like in our miracle-mindedness (see chapter 3). Additionally, consider that if she is right and our intentions are that strong, then why are we not using our intent to manifest alternatives to the causes of some of the issues of our world (e.g. creating earth-friendly fuel sources, since we are talking about the gulf oil spill)?

To create a greater awareness of a bigger picture, visualize filling a glass with polluted water from the Gulf of Mexico. Then, imagine employing focused love and intention to change the molecules in the glass of water. However, after such a miracle of love, imagine pouring more polluted water back into the glass, because without treating the *cause* of the thoughts that underlie the pollution, this is what would happen; this is the effect. The cause behind why we would dump polluted water back into the glass is simply another level of thought and intention. And, we will know when the issue has been truly healed in a forward integrated rather than backward integrated way, because we will see the end of oil drilling and likewise the end of the use of petroleum fuel. In its place will be the use of alternatives or adoption of more simple modes of living and transportation.

Because many of us cannot see the causes as existing within ourselves, or within our lifestyles, we naturally will seek to blame what is outside. Even those who understand that causes spring from lifestyles may still feel powerless to change them, thus blaming an external source for this powerlessness. No blame is truly necessary, however, particularly of anything outside of us. This process is not about blame on any level, but empowerment.

Once we learn to separate mere ideas of love from a life that is truly aligned with the Love that we *are*, we need not look upon the world in the same ways. We only need to clearly see where we have mistaken illusion for Truth. Earth feng shui can represent this middle step. The world becomes a tool to help us see our thoughts. Once we see our thoughts more clearly, we can bring ourselves and our experience of earth into more alignment. Once we see that we live our lives in complete fear of everything, each fear can be seen, listened to, and transmuted with unconditional love and awareness.

As stated in the last chapter, fear is not the opposite of love. Fear is a warning that a call for love somewhere isn't being answered; something natural and beautiful within is not being protected or cherished in some way, much like earth herself.

In summary, earth feng shui does not solely blame external governments or sources for the energy (causes) behind a situation that has been created. If we are partaking in the energy, giving into collective lifestyles and mind-sets that maintain it, then we are a vital part in its maintenance and creation. After this step, then the questions that we need to ask ourselves are the following:

- ❖ Why do we partake in the energy?
- ❖ What are we missing from our own lives?
- ❖ What are we afraid of?
- ❖ What are the ways we do not understand how to care for and love ourselves?
- ❖ How does this mirror our inability to care for nature as a part of us, or to care about our children and fellow man as a part of us as well?

## Where Can We Start?

*Some day the earth will weep, she will beg for her life,  
she will cry with tears of blood. You will make a  
choice, if you help her or if you let her die, and when  
she dies, you too will die. -John Hollow Horn, Oglala  
Lakota*

Our energy is constantly forming symbolic pathways in a variety of ways. For this chapter, I will limit my focus to the following four symbols:

- ❖ man-made environmental destruction
- ❖ natural disasters
- ❖ lack of personal and global peace
- ❖ illuminati conspiracies (as they relate to earth feng shui)

The reason I will focus upon these four main symbols is because they appear to create a lot of anger, fear, and/or helplessness within our collective mind-sets. Then, because we do not know how to look at these issues appropriately, we do not know how to diffuse our emotions without resorting to either blame or denial. The first act of enlightenment, however, is to realize these four symbols have sprouted from a level of collective choice that has been made—because we have free will.

## Man-Made Environmental Destruction

Love is something that is healing; it is not self-destructive. This does not make self-destruction wrong, because self-destruction can be used as a valuable tool to learn both how to love and why love is absent.

While our earthbound love is liable to be far from perfect, at least we can choose to become awakened to the ways we are unloving and self-destructive. Why? We are all One, after all, and what affects one, affects the whole. The way we affect the world, as well as how the world affects us, is a dialog. This dialog can be understood, or it can be ignored.

There are a multitude of ways that our spending, selling, thinking, producing, and lifestyle patterns promote environmental degradation and self-destruction. We cannot blame higher powers in the world for the part we play in creating demand. After all, the demand we create tells these higher powers that certain ways of living—as well as certain means—are wanted and convenient, rather than rejected. It is we, ourselves, who make these choices every day. We do this largely out of convenience, as well as out of unconsciousness and habit. We do not think of the long term.

For example, for many of us who may want to buy a new car, our first inclination may be to buy a gas-powered vehicle rather than an electric-powered one, because electric power is less *convenient* than gas. We don't band together to dismantle nuclear power, natural gas, or petroleum in favor of solar and wind because it is too much of an *inconvenience*. Even those of us who can afford to get off the earth-toxic energy grid, rarely do, out of *convenience*. We buy packaged products instead of natural ones, because packaged products are more *convenient*. We need all the latest gadgets and trinkets, because

they support our love of leisure and *convenience*. Then, the *convenient* way to deal with environmental issues that arise is to blame something external for not coming up with an alternative that is *convenient* enough. In the end, the majority of us (within the developed world) have become spoiled to the point that we would rather harm come to an entire collective than give up our personal and transitory *conveniences*. (By saying humans are ‘spoiled,’ I merely mean to impart that it is our ability to know ourselves as Love that has been spoiled by the polluted pond that our minds and thoughts got lost in.) Then we preach about ‘love’ and ‘unity consciousness’ and it makes no sense, because we are loving others and the earth while not seeing how we treat them with hate—out of *convenience*—at the same time.

Think of it this way: everything we buy supports a company that is aligned with a certain energy or ethics. When we don’t analyze the choices we make or why we make them, we end up giving a lot of our time, drive, and money to energies that do not necessarily reflect peace, love, or the things we wish to foster in our world. However, as long as our energy is in *service* to these entities, our own ethics will become aligned with them, too.

This is why it is stated, “As without, so within.” We are what we eat, sell, buy, produce, etc. And all of this stems from our conscious and unconscious thoughts. In the end, we are what we think. Because of this, we cannot blame what is outside of us, via corporations, systems, or entities, if they carry the same thoughts. Yes, by supporting them in whatever small way, we reveal that we are on their thought level. Any lack of love that is observed in these entities or energies, must then be observed within the egoic self.

To affirm every day, but only within the mental realm, that we do not want our energy to be aligned with an entity that is corrupt or destructive, is not the same thing as living a life that emulates the peace and love that we are in Spirit. One form of thought is superficial. The other form of thought comes from deeply knowing who we are, what we serve, and the ideals we truly wish to manifest in the dream of life.

In truth, the majority of us get by ‘thinking’ one way, while emulating a different way of ‘being,’ because we feel a void. We do not know how to fill this void. We have become empty, we feel empty, and we want approval and relief from the stress that we have

created in our world. The same escapes we use which might not promote health in our personal lives, likewise might not promote health in our greater environment or world. So, we can begin to ask ourselves questions such as:

- ❖ Why and in what way did we need to make ourselves unhealthy?
- ❖ What addictions have taken over our lives?
- ❖ What is emotionally going on within?
- ❖ What kind of void are we trying to fill?
- ❖ How can we better fill that void?"

