

New Age Modalities

Self-help modalities: Acupuncture, Massage, Reiki, Quantum Healing, Beyond Quantum Healing, Theta Healing, Craniosacral Therapy, Aromatherapy, Matrix Energetics, Affirmations, Intention...

Emotions such as anger, rage, hate and sadness are bad, but this is a denial of our human-ness.

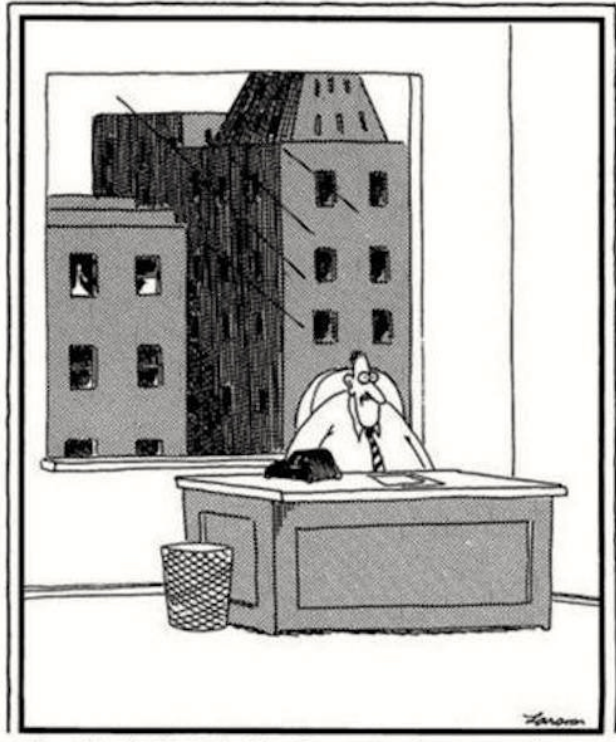
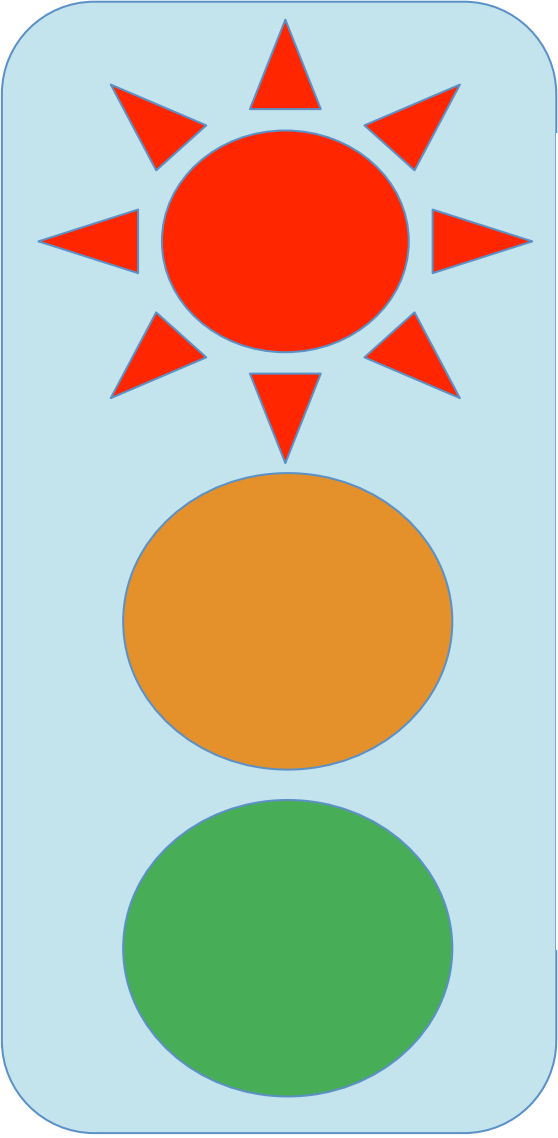
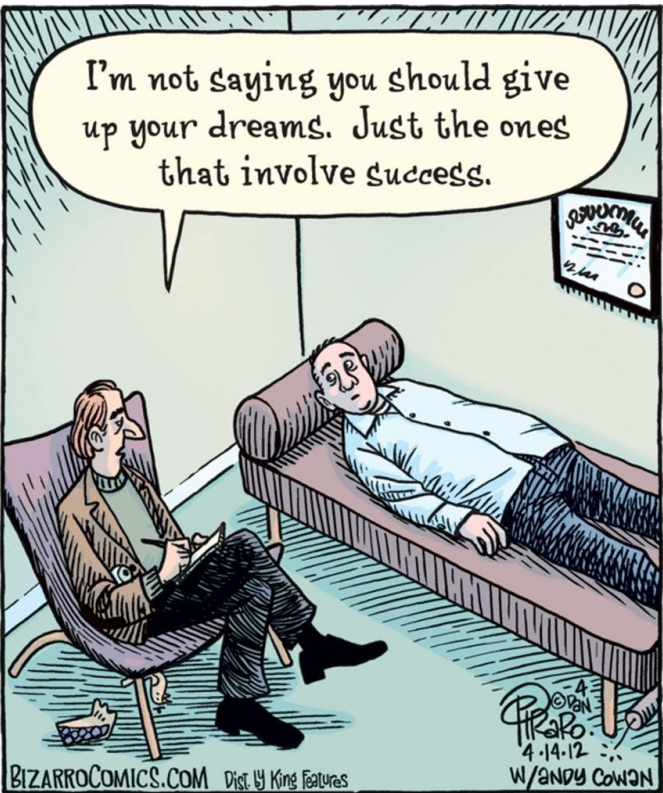
- Emotions such as happiness, joy, bliss and contentment are good. Results in spiritual bypassing.
- Ego is bad. You have to destroy, kill, get rid of it.



Shamanic Healing



Our Second Realization

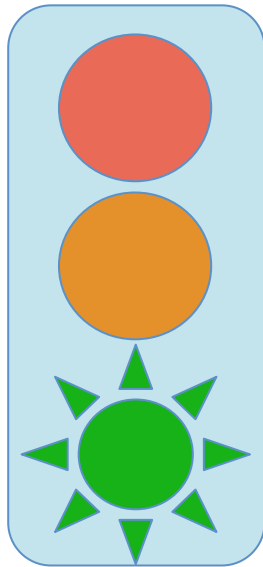


Anatidaephobia: The fear that somewhere, somehow, a duck is watching you.

All this helps, but just seems to scratch the surface. That existential angst is still there.

A Last Resort?

Trillium Awakening – What if we just sit what IS without judgment of right or wrong and see what happens?

