The book cover features a blue background with a faint world map. In the foreground, there are silhouettes of several people standing. A white rectangular box at the top contains the author's name.

Bruce Benefiel, ma, mba

Cosmic Conundrum - Who Am I, Really?

Developing Self-Awareness in the 21st Century

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Cosmic Conundrum:

Who Am I, Really?



Developing Self-Awareness
in the 21st Century

Bruce 'Zen' Benefiel, MA, MBA, DD

Many seek mission and purpose in life, but don't know how to find it. They seek coaches, gurus or teachers that often leave more questions than answers. In a way, that is most appropriate. This workbook is designed to help you get the distractions out of the way so you can be available for the answers you seek. It might even help you ask better questions, too.

You are invited to take a deeper look into the being and nature of your identity in this world. Many are awakening with questions beyond the traditional answers provided by modern psychology, psychiatry and especially religions that have progressed on Earth.

This workbook provides few answers and focuses more on the pertinent and powerful questions that lead to living authentically and with understanding of the fuller nature of being human. Humanity is evolving at breakneck speed and few are prepared to meet the challenges of the 21st Century. This book will better prepare you to live more connected to the people and planet in harmony.

Zee Bonerful
ma, mba

**This workbook is dedicated to my family, in all its universal
splendor, and especially my children...**

Krystal, Katrina, Ian and Aura.

May we all awaken to the ONE within.

Visit us on the web at www.BeTheDream.com

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Print Edition: ISBN-13: 978-1493515691 ; ISBN-10: 1493515691

***"We succeed in enterprises which demand the positive qualities we
possess, but we excel in those which can also make use of our defects."***

Alexis de Tocqueville

Opening Your Door to Self

Objectives, Expectations and Ground Rules



Fulfillment: *a feeling of satisfaction at having achieved your desires. A connectedness one senses with the Divine.*

Self: *internal spark of life, the Divine within*

This coursework and material is designed to facilitate practical understanding and use of the natural processes of your emotional and spiritual transformation that lead toward

cosmic fulfillment.

You will find your Self (spiritual being) as a result. Men and women process information differently. We define ourselves by how we think and feel, even at subconscious levels.

But what of the Self? How do we move beyond petty self-motivated emotions to divinely-generated sensations?

Men have been taught that they must not appear weak or vulnerable throughout history. Sharing deep intimate feelings tends to reveal vulnerability, so men often hide behind stoic expressions that are difficult to read. There is great strength in being gentle and vulnerable. The release of attachments allows one to be available to the cosmic consciousness within and, believe it or not, it shows through the eyes for anyone to see.

Women are known to be far more global in perspective, yet family sensitivities often inhibit the release of attachment necessary to enter the cosmic domains. There are no stoic looks with this gender because of emotional programming, yet there is a desire to be seen; inviting inquiry when the need arises.

The processes within this coursework will help identify and release the psychic cording that often happens to individuals for a variety of

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reasons. Your life stories aren't important at this point, although let's honor them in getting you here now.

We will analyze and examine the process of feeling and thinking so that you become more aware, aligning with your cosmic destiny and able to manage your emotions, making better choices toward achieving goals. The result will be some pragmatic processes for your quiver, sand box, tool box, or daily drive.

The weekly layout is only to provide a foundation for the process. Any endeavor of this type, transformative or not, needs structure for effective delivery. Just stay with me on the path for a bit and you'll gain from the experience.

Concepts are explained in order to give a consistent understanding of the information. You will be exposed to the practice of several processes that open the door to your emotional freedom, a prerequisite for creating the life you desire. Balanced living often results from addressing the polarities of personal desires and social responsibility.

Daily living environments include a plethora of choices and stimuli vying for our attention. You will learn how to pay attention better and eliminate the distractions and interruptions of the ego so the Self emerges as a natural movement from self to Self. You have no doubt felt that connection already.

The freedom from anger, fear, guilt, shame or other immobilizing emotional attachment allows you to make choices in your best interest. Choices that are in your best interest align all the spiritual concepts and components of life and living toward achieving fulfillment and experiencing joy.

Fulfillment varies from individual to individual; the subtle and sublime sensation of gratitude and reverence for All That Is are a sure sign of it. Joy and serenity are results of success in life, love, service and/or work.

Weekly Assignments: Assignments include exercises, journaling and written papers of approximately two typed pages in length. Of course you can hand write them if you desire. The completion of

this workbook will show you how clearing your emotions and igniting the imagination can get you closer to experiencing fulfillment on a more regular basis.

Your cosmic connection, soular blueprint and natural psychospiritual abilities await your discovery and integration.

Important terms are defined at the beginning of each section. It's up to you to actually do the work. If you have doubts, you're normal. If you move beyond the doubts, you've achieved freedom. If you follow your dreams, you'll challenge all doubt.

We need to be clear regarding the processes you are about to experience. Your benefit from this coursework will depend on your openness to exploring concepts and practicing exercises. You have to be willing to explore the depths of the ocean of emotion within you. It's all energy, so just flow with it.

Transformation happens automatically through doing the exercises and practicing the techniques. A good sense of humor will go a long way. Caution: taking yourself seriously is painful.

I stumbled upon an interesting insight a few years ago. The challenge is to change... whatever that may be. Challenge and change are only three letters different.. the 'lle' removed creates change. Well, consider this as the 'lle' expanded: liabilities, limitations and excuses. Might we transcend to lightness, lumination and execution?

When we remove those liabilities, limitations and excuses from our life, our thoughts, our working relationships – change happens automatically. We 'shift' from the old way – habits, patterns and subjective beliefs – to being available for intelligent insights that move us toward a better life *and* fulfillment.

Journaling empowers the transformation process because it gives you proof of how your feelings and thoughts change. Journaling allows you to write in a stream of consciousness without filtering your thoughts. You will be asked to journal daily about your process;

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the feelings, insights and thoughts that are relative to awareness and the coursework.

If you currently journal, please be inclusive in your course volume. Journaling is a great process for self-awareness. Apathy is your worst enemy and clearest sign change is necessary.



©Chris Madden – The Beast That Ate the Earth

Sometimes we are so locked into a particular perspective and we may not realize the liabilities, limitations or excuses it has created. Spiritual pride often comes after and 'awakening' if the ego is still wounded. There are options for garnering additional perspectives if you choose to share your discoveries. I encourage discussing your insights with a close friend or confidant.

Open conversation that invokes and involves candid and realistic dialog gives you the opportunity to screen your thinking through the insights and/or perspectives of others, who are only reflections of you after all.

We tend to keep our thoughts to ourselves as a result of old patterns of social behavior. These patterns change with the new living awareness garnered by the personal work you accomplish. Allowing the Self to emerge will challenge every aspect of your being while the mind is involved. Just turn it off. How?

In authenticity you will find reason and truth in creating the life you want to live. Fulfillment is achieved as you actualize success in your chosen field, hobby, vocation or cosmic mission. Integrating your cosmic experience in daily living provides the foundation for self to become Self more often.

You are invited to write several papers and answer questions during this coursework. Please fully engage the coursework; your authenticity, focus, intensity and willingness to explore your depths will bring about far greater results.

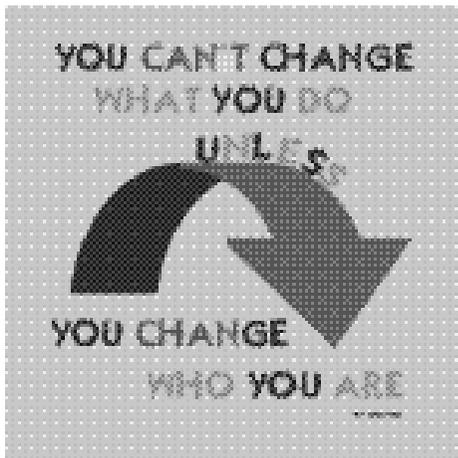
Authentic expression moves our spirit and builds bridges to our greater wholeness, our holistic lifestyle and galactic identity. A natural sense of gratitude evolves as we recognize the serendipitous connections in the many synchronicities to come.

It is vitally important that you fully engage this coursework. The desire you have to strengthen your personal connection with this material will create greater access to the insights and wisdom. These processes inherently generate results for you, but you must do the work required. Is your mission worth it?

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You may want to consider creating an on-going coaching relationship to continue your development and success path.

Extraordinary people make choices that are consistent not only with the highest expression of themselves but with the greater good of the world. - Debbie Ford



Your Door to 'What Is'



“In the realm of human destiny, the depth of man’s questioning is more important than his answers.”

Andre Malraux

What is in it for you?

In starting any self-awareness or self-development program the first concern on nearly everyone’s mind is, “How can this person help?” or “What is in it for me?” are standard inquiries. I hope to make that clear as we move through this process. It

will be one that will empower you to be more authentic and make better choices in your life.

Some of the following may seem incredulous and don’t forget that truth is often stranger than fiction. My life is living proof and I’m still seeking answers to explain some experiences.

Let me give you a quick thumbnail. If you need more information, you can search Zen Benefiel on the Web and the results could keep you occupied for weeks. Please feel free to check.

As an orphan and adoptee with an insatiable curiosity and penchant for pushing the limits of reality, I apparently opened a door in my psyche very young that allowed paranormal experiences to fill my life. I enjoy them still, yet the challenge is the harmonization of inner and outer realities, crafting a niche in the world that aligns and rewards passion and purpose for and with people, places and things.

This curiosity was initiated by a voice that called out to me shortly after my sixth birthday. It was distinct and loud, yet was inaudible to anyone else around me. A few years later I began having nightly excursions, observing my physical body from a different point of view that took me into an orange cigar-shaped cloud hovering over a field next to my home in rural Indiana.

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Those nightly excursions happened numerous times over a two-year period. It wasn't until years later that I discovered the 'cloud' was the most common 'contactee' experience during that time period, according to Ruth Montgomery's *Aliens Among Us*.

Then in my late teens just after the beginning of my second quarter in college I got hit with the proverbial, "Who am I?" and "What am I here to do?" scenario. For many that is the first period of serious questioning regarding life, but not everyone has it. It came at a time of serious emotional trauma.

I prayed to know what truth was and a week later during a meditation I was asked, by the same voice I'd heard years earlier, if I was willing to die for what I believed in. My first response was, 'Oh, shit!' but I believed in Cosmic Consciousness as the ultimate truth and said, "Yes." I felt safe and secure in that.

To keep the story short, I left my body, turned to see it as I moved away, looked back to see where I was going and found myself engulfed in white light immediately. I felt like I was *HOME* beyond comprehension. After realizing I wasn't 'dead,' but this 'Light' was void of anything else, I asked if there was more.

I felt a movement, found myself surrounded by points of light on an indigo background, and as soon as I realized these were points of consciousness the 'voice' explained my relationship to them and my purpose – to facilitate harmony among people and planet. What is a teenager supposed to do with that?

A decade later I experience an excruciating divorce, wave goodbye to my children and spiral into the rabbit hole for a year or so. It started one full moon night in June, just before my birthday, when a friend of mine and I were conversing outside our guest house he was renting for a short time.

Our conversation, deeper than usual, fell quiet and I closed my eyes and prayed silently, "Who am I?" I was overwhelmed when he turned to me and said out loud, "You are Zendor." I was spellbound for a moment, with a quick vision that accompanied the words almost instantly. How does one 'deal' with that?

The following year led me further *within* to find a foundation to restructure my life after divorce and corporate expulsion. It brought even more weird stuff. I started several 'New Age' and UFO discussion groups, produced and hosted a television show (www.YouTube.com/BeTheDreamLLC has a few I salvaged) and was interacting with various extraterrestrial and multidimensional life forms on a semi-regular basis. The education was immeasurable in value and wisdom.

Meanwhile, I earned a living during those times as a coach, consultant, educator, event coordinator, facilitator, machinist, production manager, musician, sales manager and theater technician to name some of the opportunities.

I was responsible for \$7 million a month in commercial aircraft spare parts at the time of my divorce and a couple decades later I was facilitating multi-million dollar productions in construction projects and special events. I loved standing in the middle of chaos and creating order.

Lives were also touched by the discussions I invariably initiated nearly everywhere I went. I walked away from dysfunctional environments many times rather than suffer my integrity. I was constantly torn between earning a living and feeling the pressure to perform in environments that put profit above people. I was plagued with the question still, 'Who is Zendor?'

In 2000 I was serendipitously invited to an ET and UFO experiential-centered gathering where the awareness of my connection with a group of ETs was publicly validated in front of a couple hundred people. The inner experience I'd been having for decades was suddenly an outer reality with witnesses. I felt empty and full simultaneously. There was a whirl of activity over the next few months, but the flow had some bottlenecks and I went back to work as a high school teacher.

I earned an MBA in project management, an MA in Organizational Management and was a certified hypnotherapist and transformational life coach as well. I have clients across many fields and industries now and the common thread throughout successful

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lives is authentic relationships and vulnerability. By that I mean that disclosure happens, the scary stuff that folks raise eyebrows over as they stealthily withdraw in most cases.

Beneath the obvious question is a quagmire of experiences that have either kept one at the brink of discovery and frustrated because of no results or so critical in their examination of the individual that there is little, if any, room for insightful innovations to enter the mind – let alone the heart.

I'm hoping that knowing a bit about this one's life experience and transformation helps to set the stage for deeper listening and a willingness to engage the processes that will follow shortly.

A few years ago some words came out of my mouth quite 'accidentally' during a conversation about clarity and observation. They were, "A point of perspection dances in the balance of the seer's vision." The soulful expression came from a desire to integrate inner and outer views, introspection and perception, into a congruent framework that allows one to bridge the spiritual and material worlds. Why? I sought truth... that which is beyond argument yet prompts deeper conversation.

I was adopted very young by some wonderful people. Suffice it to say I lacked for nothing in my childhood and, as it turned out, I was born with a gifted intelligence. Evidently it intimidated my parents enough that they felt it important to keep their knowledge of it from me because they thought I might become too full of myself.

Well, I was pretty humble even with the natural academic and athletic ability I had back then. Even as an extrovert with a gregarious personality I was very insecure inside. I excelled in anything I did, with little effort, but I still had a gap in my heart I didn't understand and yearned to have it filled.

I think this is where the challenge to find myself began, from the deep sense of knowing there was more; beyond the adoption, beyond the early visitations from those who felt like true family, beyond the feelings, sensations and voices others apparently did not experience even though initially I thought everyone did.

I totally understand now because that kind of experience was quite rare and virtually no one had a direct experience to which they could relate. I get that. It wasn't until 35 years after my 'White Light' experience that I was asked to speak at an annual conference for the International Association for Near Death Studies. Some things just take time to get accepted, let alone explored to any degree beyond clinical.

Today, many Boomers and others are seeking to have such experiences of unity with the Divine after spending a lifetime of chasing the almighty buck and raising a family, then as empty-nesters realizing there is more to fulfillment. Money can't buy love, but it sure seems to rent it for a while. It is short-lived at best and our world needs conscience with consciousness now.

Alas, my teenage exuberance in sharing my story was the beginning of what the field of psychology and more specifically psychiatry calls the 'messianic complex.' I felt like I had all the answers and needed to share them with the world. There was no 'how to' included in the experience, no 'preparation' involved in meeting the demands. So that became my question, "How?"

All the mental chatter does absolutely no good when the message reverts back to, 'BE still and know that I Am.' We engage the 'do and have' in life without the core of 'being' that ignites the union of spirit and matter; religion - reunion with God. We get caught up in the chatter, misguided organizational leadership and think ourselves separate. Self-realization then brings us into unity.

Early on my world seemed a most unhealthy and unappreciated place to be for the aspirant of divine guidance who wishes to remain free of attachments. I could only express from a child-like place at the time because I had little life experience.

So what's next?

Often the messenger gets hung up on the message and becomes its icon rather than a simple conduit of information. I was no different. A few years later, I was busy with family, job and planning a future. I busied myself for the next decade until the cosmic 2x4 came

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swinging through my life – another new awakening for tempering the mettle of one's character.

Since that time, I've observed that identity is really of no consequence in the delivery of new information or clarification of the mysterious in order for the 'magic' of life to become present. Too often identity, assumed or projected, simply gets in the way. Our minds want to categorize and label instead of just listening and observing. The paradox is that sometimes critical information **is** in a name or the identification. Identity *does* make a difference.

We allow those who instruct us to continue the lie that we are separate from creation and need to give our power to someone else as our intercessor. Is this the kind of sense we seek to make common? Or, do we want to understand the mysteries of creation and just how connected we really are to knowing our identity as a spiritual being, a conscious co-creator?

In my continued studies, I've found the former to be the opposite of what was intended. Even in the Bible one can find reference to the magnitude of intention, "Know ye not that ye are the temple of God, and *that* the Spirit of God dwelleth in you?" And from the Dead Sea Scrolls, "Don't ye know that ye are god as I am god" Now that got me thinking. It totally flipped my point of view. Still, as Nietzsche puts it... 'God wants playmates.' How cool is that?

If those statements are true, then how can or could we verify it in our own experience? I had a sense it was going to be a very interesting journey. What could I offer others of my discoveries without drawing a crowd? Or did I want to draw a crowd? Nowadays crowd surfing is an 'in' thing. What if it is my destiny to become a front man, so to speak, in sharing a new view?

My own experience was lunatic fringe to the common folk, so I had to come to terms with being comfortable in my weirdness. That didn't mean that I kept out of sight, quite the opposite. I learned how to stand out in a crowd without saying a word, much to the chagrin of whoever I was with at the time. One of my favorites is an amazingly colorful marbled tuxedo, reminiscent of Jason's amazing Technicolor Dreamcoat.

Over the years opportunity knocked and I walked through the door, over and over, until I had several degrees in business, certifications in teaching, hypnotherapy and transformational life coaching as well as a history of achievements that most people might not accomplish in ten lifetimes. I was not concerned about savings or retirement.

Why? I focused on the chance to learn, to stretch my inner and outer understanding, to jump into things I wanted to experience when the doors of opportunity opened - and they did regularly as long as I kept my heart open. The law of attraction was operating nicely, even before I knew there was one.

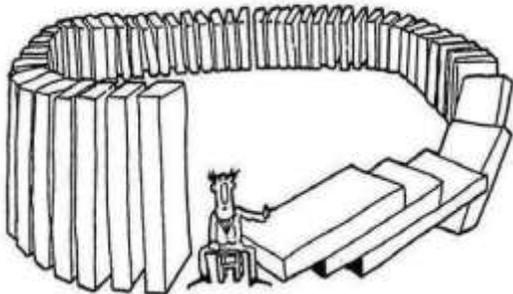
Now that I'm in my 50s, my First Nation friends have informed me that I can now share my understanding and wisdom. You see, their tradition requires one to grow to know the secrets of human emotions and our connections to Great Spirit before ever claiming to be a wise man.

In all these trials and tribulations, though, there came to be simple salient points of order that are strewn throughout all religions and spiritual paths as guideposts to finding freedom from self-deception. What I find more challenging is self-acceptance. To grow into what we truly are is the goal.

Dudley Lynch, President of Brain Technologies, Inc. called me a "Possibilities Coagulator" some years ago. It is my hopes that you, too, will become a 'possibilities coagulator' as you grow to know the secrets of connecting to your galactic heritage.