The best way we can fill an inner void is to know and feel that we are a part of a 'whole.' We will not learn how to love ourselves, or how to join in unity consciousness, any other way. Think of it this way, '*Can Love learn to love and know itself through what destroys it?*'

How amazing would it be if we could learn to see the awesome weaving in our life tapestries? They are not to be judged, but seen in the inspiring light in which they were constructed. Learn to see the colloquial in everything. As I said in chapter 2, when I want to figure out the meaning of a symbol, I put the words *It feels like* or *I feel like...* before the symbol. To apply it to a dream that the collective is dreaming (of our collective experience), one would change it to *It feels like the collective...* For example, regarding how our food supply is becoming less natural and full of chemicals, one could interpret, 'It feels like the collective has lost the ability to nourish itself naturally. The emotional nourishment it receives in life, what is supposed to feed us (our dreams, etc.), has, in general, become artificial or even toxic.' Possibly through the collective creating this symbol upon the world, it indicates the majority of us, who are part of that collective, are losing our ability to be natural (emotionally and physically). After all, we worship and cherish lifeless abundance over the abundance of life. Some of us are finding our way back, however (e.g., the part of the collective that seeks to go back to organic gardening).

Looking at the earth, it speaks to us so profoundly, using the same remarkable language that our dreams do. We can even begin to notice the little things, such as how are we all speaking a subliminal language that says, "I am 'dying' to be successful and abundant [or to avoid loss or failure]." This may seem like a startling statement to

make; however, if we look at how we live, we really are willing to risk the health of our body and our planet to get the success or abundance we are looking for. Start asking why. And, begin to ask of anything, “Is this really fostering peace and love? Does this reflect the Love that I really know myself and All to be?”

Also pay attention to the wording used in affirmations. Most psychics or healers who use muscle testing or other forms of divination know that wording is very important, because words can have a double meaning. For example, when asking for abundance, what are we truly asking for, or bringing onto the planet? Abundance can mean an abundance of anything. An overabundance of insulin in the bloodstream can mean the presence of diabetes. Material overabundance in the world may bring unhealthy excesses, pollution and waste. We can also experience an overabundance of disasters or other signs of imbalance. Also, if the reason you are asking for abundance comes from a consciousness of *not-enoughness* or fear of loss, then know this polarity can be triggered and manifested as well (i.e. loss and depletion can result). Everything works in balance.

As a healer, I am careful with the use of terms, such as *bringing in more energy* or *higher vibration*. We can bring in over-abundant energy situations onto ourselves and the planet, which may not necessarily bring in the balance we are truly hoping for. As I will discuss in the next segment, yin should always be in balance with yang. For energy that is too overabundant or too yang can be ungrounding and chaotic, or cause hyperactivity, anxiety, sleeplessness, restlessness, obsession, etc.

A better tool is to ask for the outcome we hope to achieve by wanting something. Then, we can employ affirmations toward its experience. Ask yourself, “What do I truly hope to achieve on a core level from having more money, more energy, and more abundance? Am I hoping to be happier? Do I want to be more at peace? Am I looking to increase my self-worth? Am I hoping to feel recognized and loved?” If so, form your affirmations around these core things.

In order to come more fully into unity consciousness, it is good to ask that whatever we wish for be received in a way that benefits the good of all. This way, we can bring in our love energy fully, allowing the universe to bring in what we truly need and *are*. We do not need to manifest in a way that contradicts a loving intention to the *whole*. It is only our egos, the muddy pond, and the illusions of the world

that tell us that this is our best or only course.

Some of this will overlap with the next symbol, natural disasters.

## Natural Disasters

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*In the West, there is too much hurry because of a certain Christian concept that there is only one life and that with death you are gone and will not be able to come back again. That has created a very crazy idea in people's minds. So everybody is in speed, running fast. Nobody is worried about where you are going; just go faster, that's all. So nobody is enjoying anything, because how can you enjoy at such a speed? The whole of life has become a hit-and-run affair. -Osho*

There is so much symbolism being displayed in nature. I didn't really understand this completely, until a day where deadly tornadoes took many lives in Alabama in 2011. I took a nap that day and had a dream. In the dream, I was in a house and looking out the window into nature. Suddenly, the wind became very fierce and strong. Feeling a bit frightened and talking out loud, but to myself, I began asking what was going on and why there was so much wind. Suddenly, an angel in white appeared. He had only one thing to say before disappearing again. He said, "The world has become too yang, too focused on conquest and producing."

When I woke up, I went online to look up what yin and yang represented. As it turned out, Yin is represented by water. It is a passive, peaceful, flowing, and receptive energy. Yang is represented by sun and fire. It is the energy of action, conquest, and strength.

At the same time I was looking up yin and yang on the computer, the headlines on Google were revealing that tornadoes had ripped through the United States and taken more than three hundred lives. Because the angel in my dream made a connection between yang energy, strong winds, and man being 'too focused on conquest and producing,' I also began to wonder if there was a connection. As I took a good look at the world, I did start to notice that we really are pretty yang. Not only were we becoming more 'yang' in our activities, but the energy that nature was manifesting seemed to be

becoming more yang as well.

This had me asking myself, 'Why is earth subject to more intense solar flares (according to speculation), increased ferocity of storms, volcanoes that are showing signs of erupting, and increase in tsunami warnings, floods, rioting, and other events? Is it ascension (as some new agers connect these events with mankind preparing for ascension)? Are we becoming too yang, volatile and ungrounded? Or, is it both?'

Alternatively, is it just coincidence that yang events are happening at a time when we are predominantly yang creatures? I started believing that possibly there is a man-made element that underlies 'natural' disasters. Perhaps all really is One and we affect Nature, and she, in turn, affects us.

Even if the rest of the world is mirroring chaos and too much yang energy, we can learn to bring ourselves into balance. We can learn to *receive* in ways that do not require force, conquering, and excessive need for control or striving. We can learn to trust ourselves, trust in life, and that we will be provided for. We can also learn to develop habits of moderation instead of excess. This can be accomplished through appreciating how to be more within the present moment. We can then watch how our loving and balanced energy affects our greater world.

## Lack of Personal and Global Peace

Earth feng shui may also be used to help us make sense of, and to see, the ways in which we contribute to the lack of peace in our own lives and within the collective world. While, again, there will be some overlapping with what has been mentioned before, if we think of everything in terms of seeds, of what is sown, and how sprouts can grow abundant, we will understand how even the tiniest seeds can begin to sprout and then flourish from the most unconscious levels of our experience.

We can look at our emotional world on a personal and collective level, and ask ourselves what we truly want, and if we truly want to know peace. Then, we may see all the divisions we create, and other ways of thinking or living that seem to stand in the way of peace.

By paying attention to the way our own energy interacts with the world and what it imparts, we can separate the emotional conditions



that have become unnatural from those that represent the purity of our most natural form. We can then have the free will to choose the energies in the world that we want to further support and foster. For, behind every war, whether internal or external, or whether at a personal or collective level, there is a need for duality, drama, control, domination, ownership, or competition. Whatever thoughts we may sow, our seeds become part of the garden of life. We *can* contribute to the kind of flowers that grow, whether they are thorny weeds or awesome blooms. The vibrant choice is within us, to learn to distinguish which flower we truly *are*, and to manifest that ideal into the garden of form.

