



The Evolutionary's Journal

By Sue Bryan, M.A.

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About the Author

Sue Bryan is a healer, a teacher and a guide to those on the inward journey towards Self-realization. She is in private practice as an Inward-Journey Coach, a Reiki practitioner and as lecturer and teacher on many topics related to the principles of heart-centered living and the practices of Self-realization. She is the author of *Being Truly Happy: Seven Secrets of Truly Happy People* (www.beingtrulyhappy.com).

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If you are seeking support on your Evolutionary journey, please contact Sue at www.beingtrulyhappy.com

We Are on a Sacred Journey!

If you are feeling called and pulled toward a greater you. If you are sensing that you have a contribution to make to the world. If you are feeling the gravitational pull of a greater plan that is unfolding you – like me – are an Evolutionary.

As Evolutionaries we are drawn into an inward journey towards our Self-realization. We feel our creative passions driving us. We envision a world of peace and collaboration. We catch glimpses of our own magnificence and of the possible human. We can feel the power of the creative universe in our very bones and tissues.

And sometimes we feel lost and alone. Or we doubt that we can do what we seem to be called to do. Or, when we look around at the world as we have known it up to now, we sometimes lose heart, or fall into imagining that we are silly, idealistic dreamers, that we really should get our feet back on the ground and accomplish something *real*!

Becoming an Evolutionary is a process. Like an infant gestating in the womb, we are growing and developing the skills and tools we will need when we emerge into the light of the new world.

Because we are Evolutionaries, we are aware of some of this developmental work we are doing. But much of it happens in the etheric or energetic or spiritual world and is not so readily apparent to our bodily senses or our mind-based ways of knowing.

Our gestation period, like the gestation of a baby during pregnancy is a sacred time. As in pregnancy, it is valuable to be mindful of the process as it unfolds. It is important to surround the emerging being with love and nurturing.

The exercises in this journal grew out of work I have done over several decades with pregnant women and couples, children of all ages and parents striving to bring deep mindfulness and consciousness to their lives – and to fully self-realize into their innate magnificence.

The journey of becoming an Evolutionary can be understood through the analogy of the journey through mammalian pregnancy. First the being is conceived and the Universe rejoices at the new creative expression of itself. The energy surrounding the conception is important in the overall development of the being. The Evolutionary is conceived, usually first as a longing or dissatisfaction. Yet, just like with a human being, the energy that enfolds those first few seconds of emergence is important. The more consciousness we can bring to the process the more faithful we can be to the creative impulse that drives us into

evolution. The Exercises in this ebook will allow us to bring a deep level of consciousness to the story of our own conception as Evolutionaries.

Then, in a period of rapid development, the first trimester, a human being learns to connect to a body, to life on this planet and to master all the automatic processes of survival. The fetus subconsciously learns about the rules of Earth, the background stories that inform its life here. The Evolutionary also needs to learn to anchor co-creativity, intense joy and peacefulness into a body. We also need to develop new stories that support our vision and the limitless possibilities that are emerging before us.

The period that follows – the second trimester of gestation – brings more awareness to the interactive quality of life. The fetus begins to learn about the types of interconnections that are typical of life on Earth – how people relate to one another, how people think and what they know about the world and each other. The evolutionary develops new ways of interacting based in the Essence Self and following the rules of the etheric rather than being limited by the rules of the physical.

In the third trimester, preparations are made for life outside the womb. In the human fetus, the brain engages in phenomenal growth during this period. For the Evolutionary, we develop our sense of purpose, our energetic (spiritual) wisdom and our intuitive knowing.

Labor and birth are a time of intense sensation and concentrated power. These levels of energy expenditure seem fearful unless we understand what is happening. For the Evolutionary, it becomes essential to understand the process of grounding or birthing into a new life and the necessary attitudes that support the manifestation of new creations. We learn about Presence, Initiation and Transition.

Once the baby is born, a whole new journey begins for the whole family. As Evolutionaries, our role becomes even more important after the birth. We need to be confident and connected to *living* the principles that have guided us through the gestation process. We need to stand in our beauty and power and shine the Light of harmony and joy so that others can see when they are confused.

This book is an exploration of the gestation of an Evolutionary. Each section has a set of exercises designed to help Evolutionaries, like you and me, develop the necessary skills and attitudes to make the mark we feel called to make in our world. This is intended to be a deeply healing process. It is not intended to replace any medical or psychological counseling that you may be engaged in. Please let your practitioner know that you are doing this work, so he or she can support you in getting the most benefit from it.

If you are seeking support on your Evolutionary journey, please contact Sue at
www.beingtrulyhappy.com

I am so grateful for your interest and participation in becoming an Evolutionary Human. Your commitment to developing your deep inner wisdom is making all the difference in a tumultuous world. Enjoy the journey and please let me know how it goes for you. Sue@beingtrulyhappy.com

To get the most from your experience with this book, first look over the Appendix at the end which will give you some ideas about how to work with any limiting thoughts or emotions that may come up for you as you read and do the exercises.

Next, go through the book chapter by chapter, slowly, and spend plenty of time with each of the exercises. If you are the type who likes to speed through things or the type who loves to know where you are going before you embark on a journey, go ahead and zip through the whole book quickly first, **then** go back and go through it slowly, giving each of the exercises all of your attention. Some of the exercises can be completed in one sitting; others ask you to pay attention over several days. Take your time! There is an opportunity here for tremendous healing and growth that will benefit you in all areas of your life.

You will need a journal for many of the exercises, so take the time right now to set up a journal for your writing. You may want to write with a pen on paper. If so, it's often fun and useful to have some cool pens or markers to write with. If that appeals to you, gather your pens etc. before you begin working with the book. Or you may want to create a file on your computer and create a new text document for each exercise. For many of the exercises it is important to have your journal right near you so you can jot down notes without breaking your concentration. If you are going through the book with a partner, each of you should have your own journal so that you can feel totally free to express your thoughts and feelings without censoring them.

Set a strong intention to enjoy the journey. Your intention is important.

In the Beginning...

Conception

Before our world was born, before the stars were formed, before Light and Darkness emerged from each other – there was an idea. This idea birthed itself and started a cosmic ripple of effects which we now know as the Universe expanding and unfolding, as the evolution of life in all its glorious forms, and as daily life on our planet.

Conception, whether it is the beginning of a thought, or of a career, or the sacred meeting of gametes in any species of life as we know it, is a wondrous continuation of the overall cosmic life cycle. The conception of any form holds its own special place in the great unfoldment of the Universe.

It is easy to think that many – maybe even the majority – of conceptions are casual, unmindful, and even “accidental.” But from a Universal perspective, this is simply not true. Every new beginning is a unique advancement of the original creative idea. Deep in our hearts we know this truth. It is this truth that causes us to catch our breath at the thought of a mother carrying new life inside her body. It is knowledge of this cosmic connection that brings the involuntary smile to our faces when we see babies of any kind. It is knowledge of this truth that sends shivers down our spines when we encounter authentic excitement about a new idea. We are sensing the Universe, and the promise implied by Life renewing itself in the face of all seeming difficulties.

If we can bring a bit of mindfulness to the moment of conception we can participate in the joyful expression of creation and begin any journey in a state of wonder and reverence. The fabled Don Juan, whose teachings were popularized by Carlos Casteneda, taught that the energy and mood present at the moment of conception is a major influence in determining how a life is lived and experienced.

At some point in your journey, you became an Evolutionary. You may remember this moment, but it is likely that it crept into your awareness more gradually. In these exercises, we will be looking at our actual physical conception story and at the story of our conception as an Evolutionary. We will also look at the process of being mindful at the conception of an idea.

Don't despair if you believe that you have not been mindful at the various conceptions in your life. The exercises in this section are designed to help us add wonder to these sacred moments, no matter what "reality" existed at the time.

Exercise 1: Discovering Your Deepest Attitudes

The Universe rejoices at each new beginning. Whether we are talking about a new life form or a new idea or a new project or a new way of thinking, each is a cause for celebration. Because most of us have limited self-awareness, we often don't have any conscious knowledge or recollection of the conception of the new things in our lives; that special moment gets drowned out by the noise and bustle of the world.

Yet it can be valuable to understand our deepest attitudes towards the beginnings of our lives. Do we generally create a nurturing mental and emotional attitude toward newness – a rich garden bed for the seeds of our creations? Or do we hold some resistance and fear, mistrusting the process of germination in our hearts, minds or bodies.

To get in touch with the environment we provide for newness, try this exercise.

You will need about a half an hour of uninterrupted time. Read through the instructions first, and then find a place where you can be quiet and can relax your body.

You will need your journal and your computer or other internet access device.

Find a video of human conception on YouTube or other site. It is best to watch with any sound turned off.

Watch the video and pay attention to what happens in your body and in your psyche as you watch. You are, in effect watching your own beginning in this life. Do you experience any squeamishness? Any emotion? Any memories pop into mind? How about your body? Do you notice any sensations or tension at all?

This is not a time to *analyze* any thoughts or feelings that come up, just to *notice* them and jot them down in your journal. Don't be put off by sensations or feelings that you may think of as "negative." They are not negative; they are just information. Such sensations simply tell you where you hold the body memories and mental associations of being conceived.

If you notice any physical, mental or emotional tension in

Here's a good video to start with.

http://www.youtube.com/watch?v=vXNaTRs83hE&feature=results_main&playnext=1&list=PL750DCFDD0F5C97A

this process, and it would feel good to do so, try watching again and using your breath to stay calm as you watch. Commit to staying in a state of physical relaxation, mental quiet and emotional calm as you watch from beginning to end.

If you can, and it seems wise to you, imagine releasing or exhaling any sensations of tension or stress on the waves of your breath. Inhale and feel. Exhale and release. Do this until you can feel more neutral as you observe the sacred beginning of physical life.

Now watch again and try to get in touch with the miracle that you are seeing before your eyes. This very event has occurred billions of times, each time unique. Our bodies have figured out how to mix our genetic materials with others to create new combinations that keep the species going. And we've done it in a way that is efficient and sustainable. Only ONE sperm is permitted through the membrane of the ova. And then the cell nuclei know exactly what to do to make this cell viable and to expand it into a new and unique life!

Write in your journal about conception and creation, about the mystery and the magic.

Exercise 2: Telling the Story of Your Own Conception

(If there was trauma, such as rape, connected with your own beginnings, please be sure to get the support of a qualified practitioner to complete this exercise.)

Use your journal to tell the story of your own conception. Consider the following questions and others that will come to your mind as you write. Who were your parents? What kind of people were they back then? What did they care about? What did they enjoy? What was their life like? What was their relationship to their own parents?

What stories have you heard about your conception? Were you an “accident,” or planned? Did your mom or parents know right away or were you emerging without their awareness?

What was your first impression of life on this planet? What do you imagine the inner environment of your mother’s womb was? How was her physical health? What was her emotional state? What beliefs do you imagine she held about her body, pregnancy, children?

This is not so much an exercise in remembering, as it is an exercise in imagining. You do not have to be accurate in all the facts for this exercise. The thoughts and descriptions that come forward do not even have to be linear or reasonable or sensible. They are symbolic recordings of events that happened before you had words to record them.

So, for example, if you have the overall impression as you imagine your beginnings, that your mother was absolutely joyful about your existence, even though you *are sure* that her life conditions were desperate, go with your impression, your inner knowing. That joy that you now feel has been there all along, humming in her cells and in yours regardless of the story that she and you tell in words about her life at this time. These are the undercurrents that have been invisibly operating and directing your life.

Try to tell the story without judgment. Simply let your imagination run and treat whatever images or ideas that come forward as information. If feelings come up, observe them and let them flow if you can. Get support from a friend or therapist or practitioner if the feelings seem to big or challenging to handle on your own.

Now rest and breathe. Take care of yourself however it occurs to you to do so right now. Take a walk or a shower. Lie down for a while or call a good friend.

Bringing awareness to this moment in time has a healing effect. Give the healing a chance to take hold. Put your writing aside and put it out of your mind for a day or even several days.

Exercise 3: Re-Writing Your Story

No matter what the stories are that surround your conception, Life itself was in a state of eternal joy at this new expression of itself – You!

If you believe that your parents were aware of your existence at this point and were ecstatic about your appearance in their lives, it is simple for you, yourself to get into that sense of celebration and enthusiasm relating to the beginnings of your life.

For many of us, however, our conceptions were not encircled in waves of celebration and joy in the minds of our parents and the other adults in our lives. So we have to go deeper to find that healing sense of joy.

For this exercise, again, use your imagination and journal about your discoveries.

In a time and space where you can be undisturbed for about a half hour, find a comfortable seated position. You can even lie down if you are pretty sure you won't fall asleep.

Read through the following instructions at least once before you begin. You may want to read the instructions out loud and record them so you can fully relax as you play them back.

Begin by relaxing your body. Start at the feet and progressively relax the different parts of the body up to the neck and head. Relax your very eyelids. Keep your eyes gently closed.

Pay attention to your breath. Don't try to change it, just pay attention to YOUR natural breathing rhythm. Imagine your breath to be like the waves on the ocean. Inhale as the water recedes and gathers. Exhale as the wave curls forward and reach towards the shore.

Notice that your breath is like the rhythms of the ocean. Some breaths are deeper, some shallower, just like some waves are bigger, some smaller. You may discover a regularity in these natural variations, or maybe not. Either way, just observe and enjoy the gentle movements of your body that flow from the breath.

*Imagine you **are** a calm sea, a massive body of gentle flowing rhythms.*

Now imagine you are that force of the Universe from where that rhythm originates. Feel your breath expanding and contracting in your body and expressing itself in the ebbs and flows of the sea.

Imagine going back in time, as if tracing a memory, to a time just before your body was conceived in the body of your mother. Be at one with that original creative life force. This force is always seeking expression. Feel yourself gently

observing, looking for a path to further express yourself. Your senses scan the horizon for an opening, an opportunity.

There! There is an opportune moment. Those all-important meiotic cells are ready to join forces in the physical world. Maybe you already knew that this would happen; it was part of a plan that you participated in creating, or maybe this moment is a spontaneous joyful opportunity. Either way, the joy you feel is sublime. You glide towards that opening and infuse that moment of physical creation with your exuberance and enthusiasm.

Imagine that newly formed complete cell enveloped in the Light of the joy of creation you feel in your heart. Feel the Light pouring into the inner environment of the cell, bathing the strands of DNA, the genes, the other tiny structures of the cell, the protoplasm that fills its interior and the membrane that defines its boundaries. Feel the Light pulsing with the life rhythm of the cell. And feel the cell receiving the Light and the surrounding joy.

Now allow this sense of joy, of Light to expand outward into the environment of the fallopian tube, where conception has taken place. Beam. Illuminate that dark interior. Create peace all around you.

Know that no matter what circumstances seem to exist outside of you and outside the body of your mother, this tiny spark of Light is real and is shining and is contributing to the healing of those circumstances, for this is truly who we all are at our core.

Hold the image of this spark of Light for a few moments. Gradually, then, become aware of your breathing once again. Allow your awareness to come fully back into your body, into the room in which you are sitting. Gently move your fingers and toes.

Use your journal to record your experience of being a cosmic healing Light that found expression in the zygote that your mother and father created.

Know that even if there was violence, fear or other darkness surrounding your conception in the physical world, *you are not of that!* You are a healing and uplifting force in the center of such circumstances. If your parents did not conceive you in Love, that is their affair, not yours! You came only from the Love of the Universe's urge to express itself and as such you can only be touched by others' drama to the extent that you decide to receive it. Place your attention firmly upon the Light and Love that is your true Source. And love your parents, in that moment as an emanation of the love – no matter what circumstances they had created for themselves in their stories.

Exercise 4: An Evolutionary Is Conceived

Do you remember the moment you knew that you had a great work to do?

If you do, take this opportunity to write the story in your journal. Pay close attention to the physical sensations and emotions that arise as you write. If there is any resistance in your consciousness to being an Evolutionary, it may show up as tension or distress as you tell your story. Make note of any resistance. Then go back as we did above and re-tell your story in the context of the Joy that the Universe experienced at your awakening.

If you cannot remember an awakening moment, write in your journal about the steps of which you are aware that have led you here and now. Sometimes these life events seem painful at the time that they occur. Usually, no matter how distressing, with a bit of distance we can find the lessons, the learnings, the benefits of any situation or condition.