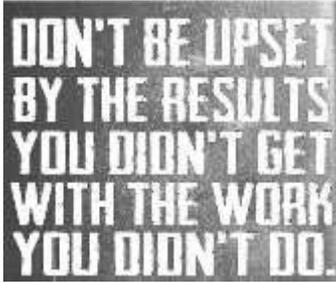
Ultimately, I just want to share that simple path to freedom from the self-deception of being anything less than a child of the universe. I think you will enjoy the process, in spite of the turmoil of the past and maybe even some that will come as you get over yourself in the present as you progress through this book. 😊

KARMA



Removing Emotional Blockages

Objective: Learn how to 'let go' and flow.



What are emotional blockages? I think we can all answer that question with a variety of responses from our direct experience.

How might we learn from them?

In this chapter, I'll present some interesting and possibly new points of view you may not have thought about before now. Some things may be just refreshers of what you already know. Hopefully you'll gain some new tools to apply in your daily living.

Definition of terms:

Attachments to outcome: Holding an emotional charge or feeling for a desired result.

Bottleneck: A stage in a process that causes the entire process to slow down or stop; Incongruent energy that creates a restriction of flow that impedes progress.

Flow: To move or run smoothly with unbroken continuity, as characteristic of a fluid.

Observer Self: One who is aware, through the senses, yet remains detached from them in order to observe.

Fulfillment is accomplished through the synergy of mental discovery, visual imagery and purposeful passion directed toward your plan for achievement. We want to create a daily life that empowers this process. We are phenomenally functional creatures when our 'energy' flows without restriction. ***Flow*** is the harbinger of fulfillment. Can we create *flow* by choice? Absolutely! The instruction manual seems to agree.

Bottlenecks, elements or processes restricting output of the production system in a factory, were Eli Goldratt's nemesis in his book **The Goal**. Once identified through analysis, changes were

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implemented to maximize *flow*, or *throughput*, within the system. Imagine a laser focus to get through the eye of the needle and then having a pressure wash on the other side.

As it turns out, Goldratt's analysis of *bottlenecks* can be applied to the human 'system' as well. Consistent with energy systems, *emotional bottlenecks* impede the flow of fulfillment, happiness and manifestation of our desires. We seek to minimize these *bottlenecks* in our life. I challenge you to engage them, get to know them intimately and learn to manage the gatekeeper - you.

We can analyze our emotional system to determine where our *bottlenecks* lay, but that is just the beginning. There is much more. Oftentimes we tend to focus on the *bottlenecks*, the *incongruent energy*, rather than focusing on creating a *flow*. We give power to the farce rather than the force.

This is a common undesirable use of attention. According to mystics, quantum physicists and spiritual teachers, what we focus on, grows. What do you want more of in your life? How do you balance personal and social responsibility? What is your destiny that is wrapped up in your soular blueprint and currently inhibited from presenting itself because of your belief?

Therefore, the objective would be to identify the *bottlenecks* so you can remove them in order to focus on creating *flow*. Once the constrictions are identified, you need to understand how to change them so your attention is on the objective, not the *bottleneck*. Every question has an answer. Are you asking the right ones in your quest for congruence and truth?

More than likely if you are reading these words you have experienced a moment of *flow* now and again. Remember how it felt? Recall the experience and focus on it for just a moment. Was it easy to recall? Cosmic coincidences are never by chance.

How can we become conscious of *bottlenecks*? We can train ourselves to recognize when our body constricts, feels tight or our breathing changes dramatically as a result of a situation. We can then embrace them, forgive the cause, and then let go of our

attachment to the outcome. Putting it into practice is what we call discipline. That sounds so simple, doesn't it?

It really is simple when you know *how* to do it. Knowing how still requires the *action* of releasing attachments to outcome in order to be effective. The information and exercises contained in this workbook will assist you in eliminating many bottlenecks.

It is up to you to apply the knowledge daily, sometimes moment by moment, in order to get the best results possible for you and others. Your personal, company, organizational or global mission may hinge on it, too. I trust it will all make sense soon.

Now that we've covered the intellectual side of things, the next chapter will delve into the actual practice and process that will help you achieve a release of your own bottlenecks.

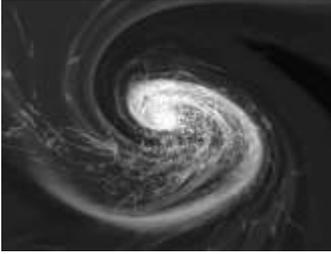
We can think of the soul not as an entity but as a principle.

D.T. SUZUKI

**Unless you learn to face your
own shadows, you will
continue to see them in
others, because the world
outside you is only a reflection
of the world inside you.**



The Discipline and Practice of 'Letting Go'



We've all heard the phrase, 'Let go and let God.' Can you? Are you sure? Do we have to really work on recognizing and releasing our *attachments to outcome*? Usually we do; working through the frustrations of self-criticism along the way. But, it doesn't have to be that way.

Oftentimes, we find ourselves in a vicious vortex of self-destructive patterns. That same vortex can just as quickly release us when we know how to let go of our critical subjective nature, acknowledge the feeling, allow the feeling without denial, choose to release it, observe its release and accept a better feeling. Sounds so simple in theory yet again, doesn't it?

What if it really is?

This practice is a relatively simple yet profound tool for transformation and transcendence. You might already realize the advantages. What you will be doing is synergizing your breath with your feelings, releasing the emotional blocks or *bottlenecks* to your true freedom and flow.

Depending on what you uncover in your emotional patterning, it can work quickly or take some time. The process, once perfected, can be used anywhere at any time. The results are experienced in many ways as they offer deeper understanding of your own emotions and feeling patterns.

We can either respond or react to any situation, depending on our perspective. By responding, we pause and reflect before we act. The *observer* within allows us to step away from the emotional attachment to outcome, yet helps us define those attachments because we have become aware of them now.

Once aware, we can choose how to respond rather than react out of some unconscious pattern of old behavior. This is especially helpful

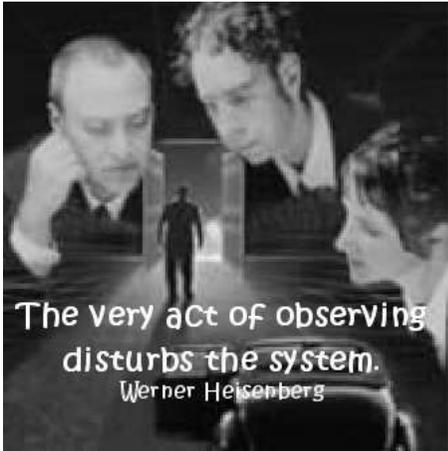
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when dealing with races from other planets that have a higher frequency than most humans.

Personal growth does not have to be painful. Why would we want to continue to experience pain, then? We can observe and not be engaged by the disturbance. So recognizing that the *observer* is a really powerful place, how do we find it?

The focus of this exercise is to move beyond disturbance in your emotional patterns, the blocks or resistance to change or growth, and become the *observer* of your process. Emotional attachments cause blockages in energy flow in the circuitry.

Sometimes we have enough awareness to be able to ask why we reacted to a situation in such an inappropriate or incongruent way. That question is an opportunity to explore the deeper causes of our reaction. The following exercise is designed to allow you to garner greater awareness and control of your responses to stimuli. When you can 'watch' then you can respond more appropriately on the fly.



Exercise:

Find a place where you can completely relax and be uninterrupted for at least a half hour. Create an environment you feel totally protected and supported in (crystals, incense, calming music, etc.) Then, when you are ready...

Recall a situation where you reacted emotionally out of control.

Remember the feeling/action/words that triggered the reaction.

Feel the feeling as deeply as if it had just happened again. Embrace the feeling as though it was totally present right now. Notice the sense of it *in* your body and hold onto it as though it was the most precious thing in the world.

Now, take a deep breath and, just let it go. On the exhale, feel yourself relax and release it fully, or as much as possible. It may only feel slightly different. That's okay. It is still *different* now.

Breathe *deep*, again and breathe again. Feel the tension leave your body as it is replaced by a sense of freedom just from breathing.

Notice that you feel better, less stressed and less tense.

If you don't know how to release the feeling, just imagine you are free of the disturbance it has caused... completely... like it never happened and you feel completely loved and surrounded by a sense of safety and security. Feel like nothing can harm you, period; like you are in the arms of your parent, protector or God.

That is the process. It is that simple. You probably had forgotten about the feeling, right? Still, if it came up as you focused then it has been there, deep in your subconscious, and affecting your life without your awareness. There could be a bit of residual emotion still. That, too, can disappear with practice. Imagine if you took conscious breaths on a regular basis.

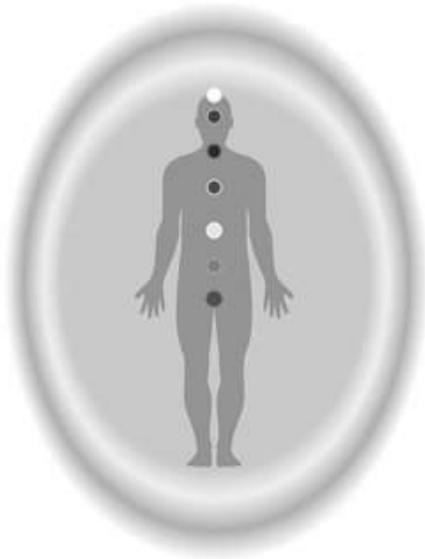
Sometimes past lives, whether you believe in them or not, can affect your current life stream. Your karma is just as easily worked out by and through this process as it is called – forgiveness. We think about forgiveness, but it is a process of releasing.

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Most world religions include teachings on the nature of forgiveness, and many of these teachings provide an underlying basis for many varying modern day traditions and practices of forgiveness. Some religious doctrines or philosophies place greater emphasis on the need for humans to find some sort of divine forgiveness for their own shortcomings. Others place greater emphasis on the need for humans to practice forgiveness of one another, yet others make little or no distinction between human and divine forgiveness.

There is a feeling beyond forgiveness once one has processed their bottlenecks. It is a feeling of being imperturbable, as Lester Levinson put it. It is where one becomes completely impervious to inner and outer emotional tugs.

Don Juan, who was Carlos Castaneda's guide, taught of 'sealing the egg' which required severing all psychic cords to others. The 'egg' is akin to one's aura, the luminous egg that surrounds each of us like a cocoon, like the example below.



Journal prompt: *Now, take a moment and journal about the process you just experienced, specifically about the shift in feeling. What did you observe? Did you want to replace the feeling with something*

Cosmic Conundrum



This is what happens to most of us: we feel the feeling in the moment, move beyond it to carry on our daily business, but we never ‘clear’ the feeling from our emotional body, let alone replace it with a better energy. Sometimes we just need a hug.

So we carry this memory around with us and are affected by the old patterned feeling whenever a similar instance occurs in our daily process of living whether at home, during work or at play.

It is just as easy to clear the feeling immediately so that it does not affect us subconsciously, but we have to **discipline our mind to take action in the moment**. It takes practice to recognize the bottleneck, breathe and release it.

The key is not to deny the feeling. The world is full of people in denial of their feelings. Accept your feelings and allow them to be fully present in your emotional body. Just be okay with them for a moment. Do not judge, condemn, or criticize the fact that the feeling exists, no matter how much you *want to change it*.

If you have someone close to you that you can express it to, do that as well. Verbalizing, the act of becoming aware enough to articulate the feeling is an integral part of the process. Allow the feeling to be fully present, learn to love (allow) it, and *then* let it go. We will deal with identifying where it comes from later.

For now, just practice letting it go.

Now when dealing with really deep issues, *observation* becomes much more difficult because of our repetitive habits and feelings. It is more comfortable to have them than not because they are familiar and our ability to question ‘why?’ becomes challenged.

The deeper the pattern, the more roots remain, allowing unconscious seedlings to continue to sprout. Sometimes we totally deny the feelings until someone is able to share their observations of the obvious effect – usually appearing as anger, impatience, or

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some emotional outbreak that exacerbates a situation rather than responding to and resolving it. It is okay.

Just be thankful they cared enough to share their observation. Embrace their concern for you. The fact that you've been triggered shows a need for deeper discovery.

We are often in denial of our feelings because of learned patterns. We are taught to 'just buck up and take it,' or 'deal with it.' This can only work so long before our connection with joy is greatly diminished, if not lost.

We are much less *able to observe* when our emotions are intensely engaged in the control of results or outcome we think we need. How can we survive such an onslaught of negative thoughts and feelings? We can change them by learning how.

Do you ever wonder why disturbances, or certain types of people and situations, continue to show up in your life? Let's examine that for a moment so that you can begin to clear your playing field, so to speak, of those who bring you down, distract you from your goals, or just generally aggravate you.

Quite frankly, they represent areas where we need to grow. Psychologists would say they mirror a characteristic of ourselves that we do not like. If we ask the right questions, why it continues to happen and what needs to change, we can learn much more about ourselves and how we *can* grow to know life's secrets.

A less aware or unconscious person generally wants to make others responsible. This, the inability to take responsibility for one's position in life, is a sure sign of personal denial in most cases. It simply doesn't work that way. Pointing a finger usually means you have at least three pointing back at you. Those other people are not in our body.

They are not in our mind. They are not the enemy. We are the only resident in our body, mind, and heart. So you have to accept the responsibility that you are the one in charge, making the choices, and choose to change your response. This is a perfect area of your life to use the process you just learned.

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In the release of the breath, you can actually feel a shift in your 'feeling' as though you have become considerably 'lighter' or at least less overwhelmed. You may also have less attachment to your desire to hold others responsible for the way you feel. There is a phenomenal gift in the practice of this process.

There are certain premises that one must have in order to proceed. The most important is you need to have a commitment to personal growth and changing behavioral patterns. These patterns become the bottlenecks in your energy production system, greatly retarding or completely halting the process of the achievement of fulfillment.

Often these patterns manifest as we simply observe life around us, unaware of our unconscious patterns because we are not disciplined in the conscious observation of our feelings and thoughts. Experienced meditators learn how to monitor their thoughts in order to move beyond them into states of bliss, listening within for the simple silence or the revelations of their higher selves or inner awareness.

If you have attempted meditation or quieting your mind you know this to be true. If not, I encourage you to find a meditation class and experience the benefit first hand. Meditation is not for everyone, so you may find other methods to quiet your mind.

So how can you become aware and conscious of your feelings and thoughts without attachment to them; in other words, to engage your *observer self*? First of all, you already are aware to some degree. The fact you are reading this is proof.

You feel your feelings as a result of the thoughts you have regarding the experience you are in at the moment. You know you are having an undesirable moment. You can feel it in the depth of your being. Why let it persist? This is a door to open and explore what is on the other side.

Your awareness of these feelings generally goes without recognition because you are 'caught up' in the experience and unable to free your 'observer;' that part of you that can separate from direct

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experience and report on the process. All you know is that you do not like how you feel about the situation at hand.

It is the *observer self* that first identifies the bottlenecks in your flow, being intimately aware of your emotional and mental processing. This allows the observer to report clearer findings when you engage that part of your consciousness.

Recognizing the undesirable elements are the first steps to managing them. Imagine stepping aside from the experience you are having and just watching it for a moment.

What are all the elements you *are* able to observe?

Nothing whatever is hidden: from of old all is clear as daylight.

Zen saying

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Common Sense or Sense Made Common?



The attainment of wholeness requires one to stake one's whole being. Nothing less will do; there can be no easier conditions, no substitutes, no compromises. Carl Gustav Jung

Holistic, adj.

1. Of or relating to holism.

- a. Emphasizing the importance of the whole and the interdependence of its parts.
- b. Concerned with wholes rather than analysis or separation into parts

Many people tend to focus on their immediate situation and are often not aware of the larger picture and how we interact with the world. Even quantum physicists agree that we are connected to everything. So what does that really mean? Let us explore the subject of holistic systems.

Peter Senge introduced the "systems thinking" model to the business world in the '90s. Basically, "systems thinking" is a way of viewing an environment, process or workplace from a broader perspective that includes seeing overall structures, patterns and cycles, rather than seeing only specific events in the system. Holistic systems are integrated to serve a mission or purpose.

"A high-functioning system continually exchanges feedback among its various parts to ensure that they remain closely aligned and focused on achieving the goal of the system. If any of the parts or activities in the system seems weakened or misaligned, the system makes necessary adjustments to more effectively achieve its goals." (Carter McNamara, MBA, PhD, Authenticity Consulting, LLC., 2007)

Could we apply this view to people *and* planet? How about in your daily living and work environments? Let us not forget the cosmic

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nature of your mind/body/spirit/soul functionality. Many are aware of worlds beyond Earth, beyond waking consciousness, beyond religion and politics. Have you experienced them?

Holistic health and medical practices present a myriad of modalities capable of addressing the plethora of perturbations within the mind/body/spirit/soul or 'system' of our individual consciousness. In essence, when one looks at the nature of consciousness condensed into physical form, we are vibration in motion affected by subtle biochemical and physiological changes within our mind and body.

In our normal waking consciousness we often are oblivious to these subtle movements of energy around us. Consider someone who is known to be a 'psychic' or 'sensitive' and uses their extra-sensory perception to 'tune-in' to the people, places and things around them. What might happen if you could do that also?

They are using their abilities, developed from natural states of being, to be more acutely aware of the subtle impressions that are produced by these biochemical and physiological changes within their body and mind.

Indeed, we are inextricably connected to the world around and within us. If we look at our bodies as whole systems, then the logic that follows would be to treat the whole person instead of just symptoms when problems arise; thus, applying the systems thinking model. How else can you apply this concept?

Dr. Masaru Emoto is a Japanese author and entrepreneur known for his claim that if human speech or thoughts are directed at water droplets before they are frozen, images of the resulting water crystals will be "beautiful" or "ugly" depending upon whether the words or thoughts were positive or negative.

Emoto claims this can be achieved through prayer, music or by attaching written words to a container of water. Imagine what it can do to our bodies.

Dr. Emoto's research which concludes that water crystals are affected by human feelings and thoughts, suggests that we have a profound capacity to affect ourselves and our environment. We are

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roughly 61% water so just imagine the affect our thoughts and feelings have on each of us. Science and spirituality seem to speak with one voice.

Are we listening? Imagine the effect of your thoughts on your own "body" of water. How are you affecting your life?

Scientific discoveries continue to validate what mystics have espoused for years. Our thinking affects our reality; the observer's thoughts and feelings directly affect us. The concept of the body being a holistic system is not new and includes the mind, body, spirit and soul as a whole being. Scientists at Los Alamos Laboratories proved this decades ago.

Gaining clarity of consciousness begins with being able to observe and assess our individual process. We really have to consider the whole system of influence, don't we? No one else can be as intimately aware of your inner processing as you, although sometimes a coach/counselor can ask you questions that take you deeper into your level of understanding just how you process and why. Awareness can then facilitate change in your behavior if you desire it and have the discipline to do so.

How can we change?

Observing your bottlenecks allows you to become more aware of their causes. The challenge is to change the internal response, to lessen the reaction at first, then to simply not be affected. Remember that challenge and change are only three letters different. When the Ie is removed - liabilities, limitations, and excuses - we automatically change. This simple change in awareness allows the opportunity to grow in your ability to respond much better in difficult situations.

Let's look at an example: You feel angry because you know you have a purpose in life and you've had some experiences that indicate what it might be, but you can't seem to get clarity. You are totally focused on the 'not knowing' at that moment. We can readily recognize that the anger is useless in attracting the knowing.

Would you agree?