There is truth that manifestation strengthens with conjoined intentions, so whatever we conform to, we are conjoining with. We then become part of the spreading of seeds to our children. Once we truly understand this, there is an awesome potential that we can be part of creating and choosing for ourselves and our planet.

# Illuminati Conspiracies

Earth feng shui is the nonviolent and non-revolutionary solution to illuminati conspiracies. Without using earth feng shui to overcome some of our issues with governments and leadership, what is overthrown would merely be replaced with something that mirrors some of the same problems and energies as before. This is because whatever is inserted that is new would be inserted into old structures, lifestyles, and forms. This leaves no guarantee that an external revolution would even solve the problems that were sought to be resolved.

For example, if we do not change some of our lifestyles, material addictions, and dependencies, we will still end up relying on the same corporations that influence the government today. Alternatively, others will take their place and rise in influence and power. Then—because the issue of greed is entrenched within society at such a deep level—old, familiar issues may take hold once again. For, how many of us can be truly trusted with power? How many of us cave to popular opinion? How many know the love, peace, and enoughness that we truly are? Until an underlying issue of *not-enoughness* is treated at a core level, abuses will always exist at authoritative levels, because the problem lies within the majority who feel this way.

One has to know where the real problems lie before they can be treated. Part of the problem lies in how many of us give power away, conform to the world or to others, and idolize the powerful (while seeking the same prestige, status, and wealth). As I implied in chapter 6, there is some hypocrisy that is going on because the masses are unable to see that the rich and powerful are operating on the same principles and lifestyles as the rest of us are. We, the public, also provide all they need in order to take advantage. Do they not thrive off our money when we buy into consumerism as a lifestyle and way of living? So, it makes sense that only when we change our own reflection upon the world, will the world begin to reflect something else.

What is the solution?

There are a few out there who are leading the cause by educating others, or practicing new ways of living, such as by:

- ❖ efforts toward self-sufficiency
- ❖ getting off the energy grid
- ❖ joining together to create intentional and eco-communities
- ❖ relying less on banks, credit cards, insurance and loans
- ❖ abstaining from buying from certain companies
- ❖ writing MP's, making petitions or other forms of joined efforts which bring people together toward a loving and proactive rather than a reactive cause

Such individuals are using earth feng shui. They have decided how they want their energy to flow, and what they want it to contribute toward manifesting. They are *removing* their energetic consent from problems they see in the world and replacing that consent with real, lasting and loving alternatives and solutions. This is, after all, the basis of how the law of attraction works; through energetic consent and intention. If we can deliver our energy, efforts and voice into the world in a way that says, "I want to see more peace and fewer wars, more healing and less degradation, more freedom and less oppression, and more love and less corruption in the world," these intentions can then begin to manifest.

When applying earth feng shui to these realities that I have mentioned, the intention is to seek to create a bridge between what we know of Heaven (Spirit) and how we live on Earth (Material). The first step is to be able to see the world and our energy patterns clearly and without blame; seeing the part we play within the problems of the world and our share of the responsibility in their creation or maintenance. Simply observe where external love is lacking, because this indicates where internal love is lacking as well.

When it comes to action, this is best reserved for when one's observations have become complete. We can allow it to come from a natural place of readiness and means. As I said in the first chapter, it is about coming to a place of not needing what we want and need anymore. We will participate in the self-undoing of the world, until we decide we do not need to do this anymore. Until then, I find simplicity offers a perfect middle way.

## The Way of the Lotus Is the Way of Simplicity

Making one's life simpler is the easiest way to bridge the spiritual world with the material world. Simplicity also allows a readiness for wisdom to filter in and be integrated in its own time and way. It is a perfect middle step. Not only this, but simplicity has a wonderful ability to solve problems. Our needs become less, our wants are less, and with less focus on outcomes, there is less need for control. Ultimately, there is less to fear and more to love and feel grateful for. With an attitude toward gratitude rather than being stuck in never feeling enough, the miracle of life can be more treasured in the present moment, without looking for something better to come at a future time or place.

On a personal level, if we are willing to live simply, we could enjoy fewer dependencies, less addictions, fewer worries that someone will steal from us, and less concerns that there will be no one to buy what we have to sell, as well as less need to stress over or to engage in litigation (e.g. over copyrights or trademarks). We would need less seminars, courses, attunements, and healing techniques to teach us how to manifest, or to help us find balance; for simplicity cultivates balance in and of itself. We would listen less to the media, hear fewer commercials and advertisements, and feel less of a need to have the world define us through various movies and programming.

Through simplicity, we feel less of a need to actively serve and contribute to what causes other living beings and ourselves unconscious harm. Simplicity also offers us the opportunity to own more of our own power, as opposed to giving it away to outside entities and institutions. We benefit by paying less tax, having less debt controlled by banks, buying less from corporations that abuse the planet, as well as needing fewer gadgets and distractions. With a simple life, less of our money and taxes go to supporting governmental aims, practices, or wars that we may not agree with.

If you think about it, if we were to become conjoined in our desires and efforts to live more simply, various and controlling structures would naturally collapse on their own, allowing us to become more empowered and cooperative. In order to survive, these same structures would have to find new ways to accommodate the masses, based upon more simplistic and ethical principles—rather than greed. Because of the principles of supply and demand, if there is less demand, there are less votes and less support for certain products, political platforms, etc. Advertisers would have to begin to cater to different needs and make more sustainable and earth friendly products if they wish for us to buy them.

Being simple, we also do not need to wait for anything or anyone external to save us. Especially during a time of increasing disasters, simplicity offers us more potential for self-reliance and self-sustenance should natural disasters and earth shifts be manifested with greater force. An increasing number of intentional communities could form, focused on cooperation, barter, sharing, and off-grid forms of nonpolluting energy sources.

In all of these ways, simplicity represents a path to peace. However, to achieve peace, some inner fears may need to be faced.

Unfortunately, many people today unconsciously associate simple living with death, lack, poverty, self-denial or unpopularity. Many of us may not even know how to live without depending upon a variety of systems, institutions, and material conveniences. This is unfamiliar territory. We are used to being parented by outside forces telling us who to be and what to do.

If we can shift our attitude, however, we can begin to see how people can live happier, freer, and blessed with what they have, rather than from what they can attain. We could begin to see those who consciously live more simple lives as ultimately abundant, rather than

deficient. After all, such individuals are fortunate to be able to live less affected by their surroundings. Their way of life is natural, independent, and pure. They often live in more harmony with nature and its creatures, partaking of its innate abundance and fully experiencing the miracle of life.

Conscious, simplistic living also offers freedom from many forms of bondage, which would allow us to enjoy life in a way it is not otherwise possible to be enjoyed. Additionally, because we become free of competition and strife, we might be friendlier to one another, less jealous, and less insecure. Who needs to engage in war or strife if there is nothing to compete over or to protect oneself from?