Make an effort to re-write painful parts of your story in the context of the Joy of the Universe becoming. It is a strong human habit to want to hang on to the painful parts of our stories. We derive some of our identity from the suffering we have endured and triumphed over. This part of our identity, however, is ego-based and can seriously interfere with our new Identity as an Evolutionary. Be aware as you write your story of attachments you feel to any part of it. Acknowledge yourself **fully** for the distress you have experienced – and then let it go. Release it into the ether. Allow a sense of peace and release to take its place.

Keep working at it. Sometimes the habit of identifying with our distress and struggle hangs on tenaciously. Take what time you need and come back to this exercise as often as it takes to allow the sense of Joy to take hold.

Exercise 5: For Any New Beginning

Any new beginning is a sacred event. Like many people in this exciting time, you most likely have something inside you that is trying to birth itself. It may be a new career, or a creative project. It may be a new way of connecting with other people, or a new way to think about a social problem.

It is an amazing honor to be a part of this cosmic enactment, this universal process of creation. Whether you believe that God “chose” you for this, or you believe that it is more random (though no less miraculous) you are the one who has been entrusted to nurture and support your idea into manifestation. You know that this is so because you are the one to whom the idea occurred.

What sort of environment are you providing for this vital new creation? Are you holding an attitude of reverence and gratitude each day? Are you allowing this creation to take up time and space in your thought process? In other words, are you giving it the attention it needs to thrive – just as if it were a baby growing in her mother’s womb?

If this new beginning were a child, what story of conception would you like this “child” to carry inside? Your Spirit automatically responded to the presence of this stranger with love, with open arms and open heart. How did you mind receive this new inspiration? What about your emotional experience?

Enter into a gentle meditative state and see if you can remember what it was like for you to conceive of this new adventure. Did you feel a sense of destiny? Or perhaps a beautiful serenity as the thoughts coalesced in your consciousness? Or maybe you felt a new awareness of your responsibility or an eagerness to get the creative process going.

If you cannot actually remember, create a beautiful story of the events as you know in your intellect they occurred. Write this story in your journal as a letter to your “child.”

Look, as you write, for any indication of resistance, fear, judgment or anxiety in your thoughts, emotions and/or body. Are you harboring beliefs about yourself, about other people in your life or about God/the Universe that inhibit the flow of Love to your own body or to your brainchild?

If you discover any resistance, use the emotional and belief processing tools in Appendix 1 to help you release your judgments and any emotional charge you have been holding.

Tell your story of Love to your creation like a bedtime story. Read your letter out loud often. Love your creation into being, just as you would a child.

Begin like any letter: Dear New Career, Dear New Way of Connecting with Others....

Have fun with this!

Exercise 6: Nurturing Your Creative Spirit

For many of us the creative process is tender. Our world is not always gentle with our childlike creativity and we learn to control it and judge it. As Evolutionaries some of our ideas may seem outlandish as related to the traditionally minded world. We, therefore, need to be proactive in creating a nurturing space for our creativity.

Our creative spirit responds to the energetic messages that surround it. What messages are you allowing in? What is your inner dialog like? What subconscious thoughts and beliefs inform your attitudes about yourself, your worthiness and your capabilities? What is your attitude as you consider the song of your soul that is trying to manifest as your creative project?

As you develop the habit of thinking about your subconscious communication with yourself – and the exercises in this journal will certainly help you develop the habit – you will begin to notice a gradual uplifting in the quality of the thoughts you think and the thought messages you direct towards yourself.

Now use your imagination. What if you were an emerging idea? What if you were a tender creative spirit striving to emerge? What messages would you love to receive from your world? How would you like to be tended, cared for, considered?

Of course, it would be supportive if the physical body were healthy, if oxygen and nutrients flowed continuously, if your body-host were well rested and unstressed.

What else would you love to experience? Perhaps a constant flow of welcoming thoughts and words? A sense of curiosity and wonder? Pure, undivided attention? Acceptance of whatever you need, whoever you need to be?

Journal about this ideal emotional, spiritual and energetic environment. Draw a picture of your ideal scene if you like. It is useful to keep these ideals in the forefront of our minds as much as possible

Also think of what you would like NOT to experience. For example, another person's grand expectations can make us feel uncomfortable. It is also uncomfortable to feel like someone is hoping we will solve all their problems for them. We don't like to feel like a burden. Nor do we like being surrounded by anxiety and fear – especially when we can't do anything about it. And it's not much fun to be surrounded by denial or desperate attempts to control us,

Be gentle with yourself as you explore this. We are all human and we each experience the entire spectrum of human emotions, from fear, to depression, to confidence and joy. If we pretend that we don't feel some of the heavier feelings, or if we apply pressure on ourselves to by-pass experiences that we judge to be "negative," we close off any opportunity to make

actual changes. The point of exploring what would NOT work for us is to help us more distinctly define what WOULD work best. The point of this exercise is to bring awareness to the underlying hum of the energetic environment that surrounds tender inner creator – not to criticize ourselves or others.

Be where you are. Experience what you actually experience. And set the intention to create whatever inner energetic environment you think is best for you and your emergence. Then notice all the beautiful moments in which you are actually there. Make note of these times in your journal Celebrate with each time you feel close to your ideal.

Exercise 7: If You're Having Difficulty Conceiving

The inner call to be an Evolutionary doesn't always come with clear directions. We may find ourselves longing to be part of the solution, to make a difference, but have little idea of what we are supposed to actually *do*.

This is often because we are being called to move into a level of consciousness that is incomprehensible from the point of view of the ego-centered world in which we were raised. We *feel* it, but have no words. Or we dream it, but when we try to act the actions don't seem to have the same luster and glow as our dreams. Or our fear kicks in, or a dragging sense of not being up to the task.

A helpful technique is to develop the habit of checking in with your sense of overall life purpose several times a day – even every hour. Are you a teacher, a healer, a builder, a musician, a way-shower, a connector, systems developer, a mechanic, a beautifier? Life purpose or *entelechy* is different from our career or personal goals. It is a rhythm that hums through everything we do. It is not dependent upon any set of activities or even outcomes. For example, a healer heals no matter where (s)he finds him or herself – at the coffee shop, in a cubicle, at the beach, or digging a sewer ditch.

To check in with your entelechy, simply stop what you are doing and take a breath. Now place your hands over your lower belly and mentally, or out loud, state what you know about your life purpose. Allow another breath, and go about your business.

Do this every hour if you can. You will soon find your life beginning to circulate more firmly around your entelechy. You will feel less scattered, more grounded and much more able to achieve your purpose.

But what if you don't know what your entelechy is?

This is a common experience of Evolutionaries because we are not accustomed to thinking about the world from an entelechy point of view. But even if you feel totally lost, you do have *some* information about your purpose. You know, for example, that you prefer some activities to others. There are some activities that you don't even think about because they are not aligned with your purpose.

Begin to gather evidence! It's very helpful to keep a scrapbook of your entelechy. Gather things that move you, make you smile, fill you with joy. Your purpose lies in the direction of your joy, what Barbara Marx Hubbard refers to as your vocational arousal.

Include written descriptions of occurrences, poems, found objects, your own artwork, mementos of joyful activities, anything you find beautiful – no matter what your inner judge says!

Spend time with your scrapbook several times a week. Feel the sense of purpose growing inside your consciousness. Intend for the light to turn on! Commit to doing more of what brings you joy.

Imagine yourself as joyfully purposeful. The reticular activating formation in the reptilian brain does not know the difference between things our personalities consider as “real” and those we consider to be “fantasy.” We can make use of this wonderful quality of the brain and nervous system to create a new reality inside ourselves. Keep this activity light and playful. If any distress creeps in, stop and use the techniques in Appendix 1 to work through and release it.

Then create a new inner scenario! Assume that your entelechy is crystal clear to you at least somewhere in your consciousness. Tell yourself each and every day how powerful you are, how wise you are, how competent and free you are. Visualize yourself as powerful, creative and able to manifest anything you want. Relax and know that your Spirit knows how to do this.

Learning to Live

The First Trimester

As we move through the initial developmental stages as Evolutionaries, like the first trimester of a pregnancy, we are establishing the underlying beliefs and attitudes that will influence our behaviors throughout life. As infants, gestating in the womb, we created our world view based upon the thoughts, attitudes and beliefs with which we were surrounded in that womb, and our previous, if any, experience with life on this planet. To a large extent, we are completely unaware of these tapes that run continuously in our minds.

But we are changing the world! And it is time to be more conscious of what we are creating.

A significant area of unconsciousness, for most people, is the perceptions we hold about our own bodies. We, so long ago, became accustomed to believing ourselves to be pretty, or fat, or athletic, or lazy, or whatever – that the thoughts operate with impunity, creating our experience in their image.

If we can become more conscious of the underlying stories we tell ourselves about our bodies, we can awaken ourselves from the hypnotism of any of our underlying attitudes and begin to consciously create life more in keeping with the next phase of our human evolution. So let's start there.

Exercise 8: You and Your Body

Set aside some time, maybe a half hour to an hour to think about your relationship with your own body. You can jot answers to the following prompts in your journal. Use the prompts to help stimulate thoughts and feelings, then let your mind wander wherever it wants related to your physical form. Pay attention to what you tend to think and feel about your body when you are not consciously trying to think about it. Again, we're trying to uncover the underlying hum, the attitudes you hold below your normal level of awareness.

- What are your best features?
- How is your health?
- What about your body would you improve if you could?
- What was the most fun you ever had with your body?

- What have others in your life said about your body?
- What is your general attitude about your body? Go look in a mirror, naked if you can, and notice what feelings and thoughts come up in your awareness.
- What kinds of activities does your body like to do best?
- How physically comfortable are you generally?
- What do you remember about your mother's body and her relationship with it?
- How does your body tell you what it needs? Do you listen?
- Can you feel all the different parts of your body, or are there some areas that you have to concentrate on to be able to feel?
- How comfortable are you with your bodily processes, sexual activity, elimination, digestion, etc.?
- Do you feel fully grounded in your body?
- If there is a body part or condition that you are not happy with, what happens if you try to send loving energy to that part or condition?

Take a break and come back to your responses a little later. Continue to add to your responses throughout the next few weeks, even months. Continue to clear any issues that arise with the tools in Appendix 1.

As you review your journal entries about your body, see if you can determine the overall attitude you hold about your body in particular and about bodies in general.

Now, imagine a person with a perfect relationship with their body – whatever that means to you. Draw or write about this ideal scene. What is the supportive and loving relationship to the physical body that you would desire for a newborn child? What is the attitude towards the physical that you would want to cultivate as you emerge into the New Human?

Our unspoken and underlying beliefs and attitudes are creating our relationship to others and to our Earth. Very few of us have an uncomplicated, loving and supportive attitude about our bodies. When we put ourselves down, roll our eyes at our imagined faults, internally punish ourselves for our perceived imperfections, hate our thighs or feel victimized by body parts that don't work, perfectly, we are teaching the fetus growing inside to act and feel the same.

The intention here, is not to instill fear or guilt. Remember, almost no one has an ideal relationship with the physical form. Almost everyone is embarrassed, ashamed or repulsed by some aspect or another of their body.

What we can do, however is to assertively pursue new, more loving attitudes. We are learning to relate to physical form in a whole new way, and though it may be difficult to reach perfection, we can also support ourselves in developing a gentle approach to ourselves when we fall short of our ideal.

If you are seeking support on your Evolutionary journey, please contact Sue at
www.beingtrulyhappy.com

It is a very powerful spiritual stance to be OK with what is. And when we can't, it is an even more powerful stance to be OK with not being OK.

Here are some ideas to help us improve our relationship with the body;

1. Repeat a loving affirmation daily in front of the mirror. You can use a general statement like, "I love my body unconditionally." Or you can be very specific, "I am grateful and delighted that my strong legs walk me all around every day." Whatever affirmation you use, be sure you feel enthusiastic about it and totally believe it. Focus on feelings of gratitude and appreciation in your affirmations. Change affirmations every week or so.
2. Spend a half hour daily devoted to appreciation of your body. You can take a luxurious bath or dry brush your skin. You can use a mirror or just lie on the bed. Appreciate every organ system in your body, one by one. Send love to your colon! Appreciate your spleen! Get into the fun of it. If you have an anatomy book around use the pictures to help you visualize perfectly humming machinery throughout your body.
3. Each evening make a few notes in your journal about things your body did well during the day. Did you catch that cup that almost fell on the kitchen floor? Quick reaction time! Did you provide a needed embrace for someone you love? Comfort with touching!
4. Tell your inner child how you hope he or she feels about being here on earth with a physical body. Tell him about his internal organs that are functioning. Tell her about the joy of moving muscles and bones against the force of gravity. Talk about how it is feeling to digest your meal, how it feels to be tired and ready to go to sleep. As you communicate with your inner child, you are re-scripting the tapes that have run in your mind and formed your underlying attitudes about both the body and your place here on earth.

Any steps you take towards an unconditionally loving attitude towards your own body will translate into positive attitudes and the creation of peace on Earth.

Exercise 9: Developing Intuition

To succeed as evolutionaries, we need to develop our inner knowing or intuition. Though intuitive guidance is flowing through us all the time, we mostly shut it out or discount it because throughout life we are taught that intelligence, knowledge and wisdom look and feel a certain way – the way we learned to succeed in school or church. But intuition often feels different; it comes as a body sensation or a random memory or a snippet of song that we can't get out of our heads.

To be intuitive means to be profoundly self-aware and honest.

We need to develop our self-awareness on all levels: social, physical, emotional, mental and spiritual or energetic.

An important part of developing self-awareness is to clear the clutter from our consciousness, the emotional charges, defenses, and limiting beliefs that we are holding that no longer serve us. Most people who are interested in understanding their greater role as Evolutionaries have already been engaged in the personal growth process for some time. This clearing is an ongoing process that is beyond the scope of this journal though there are some processes in Appendix 1, which can be helpful.

As we clear, we become more attuned to the subtle messages of the intuition. Still, being really tuned in takes practice.

We will practice in this exercise. Begin by reading through the whole process so you know where we are going. Grab your journal and keep it nearby. Turn off the phone and let's get going.

Choose a question that you have, a problem or an issue that you would like to resolve. Write about this issue in your journal. Make notes about the options that you perceive. Write about your feelings and thoughts on all sides of the issue. This doesn't have to be a huge document; simply jot down notes to bring all aspects of the situation into the front of your mind.

Start by relaxing your body as deeply and fully as you can without falling asleep. When your body relaxes, your brain activity slows down. With deep relaxation your brainwaves will slow to the alpha state or even slower. Alpha is what we normally associate with the dreaming state and it is the brain activity level, which allows access to the subconscious mind.

There are a number of resources available to support the clearing process, including the coaching and learning opportunities that I offer in my business, Inward Journey. (www.inward-journey.com)

You can tell your brainwaves have slowed to alpha when you begin to drift off. Your mind will begin to wander into the non-linear territory of the dream world. You may experience a peculiar startle effect as your body shifts down into a more relaxed state. You may feel as if your hands and feet don't really belong to your body.

It takes practice to be able to readily drift into an alpha state. And it takes practice and strong intention to remember what you wanted to do when you get there!

In this case, your intention is to get in touch with your inner wisdom related to the situation you chose. The idea is to empty your mind and simply receive information from the part of your consciousness that is usually eclipsed by the regular thinking going on in your head.

Now bring your issue to mind. (Sneak a peek at your journal if you are so relaxed that you can't remember what question you meant to ask.) If you are a visual type, you might want to see the question as an object or symbol floating in the space in front of you. If you are auditory, you may hear the question being spoken or sung. If you are kinesthetic you may feel the issue somewhere in your body. Whatever comes to you is perfect. Go with it.

Look at the problem from all sides. Ask clarifying questions if any come to mind. Ask for wise guidance about what to do.

Pay close attention to *anything* that comes to you – anything – a pain in your foot, a memory from your childhood, a song lyric or melody, any emotion that comes up, a word or phrase that echoes in your mind, an urge to go to a certain place or to move your body in a certain way. This is where the self-awareness comes in. Do not underestimate the habit we have of ignoring most of what our bodies and psyches are trying to say to us. This filtering of information is a very important process that helps us avoid being overwhelmed by our environment; it also limits our ability to tap into wisdom. So, for this exercise, we are trying to make the filtering habit a little less automatic.