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What do you do?

You've done the previous exercise for letting go of the anger, but what do you replace it with to attract the knowledge of your purpose, or of anything for that matter? If we carry the anger, it becomes a bottleneck in our *flow*. What if, instead of the anger, we thought of a time and place where exactly what we needed just showed up without effort.

My guess is the latter almost seemed miraculous, but the feeling was delightful, ecstatic, heavenly, joyous, wonderful or something to that effect. That is what flow feels like, right?

Could we then reverse engineer the process? Would you be willing to explore the concept?

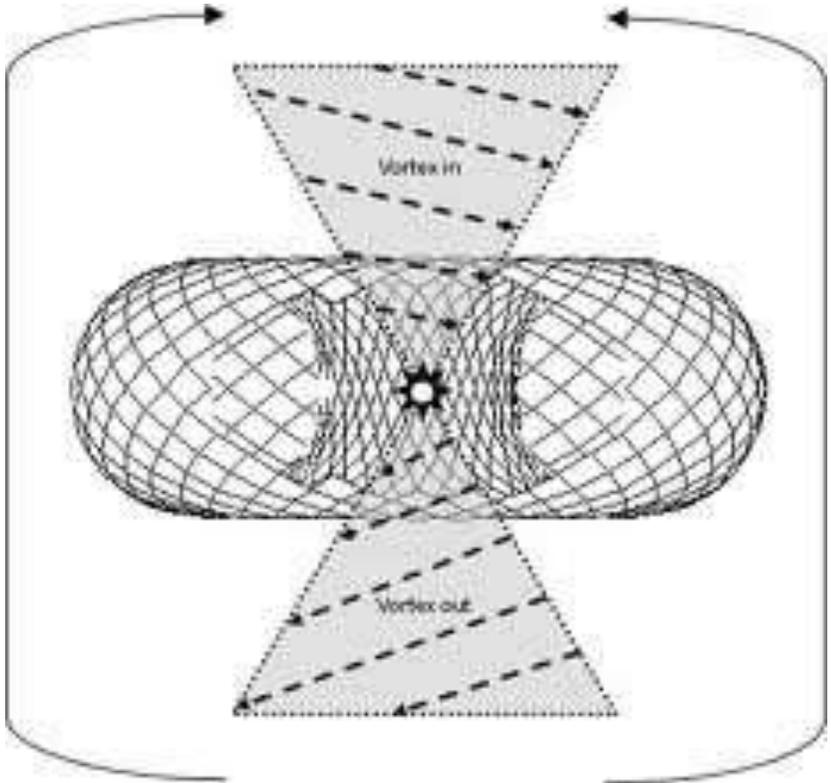
Much has been provided in your life to allow you to experience the difference between fear and love, anger and happiness. That is really what the issue is here. Fear elicits constriction of energy. Love elicits flow. Fear constricts flow.

I've heard of LOVE as an acronym meaning Limitless Oscillating Vibrational Energy. It is full of action and flow that often seems to come from nowhere and everywhere simultaneously. It is also represented in science as our magnetic field.

Consider the egg mentioned earlier. Now consider that inside that egg is a vortex that is fractal of the universe or galaxy within you. The energy pulses in unison with your heartbeat, moving in and out of your center undetected by your waking consciousness.

Meanwhile, this action creates a rolling donut of sorts, called a torus, turning in on itself in a constant renewal that is doing the same thing energetically in your immediate surroundings. In essence, your feelings and thoughts are constantly renewing the energy around you, qualifying it with however you are feeling in that particular moment. The graphic below is a simplified version.

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Exercise: Think of a time when you were in a state of anger or confusion over how to create an opportunity for a new job, extra cash flow or something very important. Feel the feeling of this situation, use the previous exercise to clear your feelings about it. Grow to know the story within it.

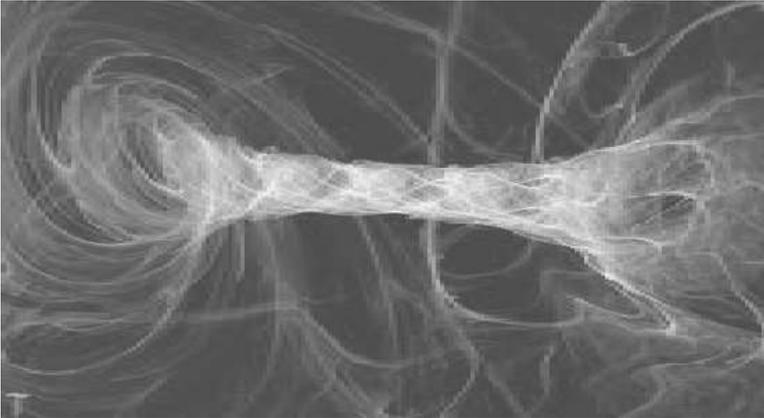
Now, think about a time when you got the job or got an unexpected cash flow somehow. Did it happen magically? Just now, you probably got an instant flash.

Feel the feeling of joy or excitement that you felt just at knowing it was there. Use this feeling to replace the one of anger and confusion. It doesn't have to be a huge event. Change comes incrementally, one moment at a time.

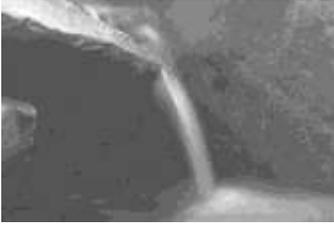
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You do not need the event to produce the feeling within you now, just remember it. Shift your awareness to this feeling whenever the anger or confusion occurs and continue with this new awareness.

It may sound ridiculous at first, but it serves your desire better now. Close your eyes, take a few deep breaths and concentrate on the feeling as you shift your awareness to that of abundance. Imagine taking yourself through a wormhole, transforming and transmuting your feelings in the process.



Flow – The River of Serendipity



Flow: The alignment of people, places and things that precipitate unimpeded action toward a specific goal, either personal or communal.

Now let's look at a better known example of the concept of **flow**. In 2000, Brain Channel's Thinker of the Year Award was awarded to Dr. Mihaly Csikszentmihalyi, a professor and former chairman of the Department of Psychology at the University of Chicago who has devoted his life's work to the study of what makes people truly happy, satisfied and fulfilled.

We might consider his work similar to Napoleon Hill's **Think and Grow Rich**, only instead of studying the great business leaders, Dr. Csikszentmihalyi has uncovered the riches of personal experience, of a connected source to flow that leads us toward fulfillment in daily living.

FLOW: THE PSYCHOLOGY OF OPTIMAL EXPERIENCE

(Steps Toward Enhancing the Quality of Life) by Mihaly Csikszentmihalyi

The knowledge - or wisdom - one needs for emancipating consciousness is not cumulative. It is not a cognitive skill and, as well as intelligence, requires commitment of emotions and will. It is not enough to know how to do it, one must do it consistently and it is a painfully slow process to modify our own habits and desires.

Pleasure by itself does not bring happiness. We can experience pleasure (e.g. eating, sleeping, sex) without an investment of psychic energy. Enjoyment on the other hand, happens only as a result of an unusual amount of attention. Pleasure is fleeting and, unlike enjoyment, does not bring complexity (growth) to the self.

If one only invests energy in new directions solely for extrinsic rewards, one may end up no longer enjoying life, and pleasures become the only source of positive experience. Without enjoyment, life can be endured and can even be pleasant. But it can be so only

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precariously, depending on luck and the cooperation of the external environment.

Eight Components of Enjoyment

1. Confronting tasks that we have a chance of completing.
2. Concentration.
3. Concentration is possible because the task has clear goals.
4. Task provides immediate feedback.
5. A deep, effortless involvement removes from awareness the worries and frustrations of everyday life.
6. Enjoyable experiences allow one to exercise a sense of control over one's actions.
7. Concern for self disappears, yet paradoxically the sense of self emerges stronger after the flow experience is over.
8. Sense of time is altered - hours pass by in minutes.

When experience is intrinsically rewarding, one's life is justified in the present, instead of one being held hostage to a hypothetical future, but we must constantly re-evaluate what we do, lest habits and past 'wisdom' blind us to new possibilities.



The flow experience - like anything else - is not "good" in an absolute sense, but only in that it has the potential to make life richer, more intense and meaningful. One must distinguish between useful and harmful forms of flow, making the most of the former and limiting the latter.

Commencement of learning something is a flow situation - everything is new and flow absorption is present as one struggles to master the skill. As one progresses, either boredom will ensue because there is no more challenge (the skill has been learned at that level) or anxiety occurs because a bigger challenge than we can cope with presents itself. Either way, one wants to get back to flow, either by overcoming the anxiety challenge by becoming more skilled, or taking on a challenge that will overcome the boredom, thus getting back into flow at a more complex level.

The excerpt above presents a more in-depth understanding of how to exercise our ability to utilize flow in our quest for excellence in everyday living. Our challenge is to be conscious of this activity within ourselves as we greet each new experience or moment in daily life. Mastering our emotions and capitalizing on the choices available in the moment are significant components of living more consciously in a holistic mindset.

Creating flow has to do with moving beyond your weaknesses: emotional and mental barriers or bottlenecks. Awareness of these bottlenecks is necessary to facilitate removing them. Let's use an example of a jazz musician seeking to *flow* with other musicians, to improvise.

Thinking about playing still separates the musician from the music, in a sense, even though the sound is there. *Playing* their instrument with the feeling and passion of improvisation, beyond focusing on the notes, allows the musician to enter the *flow* of the music. Think about examples of flow in your own life.

Here's a challenge: Try listening without thinking to this music we recorded: www.BeTheDream.com/media/PhireItUp.mp3 It might take some effort.

Life is improvisational. Sometimes it flows, sometimes not. We experiment and observe the results. Gaining awareness of new choices is significant. The awareness of these choices must be accompanied by action to garner understanding and wisdom of the new options.

In daily living, we seek optimal experience. We seek to move beyond the constrictions of insecurity, needing approval or security to achieve our desires and a sense of fulfillment. We are our own worst critics, yet we want to be secure in our ability to perform and achieve results.

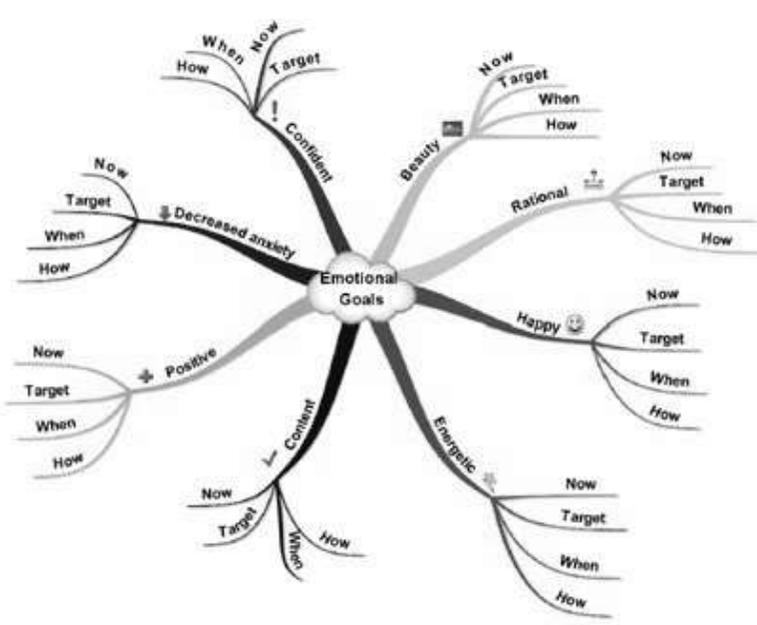
Laugh often.

Gamma Brain Waves

Brain wave research has long been a staple in quest for understanding how we operate in various states of consciousness. Most recently, the Gamma range has been found to be the fastest in frequency at above 40Hz (some researchers do not distinguish Beta from Gamma waves).

Although little is known about this state of mind, initial research shows Gamma waves are associated with bursts of insight and high-level information processing. Research into peak-performance in sports shows that the Gamma wave arena is pronounced when an athlete is 'in the zone' or performing at levels beyond their expectations from being in their own 'flow.'

What if you could consciously tap into the 'flow' in your daily life? Practicing the concepts in this coursework could very well take you there, but it is up to you to become aware of what it 'feels' like and use your own mind to produce these states in your daily living. It is as simple as choosing to do so.



Assignments (optional):

Write a 750-1,000 word paper (approx. two (2) typed pages):

Briefly describe a challenging event or situation, one that is both personal and professional.

Describe your thoughts and feelings during the event.

What were the bottlenecks, the undesirable patterns?

How would you change or eliminate them in the future?

What would the optimal experience have been in an ideal situation where everything worked out perfectly?

Freedom from the desire for an answer is essential to the understanding of a problem.

Krishnamurti

Science & Spirituality – Quest for Congruence

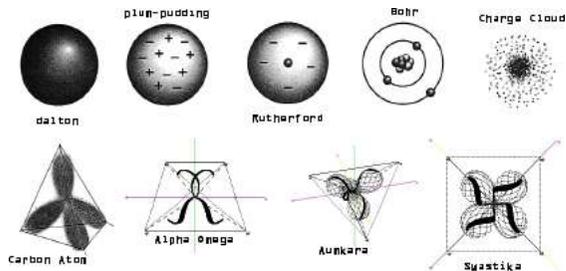
"The most beautiful thing we can experience is the mysterious. It is the source of all true art and science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead: his eyes are closed." Albert Einstein

How do science and spirituality offer evidence of oneness?

Objective: Growth in compassion and emotional freedom.

The following excerpt was included to give you some background on just how connected science and spirituality are through the carbon atom, the basis for all organic life. Human beings have the same basic elements of construction, so it would stand to reason that we also have the same basic emotional needs too.

The Carbon Atom's Significance



Atomic theory is an ancient science, contrary to what you might think. The earliest record of it can be found in Vedic texts from India which are many thousands of years old. Legend has it that the Vedic civilization was highly advanced.

The sages that oversaw its development, through their mystic insight and deep meditation, discovered the ancient symbols of spirituality: Aumkara and Swastika. They also discovered many scientific principles that they applied to develop a highly advanced technology.

They gave the atom its Sanskrit name "Anu." While the technical achievements of this ancient civilization have been forgotten, the

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archetypal symbols of spirituality have maintained their eminence in our consciousness. Now, thanks to advances in modern atomic theory, the atomic basis of these divine symbols can be appreciated.

Western theories of the atom took shape in the 18th and 19th century. At the beginning of the 19th century, John Dalton theorized that an atom was an indivisible particle of an element. However, after the electron was discovered in 1897, and then the proton several years later, the atom model was revised.

In 1909, Ernest Rutherford showed that atoms were mostly empty space, revising the model of an atom to a tight positive nucleus containing the protons and neutrons with electrons around it; by 1913, Danish physicist Neils Bohr envisioned a planetary arrangement in which the electrons orbited the nucleus at different energy levels.

The current way of describing an electron is a model called the charge cloud model/quantum mechanical model/orbital model. This model is based on the idea of Heisenberg's Uncertainty Principle, which states that we do not know the precise location or the velocity of any given electron. The model uses indistinct and overlapping "probability clouds" to approximate the position of an electron. Imagine capturing a particle moving at the speed of light.

Where a cloud is dense, the probability of finding an electron in that vicinity is low. In this model, each electron energy level is denoted by numbers that take concentric shells as suggested by the Bohr model because there are overlaps in the ordering of the energy levels. In the case of the carbon atom the electrons occupy four tear drop shaped clouds in a tetrahedron-like arrangement.

These clouds represent the areas in which the electrons spend most of their time. They move so rapidly in this zone that they form a cloud rather than a specific flight path.

Recently a number of researchers have suggested that within these clouds exist specific zones that the electrons favor. These zones form a spiral around the surface of each of the tear drop shaped clouds. This new development came into the attention of a great Indian saint and mystic. Disciples were encouraged to develop the principle as it related to the **carbon atom**.

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In deep meditation one of those disciples, who was a chemist, spontaneously realized the true significance of this theory: The electron's high probability zone formed spiral standing waves around the carbon atom's nucleus. When this configuration was viewed from certain angles the physicist was surprised to find that the spirals formed recognizable symbols.

In the first view a 3-dimensional Aumkara could be seen. From a different angle that Aumkara became a flat, 2-dimensional Swastika. The Swastika, he concluded, was actually 2-D representation of the 3-D Aumkara. Rotating the model to another angle shows those symbols change into the Greek Alpha and Omega. A change in perspective offers many new views.

At a cosmic level the symbols of Eastern spirituality (Aumkara and Swastika) are literally and only different aspects of the same spiritual truth that is also represented by the symbols of Western spirituality (Alpha and Omega). All people, objects and even energy itself are expressions of the same divinity that so many religions, cultures and philosophies have tried to claim exclusively as their own.

The Carbon atom, by containing within it these universal symbols, demonstrates that matter is a manifestation of the same Divine consciousness experienced by the saints and sages of all history. Matter is innately spiritual.

The Universe does not exist separately from the Universal Consciousness; it is a direct expression of it. Living matter, which is carbon based, must have a unique role in this expression. A saint is one who lives in eternal experience of this all-pervading divine purpose.

All people, objects and even energy itself are expressions of the same divinity. The **alpha** and **omega** are traditionally ascribed to Christ. In India the Deity called Ganesha presides over the **Swastika** and **Aumkara**.

There are some remarkable similarities between the two: Both deities demonstrate the value of childlike innocence; Ganesha is himself an eternal child famous for his simple wisdom; while Christ, son of god, often exhorted his disciples to "be as little children." They both are divine children; both conceived immaculately; both divine sons of a holy trinity (Christ is the son of Yahweh and The Holy Spirit/Mary and Ganesha son of Lord Shiva and Mother Parvati).

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Are *Ganesha* and *Christ* one and the same deity? Each, like their symbols that exist as different aspects of the carbon atom, represents different aspects of the archetypal cosmic child. Thus the distinction between Eastern and Western spirituality, like any division based on race, culture or belief, is no more than ignorance of the true spiritual nature of the universe and all that exists within it.

Knowledge of Reality Magazine 1996-2006.

Recognizing this sameness allows us to be more tolerant of each other and of our challenges in life as we seek comfort, security and love. Compassionate relationships encourage us to grow in the process of self-development. In these relationships we can make mistakes and know we are still going to be accepted and loved no matter what. However, it is more desirable to be compassionate and considerate.

Part of what keeps us afraid, angry, ignorant and immobile are the belief systems we grew up with, their effect on our curiosity and the separation from other belief systems that appeared to be contrary – the fear, guilt and shame game. Religion, in its purest form, is the reunion with God, Creator or Great Spirit. It appears that even at the core of our genes, we have signs that lead us back to the holistic view of oneness – being one people.

A sun is still a mystery of spiritual and physical presence, an enigma in the intelligent design scenario. Three suns - thrice the mystery. On a physical level, hydrogen and helium are at work. Hydrogen is the only element bereft of electrons. The rest of the elements fit into the model of a 'trinitized' atom with 'intention' of its 'form' in the space between the particles. Just a side note btw... Carbon's atomic number: 666 (hint.. hint)

Now there have been some conflicting statements made by well-intentioned 'Christians' that God is somehow not ubiquitous or not 'within' all of creation and that somehow there is a separation between God and man. There is an entire movement that seeks to discredit the nature of God within all of creation, the premise of oneness, and that somehow this is a fallacy or false teaching. I could be wrong, but the logic and sense of spiritual completeness is missing in that understanding.