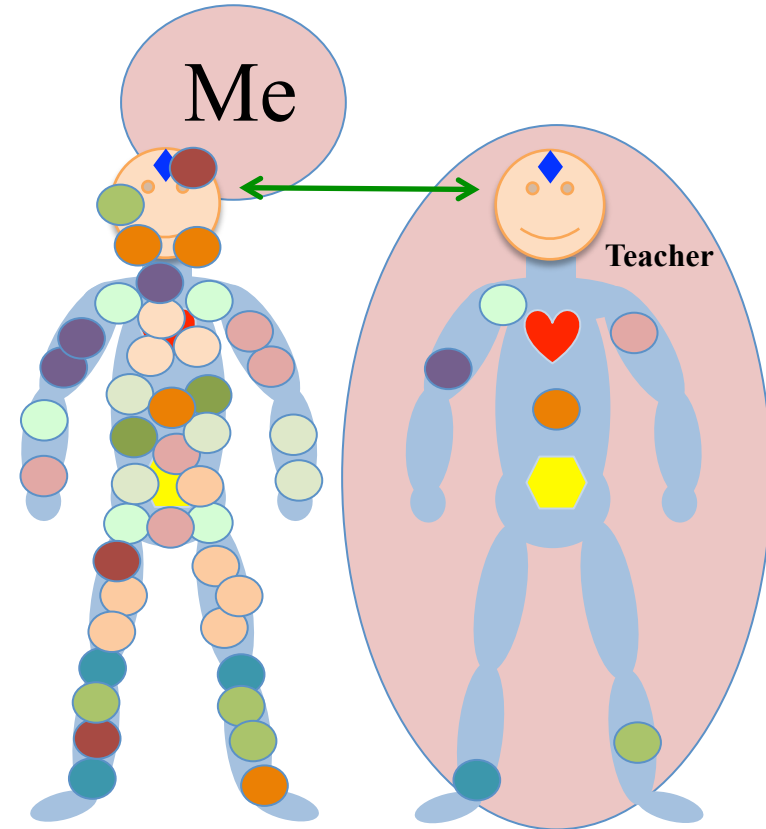


Greenlighting

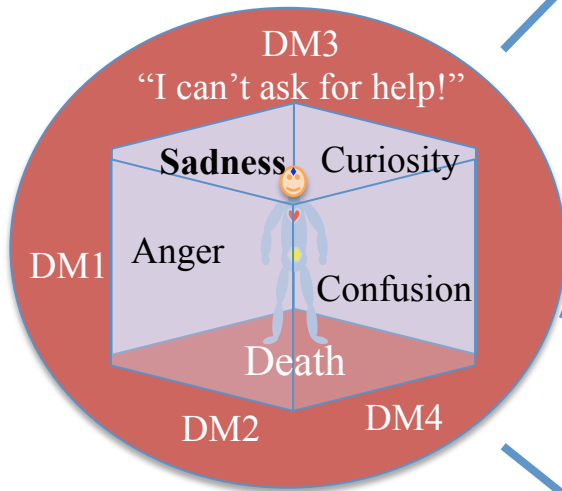
As we sit with you, we listen to your stories and the content associated with it, we witness and validate your experience in a safe environment and then over time, sensations in the body will draw you downwards to land in the energies that are stored or frozen there. As you sit with the sensations of these stored energies a processing or “digestion” happens that frees the underlying aspect of your Being allowing it to be expressed again. The release might be physical, emotional, energetic or a realization.

Gazing has a number of wonderful qualities:

1. It allows a person to be seen, really seen for who they are without judgment.
2. The teacher provides a transmission of an embodied awakened individual to the student. The paradoxical condition the teacher is living is inexplicable to the rational mind, but the body and whole being understand it intuitively.
3. The teacher provides a model / mirror to the student's subconscious mind of an individual who has had a Whole Being Realization. The subconscious mind then begins the process of mimicking that in your unique way to free up resources in order for the student to have this same type of realization.



Sitting with the Discomfort



Working with a button is an unwinding of a lifetime of experience that typically begins with a detail description of events followed later by an emotional release of the intense primary emotion stored there that wasn't allowed to be expressed for fear of annihilation.

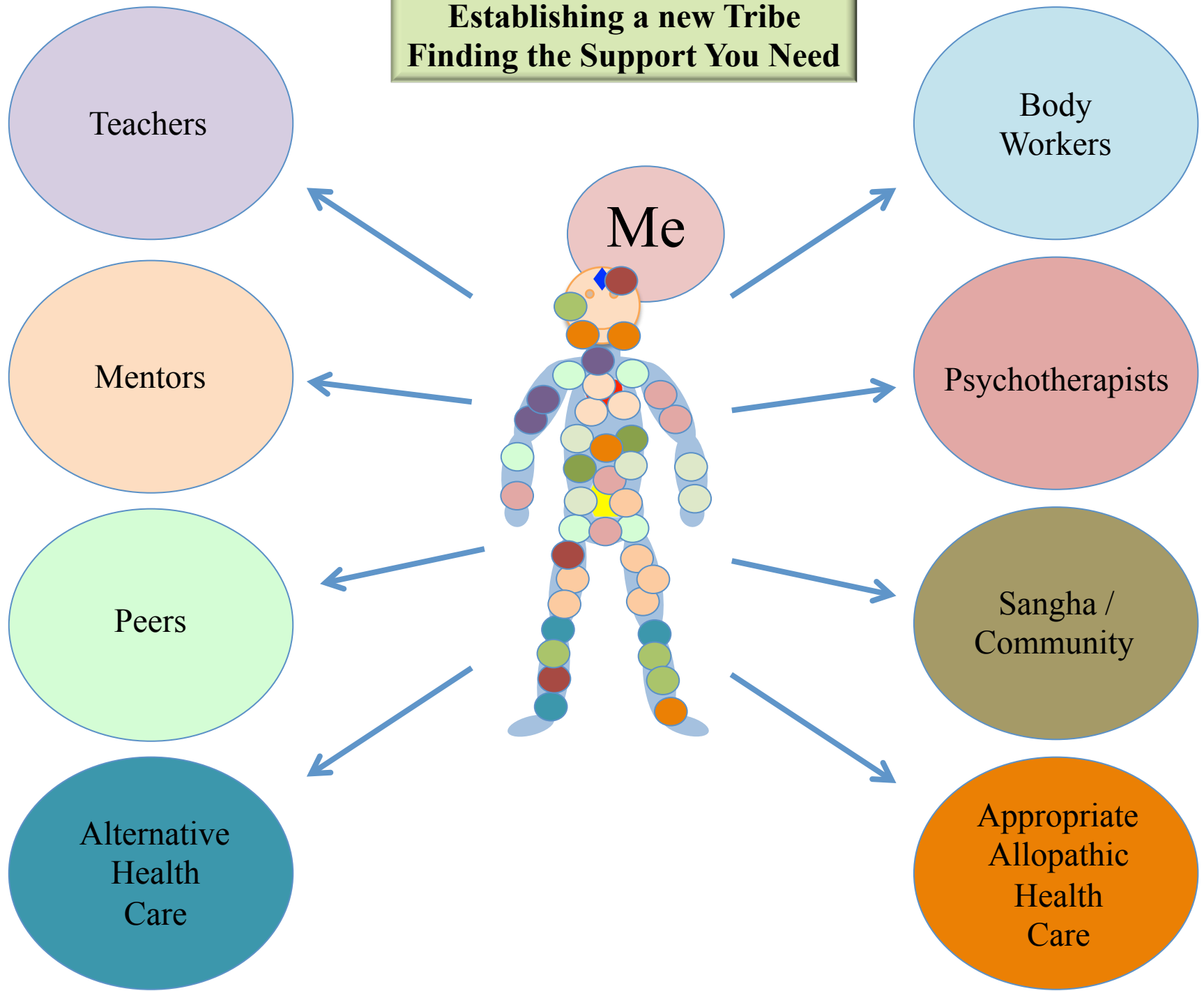
The release of the emotion usually also involves the disassembling of DM1 and DM2, the defense mechanisms which frees a lot of energy that was used for suppression.