Keep your journal nearby and jot notes or sketches of the random thoughts/images that you receive. Don't worry about it making sense. Instead concentrate on noticing everything.

The first time you try this you may wonder if the information you get is wise guidance or merely your own preconceived ideas, fears, dreams, hopes, and anxieties. This is because we are accustomed to a severely limited experience of understanding. We ask questions but significant portions of us don't care about the answers we receive. We usually already think we know the answers – at least at the ego level. With practice, you will begin to know what the wise guidance feels like. The communication is more likely to come to you as a holistic experience than as words or even pictures.

Keep in mind, as well, that your intuition has its own perspective on the world, so your inner wisdom may not understand your question the way you are asking it. This is another reason why the information you get may seem random or scrambled. Try to just let it flow and only later let your adult mind interpret that experience in light of what you understand about the

world. Again, I reiterate, pay very close attention to whatever comes up to your conscious awareness doing this exercise.

Once you think you have some information, now pay attention to your own reactions to it. Do you think you got the answer, “Yes, do it!” but then felt a disappointment or excitement of your own arise somewhere inside? Did you sense, “No!” but then began worrying about someone else’s reactions?

If you practice this every day, and do the inner work to clear your own stuff, you will begin to connect with your intuition as a matter of course every day. You will begin to subconsciously depend upon your inner knowing to guide you through all of life.

Be aware that often intuitive knowing of this type grows subtly and silently inside us rather than being suddenly downloaded. One day we just feel as if we know – without being able to track how the information got to us. You may find that over a period of days or weeks you gradually discover that you are leaning more and more in one direction than the other. Or you may find yourself drawn to places, people or things that are support one choice or the other. Pay attention to these subtle indicators and see if you can develop enough clarity on the subject to feel confidence in your intuition.

Exercise 10: The Rules of this Place

What are the rules of the new world?

Each one of us brings a lifetime of experiences to this very moment. Our lives have taught us the basic rules of engagement with Life itself. For the most part, this has been an unconscious process. The following ideas are intended to help you uncover and examine some of the attitudes that have shaped your response to Life. With this slightly more elevated perspective, it will be possible to make conscious, pro-active choices about what beliefs and attitudes we want to hold to support our creation of a new, more evolved society.

As fetuses, infants and ultimately, children, we picked up the attitudes and beliefs of those around us. Each one of us carries, inside, a comprehensive description of the world and of our relationship to it. In previous exercises we have examined parts of that description. Here we are looking at the deep-seated beliefs we hold about Life itself: our right to be here, our specific place in the social structure and how we can preserve and perpetuate life.

To begin, let's look at some of the more common stories that are told about Life in various tribes around the world.

What did your tribe teach you about the amazing miracle of Life? Are you here because of a cataclysm of chemical and electrical coincidences? Are you part of a divine plan? Are you here for your own learning and growth? Are you here to fulfill your part of a great karmic network of causes and effects? Or are you a random occurrence, lucky (or unlucky) enough to be able to experience and reflect on the events that unfold in and around you?

And what did your tribe teach you about the "Why?" of Life? Are we here for God's private pleasure? Or perhaps to redeem ourselves from transgressions of previous existences? Or maybe you learned that we are here to learn to be "good," or that there is no answer to that question and it's altogether better to not even ask it.

Even if you never received any formal religious or social training addressing these questions, you were indoctrinated by the beliefs held by your parents and their parents before them. Uncover these hidden teachings and some parts of your life may suddenly make more sense.

For example, many traditions teach that the members of that particular tribe are "chosen," that the tribe members enjoy a favored status in society or in the eyes of god. When someone grows up with this background music quietly influencing their every thought, they might be more likely to take certain risks in business or personal relationships than others who have heard the repeating background song of "Our People Have Always Been Enslaved

and Forgotten.” They will feel the certainty of being “chosen” as a subtle affirmation of confidence in the outcomes of their decisions.

Likewise, many traditions emphasize the nobility of struggle, suffering and overcoming great odds. This background song supports one in feeling good about oneself in the most challenging circumstances, yet can also contribute to a person seeking out struggles, creating drama and not feeling adequately comfortable when things are humming along smoothly.

Some other common background stories include:

- *“There Is Always a God to Support Me in All Life Situations,”*
- *“I Am A Sinner and Deserve to Be Punished,”*
- *“Life Is A Miracle and A Gift,”*
- *“There Are Many Lives – So I Can Be Sure I Will Learn It All Eventually,”*
- *“There Is Only One Life for Each of Us – So I Better Not Waste It,”*
- *“The Fact That I’m Alive Is A Random Co-incidence and There Is No Deeper Meaning or Purpose to My Life,”*
- *“If I Behave Correctly In This Life I Will Be Rewarded.”*

You get the idea.

Consider the big-picture implications of these ballads on the way people approach life. Tribes of people indoctrinated with the belief that “There Aren’t Enough Resources and We Have to Be Ready to Grab All We Can,” may result in war-like cultures that are always looking out to stockpile more resources – or in corporate, profit driven economies. The song, “Our People are Helpless Victims and Have Always Been At The Mercy Of Our Oppressors,” may result in a culture of poverty, lack of initiative, and ultimately entitlement, resentment, and rebellion.

What are the stories that run as the background music of your life? It is useful to spend some quiet time reflecting on this. Create a page in your journal to record insights on your tribe’s story as they come forward over these gestational months.

The point here, is to think about this background music that has run uninterruptedly for your entire life and to decide, with the benefit of your conscious mind and the intentions you hold for your evolutionary role, what story do you want to live? What song do you want to be singing to the world?

A related inquiry revolves around the specific stories you learned from your tribe about how to stay alive and about how to make life as comfortable as possible. Think about your

responses to the following set of questions. Feel free to come up with your own related questions too.

- Do you perceive the world as a generally safe place? Or are there dangers lurking around every bend?
- What are the personal qualities that make life easier or more rewarding?
- Do you start in an advantaged place or a disadvantaged one? (due to your gender, your socio-economic status, your race, your religion, your parents' levels of education, etc.)
- What is the best way to go about getting what you want or need in life? Is it best to just grab and take what you need or perhaps it is best to not make too big a deal about your needs, and just quietly hope that someone loves you enough to discover them on their own and meet them for you.
- Is the Earth a safe place? Or is life dangerous and unpredictable?
- It is our basic nature to be abundant or do we have to scrape for every tiny thing we need?
- Are people trustworthy or not?
- When faced with a challenge is it best to withdraw or to attack?

And on a more personal level:

- Does the world respond to your requests for help? (i.e. Did your parents respond to your cries – or did you need to resort to screams, drama or accidents to get the attention you needed?)
- To what extent was it effective for you to be yourself with your family? And to what extent did you feel that you needed to put on an act in order to get the love and support and nurturing that you needed? (i.e. Did your parents teach you to stifle your feelings and present a sunny disposition? Did you need to get sick to feel loved? Were you left on your own to figure out how to get the love and nurturing you needed?)

Much of what we believe about the world is based upon reactions to perceived wounds of babyhood and childhood. And to a large extent we had already picked up the most common attitudes of our tribe before we were even born.

Let's take this opportunity to examine our deeply held beliefs about the world and to craft a belief system that may be more supportive of our dreams. Because what we often cannot imagine doing for ourselves, we can easily picture doing for the benefit of a beloved child, let's imagine that we are adopting or birthing a child!

Write a letter to your child, or create a little book for her or him. Set aside some regular times to work on this project. Describe the ideal world and your new child's relationship to

it in the letter or book. Use these prompts if they are helpful, but be sure to invent other parts of your description.

- How do you want your baby to perceive the world into which she or he will soon be born?
- What are the “rules” of this planet? What do we need to do to ensure our safety?
- How do we get our needs met?

Don't be afraid to be a little 'pollyannaish'. As you write your description, pay close attention to the thoughts and feelings that come up inside you. Your inner experience will tell you where you are not in complete alignment with your hopes and dreams for your child. For example, if you are writing, “The world is a safe and abundant place.” to your child and you feel an anxiety growing and thoughts of past hurts or betrayals arising in your body and mind, pay attention. Use the tools in Appendix 1 to clear the beliefs and emotions that come up.

Growing and Becoming

The Second Trimester

As we become more grounded and comfortable in our role as Evolutionaries, we begin to turn our attention to developing an evolutionary approach to connecting with other people. Much of what we know about communication and connection was picked up from our parents, teachers, friends and siblings who were operating in a different world, a competitive world, an ego-based world. Our attitudes were absorbed from our environment like the background stories we worked with earlier.

As you pay more attention to your communications with others, the words you use and the attitudes behind those words, you will begin to see little things you want to change. And when you try to make the changes, you will notice, especially if you are truly honest with yourself, the underlying beliefs and feelings that have kept you from making the changes up until now.

Awareness is always the first step in growth. In this case, we want to shed light on our underlying beliefs and attitudes related to connecting and communicating with others. Again, I want to stress that the intention here is not to inspire shame or guilt, but to help open our eyes to what is, and to make conscious choices about what we want to experience. Wherever you are in your maturity and evolution as regards to communication and connection, that's where you are and it's OK. Just the fact that you are reading this book puts you in a rare category of those who are striving to be more mindful.

Exercise 11: Learning to Hear What You Want To Say

Some of us had parents who were very good at listening to us and meeting our physical, emotional, mental and spiritual needs. Most of us had normal people as parents, who didn't have much of a clue about how to connect with us. As a result, most of us can describe at least one incident in which we wanted or needed something that was mis-interpreted and/or ignored or missed by the people caring for us.

There is no need to go into deep processing to benefit from this exercise. You can choose a minor life event. If you choose to work with a violent or deeply disturbing memory, please do this exercise with the assistance of a professional.

By working with such an incident, we can begin to develop an inner ideal Parent who will be ever-present for us, perfectly supportive of our needs, **and** our inner authority on how to live in a more compassionate and collaborative world.

To begin, choose ONE incident from your own childhood where you can remember feeling unheard, or unloved or unappreciated. Journal about this occurrence. What were the circumstances? Who was involved? What was the sequence of events? This may be a story that you have told many times or something that you haven't thought of much since it happened. Spend enough time with it now so that you re-access the thoughts and feelings you had at the time.

Take enough time to dig deeper than the surface of the story. As children we often felt needs or desires and made up our minds about the

one and only way we could be satisfied – without understanding a bigger picture. The more often we have told this story to ourselves or to others, the more cemented we have made our ideas of how we were hurt, who should have done what and how things should have gone. But usually there is more than one way to meet a need, so focus on the underlying needs and not so much on the solution you might have imagined that would satisfy you at the time.

When you have written enough to feel like you have a good strong memory of all the circumstances surrounding the events, imagine this incident as if it were happening to someone else, or perhaps, as if you were watching it in a movie or reading it in a book. From your inner experience as the child in this story, ask yourself, what that child most needed in that moment.

An example from my own childhood: A toy broke and my sister claimed that it was my toy, not hers. The underlying need at that time was not about the toy, but about being listened to, respected and heard.

Your task here is not to teach or raise or mold the child or even prepare the child for other hard times. You are not that type of parent in this case. Your role, very simply, is to feel your natural compassion for the child who is experiencing this current hurt – and to try to make sure that the child *feels* your compassion through and through.

From that place of compassion, imagine, create, and become the adult who shows up at just the right moment to provide just the right support, love, listening ear, understanding or care. This adult would never fall into judgment about the child. He or she would simply and lovingly pay attention and listen to the feelings, the thoughts, the child-like logic, and the underlying needs and beliefs without any thought of any of it being right or wrong, good or bad, acceptable or un, practical or not.

Let this ideal parent wisely care for the child. Feel the extraordinary sensations of the child calming down, allowing and receiving the care that is offered. You may notice some resistance to receiving love on the part of the child. Let the Ideal Parent handle the resistance with gentleness, love and compassion.

Take all the time the child needs. Many of us were rushed in our processing as children, un-allowed to fully feel our feelings or express our thoughts as fully as we might have. This is the time to make that up to yourself. You will find that if you create enough loving acceptance inside your own consciousness for your own needs and feelings, it will begin to matter much less what levels of understanding or acceptance you find in your outer environment.

If necessary, arrange with the child to come back to the matter later. If you make an agreement with your child be sure to KEEP YOUR AGREEMENT! If there is a chance that you will not be able to do what you are agreeing to do, don't make the agreement. This is an unusual way to handle things in our society. We usually just say what we believe needs to be said. But your inner child aspect is counting on you – and you have this opportunity to heal some wounds for the very last time, a chance to make a lasting difference in your typical patterns of thought, feeling and behavior. This is serious stuff! If something comes up and you absolutely cannot keep your agreement, be sure to at least take the time to check in with the inner child, explain and re-negotiate.

Feel your natural sense of compassion for the child in this story. Notice if you fall into any judgment about the child, like, he or she shouldn't have needed that or he or she should just buck up and not be so _____.

If you discover judgments or negative emotions or unsupportive self-talk — **celebrate!** You have uncovered the very energy blocks that have prevented the healing of this event. You can work with the Judgment Release Techniques in Appendix 1 to gently let go of the judgments and open your mind to deeper self-regard and compassion.

Does this seem silly? The wounds of childhood run deep and continue to affect our every waking decision as adults. Feelings of abandonment subconsciously keep us from opening our hearts fully in our present relationships. Doubts about our worthiness that arose from perceived slights in our babyhood, whether they were intentional or not, affect the level of confidence with which we approach our work.

This process of re-parenting those inner aspects who are still carrying hurts is a powerful way to liberate our energy and our capacity to love. This by itself is a tremendous gift for you and for the world. But wait! There's more! When you engage in this process you flood your entire being with the energy of unconditional love with which you are re-parenting your inner child. Your chemistry changes in very healthful and beneficial ways.

And still more! You are also subtly developing the profound self-nurturing habit of approaching yourself with love instead of the more typical defensiveness and resistance.

Exercise 12: Learning to Listen to Another

One of the keys to developing evolutionary, Essence-based relationships is learning how to listen well.

Just because our hearing mechanisms pick up and interpret sound, that does not mean that we are truly listening. Most of us can't. We were never taught how, and we were probably almost never really listened to. We think of listening as a passive activity. The sound waves vibrate our eardrums and the message is sent to the correct centers of the brain. Without any conscious volition, a response emerges in us. Sometimes, our conscious processing kicks in here and we temper our response to fit our idea of what is appropriate for the situation. Sometimes even that fails and we "fly off the handle."

Ah, but being truly listened to, that is a gift. And it's a gift that goes both ways. Both the listener and the listenee are blessed by the process. So what is listening and why is it such a rare occurrence?

More than hearing words, to listen well, we need to be able to "hear" the thoughts and feelings behind the words and to pick up on the listenee's underlying soundtrack of attitudes and beliefs – all this without falling into the trap of over-interpreting what the speaker is saying and without projecting our own emotions, beliefs or soundtrack on what that person is trying to express. Whew! No wonder it's pretty rare! That's a tall order.

Try some of these experiments to improve your listening skills. As your skills improve, you may find that your relationships feel more satisfying – and that others begin to be better listeners for you too!

- 1. The next time you make a simple request of someone, stop and approach your communication as an opportunity to connect, rather than as a means to get something that you want or need. This could be with a family member, a co-worker or even the barista at your morning coffee shop stop.*

One of the deepest human needs is the need to connect with others. Connection is one of the three higher-order innate urges, which drive our behavior in life. (The others being an innate drive to grow and evolve and an innate drive to realize our life purpose.) We reach for connection often through talking. Conversations about the weather, the stock market, parenting concerns, our dreams and desires, etc. serve, of course, to transmit important information between people, but they also serve to try to meet the deep need to feel connected.

Much of our daily communication is centered around mundane needs and desires. We sometimes speak to each other in order to get what we want and to share information. We also speak to each other to help us process through our own experiences and clarify our thinking. But when we remember that each time we talk with another it is an opportunity to

connect, we approach the encounter with a more open mind and more ability to actually listen to and hear the other person. We are, in effect, *seeing* the other person as greater than their personality needs and desires. We are *seeing* into their souls to the part of them that wants to connect with us. And we are *listening* for that part of them to respond.