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In addition, the Great Central Sun is a consistent reference in esoteric philosophy. I pondered that one deeply, looking at the 'nature' we have discovered to date. Is our central sun actually three suns? That question came after a unique event.

In the summer of 1989, while learning a technique developed by William Swygard in the 1950s, I was privileged to enjoy some interesting explorations in the dynamics of human consciousness.

Swygard had written a book describing two techniques for exploring the depths of our psychospiritual composition. The two techniques are called Multi-level Awareness and Multi-plane Awareness and his book was originally one of two covers and no back, meaning the two were in one, much like 'Doors of Perception' and 'Heaven and Hell' by Aldous Huxley.

The facilitator offers only vague prompts to direct the consciousness in a particular direction, based on the responses given in answer to the questions of the facilitator. The experience was totally spontaneous from the individual's perspective from that point onward, allowing a freer exploration of the worlds within. The purpose of the facilitator was more as a prompter and recorder; to maintain a verbal link with the experiencer so that reflections could be made afterward. In this way there was some record for reviewing for the experiencer.

This was definitely a metaphysical experience, yet it seems to correlate to much of the scientific research and referencing of the 'Holographic Universe' of Michael Talbot's discovery and sharing. In fact, this paradigm has been present in several physicists' and scientists' exploration and revelatory considerations. Do some research on M Theory, for instance.

Among them [paradigm shifters] are Alain Aspect, David Bohm, Karl Pribram, and Karl Lashley. Complexologists at the Sante Fe Institute have created yet another theory that the Universe actually seeks to replicate itself, based on their study of the math, physics, and science surrounding cosmology, quantum environments, and thermodynamics to name a few.

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Striving to understand how our universe works leads us to better understand how the human enigma works in its interaction and living amongst the stars. Apparently instantaneous 'faster than light' communication between individuals, as well as brain cells, is a reality and violates the long-held notion that Einstein fostered: no communication can travel faster than the speed of light.

These processes, although facilitated by a trained guide, allowed deeper individual experiences to evolve within the framework of the process. If you are interested in exploring the process further, I've created a recording of the Multi-Plane Technique available online at <https://www.createspace.com/2054254>.

The information age, along with scientific exploration made possible through discovery and development of new paradigms and technology, brings with it the ability of man to question everything he/she has learned about humans to date. This includes being able to cross-reference, if you will, the scientific and spiritual manifestos of our history on planet Earth. So let me take you on a little journey. You don't have to believe it was real, although I will do my best to relate it objectively.

On this particular afternoon, I was in process of preparing for one of these multi-level awareness journeys. I began by doing some deep breathing relaxation to prepare for the process. I was feeling my body and mind relax when all of a sudden, Zephyr, a guide I'd known since my late teens, showed up and gave me that look. You know the one, where you know you are about to have something very profound happen and you let go of anything else on your mind. So it was. He simply motioned with his arm and said, "Come." And so I did. It was easy to follow his call.

I exited my body with such ease that I hardly felt the departure. Now the interesting thing is that by practicing this technique, I had the ability to describe what I was seeing and hearing along the way. As soon as Zephyr showed up, I was communicating my experience to the would-be facilitator, who was now about to be tested in their ability to respond in a much different way. I'm sure it had to have been pretty weird sitting in the chair next to me that day!

I had to explain who Zephyr was later, so let me do so now.

I'd met Zephyr while studying metaphysics with a small group of explorers in college in my late teens. We all read many books as well and I was in process of reading Carlos Castaneda's works. I think I was on Journey to Ixtlan at the time.

I remember one of the consistent threads of other spiritual works being the existence of spirit guides or allies, as he called them. I had inquired within, through prayer, regarding the existence of and ability to communicate with a guide or ally or guardian angel if you will that was 'assigned' to me.

During a meditation one afternoon about a week later the name Zephyr and a face of an Indian appeared in my mind instantaneously. He appeared as an ancient Indian, with eyes so deep and simultaneously cold and warm, peering into my depths of my soul, yet with respect of my being.

I was able to do some research later, assisted by a friend that was an adept at automatic writing, and found that his incarnation was over 20,000 years ago in what is now the Southwest US. I've had numerous occasions to journey with him since. If you've had similar experiences you can relate. If you haven't, well just consider it a great story. What if you do have an etheric ally?

This was a bit different because there was now a witness to record my experience as I related it. As I exited my body, he became a sphere of light with his face as the only feature. I first noticed his profile, with that large Indian nose... rather reminiscent of Jimmy Durante. I found it a bit humorous and told him so.

Nothing can be hidden in those realms as even the fleeting thoughts are as apparent as turning a light on in a darkened room. So as I was entertaining myself at his expense he turned and faced me with that look again. You know, the condescending look you get sometimes when you are just being contrary for no reason.

I asked him where we were going and he only responded that I would find out shortly. He began asking questions of my spiritual path to date and what I'd learned since the last time we journeyed. I

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could see faintly the points of light, elongated, as we were whizzing by at an incredible speed. I suppose the only reference would be the speed of thought?

According to the Urantia Book, an interesting exploration of the structure of creation, the speed of thought is approximately 841 trillion miles per second. I've never seen a reference to the speed of thought anywhere else. Whether or not that is correct we can accept that it is indeed quite fast, much faster than the speed of light. So what about Einstein's theory?

In answer to my question of direction, Zephyr told me just to wait and see. I probed again and his silence was absolute. I then spoke to him of other things that I had experienced lately and he responded with analysis, some sick humor, and engaged me in some great bantering that left me feeling very humble after having some pride in my depth of understanding. I think we probably all feel that way when our bubbles are burst by our elders, bringing us back to a humble reality.

One of the aspects of the Path is to be so rooted in one's own knowing as they are expressing it, yet being able instantly to let go of the attachment of its truth in order for further depths of understanding to occur. Sometimes the knowing shifts and must be left behind as merely a stone on the path.

At other times, the knowing evolves into a much deeper acknowledgment of 'what is' in the conundrum of 'What is reality?' This bantering between Zephyr and I lasted for about eight minutes, according to the facilitator, as the arrival at our destination brought it to an abrupt close.

I suppose that the constant recounting of conversation helped to anchor congruent patterns of thought and a holographic reality at that point. It was very humbling nonetheless. The discussion also had a profound effect on the facilitator's life as it verified some inklings he'd been entertaining as possible answers to some of his own questions about the nature of creation and reality as we know it. Win/win results are always beneficial.

I noticed a slowing of momentum and as soon as I did, I felt an abrupt halt. We had arrived at a solar system that was beautiful beyond belief. Have you seen *Contact* and Jodie Foster's character as she witnesses the beauty of space and the look of sheer awe? You can imagine the feeling that overcame me then. We had stopped outside the perimeter of the largest orbit of the dozen or so planets that revolved around three huge suns that appeared to be equidistant in the center of this system.

Again, the sight of this brought up the feeling of awe that came from such an indescribably beautiful display, much like the movie '*Contact*,' only this was nearly a decade before its making. I only had a moment to take in the beauty before I heard a voice that felt like the combination of the suns speaking as one.

I listened intently. The sensation was like a river of energy flowing through me. In response to the natural curiosity and questions I must have been thinking, the voice (s) said, "We are not only your forefathers; we are also the forefathers of your solar system."

I felt such a deep connection to those words and the resonance of truth that I was speechless for a moment. I wish there was a word to describe it. You get the picture... I was blown away. Zephyr said, "Okay, that's it, time to go." It took me a moment to regain composure and I began to want to ask some questions. Zephyr cut me off immediately saying, "No questions now, you've got all the information you need. You'll figure it out." Rats!

My mind needed more information to process. I argued for a few moments and then gave in to the trip back. He never did respond to those direct questions...damn stoic Indian. He was kind enough to offer some things to ponder, though, which gave me much more than I realized at the time.

Once back in the room and relating the journey to fill in the gaps of my description of the scenery, what I found interesting is that each leg of the journey was consistent. According to the facilitator's watch the journey of going and coming were about 8 minutes long, which was more than just coincidence it seemed. This would indicate that it was indeed a journey that crossed some major

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distance at the speed of thought or something similar yet to be measured by modern science.

Just how the actual vehicles became 'real' or the method of travel was something I didn't understand as a repeatable process. I suppose, like any form of journeying, it could be practiced and perfected over time. I'm not sure Zephyr would be at my beckon call. In a lot of cases, the event is not necessary to repeat as the impact leaves such a profound experience that lifetimes are spent considering and articulating the findings.

I did feel an unusually high resonance with the idea of these suns being the foundation of our Trinity. Just imagine what this could mean to the developmental theories of creation and our scientific explorations into the depths of material structure. I do know this: it was much more that my feeble brain was able to interpret, yet the imagery, voice, and travel were very real.

I'd been on many journeys to date and this was one of the most profound and potentially rewarding in the development of a cognitive model that removes conjecture and superstition regarding the nature of how we got here. To understand the mechanisms of creation from that point requires some intense study of the internal structure of creation.

Metaphysics seeks to explain this in my opinion.

Quantum physics and complexologists are moving closer to explaining the next levels of consciousness in mathematical terms that result in patterns encountered in inner space. We're on the verge of a Cosmic Evolution, an evo-leap of consciousness.



Rest in the Arms of the Dragon



Of all the types of meditations that I know, I believe this one gets the most profound results in terms of human relationships. Through the practice it can heal deep emotional wounds. We all like to feel elated about life and living.

Using this process develops compassion, the release of old emotional chords tied to past events and relationships, allowing you to experience a greater freedom to receive love in your own life, engaging more joy and fulfillment.

Most of us abhor conflict and will do almost anything to avoid it, including self-sabotage. The last thing we generally want to do is confront someone with whom we have an issue, so we dance through avoidance patterns, both internal and external.

These usually cause internal strife rather than eliminating it, which we could avoid if we simply communicated our feelings. We fear abandonment, loss of job, rejection from the group, or some other equally important fear. What if we were actually creating those fears by our own misperceptions? Hmmmm....

The limiting sensations of fear control our minds and hearts when it comes to addressing things that are 'out of order' in our lives. Fear has been part of human nature for millennia for survival reasons. Emotional fears are created because our inability to negotiate the feelings of perceived conflict, often known as the 'fight or flight' syndrome.

Religious fears are created from lack of understanding, threat of expulsion or false belief systems. A popular acronym for F.E.A.R., False Evidence Appearing Real, is an amusing yet accurate description of fear. Most of our fears are simply due to our lack of understanding the evidence clearly.

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In reality, if we acknowledge the Omnipotence, Omnipresence and Omniscience of our Creator(s), then we must also acknowledge that the L.O.V.E. (Limitless Oscillating Vibrational Energy) in each of us is *sharable*; unqualified by human emotions (good or evil) and therefore anthropic (life-friendly) by nature. So it is with all extraterrestrial civilizations today.

If we choose to commit ourselves to a spiritual path, then it is appropriate for us to learn how to manage our feelings, balance our personal and professional lives, and respond to the people around us with honor and respect, no matter their condition or place in life. Could sharing love [l.o.v.e.] be both a scientific and spiritual truth of connectedness? Profound simplicity is found in this connectedness. The One in Many and Many in One.

Our worlds are rife with distractions and multi-tasking activities that keep us moving at such a rapid pace that being able to quiet the mind is a rare moment in the din. Fast-paced lives rarely have the opportunity to resolve the emotional bumps, knots and punches. The opportunity is present always, though.

Most do not realize there is a choice in the process other than following the lead of the emotionally fear-laden. We like to think that the world is wonderful, including the neighborhood we live in, but the guy next door just killed his wife and nobody saw it coming. How could something like that happen? It really doesn't matter. It happens too often. The point is we are absent-minded, inattentive and unaware of our surroundings.

Now the last couple of paragraphs hopefully evoked a large swing in feelings in you, sensing the pendulum swing dramatically. The point is that a lack of awareness and ability to manage our emotions can cause aberrant behaviors. The result of highly stressed, unspoken, unfulfilled expectations undoubtedly held because there didn't appear to be any other choice or opportunity taken to share information.

Something triggers the fear so deeply that unconscionable actions take place. One of the themes of adult psychology is that whatever

issues we cannot resolve as teenagers, we continue to repeat as adults until we break the pattern or it breaks us.

Does this apply to you now?

In the acting out of the fear response, sometimes called the 'fight or flight syndrome,' we are literally pre-teen in emotional maturation behavior. As adults we continue the pattern until we recognize and change it. That is a hard one to swallow, yet it is common knowledge in psychology. It is true in reality as well.

There is something else, too, that is present in the fringes of society yet is nonetheless important for some who apparently have experiences beyond the vast majority of society. They are often silent and withdrawn when it comes to sharing their experiences, yet they are very real. There is a segment of society that have ongoing interactions with what are commonly called 'extraterrestrials' and the reports include missing time, non-linear or non-local perceptions and partial memories of events.

Often abductees, as they are called, report being paralyzed during their experience. Others report the same type of experience with relatively no fear or paralyzing and little memory of the events. For instance one experiences an anal probe and is unaware of the procedure while another understands the electrodes are being connected to the perineum nerve to adjust the 'flow' of the central nervous system to remove a deeper level of bottlenecks.

The perineum is a direct-connect to the central nervous system and allows the 'holistic system' to be stepped up energetically. The result is a higher vibratory rate for the 'system.' A higher vibratory rate allows for greater awareness and sensitivity, resulting in a better communication network between worlds.

Let us look at yet another example that edifies the previous. A common understanding of our sensory capacity is that we have 5 senses (6 has merit) while using 10% of our brain. A simple mathematical ration would then show that we have as many as 45 senses with the other 90% of our brain capacity.

Could this be true?

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The Multi-Plane Awareness Technique presents the idea that we have 9 other bodies, finer and finer, across the range of consciousness as we know it. Few have ventured into the depths of this experience yet it has been around for over half a century.

What else hasn't reached your ears and eyes yet?

We tend to build up layers of emotional barriers so that we can keep ourselves free of pain, suffering and even understanding. Paradoxically, this same pain and suffering allows us to develop compassion and empathy for others. It also helps us to garner greater understanding of our nature and the ability to transcend.

So how do we begin to peel the layers of fear, like the proverbial onion, from around our central core of love and reveal the real connection we share as human beings to a greater consciousness? There are optimal ways of doing this and this book contains only some of what is available.

At the moment you are most in awe of all there is about life that you don't understand, you are closer to understanding it all than at any other time.

Jane Wagner

The Practice of Pardon



This next process is called the 'Love & Oneness Meditation.' You do not have to practice any particular faith or believe in any special guru, or even God for that matter, in order for this meditation to work for you. This meditation uses the simple nature of unconditional love [freedom from fear] to work its magic.

Humans are capable of unconditional love even without a belief in God. A belief helps, but is not a prerequisite for the practice. Developing a belief system is a natural product of the human experience. Sometimes that belief system is incongruent with the true nature of being human. It creates what is known as cognitive dissonance within the mind/body/spirit of the person. One cause is anger toward another or toward oneself for some perceived 'wrong.'

Forgiveness is a byproduct of this next process as you release your inner tensions through the practice of this meditation. It is yet another way to cut the psychic cords that bind you, keeping you from experiencing true happiness in most cases.

Above all... have fun as you explore.

Forgiveness, the act of releasing emotional bindings we place on an event, person or place, allows our energy to become free of bottlenecks nearly immediately. Our natural state of being is that of limitless oscillating vibrational energy and 'flow' that leads us from one event to another as we develop personal and professional knowledge, understanding and wisdom.

All things good flow from that river of love, but we have a tendency to build dams and dikes that divert the flow. Imagine what might happen if events being held back because of your own constrictions were suddenly released. Would you be ready to receive the wealth meant for you?

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Another way of looking at this constriction of flow is what I call the 'butt-pucker' effect. When we experience a thought that produces a feeling of anger toward another we constrict our muscles and hold our breath for a moment, often unaware that we've even done so. It is a natural response to the thoughts that is produced in our body. Pay attention the next time somebody pisses you off or provokes you unintentionally.

The same type of response happens whenever we become frightened as well. This particular practice is meant to resolve the anger issues, though. Consider it a type of anger management program that you don't have to tell anyone else you are taking.

We all have perfectly good reasons for being angry. We can justify our anger in so many ways that volumes could be written. However, it is our inability to accept what has happened and let it go that only holds us back emotionally. We carry the baggage around like it is a precious sack of gold, unwilling to let it go even when our relationship is sinking from its weight.

We listen to insects and human voices with different ears.

Wafu

Love and Oneness Meditation:

Exercise:

First, grab a pen and several sheets of paper... or sit down in front of your computer with a word processing program up and ready.

Write down every person you know. This may seem like an introduction to network marketing but let me assure you that you will not be making phone calls to everyone. You will be reaching out to them, though, in a whole new way.

Do not filter anything... write them all down... every one... associates, friends *and* perceived enemies. Inclusion of the latter is most important and will proved the greatest benefit to you.

Depending on your age, you should have several hundred to nearly a thousand or more. Take your time... no rush. I can already hear the complaints and rationalization for NOT doing this. Just turn that self-sabotaging voice off for now and do the work. You'll be glad you did.

Contemplate every aspect and area of your life, especially emotional and physical, and write down all the names, past and present... adversaries, betrayers, cohorts, confidants, enemies, friends, family, lovers and anything else you can imagine.

If you have less than 20, you haven't made any effort at all. If you have less than 100, then you are still resisting. If you are in your mid-40s or older, your list ought to be several hundred at least. You may feel you don't have the time to make the list. Make it anyway. It will be your reward for doing so. You'll find out soon.

It may take you several days to compile the list. Be diligent and as complete as possible. Remain as free from emotional entanglements as possible during the process. The simple attraction of their energy as you focus on recalling will begin to create subtle changes because of your sincere intent to love.

With each one of these names, you might have seen their face in your mind's eye as you thought of them, even if it was just for a

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brief moment. That is a natural part of the process. We'll be using this imagery in the next part of the process.

You will need to allow yourself plenty of time in a quiet place where you will be undisturbed for the duration. Tell everyone you need some quiet space to do some very important work. If you live by yourself unplug the phone, turn off the TV and enjoy a lingering moment of solace and solitude. Prepare to transcend your previous emotional state.

Now, sit with your list for a moment before you begin. Practicing the previous 'releasing' meditation first may help to clear any emotional baggage from the day. Just begin to feel the love in your heart that you allow for the greatest ones in your life... you are totally connected to the sense of feeling ALL THAT IS.

You may normally only reserve this feeling for your children, parents, spouse, teacher, guru, spiritual mentors, etc. Lock it in to your feeling world now by simply feeling a deep sense of awe in the love eternal. If you have difficulty, just think of something inspiring. Open your eyes and begin to read the list now.

Begin with the first name. Read it out loud as you imagine their face in the center of your mind's eye, so that you can easily look into their eyes. Look them directly in the eyes and repeat, "I love you...Our purpose is Oneness." Pause long enough to breathe in and out at least one complete cycle while looking into their eyes. Do this for every name on the list.

What you will find is that as you picture the face and eyes of each one of these people, you will feel something. What that 'something' is will be determined by your relationship with them. Some will have more warmth than others. Those that you have issues with will show up with a feeling of resistance. These are the ones that will help you the most.