To be sure, simplicity is not about extremism and denial. Many of us living in the modern world are currently living an extreme life of overindulgence. We do not need to live lives that are the polar opposite of that extreme, i.e. complete abstinence. Think in terms of balance, instead.

In the end, simplicity allows one to be in the world, but not of it, and to counter the world's many vices with an attitude of moderation, rather than judgment. It is simplicity and stillness that allow us to detach from our full immersion in a dysfunctional world, and to become more conscious of the seeds we are sowing and the fruits that result.

What better way is there to become the lotus that lives upon a muddy pond, while not adhering to its mud and slime?

## The Path of the Lotus Is the Path to Purity

Purity ties in with simplicity and innocence, because purity seeks to be its most natural and unaffected self at its core. So, when we examine how our energy is either affecting or being affected by the collective consciousness or world, we begin to make choices that reflect our innate innocence, purity, truth, and freedom from pollution/toxins.

It is about finding a deeper calling that cannot be forced; it has to be called. The same way monks feel called to join a monastery, we can find our own calling to live simpler, less distracted and less toxic lifestyles.

As a good friend of mine has said repeatedly, the message her guides give her is that Nature gave us everything as it was meant to

be, in perfect purity. It is moving away from and tampering with this purity that has caused most of our problems for us. In the same fashion, we have not accepted ourselves in our own purity and nature, and have sought outside ourselves to somehow perfect what did not need perfection. In both instances, we are now experiencing a return to becoming more natural and feeling what we are and have is enough.

## Filling the Void Within

We may want to purify ourselves and make our lives simpler and more abundantly joyful, but we may find that our addictions and attachments get in the way. Such attachments usually indicate that there is a void within that we are attempting to fill from outside of us. So, how can we fill this void another way?

While typing this question, I actually clairaudiently hear two words, *service* and *worship*. As I keep listening, words flow in, concerning how many of us do not feel included, whole, loved, and connected to Spirit in some way. Connecting our service and worship to the benefit of the whole (rather than merely to the self), and to the innate beauty and miracle within all living things, may help us to bring in a feeling of unity, love, purpose, or connection that we are seeking. Through worship and reverence, we can find a new appreciation for abundance which allows us to go beyond our current definitions. We find out what true abundance is. This type of worship is examined in the reverence that the Seraphim Angels have toward the Creator.

*And they were calling to one another: 'Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory.' -Isaiah 6:3, NIV*

That same glory is in you, it is in me, it is in nature and all living things and beings. The more praise and gratitude we feel when connecting our life energy to the life energy of all other living things, the more we may begin to feel our cup is full rather than empty. We also begin to feel a sense of unitedness with others. For me, I know that when I attain a feeling of unity consciousness, it helps me find a deep inner feeling of joy, reverence, and ecstasy. It helps me to feel less separate and more part of a whole and bigger plan.

If this resonates with you, try filling the void within with an appreciation for nature and the innate abundance in everything. The tools used to access this type of feeling and appreciation may be different for everyone and may include meditation, prayer, mantras, dance, song, chanting, or ho'oponopono. Worship may include any type of expression that helps you feel the give-and-take of energy between living things, the planet, and yourself.

By whatever way we choose to connect with Spirit in our journey inward, we can likely uncover what we truly need, as well as what will fulfill us on a deeper level. Perhaps we can connect with a still and gentle place within us that reminds us that we already have all we need to feel complete. With this said, I also hear the word *mantra*. Creating our own personal mantras might also help us feel safe, internally fulfilled, and loved within the world.





## Stage 6

*The lotus is fully open and understands its true nature is eternal, beautiful and whole. It understands it is not the dream of life, just as much as it understands it is not the pond and its scum. It floats in the muddy pond, but knows not to become lost within it. It understands that the dreams it dreams are less important than its knowing of its Self.*



## CHAPTER 11

### Releasing the Need for Dreaming & Creating a New Mantra for Life

*Enlightenment is a destructive process. It has nothing to do with becoming better or being happier. Enlightenment is the crumbling away of untruth. It's seeing through the facade of pretense. It's the complete eradication of everything we imagined to be true. -Adyashanti*

This is a chapter I wanted to include because I do recognize there is a stage beyond seeing and understanding the dream we are creating. This stage arises when we simply do not need to see the dream anymore or feed any illusion. We may have no need to create a story, be it one of conquest, one of disappointment, or one of anything else. Because we do not need the dream anymore, we likewise do not need the dream dictionary and all of the consciousness of labels and definitions (including labels and definitions of various states of 'disease') that we tend to collectively and unconsciously take on, believe in and live by. There is no need for earth feng shui anymore either, because we have learned enough about our illusions to know why and how they didn't serve us in the end. Our story at this stage is merely of being the lotus, living in the now, and being One with All That Is.

Because we know what our true nature is as the lotus, we no longer need the fruits and symbols of the world to guide us

concerning all the ways we sought love and our reflection outside of ourselves through becoming a slave to what pollutes the collective mind and our own. If we still wish to engage in the dream of life, we can do so without attachment to it. We can become lucid within the dream rather than carried haphazardly by its flow. Furthermore, if we should get lost in a current of consciousness/ dreaming from time to time, we know how to release ourselves and come back to what is real and pure when we need to.

Ultimately, nothing I present in this book is really any new truth to learn. This truth has always been present in various philosophies, religious texts, and even *A Course in Miracles*. However, as I stated in the first chapter, I did notice that I could not completely grasp these philosophies the way they were presented, until I was willing to give up a need to conform to current lifestyles.

## The Importance of All the Steps

*Those who imagine truth in untruth and see untruth in truth never arrive at truth but follow vain desires. Those who know truth as truth and untruth as untruth arrive at truth and follow true desires. -Siddhartha Gautama Buddha*

The truth is that most of us will not be able to surrender our current lifestyles and mentalities in one step. While I have heard various individuals claim that we can bring about the greatest change if we focus *primarily* on the self, I have a problem with this philosophy because I have lived it. I find it keeps us stuck in a loop of suffering and unconsciousness that we can never get out of. This is largely because we cannot change what our egos keep us unaware of in ourselves. And, for those who are ready, being able to see past all of the forms of conditioning we have received will likely require being able to look at the world in a new way, free of *blindly* conforming to it.

Enlightenment needs to come first. And, while enlightenment always starts in the self, part of this process comes from being able to see the big picture as well, concerning the world and what is out of alignment. Until we can properly form a perception of what is going on without, we will not be able to properly form a perception of what

is going on within. We will not be able to understand why we keep repeating the same struggles in the same ways.

One reason that I wrote this book—apart from being asked to—was to reach out to others who might feel as confused as I did about how to separate the spiritual reality they wish to honor as truth from various rules of living (which stem from collective illusions that confine us). What I learned for myself was that without some form of middle step, we may end up trying to be the lotus *and* the muddy pond together. We thus mistake mud for something that contains some version of truth and purity within it, instead of seeing mud for simply what it is: mud.