2. *The next time you have a conversation with someone, attempt to quiet your mind chatter as you listen to his or her part of the conversation.*

Often, what blocks us from being effective listeners (and from remembering that we want to connect with our communications) is the level of internal noise going on in our own heads. All this noise consists of:

- Our inner monologue. Have you noticed the incessant stream of words running through your mind? We are constantly talking to ourselves, describing what we are experiencing, evaluating our own and others' performance, justifying our thoughts and feelings, thinking of what we want to say next, running through our to-do lists, wondering about what may come next and processing what just passed. When we get tired of all that, we begin to analyze our analysis. We are also constantly running a monologue of our description of the world – that background soundtrack we learned as infants – and busily trying to fit everything we are hearing into that description somewhere. (Oh, she is just saying that because of that insecurity she always feels.)
- Judgment. We always want to be the hero of our own story! (This is true even if our particular version of heroism is about being the *most* victimized, the *most* downtrodden, the *most* misunderstood, the *most* rejected etc.) And we constantly listen to others' words with the unspoken intention of confirming our heroic status. We make judgments about others and ourselves, about the merit or reliability of what is being said, about what we think should happen or not happen. While we are busy judging, however, we are not listening, nor are we connecting.
- Our underlying hum of fear and other emotions. When we are processing – or in the process of suppressing – emotions, which is most of the time, we are not listening. Our minds are busy with the emotions and we don't have enough RAM available to clearly receive, nor objectively analyze, the information that is coming in. Everyone knows that this is true. Think about trying to take in factual information such as driving directions when in a state of anxiety, such as before an important job interview or when about to do some public speaking. When the emotions are intense, we recognize the difficulty, but the same difficulty exists even when we don't acknowledge that we are experiencing emotional energy.
- Agendas. Almost everyone can admit that holding an agenda in mind interferes with listening. If, for example, what we really want is for someone to apologize to us, that

is where our mind fixates – and no matter how hard the other person tries to connect, we can't let it in.

In your journal, take some time each day to reflect upon how these communication blocks come into play in your experience. Try some of the following techniques to free up mental RAM for listening and reflect upon how that improves your level of communication and connection with others in your life.

1. Breathe and Ground. Especially in emotionally charged situations, it is helpful to remember to breathe deeply and ground your energy. You can ground by focusing your attention on your feet for a few seconds. Feel your feet in your shoes, the connection between your soles and the ground. I've seen this simple technique work miracles even in frightening, escalating encounters with emotionally disturbed teens.
2. Intend to Connect. The intention to connect through communication and listening bypasses other agendas and judgments and frees up attention for listening and hearing.
3. Set up practice times. If you have a cooperative friend or partner, set aside time to trade listening. First one of you can speak uninterrupted for a set period of time. Then the other can take their turn to talk about anything they want and be attentively listened to. This exercise is a great opportunity to notice all the little things that well up inside which so often keep us from listening deeply to others. When you are finished providing your attention to your partner, you can take a few moments to reflect on the experience and journal about what you discovered. Be careful that you don't get preoccupied by tracking your own inner process – and forget to listen carefully to your partner!
4. Listen to the communication beyond words. Set aside time with a friend or partner to just sit quietly without talking. You may want to sit side by side and watch children playing in a park. Or you may want to sit together and pay attention to your breath. You might even want to sit together and gaze into each other's eyes. Or you could close your eyes and listen to the sounds of each other being alive. This can be a deeply connecting experience. It bypasses the usual dependence on words and opens the channels of a deeper communication.

Exercise 13: Connecting with Each Other - Intimacy

Little by little, as we get to know a few chosen people over time, we open our psyches to them more and more. And we reach for deeper admission into their psyches. The deeper we penetrate together, the more connected we feel. While intimate connection with others is one of the most rewarding human experiences imaginable, it is also the most complicated. Our relationships are fraught with blind alleys, pitfalls and sharp curves.

We all share the same Source at our center cores and by 'getting to know' one another we work the process of connecting closer and closer to that center where we are Source together.

This is a sacred and soulful process, but it is also a terrifying one! It becomes terrifying because deep in our centers, where we know ourselves as Source, we also hold some of our deepest wounds – those beliefs and decisions that hold us separate from that very Source we desire to meld with – the foundations of our personalities, that ego persona that we created to cope with all the details of life on Earth.

We don't risk inviting just anyone in that deeply. And our personalities themselves resist any attempts to be known at that level lest we ultimately realize that the ego, itself is unnecessary and dispensable.

Nevertheless, the drive to connect at the Source level presses on. We try all kinds of things to be seen and acknowledged and heard, in a hit-or-miss approach that almost satisfies, but for most people never opens the door to the deep sense of connection for which the Spirit longs.

Some of us have awakened to some of our own foibles and patterns. Some of us have intimate relationships that afford us opportunities to clear old issues and grow. Some of us create satisfactory connections on the emotional, mental, physical and social levels. Some of us have even developed Essence level relationships, in which we experience connection at the spiritual level,

What are the rules of the game of connecting, as you understand them?

Take a few days and journal about what you would currently know about relationships. What do you expect from other people? What are the best ways of connecting and relating to others? Write anything that comes to mind. You're not actually going to show this to anyone, so let it rip.

Keep at it! Don't stop at one journal entry. Go back and add more even after you feel like it's complete. This will help you dig below the surface of what you tell yourself in this delicate area and help you access those unconscious ideas and fears that probably impact your behavior far more than your surface understandings do.

After you have written for several days go back and look over what you've said. As you re-read your words, be on the lookout for *judgments*, *reactive emotions* and *limiting beliefs*.

Judgments come in a variety of flavors. There are the self-judgments – the ones that cast blame on you, or where you are the victim. Value judgments use evaluative words, like good/bad, right/wrong, or better/worse. Judgments of others or of circumstances feel like truths and are usually stated quite affirmatively.

Reactive emotions are recognizable by the emotional language they contain (words like disappoint, frustrate, love/hate, satisfy, or caring) and the emotional charge that you experience when you wrote or when you re-read them. Pay special attention to words that bring tears, sadness, frustration or anger. But also pay attention to the places where your mind wanders, where you feel spaced out and where you get interrupted in your reading; the ego often tries to avoid emotion by distraction.

Limiting beliefs often feel like simple truths, so you may have to look hard to find them in your writing. Look for words like, “always,” “never” and “should.” Also look for ideas that you **wish** were not true. Question everything you have written. Do you know beyond the shadow of a doubt that this statement is true?

Take your time as you do this analysis. You will probably encounter some long-forgotten wounds or some underlying beliefs about people that have been operating under the surface, influencing your relationships, maybe causing you some problems. Work with all the tools in Appendix 1 if you need to process emotions or beliefs. There is no rush to get this done. Like an infant, gestating in the womb, awareness takes time to emerge and get clear.

When you feel complete with your analysis, go back and re-write your description of the way people are and how they relate to each other – this time as you most want it to be. Be especially clear about how you, yourself, want most to show up in your friendships and intimate relationships. Go ahead and dream. Think of this as a love letter to life, a list of your commitments to yourself and those who are close to you.

Keep your new description nearby and consult it every now and then, maybe when you are starting a new relationship or when you are experiencing a challenge in one of the relationships you already have. You'll be surprised at how this powerful process of clearing and re-writing your inner story will impact your relationships and your ability to be satisfyingly intimate.

Exercise 14: Being Aware of the Energy of Communication

Every interaction people have with one another is clothed in an energetic message. People seldom think about this and rarely remember to pay attention to the energy of communication. As infants, however, before any of us developed skill with verbal language, we were totally dependent upon the energetic signatures of every interpersonal encounter.

Babies sense the “vibes” of people and of places. They begin receiving this energetic information, while still in the womb, through the filter of their mom’s body, mind and spirit.

It is a common experience to be confronted by circumstances that give us differing information verbally and energetically. A common example is that of someone who says they are “Fine!” through clenched teeth, all the while energetically emanating hostility.

Do you know what your usual response is to such a discrepancy? Is it an effective response in terms of clarifying communication and creating closeness?

Paying attention to the vibes or energy of your interactions will help you become more discerning and effective in life, and will greatly assist in the process of developing your intuitive capabilities.

Some fun exercises to try:

1. When you walk into a public place where there is likely to be a lot of people, a grocery store, mall, coffee shop or library, for example, stop for a moment when you first step in (or as soon as you remember), take a deep breath and check in with your body. Do you feel tension anywhere? Or do you feel relaxed and happy? Just notice. You don’t have to do anything about it at this time, though it is always a good idea to breathe deeply and relax. See if, over time, you notice any patterns, like tension in your shoulders in the bank, or stress around your eyes at the mall.

Another type of clue about how you are responding to the surrounding energies is found in your thoughts. Pay attention to what ideas, thoughts, judgments or memories come to mind in different places. Many people have an unconscious habit of indulging in judgment when they feel energetically uncomfortable. Self-judgment and its accompanying negative (even abusive) self-talk is very popular. So is judgment of others, either negative value judgments

Children with autism seem to be acutely sensitive to the energetic messages in interactions between people. Some of those on the Autism Spectrum can’t manage more “typical” types of social interaction at all, yet seem to be able to communicate energetically far more effectively than neuro-typical people can.

or a kind of submissive stance of awe or deference to the others present as if they are all more special, knowledgeable or evolved than you are.

Interestingly, we also energetically try to signal ourselves through memories. So your grandma's peanut butter cookies may come to mind every time you go to the dry cleaners. Or a certain melody or lyric may come to mind when you go to the gym.

These energetic signals need to be interpreted in order to help us understand the impact the place is having on us. Tune into the feeling tone of the thoughts or memories. Were Grandma's cookies a treat or were they accompanied by undertones of fear or hostility? How does the song that popped into mind make you feel? Where have you experienced that same tension in your body before?

2. Another experiment for places where you will be with lots of people is to stop and take stock and notice *whom* you notice. Is your eye drawn over and over again to the couple in the corner booth? Be sure to notice feelings of both attraction and repulsion.

What can you learn about energetic interactions by paying attention in this way?

One of the first things you'll probably notice is that your energetic perceptions are often shrouded in judgment. This is a habit. Negative judgments indicate an energetic repulsion and positive judgments indicate an energetic attraction. Try to look beyond the judgment and experience the energy directly. This takes some practice.

Some of our attraction is dictated by our conditioning about what is beautiful, but this will be less of a factor than you might think as you pay closer attention. We are looking at something deeper. Someone who appears friendly, even though not beautiful, will seem to attract us. When we see love shared between people, we are also usually attracted. Inner joy is attractive as is earnestness, centeredness, groundedness and playfulness.

Your Inner Child has been aware of these energetic signals all along, but we have been conditioned to pay more attention to the messages of our physical senses. We think we can discern who we want to spend our time with based on physical characteristics and external factors like the quality of clothes someone wears, the kind of job or car they have or their

Often we ignore energetic information because we don't want to behave weirdly. So we put up with the guy who gives us the creeps in the library because our egos won't let us abruptly turn and walk out. Or we let someone at a party monopolize our energy because we don't want to appear rude by interrupting and excusing ourselves.

family's reputation. To a certain extent, these factors really are externalizations of a person's energy signature. But they can also be deceptive, or at least distracting from the essential Essence that each person broadcasts.

Think about this perceptive Inner Child, who has mostly gone into hiding, after being overridden so constantly. What might you be able to do for him or her to help him gain confidence, or to support her in taking her rightful place in your everyday awareness? This part of us would like to figure out how to be socially acceptable, be in integrity with inner knowing, and take care of ourselves all at the same time. He or she would like to be courageous and provide valuable insight. What kind of support can you provide to encourage yourself in development of this awareness?

This is a great opportunity to touch in with the Ideal Parent you created in the previous exercise, and ask for guidance and wisdom about managing your energetic experience. How would you have liked to be coached about responding to energetic signals? What strategies can you develop to use when someone's words don't match their energy? How can you learn to be even more aware of interactive energy?

Nourishing the Mind

The Third Trimester

Once we have gotten to know more about ourselves and about how we can relate to others as Evolutionaries, the next step is to build personal power and learn to use it to help usher in the new era. This is like the third trimester of pregnancy; all the groundwork has been laid, and now is a time of rapid growth. Though there are some preparations to be made, much of our work may be going on below the level of our awareness, like a baby rapidly growing in the womb.

Exercise 15: Being and Doing

Waiting time can feel frustrating because we have gotten so used to *doing* in order to feel accomplished. In this phase of gestation, we can devote our focus to becoming more comfortable with *being*.

As we expand into a new level of consciousness we gain a clearer understanding of what we really are. We are more than our bodies, more than our feelings or emotional nature, even more than our minds. What are we?

We actually don't have a full explanation of our beingness yet. Traditional religious teachings describe our Essence as a soul or spirit. Psychology refers to a Higher Self. Modern science is beginning to try to describe us as energy. All of these paradigms provide partial understanding. As we move through this evolutionary phase, we will gain more and more information.

For the purposes of this journal, we will refer to our beingness as the Higher Self or Essence – as opposed to our ordinary self, the ego, personality or Reactor Self.

Everyone has a Higher Self. We will be doing some more exploration of it in later exercises. What is important here is to make the assumption that we each have both a Higher Self and an ego. These two “selves” represent different operating systems, as if we had a Windows system and a Mac system on the same machine.

The Higher Self is that part of us that is at home in the most mature and beautiful qualities of humanity that we can imagine: generosity, unconditional love, forgiveness, reverence, joy, peace, compassion, etc. It operates at a different frequency than the ego operating system. Because of that it perceives everything as if through a filter of love. There are some functions or qualities of the ego that the Higher Self cannot even see because they are not resonant with its higher vibration.

It is the same with the ego self. There are some qualities, attitudes and viewpoints of the Higher Self that the ego cannot understand and some that it cannot even see.

It is the Higher Self who has the deepest understanding of Being. It is the ego self that is concerned with doing.

You don't have to believe in the concept of a Higher Self to do or gain the benefits of these exercises. The term just helps clarify the different operating systems that we will be experiencing.

If you are seeking support on your Evolutionary journey, please contact Sue at
www.beingtrulyhappy.com

Here are some more differing viewpoints of the Higher Self and the ego.

Higher Self	Ego
Knows itself as energy, inhabiting a body but not <i>of</i> the physical	Identifies with the mortal body or the feelings and thoughts of the body
Knows its power	Is fearful
Sees love, growth, upliftment in every occurrence	Gets offended and judges
Understands its power and responsibility for its own happiness and wellbeing	Pins its hopes and expectations on conditions for happiness and salvation
Is peaceful and strong no matter what conditions it experiences	Depends upon manipulation of conditions to create peace and strength
Always experiences peace	Experiences conflict, doubt, anxiety, indecision, anger, fear

For this exercise, choose several everyday incidents that you have experienced recently. These can be anything at work or with the family: a conversation you had, an activity you participated in, a film you watched, a traffic incident – almost anything will work.

In your journal, write a short description of the incident.

Notice which operating system in you was the player in this incident. How did you see and interpret the facts as they unfolded?

Chances are that you experienced this through the lens of the ego. This is perfectly normal. We were all taught to see the world this way.

Now, however, re-describe the event from the point of view of the Essence. Notice the ego concerns that pull at you as you do this. To the ego the Essence can seem unrealistic, even un-feeling. For example, the Essence sees death as a casting off of a body that is no longer necessary, like an old set of clothes, whereas the ego sees death as a tragic end. The Essence sees the love behind every act, though the ego judges some actions as heinous.

Over the next few weeks, experiment with stepping into and out of each of these viewpoints. See if you can see more and more of your life through the eyes of Essence. As we evolve, we are accessing higher and higher vibrations. The lower vibrations of the ego begin to feel very uncomfortable, and yet they exert a very strong pull. As we develop our awareness we can identify which operating system is working in any given moment and also learn to switch to a higher viewpoint with ease.

Exercise 16: Intuition and Nutrition

What does Nutrition have to do with Intuition?

Food consumption is one of the most confused areas of life. We have to eat to live, yet our food choices are completely convoluted by tradition, preference, economics, belief, fear and substantial emotional charge. This makes nutrition a rich learning ground in terms of clearing dysfunction and developing intuitive wisdom.

Please note that I am not giving medical or nutritional advice. I am not qualified to do that. Nor am I making any dietary suggestions and I am not suggesting that you make any changes in your dietary habits without the express direction of your medical practitioner.

What I am suggesting is that we can all get more mindful and intuitive about the foods we choose and that doing so will help us know ourselves better and give us more access to our inner knowing.