There is a zen saying that fits perfectly here and it may make sense to you intuitively. "Do not judge or criticize others. Just be at ease and go on mindlessly like a simpleton or a fool. Or, be like one who is struck deaf and dumb. Spend your life as if you cannot hear a

thing, or like an infant. Then, sooner or later, all delusions will disappear.” Kyong Ho

The above saying may sound very familiar to those with a more Christian background. "Do not judge and criticize and condemn others, so that you may not be judged and criticized and condemned yourselves. For just as you judge and criticize and condemn others, you will be judged and criticized and condemned, and in accordance with the measure you deal out to others, it will

be dealt out again to you." --Matthew 7:1-2



The Steps:

Read their name out loud.

Imagine their face in front of you.

Look into their eyes: steps 4-6.

Breathe in deeply and as you exhale...

Say, "I love you. Our purpose is Oneness."

Breathe at least one complete cycle as you send love.

Alright, you don't have to do the entire thousand or more, although if you have the time I'll guarantee it will be worth the effort. You will notice some profound results afterward; some immediately and some over time. Sometimes we have down days. You aren't alone. We all do, and things change.

Practicing this exercise on a day you feel a little down will change your energy dramatically. Notice the subtle shift toward a sense of joy and happier feelings; no competing thoughts in this moment. Remain there as much as possible.

The devotion and time you give to this process will reflect in the positive changes in your life. You may encounter much resistance and distraction. Our true selves, and some say our appointed duties, stem from a central core of LOVE.

Cosmic Conundrum

Releasing to the 'feeling' of LOVE as you extend this welcome to all those on your list can shift both of your worlds. Give attention to noticeable changes in your experience for the next few weeks. Write them down when you can.

Journal prompt: *What were your feelings and thoughts during the meditation process? Were you fully present or did you find yourself fighting with distractions?*

Did you find emotional weights being removed or did you feel it was a waste of time? Write about both perspectives as you consider the reasons for each.

Journal about the ongoing changes when possible.

Intuition

Intuition literally means learning from within.



Most of us were not taught how to use this sense, but all of us know well that "gut" feeling. Learn to trust your inner feeling and it will become stronger.

Avoid going against your better judgement or getting talked into things that just don't feel right.

Cosmic Conundrum

Let us look a little deeper into our vibratory nature. Science has revealed that everything is made up of vibrations. Vibrations respond to other vibrations, like harmonics. Feelings and thoughts are vibrations as well.

Scientists have discovered that their thoughts affect the results of experiments. Los Alamos is well known for research in these matters as scientists began to realize their thoughts affected the results of their experiments. Imagine what affect feelings and thoughts of love can have on you, others, and the world we live in today, tomorrow and beyond.

Dr. Masaru Emoto performed extensive research on how thoughts affect the structure of water. His research is used worldwide by many scientists, philosophers and theologians now. It has become widely used in self-development stories and across many new presentations of quantum physics.

In his experiments, he taped words, written on pieces of paper, to jars of water. He then took water samples and froze them until they formed crystals. He examined these crystals under a microscope and found some amazing results.

When the crystals were examined, their structures were dramatically different. From jars with words like "I love you" or "peace" the water crystals showed a beauty and symmetry like snowflakes. Samples from jars with words like "I hate you" or "I'm going to kill you," the water crystals simply did not form.

As stated in the movie *What the Bleep Do We Know?* from the work of Esaru Emoto –“If our thoughts can affect a jar of water, imagine what they can do to us.” This takes into account the body being made up of about 61% water. We don't need to freeze to demonstrate the results in our lives.

What you can recognize in your personal awareness, though, is the feeling or sensation in your body that certain thoughts evoke. Increased self-awareness will offer near instantaneous recognition of thoughts that are incongruent with the body's natural state of being.

Exercise Recap:

Make a list of everyone you know: 'good, bad and neutral'

Find a quiet place to focus in the deepest sense of Love you know.

Read their name out loud.

Imagine their face in front of you.

Look into their eyes.

Say, "I love you. Our purpose is Oneness."

Breathe at least one complete cycle - in and out - as you send love

***Hints:** You might do the process in cycles, working systematically to go deeper into the attachments to emotions that have held you back the most in various aspects of your life.*

So now we know, or at least suspecting, that we are inextricably connected. The carbon atom, our feelings and our thoughts reveal this when we become aware and observant. It is not so far a stretch to understand the Mayan salutation, 'In lakesh,' which means 'I am another you.' In our basic human nature, we are all the same. Remember that when you look into another's eyes.

When we understand more about compassion and loving relationships, we tend to live them as well. Great mystics, sages and teachers who have taught us to love one another now have scientific backing. It is far healthier to have good thoughts and feelings about ourselves and the world.

Encountering the unknown, such as beings from other dimensions or worlds, one might consider relaxing and centering in love rather than allow the mind to wander into the fear-based fight or flight syndrome. Just take note of your immediate environment and recognize that you are safe and secure in it – no need for fear.

"A thousand different paths lead to the No-gate of the Great Way. The desire to enter the gate is not the prerogative of the young or old, men or women; the wise are not preferred above the foolish nor the rich above the poor. The essential requirement is that one hold steadfastly to true faith."

Rev Zuigan Goto

Messy Antic Complex



Let me give you fair warning beyond the welcome wave. Get ready to have your mind and heart stretched beyond normal limits. If you are reading this for the first time, you might want to be aware of your belief systems and suspend them for a moment. It's quite likely you will be challenged. I was and still am.

I'm nobody special, but what I experienced was very special, unique and beyond imagination for many, if not most. My life changed and has continually progressed in my quest to know and understand who and what I Am and who WE ARE. There truly is no ego without Wego. Confabulation, imagination or realization... the experience happened.

How I've lived and what I've done has revealed a lot about my own nature. It seems to reflect the nature of human beings as a whole, trapped by limiting belief systems and fear-based nonsense that keeps us afraid, angry, ignorant and immobile.

A new world order is evolving now, emerging from an organic and systemic need for change, fueled by the deep desire for something beyond the senseless control and manipulation of people, places and things for profit. The world is changing rapidly.

The event happened nearly 40 years ago now, yet it is still fresh and inviting as many new discoveries and revelations are occurring in a plethora of fields that all relate to human evolution, from superstition to science-based understanding.

These new discoveries take us into areas of awareness and consciousness that refute our linear-based religious thoughtmosphere, inviting us to explore possibilities within the 'spooky action at a distance' of quantum entanglement.

The Setup

Orphaned at birth and aware of my adoption early, I spent a lot of time in internal conversations in the quieter moments. As a result much time was also spent contemplating the events of my childhood and why I seemed to be open to alternative realities, although I didn't have the words to describe them then.

I just had different experiences than most, but I also didn't know it at the time. I began to suspect it because I'd ask questions occasionally and get blank stares in return, from peers and adults. I understand now that my levels of perception were heightened even as a child. I figured it was all normal and everyone had these feelings and thoughts, but that ain't necessarily so.

In a recent book, *How God Changes Your Brain*, a study commissioned by the Alzheimer's Research and Prevention Foundation and done by Dr. Andrew Newberg, it was noted that only 42 of 1,000 surveyed had any 'direct' experience. Today, many Boomers are seeking to have such experiences of unity with the divine after spending a lifetime of chasing the almighty buck and realizing it just isn't that fulfilling.

The Trance End Dance

So what was the experience like? Words are a strained attempt at description no matter how eloquent the word-smithing. It was more exhilarating than my part of the circus-themed basketball half-time show in front of 5,000 people the year before for sure.

Initially I was in a deep meditation while listening to Journey's first album, a song called 'In the Morning Day.' It's the opening tune on this page. If you are viewing this page and don't hear it, you are missing a really great tune... change your browser for a moment or add the windows media player plug-in.

Time stood still for a moment as I heard, "*Bruce, are you willing to die for what you believe in?*" Bruce was my given name from my adoptive parents. Between the verse and the vamp was a guitar riff that sounded like a supersonic jet whisking by in an instant. My first thought was, "Oh shit!" Then I immediately thought 'Christ

Consciousness,' but that still felt incomplete. I then took it further to 'Cosmic Consciousness' and immediately said, "Yes!"

I felt a slight tug upward and I let go, turning to see my body lying across the dorm room bed (honor's dorm at BSU). I turned back to see where I was going and without so much as a blink of an eye, figuratively speaking, I was surrounded by white light. I felt like I was home, truly home.... at ONE with God.

I could see, even though it was white light, and think, letting me know I wasn't 'dead,' but there was no tactile sensations and, as an impetuous teenager, I soon grew bored of the solitary light and spoke to the voice, "Wow, is there more?" Then came another tug. I went with it again.

I went from being surrounded by Light to a place where I saw points of light all around me, gathered like a sphere with an indigo background as a display screen. I could see in any direction without movement, although these points of light completely surrounded me, large enough to appear as tiny spheres.

I instinctively knew these were points of consciousness. Whether in body or not was the question... I wasn't and I knew it. I had the intelligence to consider these things in the moment and still retain the 'wonder' as it were. I was completely void of any fear at all which added to the awe of the experience.

As if to acknowledge my recognition, the voice proceeded to explain the scene and what was expected of me. It felt like an eternity passed during this time as I listened to the words and felt them anchor deep within my being, soul or whatever you consider the essence of an individual's life force.

I felt a rush of energy and was back in my body, taking a deep breath immediately. I kept my eyes closed for a few moments, taking notice of all the sensations in my body as I returned.... especially my heartbeat and breath. According to the 'voice' that resumed after my recognition of the those points, I am to work with them in order to facilitate a new world order...a fusion and synergy

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of material and spiritual worlds - harmony among people and planet a result. What if that happened to you?

I knew this in the depth of my being, beyond any question. I was ecstatic to say the least. But as a teenager what can you really do? Who can you talk to? What can you say after an experience like that? Did I even dare?

The first human place in consciousness, my own, was to want to announce to the world that I AM HERE, believing that I AM THE ONE. What a foolish notion with no discernment or understanding. I read years later that a long-standing spiritual teaching is 'to know, to dare, to do and to be silent.'

My personality could not handle the truth at the time. My soul had been ignited with a vision and I trapped myself in yet another box, one that didn't bode well psychologically. I told my adoptive parents, my friends, my teachers and even went to the preachers just off campus to find out how they would respond to such an experience. I figured if it was so real, then there would have to be some correlation somewhere. Instead of answers or intelligent discussion I got ostracized and sent to a psychiatrist.

My exuberance in sharing my story was the beginning of what the field of psychology and more specifically psychiatry calls the 'messianic complex.' I felt like I had all the answers and needed to share them with the world, even though 'the answers' really didn't make sense to anyone, me included once I returned to the external world. There was no 'how to' included in the experience.

It was a most unhealthy and unappreciated place to be for the aspirant of divine guidance who wishes to remain free of attachments, but can only express from a child-like place at that time. Okay, so there are no veils and I don't need to be 'The One.' How do I proceed and what do I need to do to prepare?

Fortunately, the shrink had some sense beyond the common and was able to help me coagulate the possibilities. After a few visits he confided in me that I wasn't crazy and that I had all the signs of a

'spiritual awakening,' although he offered that most people don't experience it until their mid-40s if they ever do.

He was intrigued by the fact I was only 18. We discussed some of the considerations I'd had during the process, coupled with my desire to find purpose in life fueled by the desire to find a deeper connection to 'family' due to the deeper emptiness I still felt from being orphaned and adopted.

He asked me to follow him upstairs and as he opened a door at the top of the stairs that revealed a room full of 'metaphysical' books, posters and 'tools' (a tarot deck on a card table just inside the door) my heart center just exploded. It literally felt like a huge pulse expanded throughout my entire body.

We had a short discussion about the tarot cards and he asked if I'd ever had a 'reading.' I had not, but was curious, so we sat down at the table and he demonstrated the technique. The 'cards' are used to allow the 'reader' to get input through their imagery and meaning. It brought out much more than I had told him and seemed to validate the entire experience.

I could tell he was really working to find the right words to share as he 'read' the cards. He spoke of ancient archetypes manifesting in my life and leading me toward something rewarding. After a few moments he admitted that I must have something going on even beyond what he could determine.

He related that from our discussions he knew I was quite brilliant and completely sane, but he advised me to keep my mouth shut for a time until I got older; it was likely no one would understand. Over the years I've found the challenge is to make sense common, to look for congruence and consistency.

Now I shared that experience not to put me in any particular light, but to be vulnerable enough that you might relate to something similar in your own life. Oftentimes we have experiences that we know are real, true and beyond the understanding of those closest to us. We literally stuff those experiences in our secret cache and don't talk about them. Maybe it is time we did.

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So what's next? Often the messenger gets hung up on the message and becomes its icon rather than a simple conduit of information. I was no different. I had a big mouth and wasn't able to keep my experience to myself.

I was more curious about what others thought than what it all meant at the time. I didn't have the emotional or experiential maturation to understand its future implications. I'm still not sure I do. The questions of 'How?' and 'What do I need to do to prepare?' eventually landed squarely in the center of my consciousness and continues to motivate my life today.

Since that time, I've observed that identity is really of no consequence in the delivery of new information or clarification of the mysterious in order for the 'magic' of life to become present. Too often identity, assumed or projected, simply gets in the way. There are no boxes large enough to contain the non-linear or multidimensional life we are destined to live.

Our minds want to categorize and label instead of just listening and observing. Telling is not training, I've heard so often as I've worked in corporate training and development. It's all chatter that does absolutely no good when 'stillness' is the message.

We engage the 'do and have' in life without the core of 'being' that ignites the union of spirit and matter; religion - reunion with God. It is about the One manifesting in the Many.

We get caught up in the chatter and think ourselves separate. We allow those who instruct us to continue the lie that we are separate from creation or each other and need to give our power to someone else as our intercessor. In my continued studies, I've found that to be the opposite of what was intended.

This understanding is most profoundly revealed in the translation of the Dead Sea Scrolls where the statement, "Don't you know that you are god as I am god," is made by Jesus to Thomas.

At our core we have a direct-connect but we have to be very still, even silent, to hear the voice of BEing within. It is provoked by profound questions. This is an extreme challenge beyond any

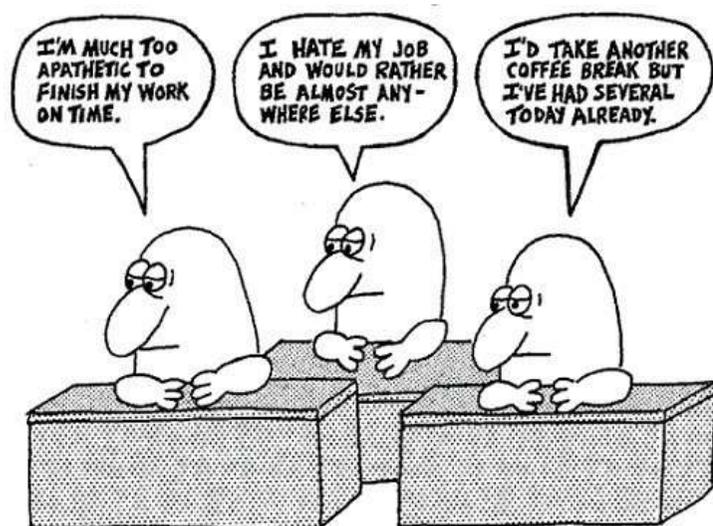
extreme sport today, as distractions and interruptions are present everywhere and vie for our attention at every moment.

The Information Age and the rapidity of getting our needs met, satiating our senses and seeking immediate enlightenment has spoiled us to a great degree. Stillness is for Zen masters.

We've grown to understand the effects of our actions on the environment and are striving to change our consumerism and manufacturing habits. The idea of 'reduce, reuse and recycle' is gaining more attention and relevance as we understand the nature of unbridled self-indulgence and a capitalistic consumer-driven economy of our own making.

But what of the material?

Non-linear thinking, quantum entanglement or 'spooky stuff at a distance' (Einstein) brings us to new levels of understanding how our thoughts/feelings affect reality. If you doubt this there is plenty of information on the Web that is well-researched. This quasi-material understanding of the nature of our reality is even cropping up in the field of ufology. There is a scientific reason or understanding regarding the extraterrestrials being able to apparently move through solid objects, like walls.



Living in the Material World



The material plane needs references. No matter the experience, until we bring significant attention to and experience via the senses through some kind of direct experience, including some science to back it up, we don't get much play at all. Oftentimes, folks with a value beyond words are never heard because of the closed minds around them.

A few weeks after the experience, I heard this same voice ask me to pick up a pen and paper and write. It just so happened I was listening to George Harrison's *Living in the Material World* album at the time. In spite of the odd request, I gave in and did as asked.

By the time my hand stopped moving, I had three pages of what looked like Sanskrit, the earliest known form of writing. As I looked over the pages afterward I felt a strange circuitous connection, like somehow worlds were bridging through me. I still had to pay attention to the reality of being in college, in a dorm and the activities of school life.

As one of the many paradoxes in the discovery of Self, worlds seem to blip in and out without much warning. To the 'normal' person it might seem quite disconnected and incongruent, but the experience isn't linear at all. This blending happens in the course of an experiential moment that, in this world, may only be a few seconds. I'll elaborate further and hopefully shed some light on the subject. It is probably one of the most profound realizations one can have on the path of discovery - to be able to simply 'let go.' It was for me. Time is such a malleable condition.

In order to truly find it [truth], one has to let go of everything held within the sphere of attachments, beliefs included. Huh? One has to 'let go' of everything. Jesus was said to have made a statement like, 'one must give up their life in order to gain it.' So we first have to

Cosmic Conundrum

completely give in to faith and trust. Sounds simple, doesn't it? Try it for a while.

When it comes to human beings, the Mayans phrase 'in lak'ech,' meaning 'I am another you,' offers a perspective of oneness much like the sensation that happens when one is able to 'let go' and completely trust in 'what is.' The phrase remains as an example of the Mayan wisdom. We are of the same essence physiologically too; carbon-based life forms.

Another similar word comes from Sanskrit - 'namaste'. It means, roughly translated, 'I worship that which is within you,' or 'the divine in me recognizes the divine in you.' I think there was another phrase more familiar to the Western world, "Love thy neighbor as thy self."

But how do we gain understanding, let alone apply this wisdom today? Experience, both internal and external consistency, is the ultimate teacher in establishing a congruent reality that balances our inner and outer polarities, bringing a state of harmony within and without. In a very real sense it would engage the ability to see the harmony in the chaos first.

Reality is said to emerge as agreement between two or more, so conversations are necessary.

From the eye of the storm, we begin to see order, patterns and understanding of how things work. The experience of truth comes from 'being' not doing, although most humans prefer the latter.

Some wisdom only comes from doing, though, as the experience itself provides the student with the context and material of the lesson; hence the need for a Master. The Student must, by design, relinquish his will and resistance to instruction in order to find the truth. This process might seem paradoxical yet it is nevertheless important and practical for the process to work.

Possibilities Coagulator

We are told that all things are connected, affected by thought and feeling. I mentioned 'spooky stuff at a distance' that Einstein discovered, but couldn't explain in his current mathematical and

scientific brain space. How and why do things act synchronistically that would normally not be considered connected in any way?

As we progress in consciousness, our goal is Cosmic Consciousness, or something similar in meaning according to spiritual texts - ancient and present. Humans see the world through two eyes, a dualistic framework from the beginning. Conversely, the spiritual path nurtures the 'single' eye view. Why?