DM4 – With the release of the tension associated with the muscle constriction, a portion of my body has more feeling and is more supple. The muscular neural circuit that was usurped by the ego for constriction and numbing is returned to the body's control.

Reframing of DM3 and the recognition I have more than one option on how to respond: I have the right to ask others to help me and it doesn't reflect on my intelligence or my self-worth.

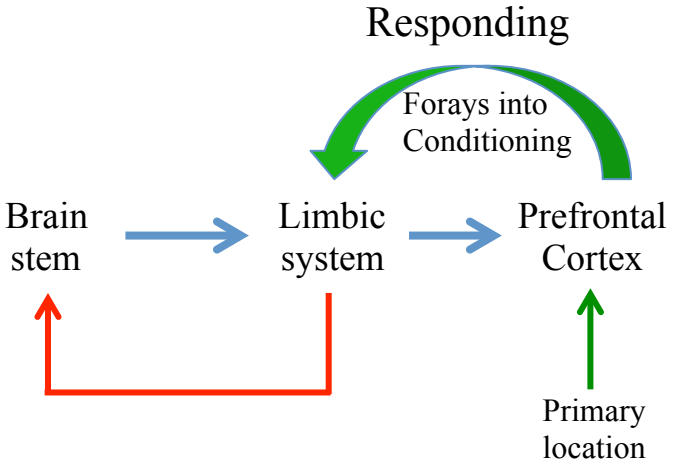
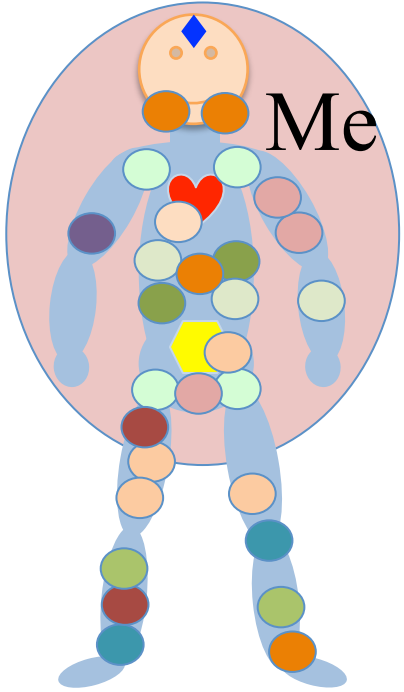
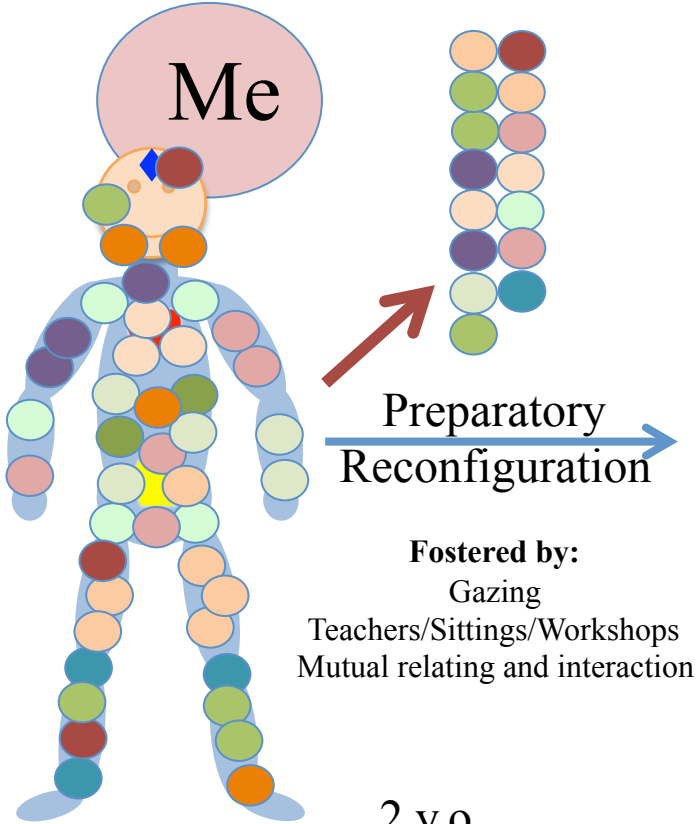
This leads to an integration of the unprocessed "trauma" memory being stored in short term memory into long term memory and a re-establishment of that portion of our timeline.