Food cravings are very common. Everyone has heard tales of ice cream and pickles, of smoked fish, even of laundry starch or garden soil. Maybe you, yourself, have experienced cravings or, on the other hand, feeling repulsed by a particular food.

What do you suppose this is? Folklore tells us that cravings probably are a reflection of specific nutritional needs that call to us from the recesses of our cells, right up into the imagination, the mind figuring out which, of all the substances it knows, will be the one that will fill the need. Most modern medical practitioners would say that as long as the craving is within what we normally would consider as food, is not a hugely unhealthy food, and is not excessive or exclusive, that people should go ahead and indulge in what they are craving.

What if our bodies and minds are actually that wise? What if your body is constantly sending out streams of information about exactly what it needs and in what quantities? If this were actually true, what would your body be telling you right now about what you need to be eating – or about what you recently ate?

For a few days, journal about this idea. Are there a couple of foods that you are particularly attracted to? Any that you can't stand the thought of? Do you notice waves of attraction? For example do you love bananas for a few days and then lose your taste for them? Are there particular times of day when you need more food, and others when you need less? Not everyone is cut out to have a big dinner, for example. And some people need to eat much less per meal, but eat many more meals, or even eat in the middle of the night.

Learning to notice the tiny details is the process of learning to tap in to the intuition. Intuition seems magical because it springs into awareness suddenly, as if out of nowhere. But, in actuality, intuition is the accumulation of little bits of information that suddenly reaches a critical mass and breaks through the barrier into the conscious mind. Intuition is

felt in the body – if we are sensitive enough to perceive it. If we want to be more intuitive, we can train ourselves to allow smaller and smaller accumulations to break through into our awareness. We do this by paying closer and closer attention to ourselves, our reactions, our feelings and our thoughts.

The process of tuning in to the intuition is easier if we are free of judgment. Anything we think we already know blocks the accumulation and break-through of new information. For example, if you hold a strong belief that spinach is a perfect, miracle food and that no one can eat too much spinach, you will miss the information that your body sends you that tells you that you've had enough spinach! Can you let go of all the judgments related to foods that you have accumulated over your life? Can you learn to tap into the wisdom of your body and **know** from the inside out, what to eat to best nurture yourself?

I remember when my children were young (a *long* time ago) someone was experimenting with children's nutritional intuition. They found that if a variety of healthy foods were made accessible (for example on low shelves that children could easily reach) and freely available without any direction or control, that the children, overall, chose a very healthful variety and balance of food. Can we return to the innocence and wisdom of childhood and learn to listen carefully and non-judgmentally to the messages our bodies send?

If we can, if we can set aside our habit of judging the goodness and badness of foods, the goodness and badness of ourselves related to our food choices, we will soon find the windows to our intuition opening wide.

Exercise 17: Ideal Model

The third trimester of pregnancy is a time of anticipation. What will the labor be like? Who is this little person growing inside?

For an Evolutionary this is a crucial time for turning the attention firmly towards the world that is becoming. Up until now we have been able to get away with a sort of split focus – part of our attention on the things that are ending or falling away, and part of our attention on what is coming down the pike. Now is the time to fully release the old world patterns of thought and habits of behavior.

We need to focus on what we know works, from an evolutionary viewpoint, and on what we imagine or hope our world will be like. It is time to get concrete, to fill in the details, to use our power as imaginers to ground the higher consciousness to the earth.

For this exercise, draw, a series of pictures about the world that is emerging. Drawing is a way to access your subconscious mind and the childlike parts of your psyche which have hidden information about the process of evolving. Artistic ability is not at all important in these types of drawings, and in fact can actually get in the way of your subconscious' free expression. Many people draw stick figures or even symbols and doodles to create their pictures. Color is an important component, so use crayons or colored pencils or markers, or if you're really brave, big paper and paints. Have fun with it.

In creating your drawings, consider the following. How do you imagine people will talk to each other? What kinds of things do people do together? How does it feel when you are with other people? What is the "vibe" or atmosphere of the workplace, the school, the home? What sorts of things are happening in the new world? What is the TV news reporting? What is the nature of the relationships between parents and children?

Draw going to the grocery store. Draw waiting in line at the bank. Draw sitting on the freeway. Draw your relationships with your family and friends.

Draw as many details as you can imagine. Then turn the drawing over and make some notes on the back. What are the most important points in your drawing? What was the feeling tone that you wanted to capture in your picture?

If you can, hang one or more of your pictures in a prominent place, where you will see it every day. Take a few minutes often to re-connect with the feelings and energy that you felt when you drew it. *You are imagining your world into being* by doing this.

It is one thing to talk about a world of love and compassion. But let's be honest. Most of us still regularly descend into impatience, judgment, annoyance and fear – at least sometimes. We, who are awakening, have to learn to hold our vibration, no matter what conditions appear to be outside of us. We must learn to see beyond conditions and stay connected to

our hearts – or at least use the tools we have learned to re-calibrate to the heart very quickly – in every kind of circumstance.

Draw many normal, day-to-day situations and draw the people involved holding their space of love and peace and joy – even in dismal weather, even with cranky co-workers, even with tantruming children....

If you want to get together with a group of people to do this, great! You can share your drawings and talk about all the parts that are most important to each of you. What do you have in common in your drawings? Where do you differ?

If you like, you can even ask an “authority” for input to your drawings. You can ask anyone, real or fictional, alive or dead. Just quiet your mind before you draw, bring the “authority” to mind, explain what you are doing and ask for assistance. If you have specific questions you might want to write them down before your drawing session. You will be amazed at the wisdom that will come through you onto the paper.

Repeat this drawing exercise as often as possible. The more you do, the clearer your vision will become, and the sooner you will see this Ideal Model unfold around you.

Exercise 18: Values

Related to the Ideal Model exercise above, is the process of identifying your values. Each of us values different qualities, behaviors and beliefs. Most of our values were downloaded into our subconscious minds as we grew up with our families; we automatically internalized many of the values of our tribe.

Consider some of the following questions and journal about your thoughts and feelings. When you are responding to these questions, try to avoid generalities and platitudes. It's best to be as honest as possible; you may not like some of your own answers at first, but stay with it. You cannot change things of which you are not aware. So go for honesty, even if it betrays an underlying prejudice, limiting belief or embarrassing reality about life in the family with which you grew up. It can help to answer the questions quickly with the first thoughts that come to mind. This bypasses your critic and the part of you that tries to hide the things that embarrass you.

Go ahead, get your journal and write down your first responses to the questions below. You will need at least a half an hour to do this exercise.

- What does it mean to be good?
- How should people treat each other?
- How should someone show respect?
- What kinds of people deserve to succeed?
- What is the worst thing a person can do?
- What is the most important thing to teach a child?
- What should happen to people if they break social rules?
- What can a person reasonably expect to achieve in life?
- What part should sexuality have in a more evolved society?
- What are the best ways to handle the normal stresses of life on earth?
- What is good or bad about money?
- How should children be taught to express themselves?
- How important is school?
- What are the qualities of a good person?
- What are good ways to spend leisure time? What are wastes of time?

- What are honorable professions?
- What are dishonorable professions?
- What should happen to people who hurt children?
- What is important for every person to know?

Honesty is important in this exercise. Many of our closely held values arise from past hurts or unfinished business from our earlier lives. If we take an honest look at what is really running below the persona that we want everyone else to see as us, we can begin to heal the wounds and help the stuck parts of us mature. In doing this we become the more capable of leading the way into new levels of consciousness.

Interestingly, the values that we hold out as best for others are a reflection of those things we want for ourselves. The best way, then, to promote those values in our larger community is to **achieve those qualities for ourselves.**

We serve our world best by becoming the person we would like to see everyone else become

If we want happiness for the world, we need to become happy. If we value hard work and achievement, we need to work hard and achieve. If we want the people of the world to love literature and music, we need to love literature and music.

Each of us was born with a purpose. Like the acorn that becomes an oak, we each have inside us the blueprint of a magnificent contributor to society. As we examine our values we can become more aware of every aspect of this purpose – and how we are uniquely equipped to serve it.

So clarify your values and get to know your own inner workings. As you grow and create a wonderful, dynamic, exciting life for yourself, you are creating that possibility for the rest of the world as well.

Exercise 19: Energetic Wisdom and Power

The human nervous system is an energetic system that operates via electrical signals zipping from neuron to neuron along the complex system of nerve pathways. Before a child's neurological development matures enough for him or her to interpret words, he or she is dependent upon sensory and energetic information to interact with the world. As adults we may have the experience in meditation or prayer of being so tapped into this level of knowing that we feel deeply connected to the Universe, to All of Life or with God.

We treat such experiences as special and spiritual, yet all of us were born with this level of awareness and connection to the infinite. It is our nature to be tuned in to the spiritual. Our sleepy babies seem to have one foot still in that world of the angels. But along the way, we learned to shut down our conscious awareness of it. We learned to say words and think linear thoughts instead. Parents start at the very beginning describing the world in words to their infants. "Mama!" "Nose!" "What sweet little fingers you have," as we hold our newborns in our arms and try to connect.

We have been immersed in words since conception, but until birth the sound of them was distant and muffled and they took second place in priority to the sensory and energetic information that is so immediately available in the intrauterine environment. Of course it is very important for children transition to the use of words. It is how we get things done in the world and children who do not learn to use language have some distinct disadvantages.

And yet... we limit ourselves when we disregard the energetic capacities (and perhaps connection with other worlds) with which we all enter this life. When we decide to identify with the ego, it's as if a part of us dies. Our Spirit *doesn't* die, of course; it is always there waiting with infinite patience for us to turn our attention to it. As Evolutionaries it is our task to re-awaken our energetic capacities and wisdom. When we do, we gain access to our innate power to love unconditionally and to consciously co-create.

For this exercise we will be looking at how we can support energetic wisdom and power in our lives by assessing the energy of our environment.

First let's look at how your living and working spaces were created. Were you mindful about the objects collected in your space? Or did things just accumulate? Did you design your space in a hurry, the work sandwiched between our jobs and other obligations? Or did you work mindfully and with deep reverence and love for both the Spirit and the human who would be living or working there?

Make some notes in your journal about the way your home and work spaces came into being.

Now, what do your living and working spaces say about you? Are they cluttered? Busy? Creative? Serene? Beautiful?

When we identify with the ego we often surround ourselves with memorabilia, reminders, practical tools, gadgets, pleasures, projects and entertainments. These are important to us and useful to the ego. But it can also get out of hand, resulting in clutter and chaos.

Spaces that nurture the Spirit are usually simple, serene, and quiet. Yet, we can also overbalance in this direction, creating a sparse environment in which the sensory body feels unwelcome.

It is similar in our social environment. The ego may become overly involved with obligations, conflicts or drama or pleasure seeking. The Spirit may overbalance into withdrawal or isolation.

The work we choose to do in the world can also become imbalanced with too much emphasis on either doing or being. Is your time balanced between activity and rejuvenation, between productivity and nurturing?

Take a look around your life. How can you support both your human doingness and your spiritual beingness? This is a challenge to let go of the unnecessary – either things, projects or even relationships that drain your power. It is a call to be very mindful of what you choose to give your attention and energy to. It is also a suggestion to pay attention to the energy with which you bring things into your life.

Each object, person and activity that we invite into our lives either supports us or drains us. When we look at the things, activities and people in our lives we can ask:

- What was the energy like when you brought this into your life? Do you still want to identify with that energy?
- How do you feel when you consider this? Pay attention to feelings of indecision or overwhelm; they indicate that this is draining your energy.
- Is there any sense that you are keeping this because you *should*? Pay close attention here; we are very adept at rationalizing our “shoulds” and letting them drain us.
- Are you holding onto this because you are afraid you’ll need or want it later?

Record your findings in your journal.

Exercise 20: Rhythm

Life unfolds in a series of rhythmic waves. Seasons, months, weeks all march forward year after year. Spring emerges from winter and mellows into summer every time. Birthdays and holidays tumble past each other, bringing us into floes of celebration and ebbs of time in between. Our days similarly roll by in routines that change incrementally as the daylight shortens or lengthens. We have our getting ready for work routines, our cleaning the house routines, our regular social get-togethers and annual vacations.

From the discipline of biology, we know about biorhythms. Each of us operates in waves of activity and rest, of hunger and digestion, of excitement and serenity. Are you a morning person or a night person? Psychologically we also move along continua of qualities. Even extreme introverts sometimes crave social interaction. Even the most action-oriented person sometimes loves to sit still and dream.

To the extent that we live in co-operation with our natural rhythms, we live in harmony and even serenity. When we consistently ignore our natural rhythms, that part of us who feels disregarded tends to well up in defiance and self-sabotaging behavior. The problem is that most of us set up our lives with nary a thought about how our chosen activities fit – or do not fit – within our natural rhythms. We work when our bodies are longing for sleep. We skip lunch despite the grumbling of our stomachs, then gorge on snacks or dinner, filling ourselves beyond our capacity and then resort to medications to relieve the uncomfortable consequences of not paying attention.

Like the energy waves of sound and light that surround us, we ourselves are energetic beings who are constantly moving through our unique wave patterns. Especially in western society, children are subject to rhythm-ignoring programming at younger and younger ages. Even many two-year-olds wake up five days a week to attend ‘school’ programs with one-size-fits-all schedules of play and rest and eating.

Our society works better this way. Businesses run more efficiently and all the comforts of our modern standard of living are available and affordable to us partially because of the increase of manufacturing and business efficiency over the past centuries. We have sacrificed the rhythmic flow of individuals in favor of the rhythm of the group.

It’s unlikely that we will ever go back. But as we emerge as Evolutionaries we are moving into a life that is more honoring of our human spirit. This exercise is an opportunity to experience ourselves, the truths of our individual rhythm, on a whole new level.

In your journal, make notes about your natural rhythms. What do you know about them? When you do cooperate with them and when do you ignore or counteract them? If you find yourself working against your natural rhythm, try to discern why. Do you feel pressure from your world (society, friends, job, etc.)? Or is the pressure coming from inside you?

One of the challenges of having grown up in a society that ignores our natural rhythms is that even if we can manage to create a perfect opportunity with no outside pressure – for example a retreat or vacation – to authentically follow our inner urgings, we may find ourselves being the unofficial police of the social order, enforcing the artificial rhythm rules through judgment and guilt. Everyone knows that you're not supposed to sleep in the afternoon and clean the bathtub at 2am! It feels too weird and the collective voices of parents, teachers, proverbs and conventional wisdom ricochet through our minds. We suddenly feel just too guilty to lie down, too strange about cooking a meal at 3 in the morning. We succumb to normalcy. It feels better in a certain way, but what have we lost?

Now see if you can arrange your life to allow a bit more of your natural rhythm. Try to eat when you want and sleep when your body calls for it. Work when you are inspired (quietly if it's in the middle of the night). Be aware of any benefits you are reaping from this self-nurturing discipline. Do you feel more energetic? Does your food taste better or does your body feel stronger? Are you having more or fewer dreams, deeper or more restless sleep?

When we allow ourselves to follow our natural rhythms we find that the work we need to do seems more effortless and the rest we get is more restful. Our food tastes better and is probably digested more efficiently. Life feels enjoyable when we are free from the inner struggle between what we need and what we think we should be doing. We suddenly find that we have the energy we need to do some of the things we have been putting off or have denied ourselves in favor of more "acceptable" uses of our energy. Our Inner Child feels nurtured in a significant way and is less likely to rebel in self-sabotage in a desperate attempt to be heard.

Initiation - Transitions

Labor and Birth

What we know about pregnancy is that the whole family must go through the initiation of labor and childbirth before they can enjoy the long-awaited joy of beginning life together.

For humans the process of labor and birth is completely out of the ordinary – over half of all people will never do it at all, and of the remaining half, most will only experience it once or maybe twice in their entire lives. When it comes to initiation into a higher state of consciousness, though it is likely that every soul will get there eventually, as we look around our world we observe that many people are not called to grow in this way and of those who are, at least some fall prey to fears, distractions or pitfalls along the way – at least in this lifetime.

Like childbirth, the process of initiation is clothed in myth and mystery, old wives' tales and dire warnings. And like with childbirth initiation is a significant spiritual event that is both unforgettable and indescribable.

Initiation always involves both letting go and opening to the new. In this section we will explore some of the skills we can develop to ease the process.