Let's just say, for a moment, that we are sons and daughters of God. When we grow up would we not have a singular view? In a matter of creation, there is only one creation even if we choose to delineate it into many mansions or multiple dimensions (M Theory) - it is still ONE, no matter how many fractals.

So we would naturally gravitate to the awareness of being the ONE on the spiritual path or even through scientific discovery like quantum mechanics.

What I mean by that is there are many, both male and female, who have reached a state of consciousness where they believe themselves to be THE ONE and launched their operation to prove it. They tend to want to create religions or self-serving groups around them without realizing they have not transcended their humanness, the *ego* hasn't reached the state of *wego* yet.

This is prevalent in 'awakening' to the Divine. 'The Dream' latent and poised for birth within us all takes us to a place of Unity that transcends our humanness. WEGO or none of us go.

Like Buckminster Fuller once said, "Unity is plural and, at a minimum, is two. They [early initiates without discernment] also become so attached to 'their stuff' that their focus becomes telling everyone else that they are THE ONE, whether verbally or nonverbally, and espousing grandiose concepts of living in love while their messages are more about separation among humanity, placing them at a pivotal point in the hierarchy.

How could that be truly functional?

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Living in love is important in deed. It is action from awareness. Our foundation as spiritual/physical beings is based in loving and being loved. Those are two most powerful points on the spectrum that create the spin of a new world order.

We also must realize that this identity thing is great, but really superficial. We are all Christ... Buddha... Muhammad... even God. "Yeah, but I AM THE ONE!" resounds internally in many still as they feel they are the only one with a 'mission' of importance. Collaboration beyond collusion is key in the New Time.

What is important to distinguish is the essence of the message... light and love promote honesty and integrity in worldly affairs, not dominance and submission to dogmatic structures. However, there is congruence and continuity in all experiences of a metaphysical or spiritual nature... a profound sense of relief and release... a reunion with the essence of life....LOVE.



Being One



Okay, so you are THE ONE. So what? What's next? What do you do? How do you act? Better still, how do you LEAD as The One? Even Jesus is quoted as saying, 'don't ye know that ye are gods?'

Once you realize that you are Christ or God, what is next? As Divine Incarnates, sons and daughters of God with a little maturity, we have certain obligations to the nature of our creation. The Cultural Creatives™ concept introduced 'world servers' as an operative term for those with conscience and consideration for harmony among people and planet.

Do we need to dissect our world like scientists in order to understand it or would it be better to inquire and let it reveal itself through the natural consciousness it holds and our ability to connect to it. We are still here, still in body, still within the world of physicality and its natural laws and order.

Feel like a fish out of water? What's the catch? You've got the net. What's in it? Why not cast it out again now on the other side of the boat? What do you think you might find?

Well, the catch of the day is that ONE [Source] turns into MANY, rising above their own identity issues, to collaborate with others to actually do something about manifesting this new living awareness we call LOVE - harmony among people and planet. Apparently the 'trinity' that seems to be present in all major religions actually shows up as the proton, neutron and electron - Intelligently coalesced or condensed into form.

Help us, we've fallen and we can't get up! Humor helps, but we need to understand the nature of condensing into form. It is also nearly impossible to comprehend without a direct experience of it, but the intellectual conditions now extend into the field of quantum sciences. We understand everything is comprised of vibration, a

Cosmic Conundrum

visible light spectrum is only part of the whole and lower vibrations tend to imbue physical form.

For instance, the carbon atom (6 protons, 6 neutrons and 6 electrons) is indeed the number of man from scriptural reference [666]... interpreted with understanding (science) in a simple and elegant fashion. In turn, the Trinity (3 spheres of consciousness beyond our comprehension) manifests in our world as the proton, neutron and electron (matter) with exquisite intelligent efficacy. We are learning, still, what 'having dominion' entails as conscious beings; spiritual beings having a human experience.

We've been too close to the prize to even realize it is there, staring at us in the face. All things are possible. We are possibilities coagulators - co-creators. All things are connected in this place, just like quantum mechanics is proving and spiritual masters have said for millennia. The 'Secret' reveals what we think and feel strongly we manifest in our lives, whether we believe this to be true or not. Some are just more aware of it than others. Some still want to argue.

More recent discoveries and understanding of the Mayan calendar back up the notion that humanity and the cosmos evolves in cycles. First we are ignorant of the whole, self-indulgent and oblivious of the consequences. As we become more self-aware we also become more other-aware. So as we see or manifest change in ourselves, our world changes - the organizations, people and systems created without the understanding or wisdom of 'spiritual' integrity are falling apart as part of the transition... naturally moving from chaos to order, from formless to formed.

Transformation is taking place all around us, so why not make it part of us? We haven't learned to play together well and support life-enhancing actions. The close of the Mayan calendar, as discovered recently, is about learning how to be conscious co-creators - becoming what we were destined to be as grown up sons and daughters of God.

At this phase, identity becomes a non-issue. One (holistic systems thinking) becomes present and acts as ethical and integral

components of a 'Self-Sustaining' organism. Leaders lead without regard of personal gain or reward, simply the accomplishment of collective goals drives their spirit.

Jobarchy

Jobarchy is the new business or work culture - the job is the boss and everyone wins. Would it make sense that all this talk about the 'Cultural Creatives' might indeed mean that this is the 'Collective Messiah' at work? The voice that springs from the depths of our listening and operates at the speed of surrender gently guides every relevant event, even the irrelevant when we are open to perceiving from a different point of view. A point of perspective (perception integrated with introspection) dances in the balance of the seer's vision.

What about all the others who have intricately drawn plans for environmentally sound villages, free energy devices, or new technologies to help return dignity to those who wish to work toward the good of everyone? They all need help, support and zealots in the marketplace.

Surely we could not be so pompous as to believe that we can do it 'alone.' Even science connects the dots... proton, neutron and electron are the microcosmic particles of the 'trinity.' Hydrogen, the only element left out of that system, just happens to be the bonding agent for the DNA helix. It's quite a miraculous thing.

Separation is what happens more often than not because we cannot get our ego attachment to identity out of the way; the idea that we 'own' our ideas or anything in the world for that matter and/or that our belief system trumps all others. We're only here a short time. True humility is to serve the people without attachment to outcome, being guided by the simple nature of addressing what shows up right in front of you.

Fear is bankrupt. Love is the new currency in this new world order. It is a tough transition because of the deep-seated belief systems to the contrary. Social responsibility is a new living awareness.

Can we possibly focus on what brings us together?

Cosmic Conundrum

Once balance is found in our immediate surroundings and within our emotional bodies, then greater opportunities are presented by those who guide us all from places we may not even be aware of yet. Indeed, there are many worlds interacting simultaneously.

In recent times 'M theory' presents the same concept from a quantum math/science perspective...many dimensions of reality. Mayan teachings include 15 senses, from the gross (tactile) to the fine (truth), and still may only encompass a small portion of our capacity for experience.

Subtle levels of energy, like the energy centers of the body, are built precept upon precept in the construction of the Universe, waiting to be discovered by the progeny of its creators. Could this be the fulfillment of prophecy ordained thousands upon thousands of years ago across the religious playing field?

Are we nearing the age of enlightenment?

How about the beginning of a new galactic cycle?

Do we exercise sound mind and heart choices in this new living awareness or are we still with mixed emotion?

We must recognize that polarizing to any ID still separates. Balance is the key - harmony the goal. Becoming aware and being about the business of tending to the needs of our divine callings may be simpler than one might think.

The carbon atom unites us all as one race, with similar relationships on the ocean of emotion. Awareness empowers the ego to act in accordance with spiritual principles, released from paradigm paralysis. This paralysis is being transcended with the close of the galactic year, 2012 being noted by the Egyptian, Hindu, Mayan and Sumerian calendars according to scholars.

We are all familiar with the Jesus story, yet we miss the quest to integrate a LOVE of our whole being, the good, the bad, and the ugly so to speak. We have to find the splinters and pluck them out, even within ourselves. Many are claiming to be incarnations of various folk, yet they are unable to remove the mask to reveal their own

individual identity, choosing to identify with an archetypal image rather than their own Divine Nature.

Humanity can only hear previous messengers? This is the practice of world religions. We might call this the Cosmic Conundrum. Open up and ask... Who Am I? What am I here to do? Just look right in front of you. The closing cycle of the galactic year will do that for you regardless of whether you desire it or not.

Conscious co-creation manifests what you think and feel strongly, regardless of its fear of love base. Do you question that? Just look a little deeper around you.

How do we find, accept, and then live our own individual Path connected to the ONE? It is one thing to be self-initiated, the Path where many are called and few choose. It is quite another to claim to BE the ONE, as in the case of many professing to be the return of Jesus, Mohammed, Mary, Lucifer, Isis, St. Germain, Maitreya, or whomever. Sounds a bit out of touch.

In just the observation of what others have perceived of me I've been confused for several of the latter throughout my lifetime, yet I've adhered to none. In fact, not knowing my lineage allows me to remain free of identity and just focus on the present. People see what they want to see and often read in more than necessary, however convenient or fitting in the moment.

It would seem we have a spiritual epidemic of polyphrenia, many personalities, in that many past personalities are showing up in the claims of current cosmic corners and the memes of many. It reminds me of the 'lo here and lo there' distractions warned about in Revelation, yet with a little different twist.

Cosmic consciousness tends to reveal that many can have simultaneous experiences of connectedness, like an old party line in the early twisted pair days of telephone communication. We're all plugged into the matrix, it's just the way we behave that makes a difference in the outcome.

According to some, cosmic office holders have had to demonstrate their ability to split into thousands of incarnates and then regroup

Cosmic Conundrum

into one as the test for their position. Most of us can't even begin to imagine that kind of operation, yet we are vehement about what God has said in some book. We must test the truth, especially our own perceptions.



Internal Investigations – Outer Reflections



Can we learn how to create *serendipitous* moments?

Objective: Distinguish between inner and outer motivators.

Definition of terms:

Inner: internal process of thoughts and feelings.

Outer: experience you have in the world.

Serendipity: The faculty of making fortunate discoveries by accident. Or, taking advantage of the moment.

A precise instrument for the creation of desired outcomes is an enigma at best. However, one of the distinguishing characteristics of successful people is the attitude toward *serendipity*.

Fortunate things happen because concerted effort has been generated toward a goal that is intended to be enriching and fulfilling. Think of a time when something ‘magically’ appeared or happened as you were working toward a fulfilling goal.

Remember the feeling?

As we achieve personal and professional goals there is a sense of accomplishment, fueled by the recognition that we were indeed successful with our plan. Sometimes we realize that the achievement also contained an element that we found hard to understand. There is a certain sense of awe as a result.

Oftentimes there was an undeniable ‘presence’ during the process, especially at peak performance moments. The incorporation of that *feeling* is often lost in translation.

Those involved in self-development recognize there is much more to reality than what meets the eye, yet ‘the work’ of gaining clarity and movement toward self-actualization is still challenging. We seek change, but how to we create the plan?

Cosmic Conundrum

In the pursuit of a perfect plan to garner results, life offers many distractions and diversions in the course of daily living. Usually one desires the smoother path as they traverse the potentially bumpy terrain. How you actualize this path is one of the challenges of your discovery process.

Gaining awareness of *serendipity* in the moment of discovery brings a sense of euphoria, of connectedness to a greater reality that has suddenly made itself available for view. It gives us pause for gratitude; so simple yet so humbling, as we realize something way beyond our understanding... or is it?

Practical mystics confirm that *observing* reality allows them to look for patterns of synergistic components: repeatable feelings, thoughts, and actions. These patterns coalesce in *serendipitous* moments of connectivity.

There is no push and no pull, simply a **flow** that is undeniable and often exquisite. These moments are usually precipitated by a feeling or sensation of synchronicity.

In daily life, serendipity is often precipitated by a genuine personal communication and/or collaboration toward a common purpose. You will recall from week one that *flow* is the result of planning for optimal experience and letting go of expectations. How could you be more aware of synchronicities?

It is important to realize that accessing or experiencing a *serendipitous* moment occurs as a result of conditioning oneself to anticipate it; the feeling draws the experience. This is an internal awareness/knowing that is part of the subconscious foundation of beliefs, ethics, morals, and values. Awareness is the result of the alignment of beliefs, ethics, morals and values and 'doing the right thing' in the moment.

This awareness becomes part of the matrix of the mental processes we continually engage in our waking hours. We often think and act so fast that we are unconscious of the moment and the inner process that we engage; totally oblivious of our role in its creation.

Internal Investigations – Outer Reflections

How can we increase awareness of our role? Using the technique in Week One fits wonderfully here. When we are free of bottlenecks *flow* happens, revealing a natural progression of actions that align with your goal.

Goals are simply dreams with deadlines.

We often find ourselves in situations where we begin to ask, “What am I doing here?” or “What is my purpose in this moment?” Even though the questions are very relevant, listening for answers can become very difficult in our fast-paced world. To be silent within allows the Voice of Being to speak.

We have usually allowed ourselves to be distracted by secondary goals, diversions from the directions we intended our life (job, relationship, project, and/or spiritual path) to take previously. Our lives become unsettled and are missing ‘something.’ Does this sound familiar in some way?

The keys for ascending toward a more fulfilling life are supposed to be in the words and/or writings of those who have gone before us – masters of the various realms, be it material or spiritual. All of these masters share a similar message: it matters how and what, you think and feel in achieving results you desire.

The best course to take all begins with inner reflection of the outer circumstances and how we respond to them. Simple, but **how** do we do it? We start by simply asking better questions about the significance of the moment. Get quiet, *then* ask.

Answers to powerful questions guide our decision-making process, offering pre-cursive points of order in the development of your roadmap. The result of the *challenge to change* removes liabilities, limitations and excuses.

We need a process that asks the right questions so that our roadmap includes the riches we truly desire and deserve, emotionally fulfilling evidence of a new living awareness. These questions draw out our deepest desires and personal passions to assist creating *serendipity* in life, surrendering our false evidence appearing real to allow us to live the dream in that moment.

Cosmic Conundrum

Intention has everything to do with this process. What does that mean? Intention is an intellectual and emotional action toward seeking the best results. When you ‘intend’ something it is both a thought and feeling.

The reason these moments appear is that you embrace and engage a feeling, a vision, and an intent that anticipates *desired outcomes* showing up in your physical world – and taking action to put yourself in places where it could happen. In essence, the door opens because you are out there knocking and seeking entrance on a regular basis.

Sometimes the process of manifestation may take days, sometimes months and even years for these things to appear – always a result of a *serendipitous* moment.

The following exercise is the conclusion of your coursework – your Final Exam, so to speak. You have been prepared to initiate constructive changes in your life. This exercise is the result of observing several decades of *serendipitous* moments in life. So after much reflection, analyzing the process and cross-referencing resources, this shared process emerged.

From a galactic perspective, one can begin to perceive oneness. This ‘oneness’ is the holistic system of creation, where the elements of our physical and spiritual worlds coalesce. There is a natural state of harmony that exists in this place.

Programming Your Mind for Serendipity

Now we are at a critical point where the prior exercises and material will offer you a personal evo-leap in your personal growth. It is one thing to understand the principles of personal growth and your ability to access inner wisdom. It is quite another to actually perform the process with any regularity.

Many years ago I began to take inventory of what was going on inside. It was a by-product of the psychotropic period, but nevertheless very powerful in assessing and choosing my emotional, mental and spiritual state of being. In those deeply quiet moments I had many opportunities to observe my inner nature and begin to configure some repeatable thought patterns that kept me centered and serene.

As many who've journeyed into the inner spaces through whatever catalyst or mechanism will attest - one comes face-to-face with their demons, their fears, their nightmares and their choice to succumb or transcend. All the self-help gurus eventually take their students to the same place – face to face with their fears – with the expectation of transcendence.

It took years to get to the place where I could manage my emotions effectively without being intimidated by outer circumstances, let alone breathe and center in the moment. In time, though, I was not only able to learn but my discoveries were echoed in some way through every 'successful' author or seminar leader. I saw how many of them allowed their ego to surface, probably unaware of it initially, but nevertheless obvious. I saw that as a potential I did not want to reflect, so I remained quiet.

There was more to the process that needed some work. It wasn't just about the fears. It was about the choices we make internally and the awareness of inner and outer concerns.

Cosmic Conundrum

The following is a series of questions designed to help you focus on matters that matter. Personal results will vary, but the process provides a framework for transformation. It provides a door to our natural ability and faculty for taking advantage of situations and creating a beneficial outcome. Serendipity is not just happenstance, it is the result of 'framing' thoughts and feelings.

One can use the answers to design a personal growth or relationship path, change an employment track, or launch a project beyond procrastination and resistance. The best results can be achieved through working with a transformational life coach who can help you track the results and adjust. Pay particular attention to the internal process you have during the next exercise. You'll gain a new awareness.



Let me respectfully remind you, life and death are of supreme importance. Time swiftly passes by and opportunity is lost.

Each of us should strive to awaken.

Awaken!

Take heed, do not squander your life.

The Evening Gatha

Cosmic Conundrum

How do you currently act on or express these values on a daily basis? (Ethics are values expressed in action.)

Examples –

Inner: Trust Intuition

Outer: Willingness to ask tough questions

Inner: Listen to Guides

Outer: Speaking my awareness

Inner:	Outer:

Programming Your Mind for Serendipity

What negative feelings do you hold and how do they show up in your daily experience?

Examples –

Inner: Low self-esteem

Outer: Put downs from family/friends

Inner: Fear of intimacy

Outer: Shallow relationships

Inner:	Outer:

Now that you have identified specific scenarios you can begin to change them. Aligning one's outer activity [change] with an internal shift [awareness] is a key factor in creating fulfillment. As you begin to ask the question of 'How?' the prudent path will appear as a matter of course.

Programming Your Mind for Serendipity

for change; Desire to support and participate in the change; Knowledge of how to change; Ability to implement required skills and behaviors; and Reinforcement to sustain the change.

What do you know you need to do in order to affect these changes internally / externally?

Examples –

Inner: Trust Intuition

Outer: Act on gut feelings

Inner: Intimacy

Outer: Be more authentic / real

Inner:	Outer:

There are certain things that one looks for when seeking guidance, going further into self-awareness, or discovering those deeper unconscious patterns that have been learned in life. Without the aid of a coach or mentor these patterns continue to affect the actions we make, also unconsciously.

Cosmic Conundrum

This is what happens in life and love and we don't always realize that there is help available. Even when help is available we prefer to go it alone in most cases, hence this offer and its timely appearance in your life now. We like our secrecy when it comes to exposing our weaknesses and feeling vulnerable.

Ascending through personal tragedies or traumatic experiences is what generally leads a person toward becoming compassionate and understanding. Likewise, in order to receive what we desire from others we often have to give it first.

The lower road we sometimes take is to allow these experiences to infect our emotional and mental health, greatly inhibiting our capacity for faith and trust. Faith is tough for some; trust even harder for those who've been betrayed or who carry feelings of animosity toward their own failures. We all need a support network for change. Your Mentor Council works well here, too.

The natural order of things includes us, and its laws are our laws. We are an endless moving stream in an endless moving stream.

Jisho Warner

Programming Your Mind for Serendipity

With whom can you engage, share and garner support for these discoveries as you move forward?