**Establishing a new Tribe
Finding the Support You Need**

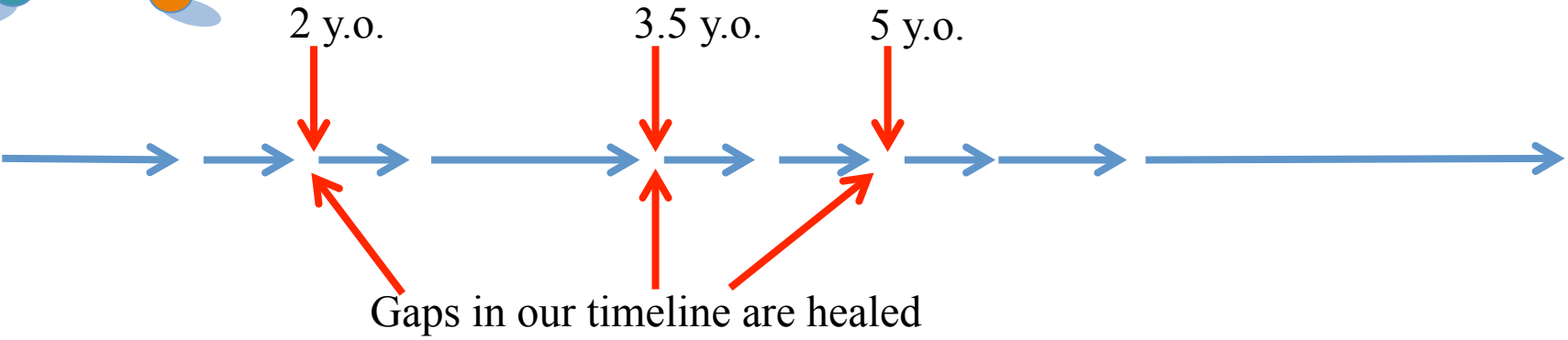


Sacred Reconfiguration

Whole Being Realization

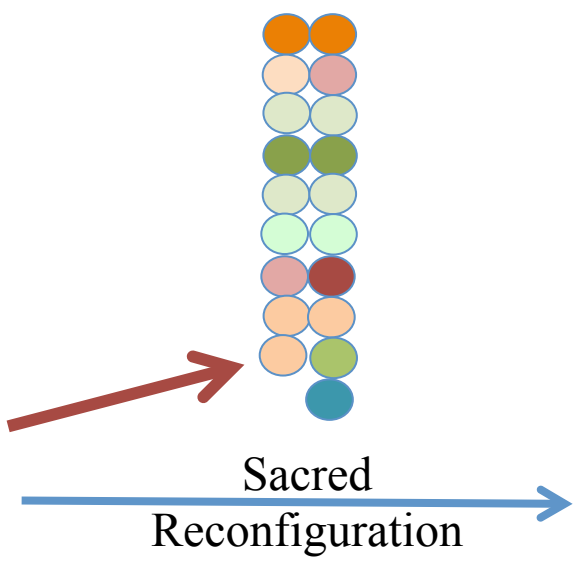
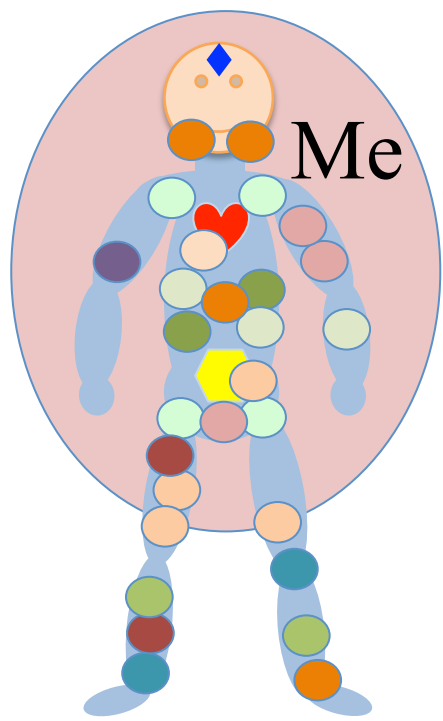


The body is a self-healing system and when left to its own device can heal quite thoroughly.

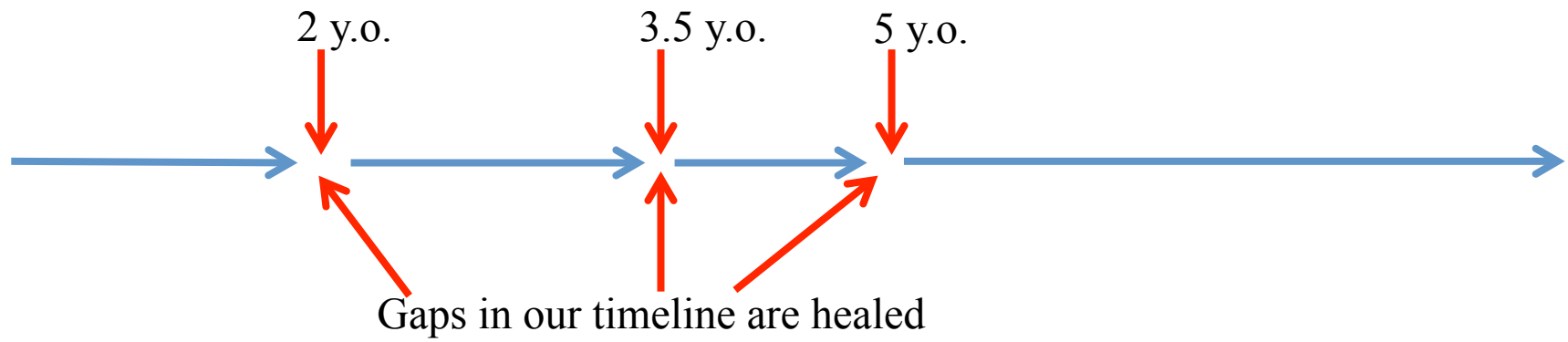
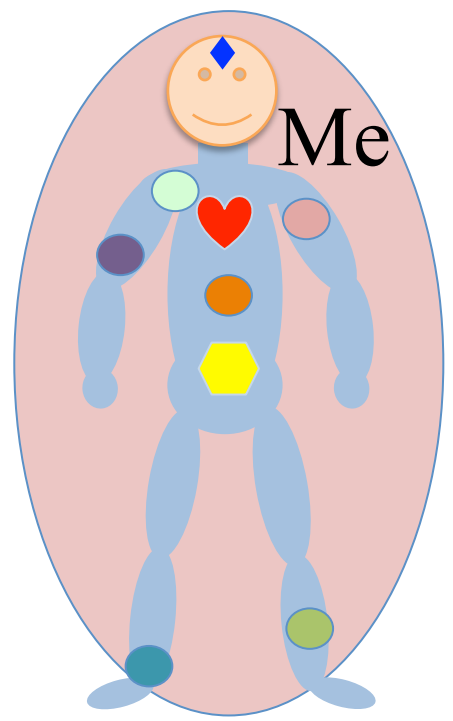