It is said that women never really remember the entire birth experience. If they did, the old wisdom states, they would never do it again and the population would decline and die off. On the other hand, elder women whose minds are otherwise totally confused by dementia, are able to recall every detail of the labors through which they birthed their children.

Exercise 21: Immersion

When change happens rapidly, or when it feels intense, we have a tendency to *resist*, to *resort to old patterns* and/or to *inappropriately rely upon other people*. In our personal evolution we cannot go backwards, like a laboring mother cannot change her mind and decide not to give birth. Yet, if we allow ourselves to fall into these coping techniques when we feel unsure, we complicate things for ourselves and make the transition more difficult.

When we *resist* we create tension and constrict energy flow. Resistance is a form of attention, and by giving our attention to fear or doubt, we are actually fertilizing it. The old saying is, “What you resist persists.” As an Evolutionary, resistance may look like:

- Indulging in the illusion that you cannot achieve what you feel drawn to doing or cannot become what you dream of becoming
- Allowing energy-draining habits to proliferate (one way to know they’re energy-draining is if there is any sense of guilt surrounding them)
- Allowing the inner self-critic to reign in your thoughts
- Holding tightly to possessions or relationships which no longer serve you

Resistance indicates a lack of faith. Faith would tell us that all is well, that we will be supplied with everything we could need, that the Universe is on our side. Resistance reveals disbelief in these tenets. Resistance can be felt in the body as tension or pain, in the emotional nature as fear, withdrawal, or anxiety, in the mind as self-critical thoughts or judgments of others, and in the spirit as depleted energy, melancholy, or hopelessness.

Resorting to old patterns is no more useful than resistance. Old patterns are those habits of thought and behavior that the ego has relied upon to “prove” the reality and the disillusionment of the physical world. We slip into old patterns easily because they were established in our sub-consciousness very early in life; some of them may not even be ours, but habits we picked up from our parents. Old patterns include things like:

- Experiencing (creating) chaos
- Developing illnesses in the body
- Perceiving (projecting) animosity or againstness in the world around us
- Feeling (choosing) powerless or victimized

There are many more. I’m sure each Evolutionary reading this has his or her own list.

If we default into *inappropriately relying upon other people* under stress, we are giving away our power. This is a time for each of us to step *into* our power; the world needs each of us

now. Other people cannot ever validate you enough or save you or keep you safe. Other people cannot sing your song for you. Other people cannot show you the way to your Essence. Other people cannot fix you – *and you cannot fix anyone else!* The truth is that no fixing is necessary. Each of us already has our song imprinted in our spirit; it is beautiful and unique – and waiting to reveal itself.

Any relationship that includes negative judgments or feelings of being controlled or wanting to control, is a red-flag opportunity for us to step up out of the victim/victor paradigm into Essence-level relating. Essence relationships are those that support the emergence of our song through mutual witnessing and regard.

It is important to be clear that shifting or releasing relationships is a natural part of inner growth. No judgment is necessary in this process. Usually we use judgment – we make either our selves or the other “bad” or “wrong” to create the momentum we need to break free. This is a pervasive and seemingly automatic process in most people – but it has no place in our growth as Evolutionaries. We will know that we are thinking from our ego-selves if judgment is present and we will want to avoid the energy drain that holding judgments entails.

When we avoid these pitfalls we are free to co-create a new story and to immerse ourselves in it.

Journal about what you know about the world that is coming and about how we will make the transition. In your writing you may want to include thoughts about the following:

- What is your purpose in the process of evolution?
- What “trigger points” are you aware of that have tended to stress you out and how do you want to show up if you encounter these?
- How do people relate to each other in our new incarnation?
- What do people talk about and read about? What kinds of stories are made into films or TV shows?
- What are the things you do to nurture and support yourself if things seem tense?
- What are our institutions like (finances, health care, education, government) and what steps do we take to shift them?

Create a vivid and beautiful image of the world to carry in your heart. Refer to it often, and add to it frequently. Allow the vision to emerge and expand. It is best to spend time with this vision every day, even several times a day. Keep it forefront in your mind. Talk about it with friends. Act as if it were already manifest. Refrain from any old-world behaviors. Shift yourself into the new you at every opportunity.

Immerse yourself in your dream.

Don't allow any stories that don't match your vision into your consciousness. People love to tell dramatic stories and to swap challenges and complaints. Don't participate! Be mindful of what you are letting into your mind and what it is triggering inside you. Surround yourself with people who uplift and support your growth.

We are probably well on our way through the initiation – well into active labor – and the pressures may become more intense – at least for a while. No one we know of has been through this evolution process before so we are not sure exactly what to expect. If we use the models with which we are familiar, like labor and childbirth, we know that this is not the time to become faint of heart. There is no turning back, only increasing opportunities to step into beauty and power and the magnificent resolution is only a few breaths away.

Exercise 22: Cultivating Mystery

As we “labor” into our emergence, it is helpful to stay in touch with the mystery. Of course you will have described to yourself your ideal vision about the whole process. By doing this you have created it in the energetic realm, but as it all unfolds it is best to begin to let go of your ideas and tune into what is actually happening for YOU in each and every moment.

There is much we humans do not know about what we are co-creating. Spirit knows how to do this. The conscious mind is driven to understand, make connections and find meaning. The subconscious mind wants to move you into safety and comfort and create routines that can operate below the level of awareness of the conscious mind. Neither of these functions is useful for being present and intuitive in the course of evolution.

Again the process of childbirth provides a model we can observe for direction. There are an infinite number of variations of “normal” in human labor and birth. Though medicine and science have tried to minimize the guesswork, it is impossible to know all the details about why a particular labor progresses the way it does. A baby who is being born early, for example, may need more gentle first stage contractions to help his little lungs get ready to breathe air. A big baby with a short umbilical cord may need a longer second stage, with early gentle pushing contractions and a sudden, rapid resolution of very strong ones.

If we assume there is some good reason for whatever we are experiencing, and we can stay present in the mystery, we may find that our intuitive knowledge kicks in, in a big way, flooding us with the confidence we need to proceed.

Are you normally the type of person who needs to know the how and why of things? Are you most comfortable with a map and checklist, moving determinedly through tasks? If so, evolution will present a certain set of challenges to you because we don’t really know where we are headed and because we are sure to encounter conditions that challenge us to shift to ways of thinking that we cannot even imagine right now; if we are creating a new existence we will need to think new thoughts!

As we will see, there is a place for control as you evolve, but it is not in trying to control the process, which you can never do because you don’t have all the information you need to do it well. No one does. And it’s a wild ride.

In your journal write about the mysterious process of evolution, about the new world that is emerging. What fills you with wonder? What strikes a chord of awe in you? Be aware of any fear that creeps into this process. Breathe and let the fear go. Know that beyond the fear is a level of confidence and enthusiasm the like of which you have little experience.

Spend some of your meditation time in that feeling of wonder and awe. You might want to practice this in a place of natural beauty as the energies of nature tend to enhance our sense of wonder. Keep writing about your experiences of the grandness of what we are

living through. Share your sense of wonder with your friends. Allow the enthusiasm to penetrate into all of your activity.

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Exercise 23: Abandon and Control

Our bodies live in a world of apparent duality, and our Spirits live in a world of unity. The belief in duality has resulted in the world we know, with its day/night, right/left, up/down, action/reaction.

As we grow into consciousness, we move towards re-union. This urge translates into the ego as desires for peace, collaboration and co-operation. But a desire for peace is not the same as peace itself. The desire perpetuates the separation; if we *want* something, it is because we believe we don't have it.

Ancient initiation practices teach us that as humans, one of the most sacred tasks we can accomplish is to find mastery in navigating the opposites that are part of the human experience on Earth. As we encounter duality and learn to find balance, we are initiated into a new realm of spiritual maturity. This may sound daunting, yet women have unwittingly participated in these initiations for millennia – in the process of labor and childbirth. Perhaps this is the reason behind that mysterious feminine power and intuition that defies description.

There are many dualities that we can learn to balance: giving/receiving, activity/allowing, love/non-attachment, peace with death/reverence for life, desire/acceptance, and several more. In childbirth, and in birthing the inner Evolutionary, an important place to find balance is between abandon and control. Abandon and control are at opposite ends of a pendulum's arc. On the one end everything is free and creative and exciting and full of possibility. On the other end everything is neat and tidy and predictable and safe. But abandon can quickly become reckless. And control can quickly become constricting.

As Evolutionaries, on the one hand, it is important to surrender – or abandon ourselves – to evolutionary forces which we cannot fully perceive or understand. On the other hand, our minds and our fear reactions must be firmly under our command and control. We can control our personal practice, our thoughts and the ways we deal with stress, but we cannot ever control the outcome. The key to successfully navigating through the abandon/control dichotomy is to make good decisions about where to exercise control efficiently and to create good support systems that will allow full abandon.

When people perceive uncertainty, the human mind has a strong tendency to go into fear and dread of what is to come. Uncertainty is a particular type of stress.

Our minds, under stress, fall into some predictable patterns:

- Oh, no! Here comes this again!
- If it feels so intense now how will I ever be able to handle it later on?
- Is this normal?

- This is gonna hurt!
- This isn't fair.
- I can't do this!

I'm sure you are familiar with your own variations on these themes. As we move into greater and greater uncertainty, the fear and dread build; we may find ourselves in a mild state of panic.

When fear and panic operate in the mind, there is a corresponding physiological response in the body. Our bodies get ready for fight or flight. Blood gets diverted to the heart and large muscles of the body and away from the brain and organs. Muscles, especially the muscles of the lower body, get clenched and primed for running if that becomes necessary. This is the exact opposite of the body state that is most conducive to the intuition and spiritual perception that would be our best source of guidance and reassurance.

When we are in fear, dread and panic, we step out of the present moment; we are fully immersed in the past and future. Control of fear and dread begins in the mind. Do not let thoughts – especially fearful thoughts – take hold. The unguarded mind can take a small thought and spin it into a huge yarn. It is almost impossible to prevent this process entirely, so it is a good idea to practice bringing the mind under control as soon as you notice it has taken off. Most of us are so attached to our thought processes and internal story telling that it feels odd to just stop a thought and think of something else. We feel a responsibility to follow the thoughts through to a conclusion. And when we are engaged in figuring out a solution to a problem this is a useful feature of the thinking mind. Evolution, however, is not a problem-solving enterprise. We can safely put all thoughts on hold and keep the mind focused on the present moment.

Train yourself to focus. Throughout the week, try to stop your thoughts and bring your attention into your body. It is particularly useful to bring your attention to your feet, both because we often carry tension in our feet and ankles and because our energy follows our attention and when we focus on our feet, our energy freely flows throughout the entire body. Or you can focus your attention on relaxing the physical body. Aim to make physical relaxation and mental focus your *automatic* response to fearful thoughts. Practice every day or even several times a day.

Along with stopping unsupportive thoughts midstream, It is helpful to also work to erase the origins of them so that they don't stay lodged inside your consciousness, creating energy blocks and waiting to spring out into action at any sign of stress. Use some of the following suggestions to shift your thinking.

- Write about any fears that you are aware of in your journal. Don't be shy about this. It is more common than you might think to have seemingly crazy fears and anxieties. We are moving into an entirely new paradigm of consciousness; the ego

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may be freaking out! Be honest with yourself about your particular versions of these fears.

- Talk to fellow Evolutionaries or mentors. Develop relationships that are supportive of the kind of conversations you want to have, and collaborate with others to change the fear-based thinking.
- Read and talk and ask and expose yourself to as much information as you can until you calm down, maybe even begin to laugh at your previous fears. Tame your fear monster with information.
- Keep telling yourself a more supportive story. The vision you have explored in previous exercises is a good substitute for the fearful story that emerges from time to time.

As you greet each wave of resistance or fear with your determination to keep your mind focused on the present and your body relaxed, you begin to ride the flow of Becoming. With your mind fully under your control, you can abandon yourself to experience your own Evolution. You will gain clarity about your unique contribution to the whole. You will be confident in your radiance and magnificence. You will be free to follow the joy that is designed to guide your action. You will feel the love present behind every earthly experience. You will be at your most powerful because you are in emotional, physical, mental and energetic alignment with the Power of Life itself.

Express your radiance in your journal.

Exercise 24: Transitions

Have you ever started a project with excitement and anticipation only to abandon it before it is complete? Most of us have done this. Sometimes we completely let the project go and never think about it again, but usually we stuff it in a drawer or in the garage or under the bed and there it sits. We subtly think about it every time we pass the drawer and either wonder when we will get back to it or make judgments about ourselves or our life circumstances and tell ourselves that we really *should* finish it someday.

Maybe your life is full of such projects: a pile of clothes that need mending, a closet that needs to be cleaned and organized, a conversation that you have been meaning to have, a book you started to read, a creative project that you never find time to complete, and so on. Each incomplete action we have in our lives takes some of our energy to hold in its incomplete state.

To gather additional personal power to direct toward our Evolution it is time to go after some of these energy drains and either complete them or realize that not everything that we start has to be fully realized and let them go.

Either choice is fine and only you will know in your heart which is best in each individual circumstance. The important point is to make a full commitment to whichever you choose. If you choose to complete something, make time for it, commit to it and get it done. Then celebrate your completion. Show it off or give yourself a little reward, a walk in the woods or a long bath or a coffee klatch with a friend. If you choose to let go, don't get stuck doing it half way or you'll be right back in the old energy drain. Get rid of the materials. You might want to perform a little letting go ceremony like lighting a candle and burning up any lingering thoughts of the project. You will know that you have completed the project or truly let it go by the rush of energy and lightness that fills you.

One reason that we humans hold on to so many incomplete actions is because of a curious phenomenon that occurs as we get near to completion phases of doing anything. As we get close to finishing there is a tension that builds. The bigger and more important the project the more tension seems to grow as we get closer and closer to pulling it off. We begin thinking about the next thing we are going to do. Or we become overwhelmed by all the details that we need to hold together for the final manifestation. Or that curious phenomenon, fear of success, kicks in and paralyzes us.

In life, we are often derailed by this tension. We put the project aside, or give up and go home. We stop just before the final slide to completion. The tension has been building and we believe that it will continue to build and we will not be able to cope with it. Because of this many of us are not living our lives fully, are feeling like we are not realizing our gifts, are living life as if it were a rehearsal and not the main event.

Just as tension builds in the final stages of a project, tension builds just as we get close to our personal growth goals too. The mountain seems un-scalable. We feel stretched beyond our capacity to endure. It is a strange sensation and the power of it can seem frightening. All of our attention must be drawn inward and toward the present moment. We are in a universe alone with our ideals in silent partnership with a Universe that we don't always perceive. We may get cranky, as there is no energy to spare for trivialities. In childbirth, this phase of labor is known as transition.

The lesson in labor is that you cannot go home, turn it off, or decide not to do it! This baby *will* be born. This leap in growth *will* occur! These moments of your Evolution may test you to your limits. It is common to feel extremely restless at this final stage. It is hard to get comfortable. Nothing seems to help. You may declare that you've had it, that you can't do this anymore, that you're going home!

The reality is that of course you *can* do it. You will draw upon your inner resources as you may never have had to before. You will get in touch with the depths of your physical, mental, emotional and spiritual strength. You will transcend your fear related to the crazy sensations of the experience. You will allow yourself to be more vulnerable than you ever imagined and will receive the support of your team – even if in your life you are proud of being entirely self-sufficient. You will leave your mind behind and experience life directly through the body and the spirit. You will lose contact with time and with all the other conventions of daily life and will enter into the realm of the Shaman and the Alchemist. You will feel the pure power of the thousands of generations of women who have pushed their offspring out into the world.

And in flowing through the wave of transition you will forever hold a piece of that unfathomable power in your consciousness.

In labor and in life, the key to successfully navigating the tension and resistance that builds as we reach the home stretch is to stay present to *what is* in each moment. Keep taking steps even if the steps get tinier and tinier. Enlist your mind into focusing on this moment – only.

In the process of Evolution we have no fetal monitors, no clocks, no norms to measure our progress. We have only our connection to the Infinite and our quiet receptive mind that continues to hear the call of our song. Your job is to relax through *this* wave of fear, to breathe through *this* doubt, to release *this* judgment, to celebrate *this* insight, to appreciate *this* moment of alignment, to enjoy *this* moment of mystery.

You are holding a sacred space for all of us with each breath.