Examples –

Inner: Personal confidant Outer: Coach/Fellow Experiencer

Inner: Guide/Ally Outer: Mentor/Personal Council

Inner:	Outer:

We all need confidants, but oftentimes those we choose may not have the ability or desire to take this journey with us. This is why qualified transformational life coaches. Certification does not mean they are qualified. You should always investigate them first.

Cosmic Conundrum

If you had no constraints, no obstacles now, how would your life change toward fulfillment?

Examples –

Inner: Trust Intuition Outer: Confidence in actions

Inner: Intimacy Outer: Gain best friend/lover

Inner:	Outer:

One needs to keep in mind that moral and ethical codes of integrity will guide the actions of a freed mind. Considerations and/or thoughts of aberrant behavior still might be present, but one’s code of honor will keep the path clear of obstacles.

Cosmic Conundrum

What are the personal triggers that impede your progress toward that change?

Examples – Inner: Trust Intuition Outer: Question my experience
 Inner: Intimacy Outer: Not talking/reaching out

Inner:	Outer:

Remember the challenge to change scenario: liabilities, limitations and excuses keep us from change. Continuing in the same patterns and expecting different results does not make good sense for the logical thinker, yet we often unconsciously continue the same patterns. Why? Usually, because we believe that awareness alone will change the pattern. It doesn't happen that way at all. You have to take action, make the change, and act differently now.

Programming Your Mind for Serendipity

How might you respond to the triggers with specific actions or thoughts that are 'better'?

Examples –

Inner: Trust Intuition

Outer: Acknowledge mistakes & correct

Inner: Intimacy

Outer: Start engaging strangers

Inner:	Outer:

Cosmic Conundrum

from harm and aligned with what most call 'divine will.' This process often confronts one's previous knowledge and perception of reality.

In the past we have viewed reality as something outside our influence. Quantum physics now suggests that we have a direct influence on our reality and, in layman's terms; the law of attraction affects our experience. The idea that our thoughts and feelings affect our reality is nothing new.

In fact references to our thoughts and their effects are presented in ancient texts such as the Rig Vedas, said to have begun as oral verses or hymns around 8,000 years ago. They are the spiritual reflections of a pastoral people with a profound awe for the powers of nature, each of which they revered as sacred and alive.

Our thoughts and feelings span many worlds.

Cosmic Conundrum

What are the contradictory patterns to success that you are aware of presently? Awareness of how sensations and thoughts develop is important. These could include self-sabotage, negative self-talk, diminishing self-worth and others. Describe the patterns in as much detail as possible.

Repeat this and the next step often.

1. _____

2. _____

3. _____

4. _____

Programming Your Mind for Serendipity

What responses will offer new patterns that are easily recognizable and repeatable at any time during waking consciousness? What responses provide the best feeling of awareness and knowing?

1. _____

2. _____

3. _____

4. _____

Cosmic Conundrum

The preceding process can be an ongoing practice. It will take you to new heights in your living awareness and experience. Notice that as you work on change in your life, new things appear and life seems to 'flow' better. You can anticipate other challenges that your 'higher self' knows are necessary for you to attain fulfillment.

Acknowledge these changes in your feelings to 'better' places through an attitude of gratitude. This feeling of accomplishment engages *serendipitous* moments, which is a result of how you perceive life's challenges and what meeting those will bring as a result. Know that within every challenge there is reward, a better feeling and happier place than you were before.



Have fun...

Assignments (optional):

Write a 750-1000 word about your ideal transformation toward achieving the dream you've never thought possible. Be as specific in detail as possible. This is your script for the future. Read and rewrite it often.

Programming Your Mind for Serendipity

For the most part we are compelled to seek out and discover situations that engage love. The two most powerful expressions and reflections in life are *loving* and *being loved*.

What do you feel when you love and know you are loved? Is it faith and trust? How do you feel about ‘allowing’ others to be who they are without fear of reprisal or rejection?

What could possibly fill the void in a heart who feels abandoned and alone? The feeling of unworthiness festers like an infected wound and creates so many unconscious patterns of self-destructive behaviors. For that reason I’ve shared my work.

If abandonment isn’t enough, then imagine being institutionalized and the potential for anger and resentment to turn those wounds into impenetrable emotional walls. Forgiveness and release are key component of transcendence.

Discovery of love for life and being loved by life may appear as just another paradox in the process. What if love was all around, available in every situation and the choice was really to ignore it?

Yes even in every self-help book, every success story written, every personal leap of faith – it is the love, the Limitless Oscillating Vibrational Energy, that fuels the fire within...heart-centered and cosmically conscious even though awareness is optional.

This is the place more people are choosing to find in the new millennium, a limitless oscillating vibrational energy within. The choice to believe all things are possible and act as if there are limitless possibilities of achievement. Humanity needs change.

Drama and trauma have been part of your life, too, or you would not be reading this now. Trauma drama is a well-known symptom of ignoring the signs of the need for personal growth. Know that your personal plights have been perfect for you, created just for you as fertilizer for your flower of life.

Cosmic Conundrum

If this one can ultimately transcend abandonment, rejection, institutionalization and more... maybe that one can lead you through difficult situations to find the peace in your heart that was meant for you from the beginning.

Imagine the fun of success.... Fulfillment!

If enlightenment is not where you are standing...
where do you look?

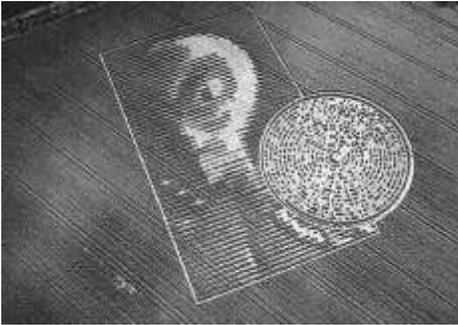


Before enlightenment, chop wood, carry water.
After enlightenment, chop wood, carry water. -- Wu Li

Be yourself and think for yourself; and while your conclusions may not be infallible, they will be nearer right than the conclusion forced upon you.

Arthur Chen

A Vision of Fuzzy Logic



For one in simple observance it appears the Universe is trending a new and improved product; an evo-leap (evolutionary leap) for mankind on numerous fronts. It would seem that the challenge to change engages 'shaking the trees' and letting all the dead fruit and leaves fall to the ground.

Politics, religion, social architecture and technology are all necessary participants. Our personal outlook and world view is even more critical. How can we remove that which continues to keep us apart and unhealthy?

Do we recognize the global financial system is failing? Or that the corporatocracy is unwilling to relinquish their dominance and profit at the expense of human life? Governments and private interests are competing for resources and 'extremists' often just want their people to have better lives.

How do we step beyond the separation and realize we are one people on one planet? ...yes ONE PLANET - a beautiful blue-domed world that we share. Are we going to continue to acquiesce to unhealthy choices? What can we really do?

Maybe a better question is, "How do we determine what really needs to be done?" and then, "How can each of us participate in ways that make sense?" The access to internal information is precursive to the logic of collaboration amidst conscience path.

Scientists are saying the natural cycles of the planet are presenting challenges for sustainable living. Environmentalists are saying that humans are the major cause of global warming and that we need to do something fast. The oil-based economic machinery is entrenched and won't be changing any time soon, no matter how loud the voice of reason is screaming.

Cosmic Conundrum

Indeed something is happening.... just what? Obviously something is being missed in the process. How does it all fit together without distortion? How can we find FLOW and then live in it as much as possible? The point of wisdom just might be to recognize that when one attaches identity to themselves, especially in self-proclaiming ways, then the likelihood of the 'reality' is probably miniscule.

About the time you confess to 'knowing' it simply means you have much to learn. Truth is evidenced by everything surrounding the point, or person as the case may be. One needs the awareness to be able to observe from the non-personal perspective in order to 'see' clearly. Only by continuing to release attachment to 'identity' can one truly find their perfect path, free of the continued subtle effects of the ego desiring to be in control, which creates a polarizing paradigm paralysis.

Truly... there is NO EGO without WEGO in the current best practices of Spiritual Evolution. A true spiritual master claims no ownership of the Divine flowing through them. They allow the process without attachment to outcome, giving freely their concepts, ideas, heart, mind, spirit, soul and wisdom. Deep within there is a residing 'knowing' and 'trust' of the process.

If we knew that Satan came from the Greek 'Thetan' and only meant 'thinker' then we might realize there is no devil, only our own misguided thinking. Lucifer might be just a celestial consciousness that was given the edict to 'condense into form' to show other celestial beings how to do it... a natural evolutionary process presented in the book *Biocosm* by John Gardner and noted by Nietzsche as, 'God just wants to have playmates.'

As humans, it is rare that we are able to live in such an awareness and reflection of the Divine within us. The Collective Messiah prevailing in many 'world servers' now is an example of the progress toward true ONENESS. Each has a gift, just as important as the next.

It is not the size of the gift, or the manner in which it is delivered. It is the fact that it is used that is important. We all can note how information technology has escalated the amount of information

available to digest and we still have a hard time managing it. What might a download of consciousness do to the Internet?

We may find that ONE in our hearts and share it with the Many who are here on the planet now as our brothers, sisters, cousins, aunts, uncles, mothers, fathers, sons, daughters, grand mothers and fathers, and even great grandmothers and grandfathers.

The Earth is our relative, too, as well as all species of flora and fauna - plants and animals. What about the other relatives that are looking on, encouraging us to grow and mature? The media tend to sensationalize fear-based activities because of the emotional impact. Imagine what a rush of love-based activity might generate. Our ancestors await. They are watching too.

The only way that we can truly exemplify the Cosmic Consciousness that we so profess is through leading by example just as Jesus or Buddha did, by letting go and offering ourselves to the Divine Flow that permeates ALL THAT IS in us. It begins with love, often through forgiveness and gratitude, and embraces even the darkest corners of ourselves and others; not to condone or condemn, simply to be aware beyond denial.

When we fear, we act from our smallness. When we love, we act from our limitlessness. We can FEEL the difference. Don't just believe it... BE it. Test this understanding for yourself. Put it on the chopping block of the scientific method; try to poke as many holes in it as you possibly can. Let the Truth reveal itself to you personally over time.

To fool ourselves into believing that we are separate from anything is another false belief, yet the polarity paradigm seems to edify it [separation] still. How do we get beyond this? How do we move beyond duality? How about recognizing that all things are available to those that believe? Believe in what? LOVE... limitless oscillating vibrational energy.

This is what we know as 'SOURCE'... unlimited unqualified energy, just waiting to be shared. It would qualify as Oneness, inclusive of aberrant or incongruent notions of choice. Changing the mindset to

Cosmic Conundrum

align with heart consciousness is the challenge now; reaching congruence with LOVE.

Energy is active and so we must BE active. We are far more advanced technologically than in the times of Jesus, and yet the WORD is still in our HEARTS and the KINGDOM OF GOD IS WITHIN. What we seek to do now is to make the WITHIN WITHOUT... BE in the world as we know it. It does not mean to be in some convoluted notion of the world as you think it might be or someone else says it is, but AS IT IS.

It is up to each of us to explore it; to inquire or question authority on our own. We can do it silently within as we engage a situation that warrants further inquiry, or we can challenge those in authority roles at work, in our community and in the leadership of our state or nation. Learning how to do that with style and grace is imperative.

Jesus said to 'Love thine enemy. Feed them if they are hungry; give them water if they are thirsty.' We deny ourselves opportunity when we judge harshly. Then we find ourselves living what we just judged. Maybe, just maybe, we need to learn to love our own 'evil' too. When we can love the worst in ourselves and others, then we can begin to address these features in positive ways, resolving and rehabilitating rather than resisting their obvious existence.

A Method

Imagine being able to operate from outside emotions, beyond prejudice, completely free of separative notions. How? Well, there is an interesting meditation you can experiment with to understand a process that can lead you there. Put your fingertips together and feel your heartbeat for as long as you possibly can. When you can stop thinking and just feel your heartbeat, then you might be able to hear and see differently.

This WORK takes nothing short of ultimate cooperation and collaboration from the depths of our Souls, where it is natural and in divine order, simply by choosing to embrace ourselves as we are and opening to possibility or change of mind. It is called 'metanoia,' a change of mind. What are we to do?

We each have gifts as well as skill sets we've garnered from living in this world. Would it not make sense to honor these, bridging our inner and outer worlds now? Is it possible to make sense common? Only when we do this individually can we do it collectively, sharing our wealth and our wisdom through demonstrating how to work together for the greater good.

Attachments to identity or ownership of ideas only get in the way of this process of progress toward a new world order of harmony among people and planet. Our individual contributions create tributaries that feed the river of life. Still, some are better prepared and/or have natural inclinations toward certain functional roles. The dynamics of the evolving life-force within us guides us to our fulfillment. We learn to feel what is right and then do it.

Finding solace in the Heart of Creation comes from forgiveness of self, others, and situations that have not met our expectations. Our worst personal enemies are unspoken unfulfilled expectations. Even the most advanced souls still have expectations and they are constantly vigilant of the need to detach and forgive.

How does this fit with your own personal experience?

There is a natural order of movement within this Collective Messiah as we each bring our offerings, our willingness to give to the whole. This is not a new cult or sect of any particular religion. It rises above them all and yet is part of them, too. Many are experiencing delays in what they feel are important projects for the world, yet they refuse to relinquish 'control' of their ideas and how they are to be implemented.

Wouldn't it make sense to combine all ideas, as the natural process would synergize them into a greater potential for actual manifestation? This is a lesson it seems we are still learning. Can we rise above our confusion? It is time we changed our condition.

Could we actually choose to bring all our talents and skills together and WILLINGLY SHARE them? Do you think that you, personally, would be willing to offer your most vulnerable secrets for the benefit of the entire world? That was a trick question. See how easy

Cosmic Conundrum

your conditioning shows up? Believing that there are secrets might be your first step in an undesirable direction.

There are no secrets when you reach this level of awareness. This does not mean that we 'know everything' yet instantaneous answers to pertinent questions often occur. Master Teachers can facilitate learning and lead the way for a new living awareness to permeate the planet.

In reality, whatever we choose, the polardigm [polarity paradigm] leads us hOMe. From the place of extremes, we can recognize all the paths of the paradox and how they benefit us all to learn the ways of LOVE.. Limitless Oscillating Vibrational Energy.

As a Zen master once said, "There is interaction if there is a call for it, no interaction if there is no call for it." It would seem that the Universe is calling for it now as we have entered the new millennium. The calendars are closing the old and beginning the new. The world is ripe for change as we consider how to align with better stewardship of people and planet.

Faith, trust and allowance (components of LOVE) in this new living awareness is the Way, the ultimate showing of strength on the Path. We begin to gather together now in celebration of our birthright, understanding that we are all part of the ONE, each with our personal path that compliments the whole. Knowing is showing. Showing is caring. Caring is giving. We will all receive the benefits of learning how to work together for everyone.

Giving is receiving to others. Receiving is the limitless love pouring through our minds, hearts and bodies toward reunion with Source in the Oneness - the People and Planet paradigm. As we move forward the resistance to change is replaced by the desire to let go of the impedance. We encourage each other with renewed relationships. There is no emotion of fear in the Kingdom of Heaven. It's all good.

As each of our masks is revealed in our discovery process, we allow the ONE to play through our actions in the ultimate play of life, love and happiness for all. All things are possible to those who believe. I believe every day provides us with a new opportunity to do things

better. I believe that I am here to help facilitate a new world order of harmony among people and planet; a new millennium mindset congruent with the design of our creation. May our dreams mold future realities. Better yet, may we mold possibilities into reality.

Amen... women... human... whoopee!

Assignment (optional):

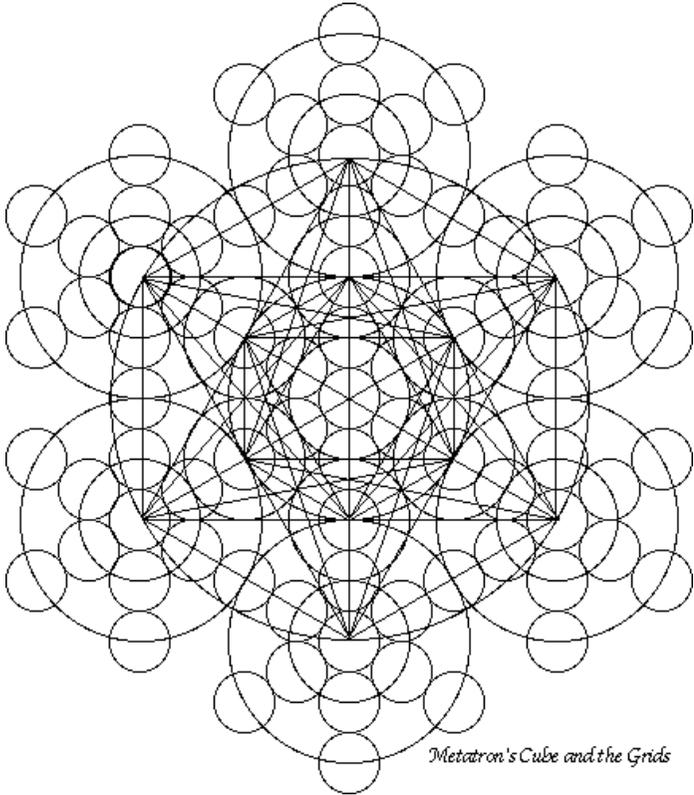
Write a 750-1000 word paper -

Reflect on other scientific and spiritual premises that show a resemblance to what you now know.

Include at least 2 references from scientific and spiritual resources.

"One should mentally honor the person who is truthful, honest and just in his dealing with people. One should associate and humbly learn from a person so advanced whose heart is completely devoid of the propensity to criticize others."

Srila Rupa Govam



Metatron's Cube and the Grids

Personal Leadership



How Do We Make Tough Choices in Critical Moments?

Objective: Increase Your Imagination's Effectiveness

Values, Morals and Ethics Applied

It has been said that values, morals and ethics are inextricably tied together. Values are what we learn from childhood; the 'stuff' we absorb from our parents and immediate surroundings. Morals are the intrinsic beliefs developed from the value systems of how we 'should' behave in any given situation. Ethics are how we actually behave in the face of challenging or difficult situations that test our moral fiber.

In his book, *"How Good People Make Tough Choices,"* Rushworth Kidder notes four basic paradigms of ethical decisions: justice versus mercy; short-term versus long-term; individual versus community; and truth versus loyalty. He goes on to define the concepts further:

The point behind the justice-versus-mercy paradigm is that fairness, equity, and even-handed application of the law often conflict with compassion, empathy, and love.

Short-term versus long-term, or now versus then, reflect the difficulties arising when immediate needs or desires run counter to future goals or prospects.

The individual-versus-community paradigm can be restated as *us versus them, self versus others, or the smaller versus the larger group*. Truth versus loyalty can be seen as honesty or integrity versus commitment, responsibility, or promise-keeping.

Expressing one's personal grasp of operational ethics in life may be understood in the context of the world at large, the immediate environment of a community, or even by the intimate others in the

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household. The most challenging is, of course, at home. Daily challenges are the true test of personal ethics.

We simply do what we know is right, with slight variations across our species. This is usually due to the fact that every person has some difference in the development of their belief systems. We all tend to hold life sacred.

Belief systems are established early in life through environments of home, church, school, and social gatherings which help to mold and shape these beliefs. Most of these beliefs and patterns of social behavior are established through the unconscious observations and experiences of childhood in the aforementioned environments. It just happens.