Sacred Reconfiguration

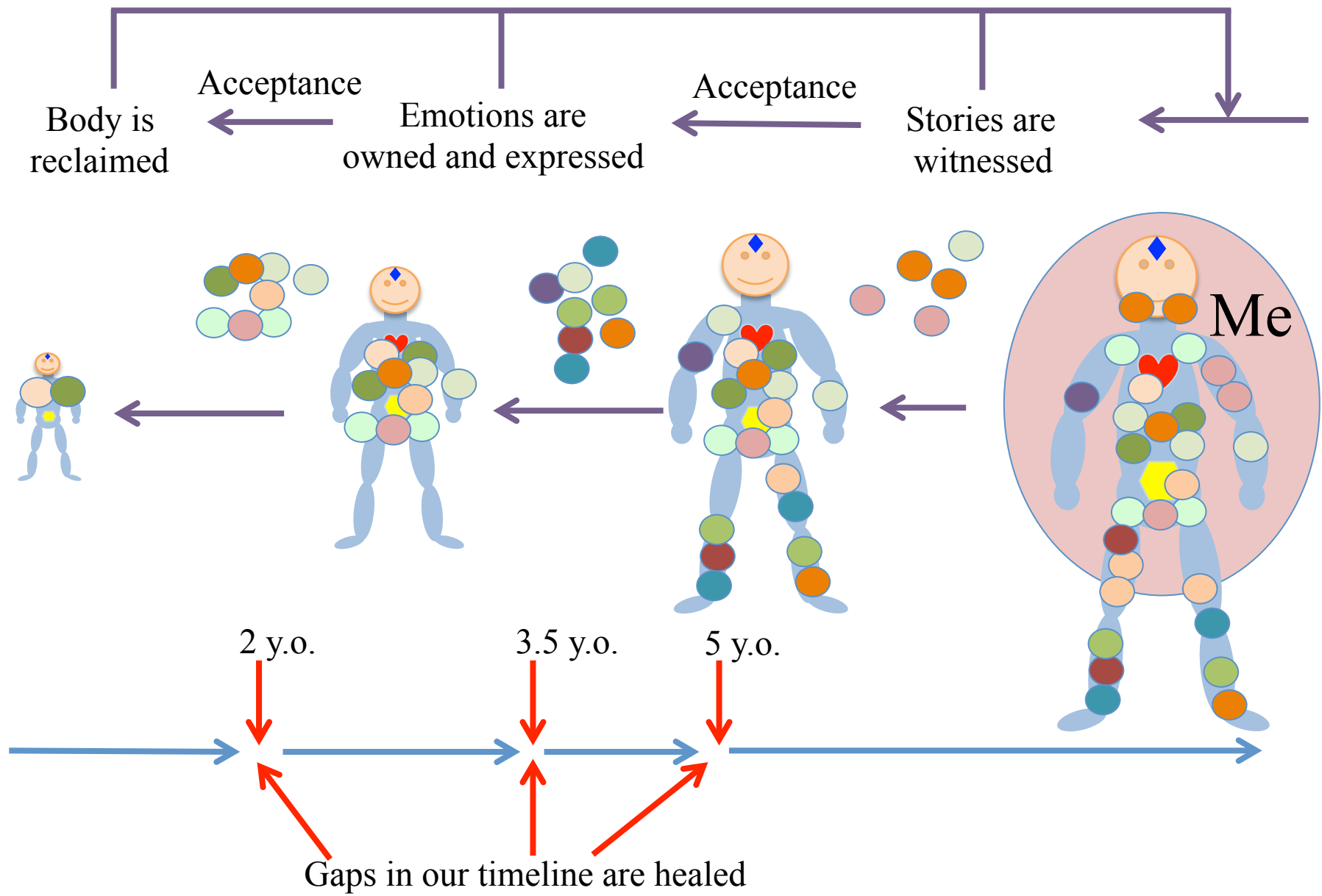
**Whole Being
Realization**



Fostered by:
Expanded states of consciousness
Embodying / physical experiences
Mutual relating and interaction



Reverse Process during Sacred Reconfiguration (4-5 years)



Further Awakenings

Clarifications of Mind – As the defense mechanisms and emotions are released, the energy necessary to maintain those structures becomes available to the whole body-mind system.

- More Energy to the whole Body-Mind system
- More Clarity of Mind
- Typically, there is a relaxation or quieting of the mind.
- Gifts of mind and essential qualities associated with mind are explored.
- Consciousness continues to expand and more transcendent states may be experienced.
- Better discrimination of where we wish to place our attention.
- Over time, there is a recognition that this is not just about acceptance but about loving one's self.

If Mind Is All There Is – Will come to the conclusion that everything is Mind, only consciousness exist and everything else is illusion: emotions, body and external reality are not real. Advaita and spiritual bypassing because emotions and physical trauma are not real. Life becomes boring. Duality is an illusion.



Progressive Awakenings / Realizations

Individuation –There is a movement toward autonomy which presents itself as wanting to live with complete authenticity. I call it the “Not giving a rat’s ass what people think about me.” phase, where we observed how we compromise our authenticity to fit in with society, our friends and our family. We find our unique voice and expression independent of trying to please those around us.

- Typically, you learn how to say “No.” without feeling guilty or shamed.
- Sets of friends may disappear while new ones come into your sphere of influence.
- There is a recognition and appreciation of your gifts and talents not as ways to protect yourself from harm, but as a means to empower others. You have something to offer.
- There is a recognition that our uniqueness does not mean we have to isolate ourselves from our tribe(s)).

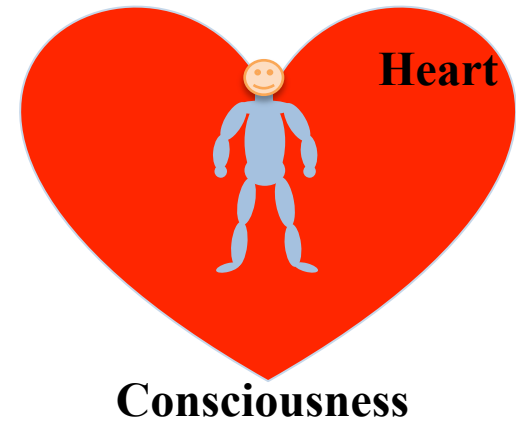


Progressive Awakenings / Realizations

Clarifications of Heart – As the mind seems to finish with its clarification, attention is drawn down into the heart center and a phase of self-love, love for other and compassion begins. Consciousness keeps asking us to open our heart further and further even in the midst of the insanity we call society.

- Huge heart openings at this time. Love is the foundation of everything.
- You may feel the joy and the suffering of humanity simultaneously.
- You recognize that love is not weakness and wishes to be expressed fully and openly.
- You begin to say “I’m sorry.” a lot as you truly recognize and understand your impact on other human beings.

If Heart Is All There Is – Will come to be overwhelmed by emotions and feel as if it is on a constantly moving ocean of energy. Empathy with the world is too much to bear. Without mind to regulate, excessive emotionality will rule. Will come to the ultimate conclusion that everything is Love and nothing else is needed. Mind is too cold and unemotional. It may hurt to be in a body and/or there may be a sense that incarnation is too painful to bear any longer.

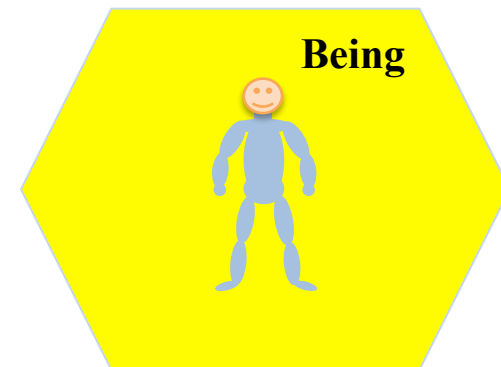


Progressive Awakenings / Realizations

Clarifications of Being – Once the heart clarifies and opens, attention is brought down to the Being center and we spend our time fully embodying as divinely human beings.

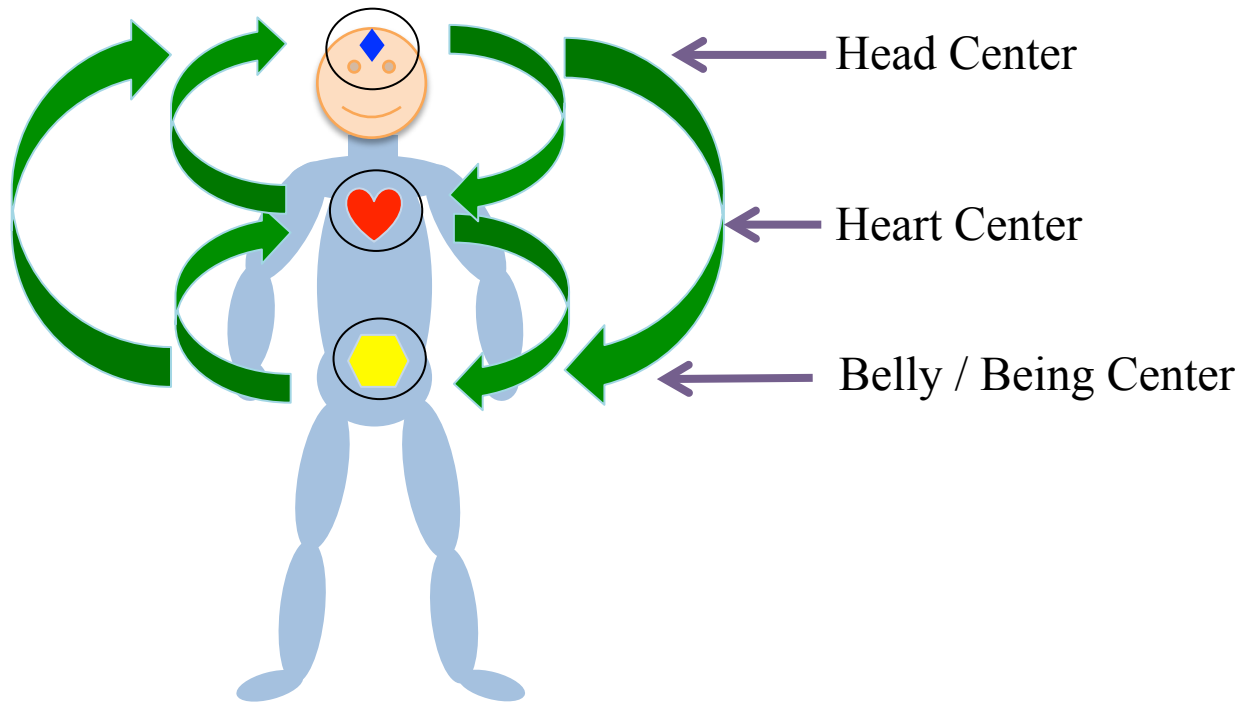
- The every day details of physical existence become enjoyable.
- Life feels much richer and more meaningful.
- The connection between mind and body become more fluid.
- There is a thinning of the veil between finite and infinite.
- Better discrimination of body states and finer attunement to the environment.