In the same theme, until we are given tools and steps to help us understand the ways we are being unloving, we cannot truly know love. So, it makes sense that if a philosophy is about love, it is not going to advocate a lack of awareness of cruelty; whether it is to self, to others, or to the world. It will, instead, give us steps that help us to identify where and why love is lacking. A philosophy about love ultimately teaches the effects of our *choices*; which, unless advised that more than one choice is available, it will be difficult for us to turn away from what we have been conditioned to be a part of, to initiate a movement toward new ways of living/being that are friendlier. This need not require that we live in denial of where we have acted out in unhealthy ways our feelings of self-loathing, separateness and emptiness. Instead, fully facing what we have denied, compassion can be extended.

This is why I believe while ancient masters such as Buddha and Christ were focused upon love they still educated others concerning what was the effect of making an alternative choice, i.e. they discussed evil, Mara, hell, etc. One must also take into account that words and teachings can be misconstrued through being written down, edited and translated. Even my own copy editor in places changed my message through rewording sentences. Sometimes a ‘not’ was added where she felt I was trying to express an opposite contention. What I was suggesting was too radical to her thinking to believe I intended to be that radical.

Even without teachings being misconstrued in these ways, many individuals could perceive certain instruction as full of inborn contradictions. For example, are we the essence of love and created in the image of God, or are we sinful? The answer requires

understanding we live in a multidimensional reality.

I tend to believe we are part of what I have seen termed as a *Luciferian Experiment*, i.e. a false light experiment. It makes sense to me that we have for many lifetimes incarnated into a dream reality where we are unable to see the true light of who we are. We have willingly lost ourselves in darkness and false light. The path seems to be to find a way to awaken to such falseness in order to better perceive the Truth.

In other words, I believe that we live in a dimension where we exist as holiness within unholy living; living that does not necessarily reflect the pure and perfect truth and beauty that we are. Hence, we can reflect both what is good—through aligning with Spirit, and what is evil—through losing our Self through succumbing to various ‘temptations’ of the ‘flesh’. The latter only pertains to the story we tell. As I stated elsewhere, if you look at the word *live* and read it backwards, what does it spell? *Evil*. So, to me, evil merely spells the choice to turn ones back on the One life and the miracle/spirit it contains to favor the worship of what is lifeless, i.e. what is *lived* spelled backwards (the personification of what is anti-life). So, the choice that our masters have ultimately presented to us has always been to choose which version of reality to primarily serve: the real one or the one that only appears real.

## Ascension as an Outcome Versus Ascension as a State of Mind

*There is a great deal of discussion on the planet right now about a process called ‘ascension’ where you rise above your physical forms. As much as you are being called to physically ascend your material reality, you are also being asked to emotionally and intellectually ascend it as well. Start to look at your concepts of materialism, consumerism and ownership. Dear ones, you do not need to struggle so much in an attempt to own, protect, possess and have so much. In truth, most of what you would label as your possessions does not even truly belong to you. Such ownership ideas are*

*based in illusion. Which, if you can begin to shift your focus toward seeing the world in nonpossessive ways, it will open your heart to portals of love in which everything around you becomes filled with the energy of cooperation, connectedness and Truth. –S. Peterson, New World Healing Deck*

I believe that ascension consciousness *is* part of the path toward releasing the need for dreaming and creating a new mantra in life. However, I feel the way society views ascension is riddled with inconsistencies and confusion; which as I explained in chapter 1, this is largely due to our ego and being philosophically split.

Part of our dilemma is that people within the new age community are focused on the topic of ascension without really knowing what it is about. Everyone is saying something different. For this reason, I prefer to simply live my life in the truth I am creating in the present moment.

What do I mean by this?

With ascension, I try not to focus on the outcome of whether or not we will or will not ‘ascend,’ but rather on how to have an ‘ascension consciousness.’ In order to do this, I define for myself what is logical that ascension entails; which, to me it seems logical that it would entail the release of both our preoccupation with flesh and our attachment to forms. This is what ascension is after all, is it not? Whether we enter a new dimension, are taken up into heaven by Jesus, taken into space ships by E.T.’s, enter a non-physical dimension, or stay on earth to create a new world, there is something about the word ‘ascension’ and the consistent thread running through all the ways and manners it is being discussed which suggests that it will involve leaving certain facets of our physical world behind.

Also, when you think about who first taught us ascension, it was individuals like Christ, Buddha and others who taught how to release our attachments and preoccupation with form

In the end, I tend to feel ascension is a process that occurs as we keep separating ourselves—our lotus nature—from what we are not and from attachments. We cannot take our attachments, money, wealth, and other things with us when we ascend. These things have no life-force energy. Why chase after them? Why not make our ascension process one in which we join with Earth’s life-force energy,

in celebration of her innate holiness and our own holiness as a part of the same Creation?

*Then I heard a voice from heaven saying to me, "Write: 'Blessed are the dead who die in the Lord from now on.'" "Yes," says the Spirit, "that they may rest from their labors, and their works follow them." -Revelations 14:13, NKJV*

## Unity Consciousness

Asking my guides if there is any other information on this topic to pass on regarding releasing our need for dreaming and creating a new mantra for life, I hear the word *unity*. Then, what becomes revealed to me is a beautiful vision. In this vision, I am looking up at the stars on a clear night. I am reminded that each star is a sun; each radiates its own light.

Then, I am shown a vision of the Milky Way. I am asked to notice how it almost acts as one light. From a distance, the stars form a beautiful swirl of light. Each star is part of what creates the picture of the Milky Way and the light it radiates.

Then, this vision is related back to humankind with the message that we are each a sun and a star in our own right. Notice how our lives are guided by the workings of the universe, external stars, planets, etc. We love to read about astrology and our horoscopes. In this ancient science and our myths of Gods, we become tied to the planets and heavenly bodies in some way. The stories of our lives, and those of the Gods, take on the personalities of the planets and their interplay.

Journeying in to our bodies and the way they operate, we can even relate this interplay to the functions of our cells, hormones, proteins and other elements; which they seem to be guided by a higher intelligence that goes beyond our consciousness. Also, consider that within us are meridians, chakras, neurotransmitters, synapses, and other miraculous interplays of an intelligent energy cosmos. Even within molecules are atoms that behave a certain way, and within atoms are electrons, protons, neutrons, and a nucleus, all of which are alive with energy and movement. Everything that is infused with life seems to interplay in a way that conveys the mechanisms of a



cohesive, meaningful and quiet intelligence. We are all part of a unified intelligence. We are all part of the same miracle in many different ways, from the deepest levels of our soul to the tangible.

In this way, unity consciousness can be viewed as a process of divine recognition, worship and praise that goes beyond the egoic concerns of the limited self. Understanding unity consciousness helps one to attain miracle consciousness. After all, how can we create miracles in the ways Jesus did if we have lost grasp of the miracle that each of us is and what life is a part of?

*He replied, "Because you have so little faith. I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you." -Matthew 17:20, NIV*

In western society, this miracle gets lost in lifestyles that many of us feel trapped in, and which we feel we cannot change. For some, things seem so hopeless that their only resort is to practice defeatism. However, there are forms of societies that are emerging, seeking ways to live more in alignment with these ideals without necessarily joining or conforming to any religion, cult or sect. Not that religion is right or wrong, but some of us may wish to transcend beyond the definitions and rituals that may be asked of followers. I describe some of these emerging societies in the following section.