Whether you know it or not, you have an intuitive sense of what will result from this Evolution. Use your journal to help tease this information from the innermost regions of

your spirit. To begin write about times you have persevered through your stress and challenges and found yourself reverently celebrating on the other side.

You also may want to try non-dominant hand writing. In a sketch book or journal, begin by posing questions, in writing with your dominant hand. Then switch hands and let your non-dominant hand write the responses. Let the dialog continue as long as you like. It is often helpful in this process to use colored pens or pencils; the colors access the right brain and can give you information about emphasis or emotional impact of the words being written. Don't re-read what you write until you are complete with the exercise. Then use your journal to process any insights that come up.

Interdependence

New Life

As the evolutionary process accelerates, we are called upon to embody higher and more evolved personal qualities. We are challenged to dig deep within and find the strength to *be* the Evolutionary Consciousness that we have heretofore looked *toward*.

Every one of us must make the commitment to think differently, to act more compassionately, to be more mindful and to live our highest values.

This is a day-to-day activity, not an abstract possibility. If we believe in compassion, we are required to find ways to be more compassionate in our very own lives, every day. If we believe in cooperation, we must develop the strength to cooperate – even with those who seem against us. If we believe in the sacredness of all life, we need to search out ways we can bring even more mindfulness into our daily actions.

Every one of us can reach higher and dig deeper. As Evolutionaries, we are in a position to model the awakened consciousness, not by resting on our laurels, but by growing even more. The exercises in this section will explore a few of the many evolutionary qualities we have the opportunity to embody. I invite us all to stretch farther, to dig deeper, to aim higher in all these areas as we lay the groundwork for an entirely new paradigm of living.

Exercise 25: Confidence

The responsibility of an Evolutionary is awesome. You are justified in feeling a little trepidation. You may wonder about your capabilities – especially since we have such a limited perspective of what our transformed life will be like. An evolutionary leap, by definition includes unexpected twists and unconsidered possibilities. Are you called to take action in some area, but don't have a good idea about how to even begin? Do you have a message for humanity, but don't feel sure that you know how to get it out there? Do you find yourself quaking in your boots from time to time?

We, as Evolutionaries, are subject to a type of overwhelmed paralysis when we try to imagine the entire scope of the shift. In these times it is very important to remember that, individually, we are not the ones in charge of the process. Yes, we see it, and that puts us in a position of some responsibility, but we are not the orchestrators of the whole event – just that part of it that we can do in joy.

It takes a certain level of maturity to be able to envision the whole shift *and* to stay centered on the do-able, to stay in balance and grounded. It's important that we do this, however. As we have seen in many ways, Spirit (energy) does not work well through the blocks of fear, anxiety or worry. We need to maintain our confidence. The more confidence we can muster, the more energy we will feel flowing through our activities and the more we will assist in the process of Evolution.

How do you maintain your confidence? Make a list in your journal of the actions you can take to keep your confidence level high. Consult it often.

For an even greater confidence booster, create a special Demonstration Section in your journal. Use this section to make note of every demonstration of co-creativity that you witness. Shed the light of appreciation on anything in your life that seems to show the world evolved by putting the facts down on paper in this special section of your journal. If you can, carry it with you and consult it if you ever feel doubtful.

Cultivating confidence will help with the acceleration process of our Evolutionary journey.

Exercise 26: Self-Care

I have found that most people do a fairly minimalist job of taking good care of themselves. It's as if we don't even understand what it means to love and care for our very selves. We think we're on top of our self-care if we brush our teeth every day, get a haircut every few weeks and spring for the occasional massage or pedicure. Yet, self-care is fundamental to our ability to maintain our heart-based resonance. Unmet needs, unhealed wounds, stored emotional charges and patterned thoughts lower our vibration and deplete us of energy. They also tend to express themselves in immature and ineffective behaviors that are not in alignment with the level of consciousness that we, as Evolutionaries, are trying to ground.

In western society we experience confusion between self-care and self-indulgence. Because of our narrow idea of self-care, we minimize the loving we give ourselves, in an attempt to avoid being self-indulgent. This is so much a part of our society that many people are not even aware that they have needs that are not being met. We grind on, day after day, subjecting our bodies to commuter traffic, 4-inch heels, fast food, ruthless self-criticism, and too little sleep. We don't even feel the effects any more – until they become dire.

When we become depleted on any level (social, physical, emotional, mental or spiritual) our ability to keep our minds focused where we want them directed is impaired. So is our ability to manage our emotional energy in loving ways. Our intuition suffers. Our bodies age and deteriorate. Even our relationships pay a price.

We are meant to be vibrantly healthy, maybe even to live forever. We are meant to be loving and powerful, meant to live in joy and peace and abundance. In order to live up to our potential, we have to start with caring for ourselves with the same dedication we would devote to a beloved child.

Let's start off thinking about loving ourselves unconditionally – as we would love that beloved child. Unconditional love is not unconditional indulgence. We know that it is sometimes most loving to set limits on a child's behavior or to support the child in doing things he or she would rather not do. It is the *way* we go about doing this which expresses love. If we are unconditionally loving we won't scream or threaten, or punish, or name-call or drip with sarcasm. Neither will we give into tantrums or whining. We will listen and validate, support emotions, and gently help the child construct a deeper understanding of all the facts.

How many of us, realistically, support ourselves in this way?

We each have many diverse aspects: the inner exerciser and the inner couch potato, the health food fanatic and the French fry junkie, the early riser and the night owl – just to identify a few. We typically manage the inevitable inner conflicts with some combination of coercion, virulent self-judgment, complete disregard and/or aggressive suppression. Compare this with the unconditional regard with which we would treat that beloved child.

When any part of us is treated in conditional and judgmental ways, it is natural for that wound to sit and wait an opportunity to leap up in rebellion to get the attention, and perhaps healing that it needs. This results in self-sabotaging behavior– sometimes behavior that we, ourselves, can't understand. We flip flow between aggressive self-coercion and passive helplessness as we watch our habits rule our lives.

We can stop this destructive pattern by being more unconditionally loving to our own selves, by accepting whatever is present in us, by embracing both the mature and the immature in our psyches, by helping the wounded aspects to grow rather than rebel.

Use your journal to explore how you can expand your commitment to self-care and to unconditional self-loving.

Think of ways you can show yourself more love and compassion on all the different levels. Consider the suggestions below but don't stop there. It is not possible to love yourself too much. You deserve everything you can do in support of yourself and more.

If you feel that you already do a great job of self-care, go ahead and add even more! Beef up your efforts in an area that is weak, or just make sure you pay attention to loving yourself every single day.

You might want to allow some of the immature or wounded parts of yourself to draw in your journal.

Have fun with this, but also push yourself into discomfort. As Evolutionaries we are teaching our bodies to withstand a higher vibration. We can do this by continually raising the bar of how great we can feel, how well we can treat ourselves.

Social:

- Make time every day to talk with a friend.
- Collaborate on a pot luck dinner.
- Invite someone you admire to lunch.
- Stop and really greet the people you encounter: your grocery clerk, your barista.
- Write a quick email to someone just to say you care; do it every day!

Physical

- Take a long hot bath; do the whole thing –candles, tea, incense. Now do it every day for a week. Could you relax enough to bathe like this every day for a month?
- Include some nature in your day.
- Give yourself (or trade with someone else) a half hour foot massage.
- Burn some incense or essential oils as you work.
- Palm your eyes every hour for a minute or two to rest them.

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Emotional

- Take 20 minutes every day to write in your journal! Let your feeling out on paper.
- Have a regular visit with a friend who really supports you.
- Take some play time – whatever that means to your inner child. Do this every week.
- Take time every day to sit quietly and pay attention to your feelings.
- Talk lovingly to yourself in the mirror every morning.

Mental

- Read a good book – one you enjoy, not just for work. Read every day. Read picture books.
- Take some time to do a crossword or logic puzzle.
- Plan an event, a party or a trip with someone.
- Organize your desk or closet.
- Take daily time out to work with your limiting beliefs (see Appendix 1 for resources).

Spiritual

- Spend time in nature.
- Do a creative project; have a thrilling creative project going all the time and spend time with it every day.
- Develop a meditation practice. There are many ways to do this: 20 minutes once or twice a day or even 3 to 5 minutes every hour.
- Collect and read inspirational quotes. Start every day with reading them.
- Create a little altar or nature table in your bedroom; add to it every week.

I encourage you to dig deep and discover new ways to care for yourself. In order to create a world we have never seen before, we have to think and act in ways we have never done before. And we make these changes, as you well know, from the inside out.

Exercise 27: Embodying The Higher Self

Each one of us has the capacity for unconditionally loving, just as we have the capacity to be generous, compassionate, fearless, intuitive and faithful. In our current world the Higher Self occasionally peeks out for a few moments in random acts of kindness and compassion. Occasionally we feel this part of ourselves glowing inside; it feels powerful and amazing. As all humans, we gravitate towards people – even characters in our stories and films – whom we observe to be expressing this Higher Self in their interactions with others. We feel good when we hear these stories; we come away feeling better about ourselves and more hopeful for the world.

It is important to realize that the Higher Self is always there – in everyone. No exceptions. Beyond the hurts and the judgments and the fears that twist and color our thoughts, our words and our actions, there lies the Higher Self, waiting patiently for quiet moments to reveal itself. In fact, *it is our true nature*. We have come to perceive it as ephemeral and illusory, but it is the Truth of our being. It is the body and the ego that are the illusions. This shift in perception is the essence of Evolution. To facilitate the shift we can spend some time and energy getting to know the Higher Self and making it real in our minds.

We can see the Higher Self already present in our newborns and very young children. Tiny babies have a Buddha-like quality. They seem to know some spiritual secrets that adults avidly search for in books, and therapy and retreats and workshops. It is clear, for example, that newborns have a knowing, which most adults lack, about how to be fully present. They know how to love unconditionally. They have a sense of curiosity and wonder. They have a capacity to be quiet. They express their emotions openly. They trust and they seem to live from the inside out, without any self-consciousness about fully and authentically expressing themselves.

We can learn a lot about these Higher Self qualities from our babies and children as we observe their approach to life that has not yet been influenced by the pressures to conform to society's description and rules and expectations.

What happens most of the time, however, is that parents even if they notice Higher Self qualities in their newborns, go on to socialize and teach and raise their children in traditional ways that serve to shut off or bury that initial sense of presence, of unconditionality, of wisdom and of knowing. We do this because when we were children ourselves, we were taught to disregard and diminish our own Higher Selves in the interest of fitting in, of doing the socially correct things, of obeying and conforming and complying. In our subconscious minds – our basic reactive selves – we believe that if we had to do this to survive and succeed, it must be the best (or even only) way to teach our children to succeed as well. If we don't think about this, if we blindly follow the fears that were laid down in our subconscious minds as children, we will repeat the pattern and set our children up for the same level of discontent and searching that we have engaged in ourselves.

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The world as we know it is a result of a cataclysmic failure of our society to remember and know who we truly are. Our children and our inner child aspects need us to steadfastly whisper the Truth in their ears with great confidence, to consistently direct their attention back to their Higher Self.

We can raise our children and re-parent ourselves with a constant awareness of this best and brightest – the Higher Self – always at the ready to shine out. We can act from a basic assumption that these Higher Self qualities are always trying to express themselves – even if we can't see exactly how in the moment. We can understand that behind every so-called bad behavior is a hurt or an unmet need, not naughtiness or a desire to hurt others, and hurts and unmet needs cloud and obscure the expression of the Higher Self. This wider perspective helps us see beyond our judgments and guides us in figuring out how to clear our hurts and meet our needs and allow the Higher Self to come out and radiate.

How can we nurture and support the Higher Self in our children and ourselves? First and foremost we can make a commitment to paying attention to the evidence we see of the Higher Self in action. What we pay attention to grows. Don't be afraid to point out generosity, compassion, wisdom, intuitive knowing, and unconditional loving when you see it. Also it is advantageous to engage in an inquiry, inside yourself. How can you best take care of your needs and relieve your hurts so that you can regain your awareness of your Higher Self? What might you share with your children about what you learn from your inquiry?

In your journal draw your Higher Self. Take adequate time for this; it is a sacred task. Choose your colors mindfully. Do as many drafts or versions as necessary to feel that you have captured its essence – that it represents the best in you. Use symbols if they come to you in lieu of realistic depictions; your body, after all is the illusion, the symbolic You is the Real.

What kinds of conditions surround this You? Draw them. What kinds or which specific people commune with this You? Include them as well. Make notes on the back of the drawing if you want to capture the feeling tone in words.

Mount or frame your drawing and/or place it by your bed, on your desk or hang it on your bathroom mirror to give you a constant reminder of who You are and how your world can reflect back to you the best and brightest possibilities.

Exercise 28: The Higher Self Journal

Often life is so busy and we are so concerned with our obligations and the things we need to do to keep our lives running, we completely forget to take time to slow down, get quiet and get re-balanced. Yet we find that the qualities of the Higher Self express themselves best when we are able to find that balance and calm. It is useful to find time, even in a very busy life, to relax the body and quiet the mind. This doesn't have to take tons of time; you don't need to commit to an hour a day meditation practice. Any time devoted to this is great. It is particularly effective to commit one to two minutes to re-centering every waking hour of the day.

Though shorter, more frequent touch-ins with the Higher Self are very effective, it is also a good practice to take a longer time for a more thorough exploration once a week or so.

For these longer practice times be sure you have your journal (see the discussion below about the Higher Self Journal) very close by. Recording the insights from meditation is very much like recording a dream. The less you have to move your body in order to write your insights, the better you will remember them.

To begin, get in touch with your Higher Self by relaxing your body. This is important because the benefits of meditation and visualization are dependent upon you being able to slow your brainwaves to the alpha state and the alpha state is only achievable if the body is relaxed. Alpha is the dream state and it takes some practice to be able to relax fully and still stay awake. If you practice consistently and you will eventually be able to do this easily. It is sometimes helpful at first to listen to some relaxing music or the words of a guided visualization as you relax. Listening to something helps you keep one foot in the waking world so to speak.

Another great technique for recording insights is to stay very still when you "awaken" and run over the main points of your experience in your mind. Then grab your journal and write all the main points like headlines first. You will find that your mind will recall the details of each headline much more readily.

As your body relaxes, imagine being surrounded by a clear bubble. Make the bubble however big you want. Some people feel a little suffocated thinking of themselves in a bubble. If this is the case for you, imagine whatever you need to, an opening in the top of the bubble or a ventilation system of some kind.

Imagine the bubble muffling the sounds of the world around you. Let the world fade away and notice the quiet inside the bubble. In the quiet of the bubble, you can hear your own heartbeat and breath. Spend a few minutes enjoying the quiet and serenity.

Now imagine a ball of light about a foot above your head. You can see this as a miniature sun or star. This light represents your Higher Self. All the qualities of your best self are held there in the sun. See how the light from that little sun shines in all directions. Feel the light shining down on the top of your head. Imagine that the light can shine right through your scalp and into your skull. Feel or see or imagine the light shining down into your body, filling up your body, illuminating all the shadowy places in your body. Now see that light overflowing your physical body and also filling the bubble around you. Spend a few moments reveling in your radiance.

Now place your attention once again on the sun above your head. Imagine that this is a place you can go to get any answer you want to any question you may want to ask. When you ask a question you can be sure that an answer will be given. It may come to you in words, but more likely it will come to you in feelings, emotions, seemingly random thoughts or sensations in the body. When you ask your questions get into the habit of noticing everything that happens. If you ask a question and suddenly feel a pain in your right knee, or think of a childhood song, or remember how it felt to hug your dog, all of these might be significant.

Journal about your experience. It is a good idea to keep a separate journal just for these Higher Self experiences. You will begin to see patterns in the sensations, thoughts and feelings you have during these times.

You can put the drawing of your Higher Self on the cover of your Higher Self journal.

Your Higher Self Journal is the blueprint for your new world. Record the questions you asked, the answers you were given, the insights and inspirations that came to you and the demonstrations you begin to experience out in the world.

Use the Higher Self visualization and journal also to hold conversations with others. You can talk with some person with whom you want more clarity or you can consult Experts, Wise Beings, or teachers.