If Being Is All There – Physical / material reality is all there is. May become hedonistic or lost in excessive physicality because so much energy is being experienced coursing through the body. Life is meant to be savored and Mind and Heart are over-rated and don't get it. Loss of empathy and perspective on caring for self and others.



Consciousness

Spiritual Development Is Not Linear (10-15 years)

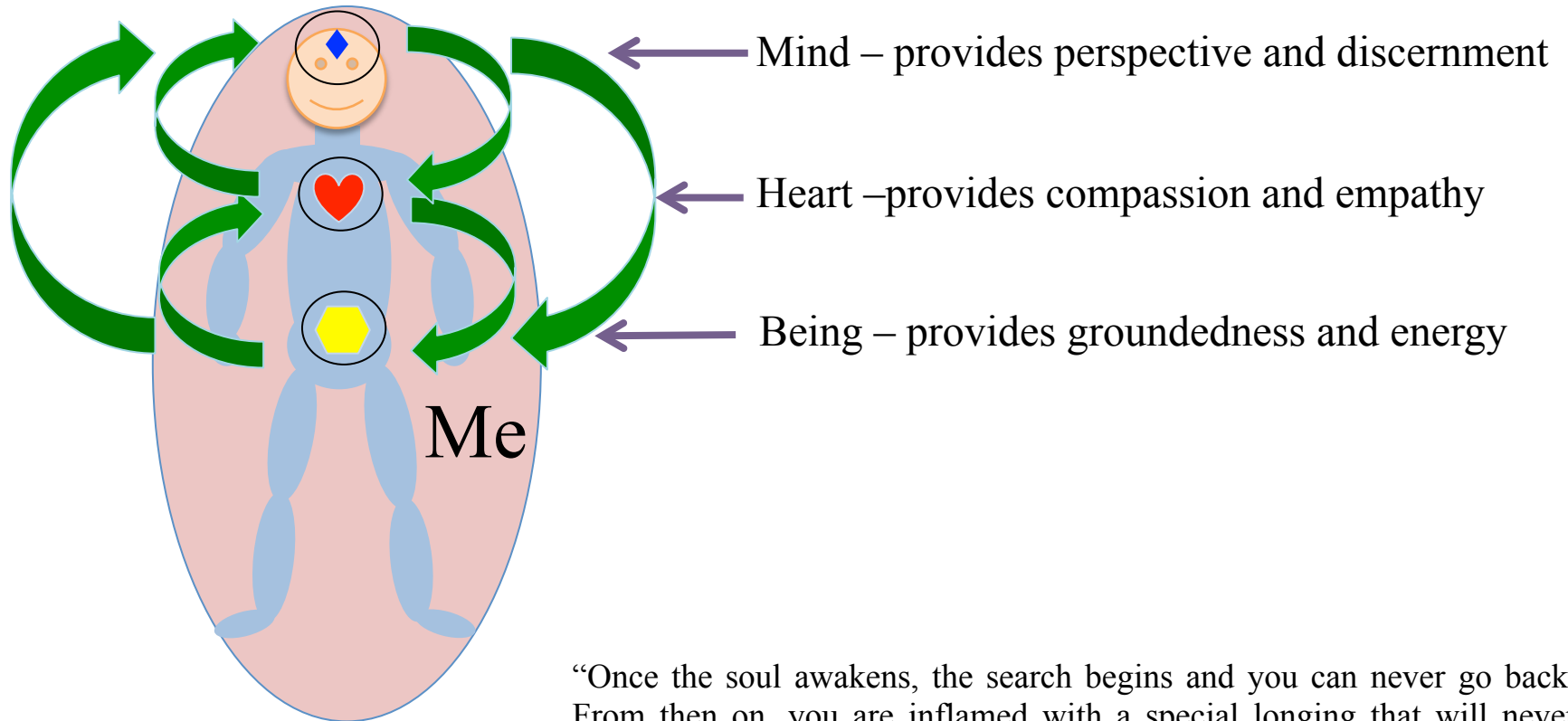


It has more similarities
to a vortex or spiral



<https://www.extremetech.com/extreme/120803-vortex-radio-waves-could-boost-wireless-capacity-infinitely>

Balanced Development



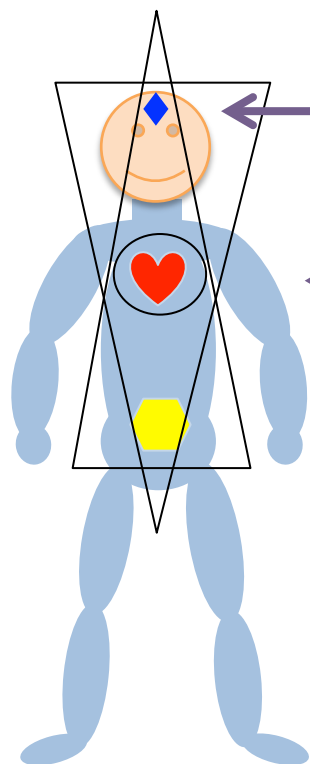
“Once the soul awakens, the search begins and you can never go back. From then on, you are inflamed with a special longing that will never again let you linger in the lowlands of complacency and partial fulfillment. The eternal makes you urgent. You are loath to let compromise or the threat of danger hold you back from striving toward the summit of fulfillment.” **John O'Donohue, Anam Cara: A Book of Celtic Wisdom**