## Intentional Communities

For the many out there who do not know what intentional communities are, they are communities that have arisen that allow the individuals within them to live in more alignment with their spiritual and ecological intentions. They are places to live where each member receives or buys a portion of the land, and is expected to cooperate and share in the various responsibilities within the community. In this way, such communities foster attitudes of cooperation and sharing. Many of these communities also aspire toward ecologically friendly living and the use of off-grid power sources (e.g. solar power and wind power).

While many of them currently require that members buy a piece

of the land or make a financial contribution, I believe that in the future these types of communities could become merchantless and operate solely on a system of barter, trade and cooperation.

The other added benefit to intentional communities is that they offer more protection if the economy should collapse or if power grids should fail.

All in all, these types of communities can help many of us to safely let go of certain patterns of living in order to allow our lives to be lived in more freedom and service to Spirit. Intentional communities seem to offer many who find a home within them a middle step between our current lifestyles and the types of lifestyles that can be part of what heals the world.

To find out more, you can visit [www.ic.org](http://www.ic.org).

## Finding a New Mantra for Life

What do I mean when I say we can ‘find a new mantra for life?’ Once we realize how many illusions we have made real, we begin to shake off what was never the truth or a part of us. We shake off all the labels and beliefs we so easily and unconsciously conformed to before. We can then allow any inner void we feel within us to be filled with the truth of who we are. This replacement of what is untruth (that we are what we manifest in the muddy pond) with what is truth (that we are the pure lotus) becomes our new mantra; a mantra which effectively affirms, in both mind and deeds, “I am the pure lotus, not what I create within a muddy pond.”

This new mantra—this choosing a new identity for who we are—when affirmed on a consistent basis, can then help us hold a new vibration while keeping us from falling back into the polluted pond again. In essence, we allow ourselves to more fully understand that the pond in its most pristine state forms the universe and the stars of what we are a part of. We also understand that the thoughts and beliefs that form the mud and slime do not represent the true seed that the lotus originally sprouted from.

It is also important to note, because each of us is gifted with our own free will, we have a choice of what type of mantra we wish to live by and allow to define us. We also have the free will to come to know and to live the truth of who we are in our own timing and way.

As I've stated elsewhere, it is not necessary to force any process. Even *A Course in Miracles* does not wish the shifting of the mind to be forced. I do not think it even advises that the mind can be shifted this way. I am of the same belief. In fact, there are a multitude of exercises in the back of the book of *A Course in Miracles* which readers are instructed to work on *without* the application of mental manipulation or force. Rather, the purpose is to have the mind lightly touch upon certain realizations and affirmations, thus allowing the mind to become gently conditioned to accept them.

Another technique that can help us to let go of force and perfectionism is to learn to view any unconsciousness within the world as a dream in which we can become more lucid. In dreaming, no one is better than or less than. Dreaming is dreaming, until we do not need to dream so much anymore (or take them so seriously). Also, once our egoic striving is disengaged from the neediness within the world, then we may find we no longer need to take as many middle steps. We can be released from any need to dream at all; that is, we will not need to have a life purpose that is focused upon manifestation and storytelling.

As an example from my own life, in 2005 I would have a dream in which a cord with a crystal on the end was spinning around my body (in the same manner as one would use a pendulum to clear blocks or energies<sup>21</sup>). There was an awareness that as the crystal on the cord was rotating around my body, it was sweeping my energy field in a way to clear all consciousness that I ascribed to or had taken on. Thus, as it continued to spin around me, it was purifying me of all beliefs, all labels, all consciousness of the world and all consciousness of my own, as well. In the dream this allowed me a sense of purity and stillness. I still use this as a waking visualization to help me focus on a state of purity that allows me to drop the dream of life and anything external.

In learning to drop our external world (the pond), we may even find we wish to retreat from the world for a time. This may include retreating from taking courses and reading so many books so that the mind is not being continually bombarded by worldly thoughts and consciousness. After all, most of the self-help books and material out there really deal with how to cope with the philosophical split we

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<sup>21</sup> For more information on what I mean by using a pendulum to clearing blocks or energies see <http://www.newspiritservices.com/pendulum.html>

keep maintained (discussed in chapter 1). Not only that, but they seek to teach us how to continue living that way. So, when you are ready to give up such a quest, you will not need certain kinds of books or knowledge anymore.

Though, again, it is not about forcing ourselves out of any state of being, nor about skipping middle steps. In fact, without feeling a need to skip steps, we can then shift between steps. What do I mean by this? I mean that we do not need to be all or nothing. As we shift between steps we can practice the art of observation rather than attachment. We can use the increased awareness that results from this process to deprogram ourselves from various untruths we have been taught to believe.

Mantras, *A Course in Miracles*, worship, devotion, meditation, sounds, music, dance, appreciating nature, drumming, and breath work are all beautiful practices that can assist in the process toward creating a new perception of ourselves and showing us a way in which life can be lived more gracefully. In fact, it may help to begin to see life and nature as the expression of such things, i.e. seeing life as a meditation, a prayer, a poem, music, a dance, etc.

We can only find what works best for us through our own self-examination. What works best for one person may not be another person's cup of tea.

In the end, finding a new mantra is merely about finding a self-definition that needs nothing worldly (of the muddy pond) to support it. This does not mean we are never in the world; it only means that we take time to know ourselves apart from it. It is the practice of the art of innocence, presence, and simplicity.

To help you along this path, if you would like to explore the many lessons in *A Course In Miracles*, the entire course can be found free and online at [www.courseinmiracles.com](http://www.courseinmiracles.com).

## Envisioning the Rainbow Bridge

As part of this chapter, I include a story I wrote titled *The White Buffalo Calf Woman and the Rainbow Bridge*.<sup>22</sup> This story takes us

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<sup>22</sup> The White Buffalo Calf Woman is part of the Lakota tradition. She is associated with the peace pipe and teaching the Lakota people a new way to pray. She would leave the tribe but promise to return again. She said when she

through all of the steps, using them to bring ourselves and Mother Earth into harmony.