To do this, first prepare your questions or concerns, and then follow the same visualization as above. When you have fully relaxed and have filled your bubble with light, begin to dream up a comfortable and completely safe place to hold your conversation. Your place can be anywhere, indoors or out in nature, on top of a mountain or under the sea, or even out in space. The only requirement is that it feel completely safe and comfortable. Furnish it with chairs or sofas or even anti-gravity chambers, so that your body can feel relaxed and comfortable. Use all your senses. Create a comforting aroma, cinnamon or vanilla or coffee for example. Dream up some harp music or birdsong or the sound of the ocean or the wind in the trees. Make it as real and detailed as you can. Your experience will be more powerful if you do.

Now invite your guest to come visit with you there. Have your guest sit comfortably and imagine him or her also relaxing the body and creating a bubble of their own. Visualize a little sun above his or her head too. See the light from your guest's sun filling his or her body and bubble.

Now see rays of light from your guest's sun shining out towards you and meeting rays of light from your own sun. See the intersection of the light from each sun and see how it creates a little mini ball of light where the rays meet. Send more light from each sun to this intersection and allow it to grow and glow brightly.

Take whatever time you need for this conversation. Listen for a response. Gently ask the questions you want to ask and again give plenty of time and space for a reply. Again, pay attention to anything that comes into your awareness. You *are* getting answers. Sometimes our understanding and acceptance of the answers we get takes us a few days. Sometimes our understanding and insight is instantaneous. Be patient with yourself. If you find that you think you already know the answers to the questions you want to ask, you may be inhibiting the process, so try to refrain from thinking too much and just listen to whatever your guest wants to say to you.

To close, thank your guest and mentally separate the light from the two suns. Bring your awareness back to your normal surroundings and journal right away. Go over your journal entry again in a day or two. Often our insights become clearer as we reflect on the process.

Exercise 29: Responsibility and Owning Projections

It is important to understand that though we may be heading towards a world of peace, harmony and joy, where everyone is treated with respect and dignity, where economics are equal and opportunity is available to all, if we are not there in the external world yet, it is because we are not there yet in our consciousness. This is a hard truth that we must be willing to accept. The longer we resist it, the longer we stay attached to our lower consciousness. We need to be aware of the attachments in our minds that have created the world as it is reported in the news!

The exercises in this journal were designed to loosen the attachments to our lower consciousness and to help us envision what we would like instead. That vision will serve to pull us forward and the loosening of attachments will allow us to soar into our new Evolutionary state.

There is one further principle that we need to embrace and it may be the most challenging of all because it shakes the moorings of our current reality. We need to:

recognize that every perception is a reflection of our own consciousness.

If I see unfairness in my world, it is because I am being unfair somewhere in my consciousness. If I perceive disharmony, it is because I am maintaining some disharmony inside myself. If I see conflict anywhere in my world, it is because I am conflicted. If I encounter poverty or lack, it is because there is some place in my heart that is shut off from full abundance.

If I want a world full of loving relationships, I need to lay down my grievances and love everyone I see. If I want a world where all are free to pursue their passions and joy, I need to be actively pursuing mine. If I want to see peace on earth, I need to first stop judging anything as confusing or conflicted.

I need to become the best person I can imagine being.

In your journal, fearlessly write out any judgments you hold, in any area of your life. If you think some people just don't "get it" write it down in exactly the form it occurs in your mind. If you feel that there is some aspect of peace that is impossible, write it out in your journal.

Now go through your list and courageously re-write each judgment as a self-judgment. "Some people are angry and hateful" becomes, "I am angry and hateful."

Some of your judgments will seem like Truth and you will feel resistance to owning them in your consciousness. This is the reason we still see these qualities in our world – because we have been unwilling to address them at their source. The greatest deception of the ego is its insistence that it has no responsibility for anything it declares as being "out there."

If you can't imagine one of your judgments being alive in your own consciousness, declare ownership of it anyway! The ego will try to talk you out of this. Do it no matter what.

Now go back to your list of self-judgments and forgive each one.

You can forgive by asking a Supreme Being for forgiveness. Or you can look at each judgment as an outsourcing of some buried wound and hold the wounded inside you in compassion and forgiveness for its desperate act born of pain and fear – the act of making a judgment and holding a limiting belief about the world.

Be gentle and courageous as you work this exercise. Take all the time you need to fully forgive each judgment. This is an on-going process, which may take the rest of your life.

It may take many years to fully forgive; the ego continues to make judgments, but you will most likely see a difference in your environment very quickly. You will see more love and more compassion being expressed around you. You will see more peace and creativity out in your community. You will have more moments of joy and you will see others' joy more clearly.

Record in your journal, the ways you see your world shifting. Writing down the evidence of the shift anchors it more firmly in the "reality" of your mind.

Now turn your attention towards owning your power too. In your journal, list all the qualities you admire in the people you know. List the positive judgments you make about your world and the people in it. Make a long, long list.

Next, turn each of these statements into an "I" statement too. Re-write each observation and judgment in the first person. Notice the challenge the ego experiences in owning these amazing qualities. This ego resistance has also contributed to the world as it has been up til now. Hold your ego's hand and gently walk it into your Magnificence, owning each quality over and over again until it feels natural. As you do so, you are re-creating the world in the image of that Magnificence.

Thank you for taking this Inward Journey with me. May we all be blessed with the Truth as we realize ourselves and make the shift into a whole new way of life.

Appendix 1

Working With Emotional Energy

Our society typically has great difficulty with emotions and emotional energy. We recognize the grander expressions of feeling – anger, grief, depression, etc. Yet long before our emotions reach this level of intensity, we have been experiencing more subtle emotional energy, such as irritation, loss, fear or concern. We are slightly more aware of the subtler emotions when we consider them to be “positive”: contentment, satisfaction, well-being etc.

We fear emotional energy because we know that sometimes when we are in the grip of strong emotions we behave in ways that later embarrass us. We “lose our minds,” say things we don’t really mean – except in the moment – and lash out at others in ways we never would if we could keep our cool. Our fear of losing control leads us to try to suppress, ignore or talk ourselves out of our feelings.

Yet the emotional energy remains, even if we get really skilled at denying, hiding or suppressing it. It gets stored in our psyche like static or little electrical charges. The ability to store emotional energy is a wonderful gift; it allows us to intelligently navigate tricky, triggering circumstances, without losing our temper, for example, at every little obstacle we encounter.

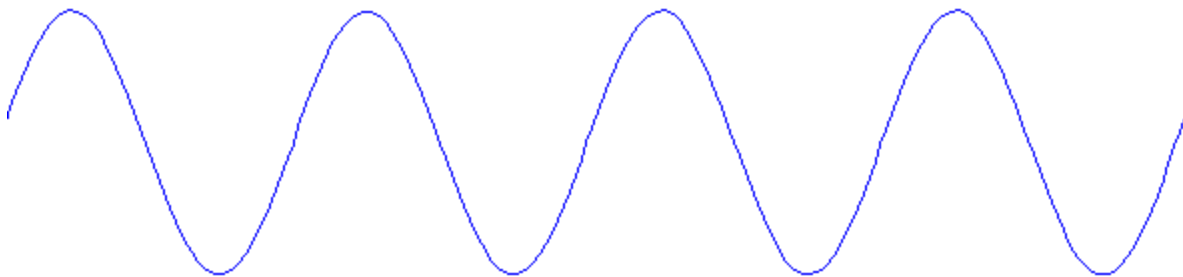
Because emotions are energy and energy has a strong tendency to move, the stored charges “want” to be liberated into movement. The best way to allow this energy to move is to feel the feelings – to simply allow them to flow until they resolve themselves. Almost no one over the age of 5 (in the western world) does this. Instead we become expert at stopping the flow of the emotions and storing the charges.

There are two significant problems with storing emotional energy in this way. Stored emotional charges will move in any way they can. One way an emotional charge can free itself is to create disharmony in the physical body. The annoyance we feel about some condition of our job, for example, may show up in the body as headaches or low back pain. Secondly, the charges will try to move every time we have an experience that even remotely reminds us of the one whose emotional charge we stored. We may find, for example, that tiny irritations create huge reactions in us. We blow up over insignificant things – and wind up feeling confused and out of control.

We are so accustomed to storing rather than feeling our emotions it seems natural to us. Some common ways that we use to stop the flow of emotion and store it, are:

- We simply tell ourselves that the feeling is inappropriate and talk ourselves out of it.
- We tell ourselves a story about why we are feeling the emotion and the story is almost always about what someone else did to us to “make” us feel this way.
- We distract ourselves with TV, food, other substances or social activity.
- We vent the feelings by yelling, cursing, blaming, even hitting something (or someone!).
- We attack ourselves with self-criticism or self-blame.

Emotional energy, like all energy flows in waves:



When the emotion is allowed to follow its course, at the peak it usually feels very intense. Most of us stop our emotions before we get to a peak. This is too bad, because if we were to endure it just a bit longer we would be able to experience the lovely subsiding of the emotion into the valley between waves where we access a sense of peace and clarity of thinking that we don't often feel.

As you move through the exercises in this journal you have the opportunity to feel many different emotions.

The most constructive way to work with the feelings that arise is to sit as quietly as you can and just feel them. I know this sounds ridiculously simple, even patronizing, but here is what usually happens when our emotions are ignited. We begin to feel something, let's say, annoyance. One of the first things we may become aware of is making a face to express our annoyance. Maybe we roll our eyes or scowl. If the annoyance we feel is a wave of energy, the most natural thing for it to do is to keep on moving through us. When we contract our muscles to make a face, we divert that natural wave-flow. Bigger gestures, say shaking a fist or stamping a foot impede the flow even more.

If you become frightened by your emotions, by all means, seek some professional help – a therapist or counselor to help you navigate your feelings,

So the first key to feeling feelings is to, as much possible, keep the body relaxed.

It is probably impossible to *fully* relax when emotions are flowing, but if we stay aware of the feeling as a wave of energy, we can relax *enough* to let it pass. It is helpful to think of

the image of the wave above and imagine the feelings waving through the body into the ground.

Keeping the body relaxed when emotions are flowing has the additional benefit of helping us keep our reactions under control. It's harder to strike out physically or verbally when we are concentrating on staying relaxed and watching the waves of feeling pass into the ground.

When we are experiencing feelings, after we contract our muscles, we will most likely become aware of *thinking*. All sorts of thoughts will begin to form in our minds. Some will be repetitive and not particularly articulate. "No!" or "Help!" or other impolite expletives. Some thoughts will be defensive, justifications of ourselves. "I didn't mean anything by it." Or, "That wasn't fair, I deserve better."

Some of our thoughts will begin to form stories about the triggering event. "She just doesn't understand me." Or "I can never do anything right." Finally, all too often, our thoughts begin to tell us who is to blame this uncomfortable experience of emotion.

All these thoughts work to divert the flow of energy into storage. We stop feeling the emotion and begin to analyze it; the flow gets stopped and the energy gets stored.

The second key to feeling feelings is to interrupt the thoughts we begin having about the feelings. A simple way to do this is to put the mind to work trying to *name* the feeling.

You will probably have to remind yourself many times to keep your body relaxed and to stop telling yourself stories about the feelings, until you develop the habits of relaxing and naming the emotions that arise.

When we allow ourselves to fully feel our feelings three wonderful things will happen.

First we will ride the wave through the intense part and we will then begin to experience the emotion diminishing. The hurt will pass, not get stored and continue to impact our lives. And the emotional energy will not try to move through our physical body, causing pain and disharmony.

Second, as a side effect of feeling these feelings now, we will also be releasing previously stored emotional charge. Release of stored charge is often accompanied by tears or laughing, or sometimes an involuntary shaking of the hands or feet, or shivers that run through the body.

Third, as the emotional wave diminishes, we will enter a beautiful space of clarity and insight. Jeanne and Don Ellium call this the Clear Thinking Zone (*Raising A Daughter* and *Raising A Son*). Sadness, anger, loss, annoyance, whatever feeling we have been engaged with will give way to laughter and then to peace. Many people on earth have been so good at stopping and storing their feelings that they have never felt this.

Once the emotional wave is past, we can more constructively think about the triggering situation. We can begin to understand our beliefs and thoughts, why some things hurt us, and we can begin to heal all those past hurts and stored charges.

Here are some other tips for working to fully feel and release emotions;

- The old count-to-ten advice is still valuable. Use the counting time to relax the body and quiet the mind.
- Take a walk. Though this is not the same as full relaxation, it is a purposeful and coordinated movement that also assists the feelings in flowing through and out. A walk can have the added benefit of being out in nature which has a natural calming and energetic flow-assisting effect.
- Imagine the emotion as a color or a shape or a texture. Use your thought process to really get a good mental picture of the feeling. Observe the changes in the image as the emotion wave progresses.
- Write! Use a good pen and let it flow! Give the feelings a voice. Let them express anything they want. Destroy this writing right after you finish it. Burn it or shred it, but DON'T read over what you have written. The point is to let it go, not to revisit it.

The more practice we get in working positively with our emotional energy the easier and more acceptable it will feel to us. Again, I stress, though, that because we are so unaccustomed to our feelings, please get professional help if this feels frightening or upsetting in any way.

Working With Mental Energy – Limiting Beliefs

In working through the exercises in this book you will come across some ideas or beliefs you hold that limit your ability to grow. You may doubt your capabilities, or wonder about what is real and what is not.

As Evolutionaries we are being called to release old beliefs and to open to new possibilities. There will be aspects of our new level of consciousness that we cannot predict, things we would never imagine from our current perspective.

Each time we release an old belief we open more to our intuitive knowing. We expand more into our personal power. We allow more co-creative energy to flow through us.

Our beliefs form the skeleton of our awareness. Some of our beliefs are forged from experience and the conclusions we drew about the world from those experiences. Some of our beliefs were transmitted to us by our parents and our tribe; these are the ones that are most challenging to identify and release because they feel like unquestionable truth. As we perceive the sensory and energetic information in our environment, it is shaped by our beliefs into thoughts and then into feelings and acts.

When we encounter a belief that is limiting our growth, we can shift it by using some of the following techniques.

Simple Awareness: Often, as soon as we identify a belief, we recognize its uselessness and simply shift it for all time.

Ex. I used to believe that blonds were unintelligent, but now I have met several blonds who seemed wise, so that belief no longer has any place in me.

Conscious Reframing: Sometimes it takes a little more work to re-wire our thinking. We can repeat affirmations, put little reminders up around the house or workplace, and/or make note in our journal or celebrate in other ways the times we act from a new belief.

Ex. I once held a belief that I could not ever make enough money to be comfortable in life, but I kept repeating positive affirmations and now I am making a good living.

Loosening Emotional Ties: Some beliefs are so fundamental to our version of reality it is upsetting to imagine letting them go. In these cases, it is important to love and nurture ourselves through the letting go process – which can feel like free fall. We can hold the frightened part of ourselves through the re-writing process, allowing the expression of fear – without becoming identified with it, forgiving the judgments that come up and gently supporting the maturation of the fearful one inside. The work of Byron Katie is very helpful in this process. (

Ex. I used to think that relationships had to include some level of conflict. At first I didn't know how to think about a kind of relationship that didn't include conflict. I felt like without the conflict there was nothing to hold onto. Gradually, as I imagined how the world would be without this belief, I came to be able to imagine a no-conflict friendship, a no-conflict relationship with my parents and a no-conflict relationship with a significant other.

Shifting the Source: Some personal and cultural beliefs are very entrenched. We decided to see the world that way very early on in life. It is helpful to imagine the first time The work of Morty Lefkoe is very valuable in this process.

Ex. I held the belief for a very long time that my father didn't love me. In meditation I went back to the first time I was aware of believing that. (Note: Sometimes this very first time occurs while we are still in utero.) I re-lived the experience as I remembered (imagined) it and found the point of decision – that moment when I decided to interpret the experience as being unloved. I took a look at the other options of interpretation that were available to me and chose to believe in one that was more empowering to me.

Each of these is an important tool in an Evolutionary's toolbox. Common fundamental beliefs that arise on the Evolutionary journey are 1) a suspicion that we are not capable of what we feel called to do as an agent of Evolution, 2) a belief that we are all alone in our vision, and 3) a belief that we are not adequately supported by our Universe, or a crisis in faith.

Watch for versions of these beliefs in the work you do birthing the inner Evolutionary in you.

Don't ever forget that you are Magnificent, that we need you and the song you sing, and that you are not alone. Thank you for your Essence, the part you play and for your Joy.

If you are seeking support on your Evolutionary journey, please contact Sue at
www.beingtrulyhappy.com