All Three Centers Working Together



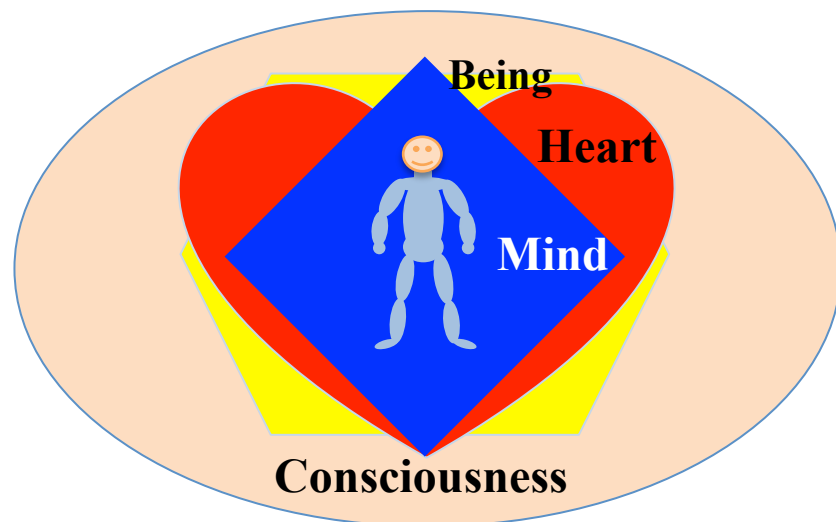
<https://vistapointe.net/cosmos.html>

No Local Self / Singularity – There comes a time when the contractions held by ego are so minimized that the ego is allowed to follow its natural course of development into the larger “I am-ness” of itself.



- ← Head Center – Mind / Consciousness / Spaciousness / Light
“I-ness”
- ← Heart Center – Love / Mutuality / Relationship / Emotionality
“I Am-ness” – Doorway to the Soul
- ← Belly Center – Being / Embodiment / Physicality / Non-separateness
“Am-ness”

In our
Center again



Where do we go from here?

Curiosity about our essential nature as consciousness and our essential qualities as expression of our authentic self.

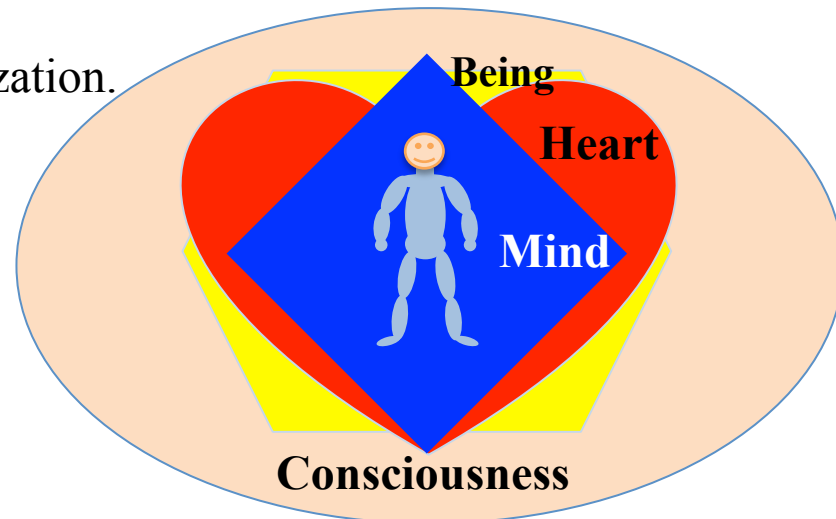
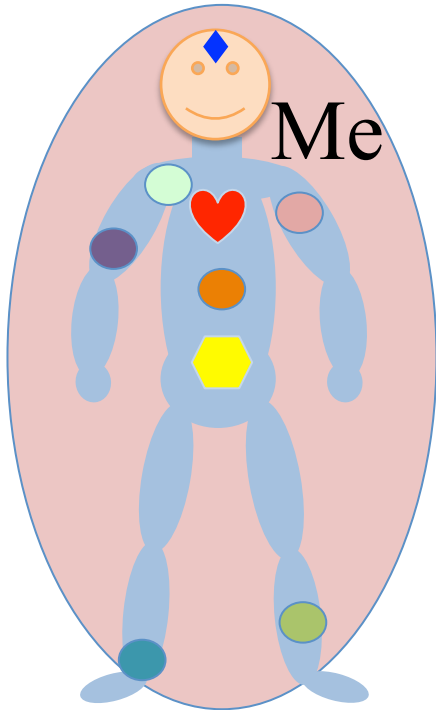
Explore our desire to serve Other / Tribe / World.

Explore the depths of our interconnected to all humans and the Universe and realize that we are “organs of perceptions” of Reality.

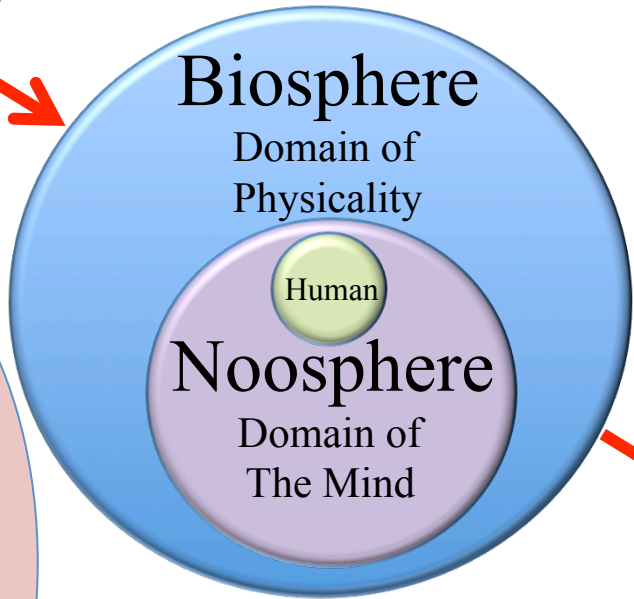
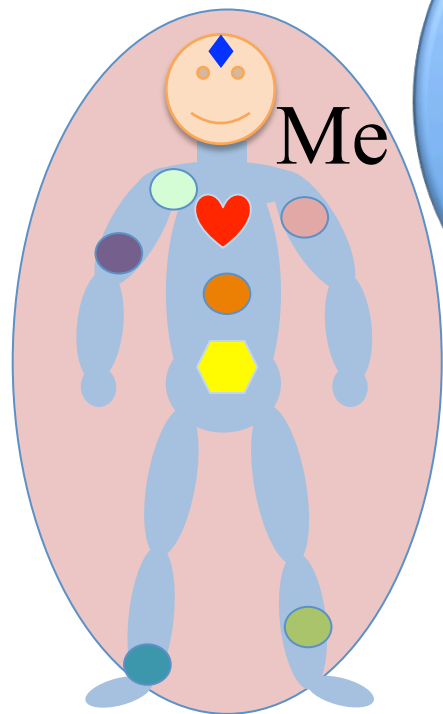
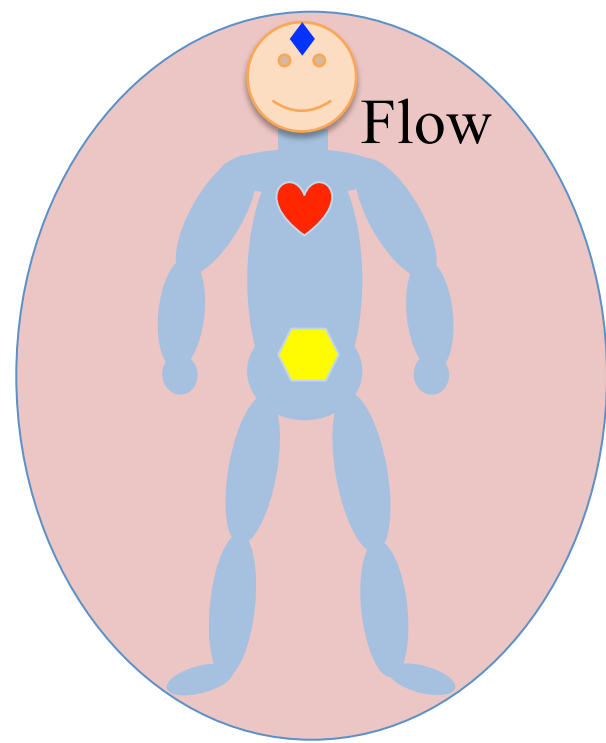
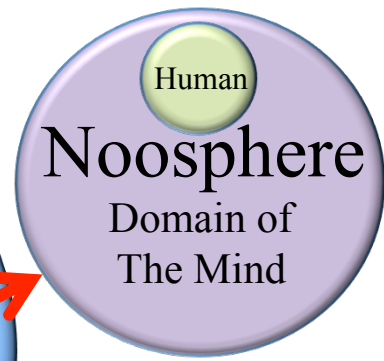
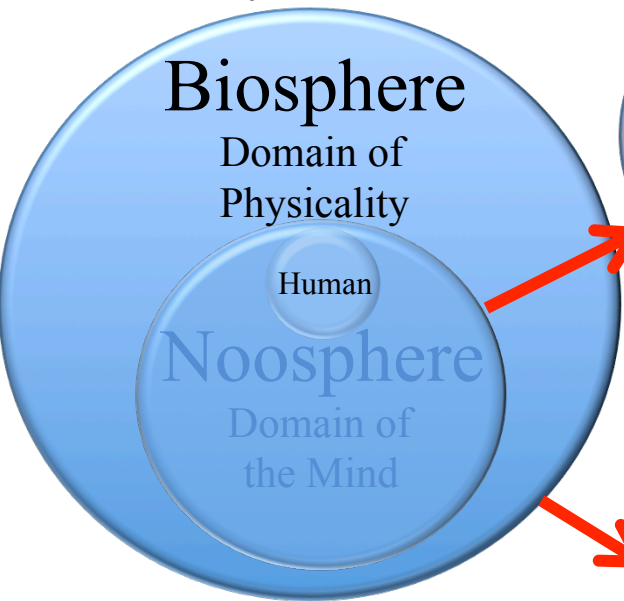
Comfortable with “Not Knowing” and the paradox of Infinite and Finite.