*Within my mind's eye, as if in a dream, I saw the White Buffalo Calf Woman approaching me. She knows she needs no introduction. Without a word she takes my left hand within her right palm and begins to lead me toward a beautiful and vast plane. It feels so calm there; a place unaffected by the ways, the means or the hands of men. Upon the horizon, the Lakota Prophetess traced with her finger an arch from right to left, and a huge rainbow in all of its glory and color appeared.*

*Her finger retracing the movements of the arch, the White Buffalo Calf Woman asked me to notice how it starts at the level of the Earth plane. It then rises into the Heavens before descending back down to the Earth plane again. 'So full of hope,' she said. Another word that she spoke was destiny. As she and I looked upon the rainbow together, she spoke, 'This rainbow is your destiny. It is part of who you are, because you are a part of everything.'*

*As she drew me closer to the rainbow, it seemed to tower so awesomely above me. However, the lady calf woman was not awed. She simply knew. She spoke lovingly, 'Notice how a rainbow takes advantage of all of Earth's elements to tell a story. The light of a fiery sun casts itself onto droplets of moisture within the Earth's atmosphere, splitting light into colors which then form a brilliant arch. This arch forms a bridge between Heaven and Earth, connecting all. You may also notice how wherever a rainbow appears, regardless*

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returned there would be a sign: the birth of a white buffalo. See <http://www.crystalinks.com/buffalocalfwoman.html>

*of whether or not a storm passed through, the story of each rainbow is always the same. Each contains all the same colors reflected in the same way.'*

*She continued, 'Your life on Earth, dear child, contains all the colors that life can attest. You, and all upon the Earth, hold all the colors that Pure White Light can possess. Such colors are displayed as split but joined together. Intangible, but clearly visible, such a rainbow reveals its beauty, unmistakably and everywhere.'*

*Within my mind's eye and still as if in a dream, the White Buffalo Calf Woman then led me to the base of the rainbow which became tangible in her presence. As I took a closer look, there were many people from many walks of life standing upon the rainbow at different intervals.*

*'Walk it,' she would ask me, in almost the form of a demand. She knew that I would not resist. She walked with me, hand in hand. As I climbed the rainbow, I saw hands around me everywhere begin to join: men, women and children from every culture, religion, race, or creed that could be imagined. Many natives joined this empowered chain as well.*

*Once gathered at the top of the rainbow, the beautiful White Buffalo Calf Woman in a voice so clear and calm called upon us, 'Dear Children of Great Spirit and of the Earth, look down upon your world below. You have come so far.' She continued, 'For many of you that have reached the top of the rainbow, it is made known to you that it does not matter what color you are, what religion you follow or what manifestations you have made of your life.*

*What matters is you are joined in One purpose: to walk your Earth journey as equals while creating awareness of who you are as children of the Divine One.'*

*As she turned to face us, she asked, 'Look upon the Earth more clearly, dear ones. May you all stand upon this bridge between Heaven and Earth and gain a higher perspective looking down...a higher perspective of all your collective fruits. See the path you paint upon your Loving Earth with all the colors of your conscious and unconscious prayers and energy. Look upon your creations with loving and unbiased awareness. From the top of the rainbow you understand your true perfection. Only from this viewpoint, having risen above form while standing in the truth of who you are, it is possible to look down for how to intend, think, pray and live in new ways, which recognize the Earth as a being who is joined with you on your amazing journey to know One and All.*

*This is how to have your bridge to heaven return itself to Earth again and touch ground. Only through bridging back to Earth from heaven may you learn how in all ways She, your Earth, is capable of representing and acting as a mirror for the purity of your truest form, if you should allow. She is the shadow of who you are. What you do unto her, you do upon yourself, because She and you are One. If you let Her speak to you from this heightened position, She can teach you how to have your collective Earth life represent the vibration of the Pure White Light that all Her rainbows stem from.'*

She continued, 'Look at Nature to see what has been created there. Where do you observe a tree growing healthy fruit, and where can be found polluting weeds that without boundaries threaten what tries to flower all around? Of whatever you observe and without tagging anything as positive or negative, only what is, ask yourself, "What underlying thoughts, desires, beliefs, or seeds has it been sown from?" Do not discount the effect of conventions, everyday habits and lifestyles, for these are seeds in action. Like weeds they may begin to propagate and sow until the original seed is hard to find or to take accountability for.

Pointing toward a part of Earth that had been harmed by the ways of mankind, she spoke, 'Here, located among the weeds may you find the root of collective prayers and thought forms which have sown imbalance and chaos into a world so much seeking to know peace and love.' Pointing toward a part of nature living more vibrantly, she conveyed, 'Located within all that is beautiful, balanced and unpolluted, dwell the seeds of Nature's abundantly healthy and thriving fruits. From these you may learn how to think and pray in more united and fertile ways.' She added, 'You can then break any mental conditioning in which you have falsely learned to mistake those seeds that bear unfriendly and polluting fruits as those seeds that all that is should pursue and adore. We of all that is wish you to understand choice; one in which you may choose to sow and create what benefits the good of all, since all are One, including One with Earth.'

She continued, 'Test all your thoughts for their Truth in Spirit, for they all need to be tested. Test all your wants and prayers for their greater effects, for all



have effects. Test what or who you most follow, believe, serve or buy into, for how come? See how the light and all your colors touch everything and a bigger picture of your world. Know that all of mankind and Mother Earth Herself are joined as One. Within your minds, your hearts and within what you create with your hands, you create it all. Know, however, that whatever you manifest can never affect who you are in Spirit. It can only offer a reflection of how you see yourself through offering a story for you to tell.'

Then, in all of our left hands appeared a paintbrush. In all of our right hands appeared a palette of all the colors of the rainbow. The Lakota prophetess petitioned us once again, 'When you look down upon the Earth below, you may see that in your conjoined efforts you have painted a portrait of the son of man beginning to see himself as Son of Creator, yet still painting a portrait of a Self that is primarily a son of man. Such a son is a son of industry, a son of bondage to all you would conform and falsely rely. You are not a creature of self-destruction and you do have a choice of whether you wish to paint a life that collectively unfolds these ways.'

She continued, 'Dear ones, be mindful of the divisions that you manifest that keep you separated from Peace and from your fellow man. In truth, you are all joined and One in Spirit with the Creator of All That Is.'

Beauty, wisdom and strength radiating from her being, she wanted to inform, 'Make a choice to paint this truth upon the Earth you see. Paint this truth into your experience and reality. For, it is time to use

*what you know of your Self in a more embodied way. Look down from the top of this rainbow upon Nature to ask Her more clearly how. Your material world is alive with mirrors; alive with the portraits you choose to paint, the colors you use and the story each portrait tells.'*

*'Ask yourselves what is going on within you internally that makes you treat yourselves or Earth in ways that makes either polluted or unworthy. Brothers, sisters, mothers, fathers, children and your Mother Earth are ever worthy. However, through mankind's treating life unkindly, he has not seen the colors of what you truly are and what all divinely is.'*

*As she continued talking, she asked those who stood with her to look down upon the Earth in new ways with conjoined foresight and conscious intention. 'Free yourself,' she said, 'For you are here to learn a new freedom regarding whom you are and why you came to Earth. Earth is a story about yourself, first not knowing who you are, and then knowing Truth. You are not a product to buy or sell. You own nothing and are owned by nothing. When you define yourself through who you are within the world you create suffering. When you define yourself through a new prayer you recreate Truth. If you cannot pray for peace in your world, why pray at all?'*

*As I was wondering what the potential would be if no one prayed at all, she seemed to read my mind and had one thing to say, 'You always have a choice of whether you will choose to learn a lesson within a lifetime. Through not choosing, you can never fail.*

*You merely have another opportunity to learn, and a cycle repeats again.'*

*With this last statement, the vision shifted, and White Buffalo Calf Woman showed a glimpse of a potential future. In the vision were many people dressed in white robes, living in shared communities, learning together, at peace with one another and the world.*

*These communities seemed to be ones that respected our Earth Mother, brothers, sisters, elders and children. They did not operate on money but upon sharing and trade. Lifestyles were simpler and gentler. Power was ecologically responsible, and people lovingly shared responsibilities in tending the land. These communities were ones that lived the way of the rainbow bridge, seeking to bridge Earth to Heaven while knowing how to bridge Heaven back to Earth again.*

## In Conclusion

To conclude this chapter and this book, I offer one meditation in the form of a mantra. It is a simple one:

*"I am the lotus, not the muddy pond."*



## GLOSSARY

**Attunement:** In spiritual or healing terms, this is a process of transferring energy, healing ability or knowledge from one person to another. This is achieved through the person giving the attunement sending energy or symbols into the energy field, meridians or chakras of a person being attuned.

**As Without, So Within:** For those who have not heard of this term, it suggests that everything we perceive in our outer world is a mirror for what is within us on some level. For example, if one perceives greed in the outer world, it is because it is a mirror for this same emotion within oneself.

**Automatic Writing:** A form of psychic channeling whereby channeled information is delivered automatically and without conscious thought, and through putting pen to paper while allowing spirit, the unconscious or the superconscious to guide the hands or to determine what is written.

**Chakras:** Energy centers in the body located at certain points. See <http://en.wikipedia.org/wiki/Chakra>

**Clairaudience:** A psychic ability where one receives insight through intuitively *hearing* words, phrases, songs, or message as opposed to seeing images or visions (known as clairvoyance), or simply knowing something (known as claircognizance).

**Codex Alimentarius:** Codex Alimentarius is a collection of internationally recognized standards for foods, herbs, natural remedies, etc. It is regulated by a United Nations Agency and its

sponsors (World Health Organization and Food and Agricultural Organization). It places control over food and natural remedies in the hands of large money-making pharmaceutical companies who get to decide what we can or cannot use according to their standards. It claims to do so in for the protection of the public, but conspiracy theorists see a more ominous agenda. See more at [http://www.healthfreedomusa.org/?page\\_id=155](http://www.healthfreedomusa.org/?page_id=155)

**Discarnate:** Is a ghost or other being which is not incarnated in a physical body.

**Earth Dreaming or Dream of Life:** The experience of viewing our material existence and its action or stories as a form of dream or illusion similar to our dreams at night.

**Earth Empathy:** An ability of being able to feel the energy of Mother Earth and for when earthquakes or other events are happening or will happen. Some individuals with earth empathy feel physically unwell during times where there occurred natural disasters or other events that have caused collective states of panic or distress.

**EFT (Emotional Freedom Technique):** Is a healing modality that involves the employment of ‘tapping’ upon certain meridian or acupressure points on the body in combination with focusing on an emotion or statement in order to induce a healing effect. See <http://www.eftuniverse.com>

**Energy Psychology:** This is a branch of alternative healing that involves muscle testing and performing various movements or exercises to bring about healing. EFT is a branch of energy medicine.

**Energy Overcharge:** A condition of overcharge within the energy field or overactive chakras (specially the upper ones), which makes people feel overcharged, restless, hypervigilant or ungrounded.

**Etheric:** In the non-physical dimension. Our etheric field is seen as an energy field that surrounds us and which can become positively or negatively affected, which in turn can have an affect upon the body or the mind.

**Feng Shui:** A Chinese art of arranging objects within a space in order to improve energy flow. Certain areas of one’s livings space have symbolic significance so that when energy flow is improved or blocked in certain areas (called baguas) it has an ‘as without so within’

type of effect upon the inhabitant.

**Geopathic Stress:** Biological stress that occurs from being sensitive to or affected by geomagnetics such as power lines, electrical equipment, or anything else that emits low or high frequency waves. It may also be implicated in a condition known as ‘sick building syndrome.’ See <http://www.rolfgordon.co.uk/>

**Grounding:** A process of becoming more present within the physical body and connected to Earth. When one is not grounded one may live in the mind and be out of touch with the body or feelings. A good grounding exercise is to focus on the body, to walk barefoot, or anything else that helps one feel more connected to their body or to earth.

**Hypnagogic Hallucination:** These are auditory, visual, tactile or kinetic hallucinations that can occur as an individual moves between sleep and wakefulness, either when falling asleep or waking up. They are often very vivid. See <http://www.wisegeek.org/what-are-hypnagogic-hallucinations.htm>

**Illusion:** When something appears real even though it is not. In new-age philosophy our material reality is generally considered to be illusion, meaning it appears to be real even though it is not.

**Law of Attraction:** A metaphysical concept which theorizes that the events and challenges that manifest within our lives first arise from thoughts, i.e. our thoughts and what energy we vibrate determine what we attract to us by way of experiences, money, and other things.

**Neurological Disorganization (aka Switching):** Involves the nervous systems electrical energy and switching of polarity. A more broader definition is at <http://www.transchi.com/are-you-switched-4/>

**OBE (Out Of Body Experience):** Is a conscious experience of being outside of the body. The spirit or soul detaches from the physical body for a time and can view life or the body from outside of it.

**Off-Grid:** Off-grid refers to taking ones source of power off the main connected energy grid, developing more self-sufficient power choices rather than depending upon power companies. See <http://www.off-grid.net/>.

**Psychic Attack:** A projection of emotional energy onto another person. Usually this is unconscious. However, individuals who are empathically sensitive may feel these energies that are projected onto them as sensations in the body.

**Reiki:** A form of hands on healing which one channels 'chi' or energy through the body and hands into a living thing that is desired to have a healing effect toward. Many modalities require that to be able to channel the healing energy one must receive an 'attunement' from a Reiki Master (someone who has been attuned to three degrees of Reiki).

**Self-undoing:** This is another term for self-sabotage. It occurs when our own actions and behaviors lead to our downfall, breakdown or collapse.

**Sleep Paralysis:** When we sleep at night our body becomes paralyzed so that our body does not carry out the movements we are making in our dreams. When the mind wakes and the body is still paralyzed this is called sleep paralysis. While usually only momentary, this condition occurs due to the movement between stages of sleep and wakefulness and can occur during falling asleep or waking up. With sleep paralysis, there is awareness one has woken up and is awake but there is the inability to move or speak. Sometimes hypnagogic hallucinations can simultaneously occur.

**Totems:** Animals believed to have spiritual significance to the person who carries a specific animal's medicine or 'powers' (i.e. their symbolic qualities, strengths or weaknesses).

**Twentieth Century Disease:** Includes conditions such as Chronic Fatigue Syndrome, Environmental Illness, Sick Building Syndrome, Systemic Candidiasis, Fibromyalgia and other similar conditions have since the latter half of the twentieth century been labeled as 'twentieth century diseases,' due to how they have arisen due to increased exposure to manufacturing, synthetics, chemicals, pollution, additives, preservatives, pesticides, vaccines, antibiotics and other exposures that began in the twentieth century.

**Twin Flame:** While I do not carry the same belief, some individuals consider twin flames to be two parts of the same soul. Therefore, there is a very strong feeling of desire and love between two twin flames when they incarnate to pursue a relationship.



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