The Brain as well as the Body are evolving to handle higher and more refined states of Consciousness. Higher vibrational capacity.

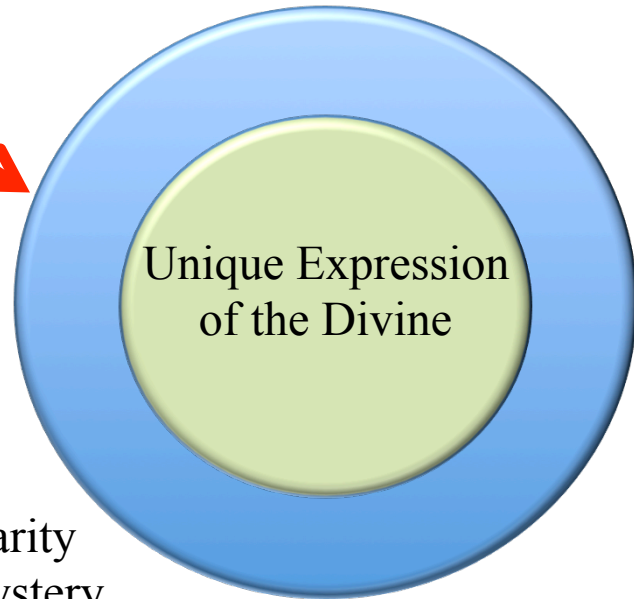
Realization is realizing Realization.



Duality – Core Wound



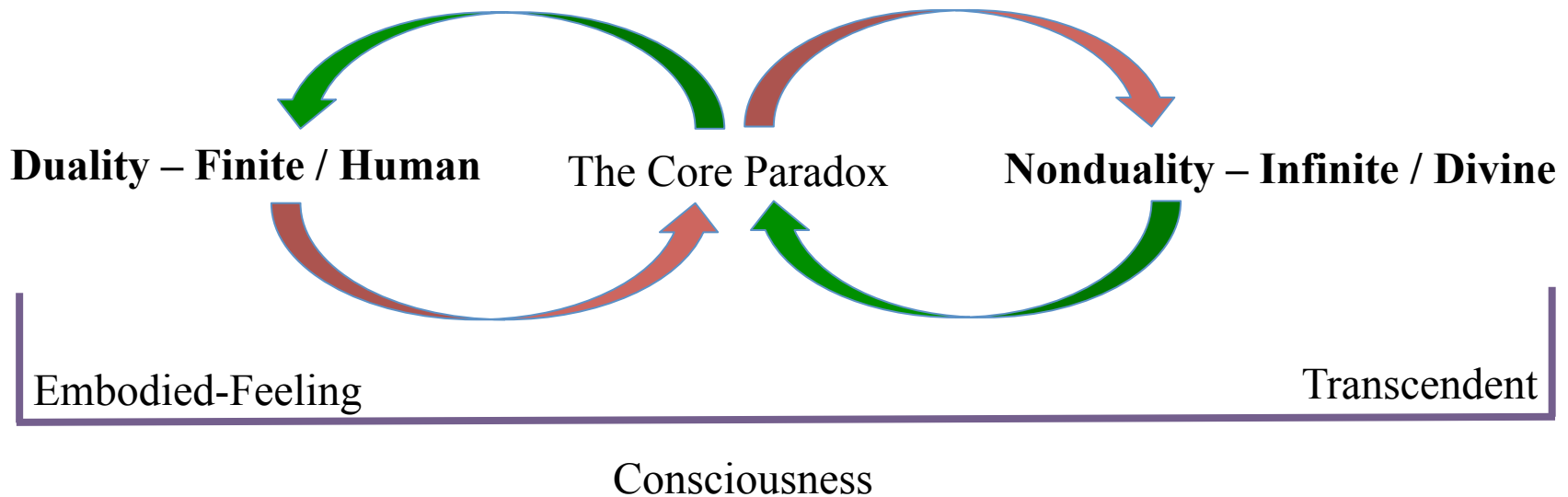
Unitive
Core Wound/Mystery



Singularity
Core Mystery

Core Paradox – Core Mystery

- The term “core mystery” evokes the sense of mystery and wonder that is equally true about your fundamental nature as it is felt when you are relaxed and open. Both are paradoxically true and life will continually give you dynamic fluctuations between these felt states as you spontaneously contract and open.
- Landing is a falling into, relaxing, and then living in and as the core paradox/core mystery, which is the paradox of simultaneity: both freedom and limits.
- Because we are infinite, we can never know all of what and who we are.



The infinite transcendent ground which is always registering everything while remaining untouched and unbounded.