These social engagements are 'outer' experiences which are akin to the 'nurture' piece of the 'nature-nurture' developmental processes in child development. We have no consistent methods to teach us about inner experiences, unless we have parents who have developed a passion for spiritual understanding.

As we learn later, there are myriads of choices in how to handle moral or ethical questions or challenging situations. Hopefully garnering wisdom along the way, the inner life we lead provides more concrete understanding of the nature of the outer reality and the actions of others.

Those who have not had the opportunity to explore a spiritual lifestyle or have grown up through the school of hard knocks are often bereft of understanding their own nature, let alone others. They have created coping mechanisms instead of love.

As the desire for understanding is nurtured, a sense of intrigue develops. Some read profusely for a time, gobbling up the great works of secular and spiritual masters to glean better understanding of their experiences and to grow personally and professionally. Some even seek personal coaches to help.

Others seek spiritual gurus or teachers that help them to understand their need for some kind of connection to greater truths. Abductees and contactees are often left in the dark, so to

speak. The acceptability of such a fringe study is still lacking in our general society, even with the new genre of movies that have featured some of the more well-known cases.

The lack of acceptance does not make the experience any less important. Many seek the physical validation of such things, but in most cases there is little to no such thing. Communication and interaction happens in a different energy or vibratory rate that has no physical condensation. For this reason there are many who hedge the edge of ethical behavior, pouring out information contrary to inner wisdom and the bridging of worlds. Folks still want a good and evil scenario.

To those less able to discern, the fear-based belief systems are deeply ingrained in the human psyche and the collective unconscious. However it got there is unimportant now and distracts from the precious present, diffusing one's energy. Our natural state of being, open and receptive to the energy and environment around us, provides indicators that allow discernment when ethical/behavioral questions arise.

We all still have to deal with human emotions and the occasional absurdity of the actions emotions precipitate. Confronting belief systems in a search for congruence can often cause an adverse response in others. Considering options for our response may change those actions or not. When we pause to consider the situation it often changes the response to a less threatening energy automatically. We experience compassion.

For instance, when one is approached by other beings (intraterrestrial or extraterrestrial) the vibratory rate of their energy is often a 'shock' to the experiencer's energy because of the difference in frequency. The IT or ET experiencer is confronted with something out of their direct experience data bank, so the 'unknown' factor is confronted in that moment.

Either instance (or more) can cause the 'fight or flight syndrome' to occur energetically. In the case of perceived potential danger to the experiencer, the physical body is paralyzed so that no injury occurs. We tend to thrash about when acting out of extreme fear; not a

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good thing in tight quarters. So how do we avoid trauma? Remain in love. Practice what you know.

NDErs (near-death experiencers) are also subject to less than desirable acceptance across society's standards for 'normal' reality. These folks have experienced something beyond this world, yet have often been discounted by the psychiatric and scientific communities because there is no empirical proof.

It would seem to confront ethical standards of desirable behavior within those communities. Organizations like the International Association for Near Death Studies have made great strides in turning the tide of travails. Today's openness and opportunities far exceed my environment of 30 years ago.



Question the Truth

One's ability to question moral or ethical standards depends on the situation and the awareness of inherent connectivity to values. Sometimes questioning a situation causes one to stand alone, simply because the obvious has never been asked.

Imagine the worst situation you have experienced in your adult life, where the challenge was in framing the emotional feelings and sensations verbally so that discussion could take place. Remember the tense feeling in your body? Understanding values, morals and ethics simply cannot suffice in a situation where emotional tension is at a high level.

Simply talking about the issue is a most challenging process, let alone to observe and report. Most 'first responses' during conflict in everyday environments are primitive and projective in nature, often defensive and full of emotional irrationalities. We often behave inappropriately and violently, energetically or physically, depending on the situation.

The challenge to change still presents itself in every situation where tension exists. Competition forces us to examine our capacity to perform at peak levels. Do we have the ability and skills we need? Emotional transformation is a self-initiated challenge that one chooses to engage. Our ability and skill develops over time and through trial and error.

What about the methods we use to get ahead? Self-awareness and observance of our behavior is critical, yet rarely does this occur in society. We have so many distractions and interruptions that are competing for our attention. Advertising and marketing engages our emotions and insecurity to get us to purchase the latest thing. Does it seem that insecurity is rampant in our personal and professional lives today?

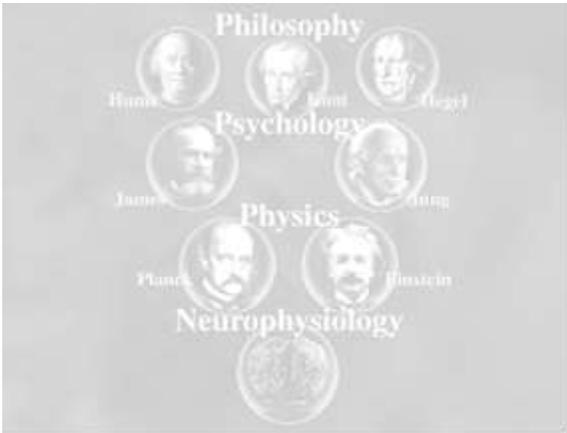
Compassion goes a long way toward helping us grow. We garner compassion through understanding our motivations and learning about others. Understanding our motivations in the process of performing any task can reveal a deeper sense of values, morals and

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ethics. It is far better to walk away from temptation than to live a life of regret.

Be willing to rise to the challenge in any given moment. Great people have met with great challenge and succeeded. It is always a step-by-step process and occurs over time. Many people have developed an impatience that is counterproductive to their goals and objectives. We forget that people are involved and things take time to manifest.

How do we learn? Mentors embody our perceptions of consistently applied values, morals and ethics in most cases. We identify with them because of our intrinsic internal system of beliefs based on our understanding of how a leader or mentor needs to operate in the world. Who has influenced your life?



Mentorship... Creating a Personal Council



Mentor: A wise and trusted counselor or teacher.

We all know the importance of having a mentor or mentors in life and professional environments. The style and type of mentor is generally chosen for professional reasons.

Do you have any mentors now?

What are they like and how do they help you?

Let's discuss mentors for a bit here. The specific instances may not apply to your personal life, but the essence of mentorship is quite helpful to explore.

Learning how to ask the right questions, especially in serving a purpose, is one of the keys to success. Mentors help to guide one in the direction of their best interests for personal and professional benefit. Knowing more about leadership allows one to grow in their ability to lead both self and others.

Some prefer a mentor as a master teacher, a confidant; one who stretches the ability to conceive of ways to accomplish goals and challenging the ethical foundations that can be shared with others in the process.

I prefer a mentor that has depth, is able to share insights into human dynamics and problem solving while asking me to consider the same. Because of my awareness of psychospiritual mechanisms, I also prefer a mentor who has at least an open mind and shares their own personal discoveries in the moment, creating opportunity for discussion and reflection.

A mentor leads you to ask better questions about yourself and the world around you. A mentor shares a variety of ways to ask pertinent questions that reveal opportunities to garner support and strength in partnering; moving groups toward achievement and

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excellence in performance. Mentors have contributed greatly to my life and well-being, increasing my sense of fulfillment and connectedness to life in general. Some mentors are physical, some are in other dimensions.

Knowing that mentors are a great benefit, we don't always have access to them when we most need them. So how can you have access when you need their guidance? This next exercise is designed to help you create your own council of mentors. It will give you some creative freedom in your selection options.

Balancing this awareness and experiential conundrum is made easier by creating a structure to engage the council. Once in place, it can become a valuable part of your life and work. It is especially valuable to those who are seeking to align passion and purpose in order to find work/life balance congruent with the advancement of harmony among people and planet.

The process of critical reflection of assumptions empowers one and many to view influencing details that determines the ability to find consensus and harmony in any situation. Harmony does not mean the absence of conflict, merely the creative use of it to resolve issues that inhibit cooperative and collaborative relationships in professional and personal environments.

Critical reflection of assumptions (CRA) is used to enter into a discourse to assess alternative beliefs, predicated on universal principles. CRA is used in Transformational Theory, Assimilative Learning, Objective Reframing, and Subjective Reframing for adult learning. It is a powerful tool.

Transformational Theory

Transformational Theory (Mezirow, 1991,1995, 1996), which uses reflection, maintains human learning is promoted in communication through assessing intentions, values, moral issues, and feelings which requiring the use of critical reflection of assumptions. Transformational Theory presents the process as a 'best practice' compared to other options that have been used in the workplace. This can be applied to personal growth and objective reality, too.

Assimilative Learning

Assimilative Learning, as used by psychoanalysts, pertains to adjustment or accommodation to a difficult situation by accepting it as conforming to one's desire. This process moves one to act according to regulative principles, a way of thinking or behaving deemed more functional or acceptable. This seems to characterize the way adults learn to adapt to change, using tacit judgment to move forward to constructive results.

Objective Reframing

Objective Reframing examines established definitions, theories, and practices to better understand the paradigms influencing decision-making. Using critical reflection of a premise and defining a problem can lead to transformative redefinition and 'problem posing.' The objective of this process, in all its facets, is to improve performance.

Subjective Reframing

Subjective Reframing examines psychological or cultural assumptions to reveal conceptual and psychological limitations. In all of the above situations, critical reflection of assumptions is used in discursive groups to assess and manage flow of communication relative to outcomes desired within those same discursive groups that are commonly found within the workplace environment.

Questions:

What are the tools available for creating an atmosphere where critical reflection of assumptions can be used effectively? How can one facilitate the use of such tools in environments where ET/human communications are predicated on form, fit and function of critical path assessments? What tools can create multidimensional communication one can trust? Is there a bridge with traditional work environments?

Potential Answers:

Cultural diversity training opens us to the perceptions of others outside our immediate world view. Team building or collaborative alliance training is yet another possibility that offers personal and

Cosmic Conundrum

professional development through reliance on others as well as self. Joining a group of experiencers and/or investigators is an option. Lastly, creating a council of your mentors is the most available option to you now.

Critical path assessment can be introduced through various scenarios involving critical reflection of assumptions. One such opportunity would involve discovering the logic path used to streamline production processes, eliminating wasted resources and labor costs as a functional goal.

Another would use interpersonal skills development to better affect communicating goals and objectives to a diverse population within the workforce.

Yet another would be to find congruence in the many messages offered from 'officials' within any community of practice.

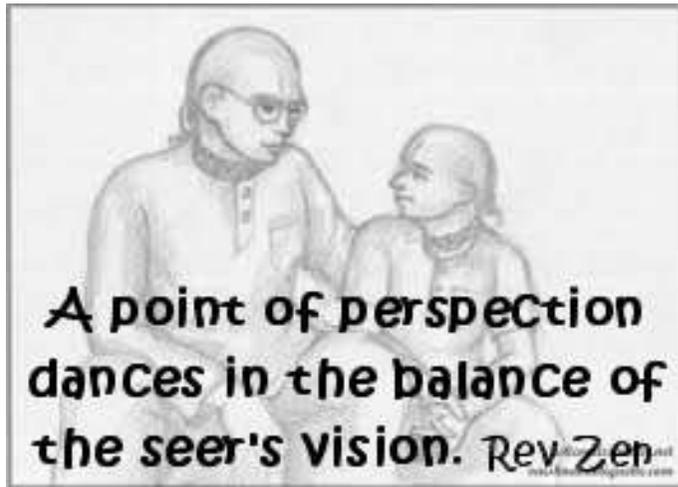
Accessing these mentors for this purpose is quite easy. Just imagine them in your head, using your visualization to create the scenery. They can be living or dead because in your imagination there are no boundaries; no veils to possibility. There is even more available for those willing to explore further.

How can you go further? Here's a simple way to take the process to the 'next level' of experience. You will have to stick with real people in order to do it, though.

Photos, specifically head shots with eyes looking at the camera, are the best opportunity that one can have to 'gaze' into the eyes of their mentor. If you can find them, surround yourself with them to bring greater impact to the experience. We've always heard that the eyes are the gateway to the soul, right? You are seeking advice, answers or reflections from them. Try it.

Download your copy for home use:

www.bethedream.com/Twelve_Views.pdf



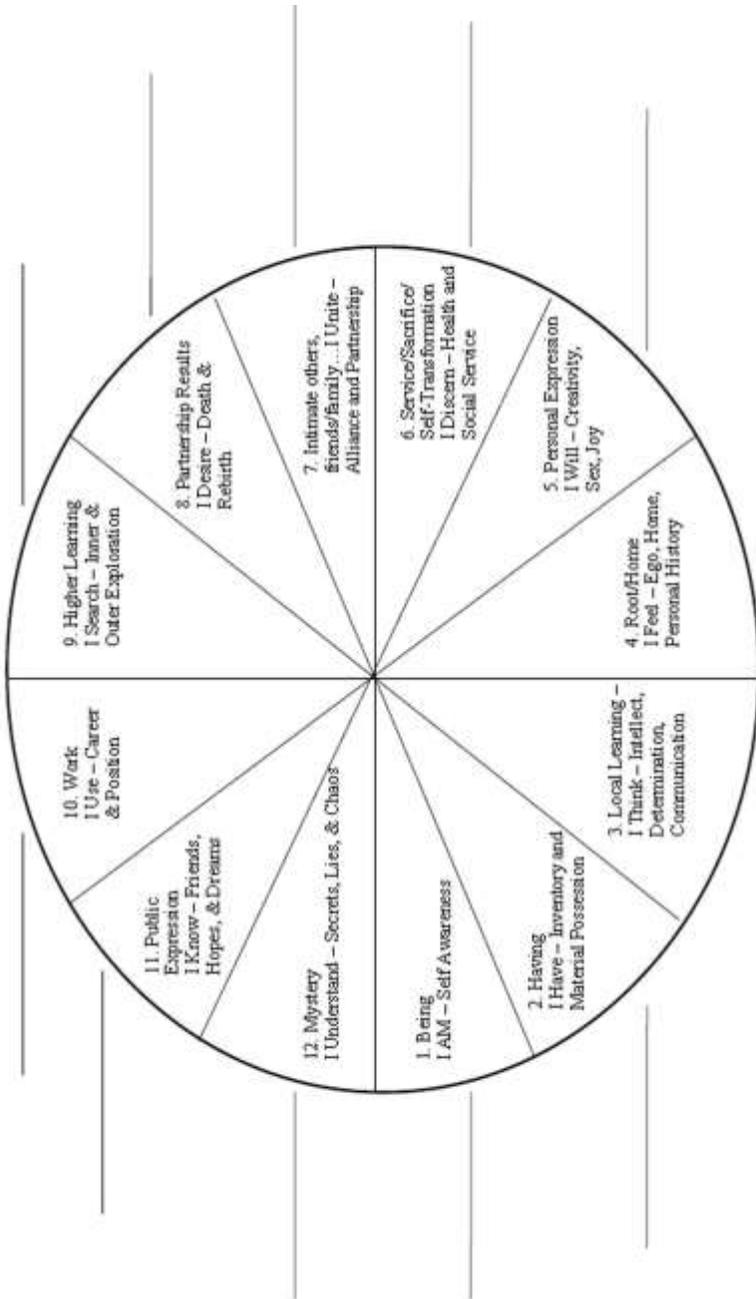
Cosmic Conundrum

Exercise:

Pick a mentor/hero/inspiration for each of the twelve areas of your chart on the following page. Imagine being intimately connected to each for best results.

Twelve Views of your Council and their Characteristics:

Being	strong natural presence; solid ethics, morals, and values toward life-friendly activity
Having	shows others the gifts life can offer by example
Local Learning	demonstrated learning in immediate environment
Root/Home	firmly rooted in their center, confident and serene
Personal Expression	achieved their dream with natural passion
Service/Sacrifice/Self-Transformation	served humanity with self-less intent toward life-friendly endeavors or world service
Intimate Others/Close Friend/Family	you honor and respect their character as an example of personal conviction
Partnership Results	demonstrated success through collaboration
Higher Learning	pioneered education, discipline, or mentorship
Work	success through applying abilities, knowledge, skills and talents in the workplace
Public Expression	impacted the lives of many through public life
Mystery	successful through synchronistic or serendipitous events with a sense of mystical presence



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Follow Up

Once a week or when you are in need of counsel, call the twelve together in your mind and ask for their advice. You can construct a collage of pictures in order to visualize them more easily. Place this collage somewhere that you see it daily.

It is important to make this meeting special, giving yourself time alone and uninterrupted. Ritualize the occasion (incense, candles, a special garment, whatever makes the process set apart from the routine of your life).

Two formats are provided for recording your inquiries and results. The first is an in-depth view of your personal responsibility based on self-knowledge and your willingness to accept constructive advice. The second is event or situation specific, allowing you to explore the choices for action.

Take time to journal at the end of the exercise.

Long Format: Ask each mentor to tell you your worst (personal weaknesses), your best (personal strengths), and how you can improve your skills from their point of view. This is an extremely powerful tool. It can offer a tremendous gift if you are willing to review the information openly, allowing yourself to be vulnerable in the comfort of your own private space.

This is particularly nice if you like to keep your inner processing and thoughts private. You are utilizing your imagination. It is powerful. The council already knows you deeply and can reflect many things that your normal processing might have missed. There is no time limit to the meeting.

Short Format: Pick a few mentors relative to the specific area you need help and ask each to give their view of how you can perform in a specific situation, problem, event, opportunity, etc.

Reflect on the information each gives you, like using conversational clarifiers or a reflection of what you understood. This allows you to completely relax without having to think about taking notes.

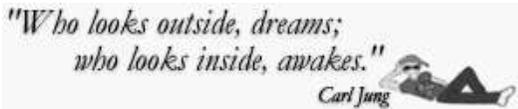
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Don't forget to raise your mentors for their hero-hood, and thank them all for their past service, and in advance for what you are about to receive. Anticipation of phenomenal results adds to the experience. Begin by closing your eyes and taking a few deep breaths to relax and prepare. All you are doing is having a conversation that is focused on you.

If you are uncomfortable or overwhelmed with such a large council, just create what is comfortable to you. The actual number of mentors is totally up to you. The point is that you make the attempt to create your council and work with it until you are comfortable in knowing it is available.

This experiment can transcend your current cache of direct experience. Boundaries can disappear between worlds, physical and non-physical, if you let them.

The four components: ask, believe, allow and receive.



Egocentricity



Of course you don't recognize the word. It isn't one as far as I know. Consider its implications, though. The meaning would indicate an action of spinning toward center. We are constantly spinning inward as we consider choices we encounter as our world 'vibe' becomes more intense.

There is a statement that a dear friend made, now a member of my Dead Council, that has stuck with me as much as any other to date. The statement was this: 'There is no ego without wego.' Simple and profound isn't it? What does it really mean? I think we learn it as children and teenagers while we are developing our desire and will to succeed. Each of us has this basic mechanism intact at our center.

Think back for a moment to when you were a teenager. With respect to the potential diversity of backgrounds, most of us were peering into the immediate future with trepidation and tenacity, so we bought into the competition game. It was an outward display of our ego, attempting to be as magnificent as it could be in the light of day. We were doing what we had learned to do.

On the other hand we were shy and timid, avoiding the obvious harm that we could see the egos of others inflicting on each other. The pure ego enjoyed life, the competition, and the challenge without attachment. It participated in the moment for the sheer pleasure of it [the moment] in most cases.

Just look at teenagers today if you are forgetting. They are so 'in the moment' focused that life is totally about THEM. We were just as engaged before we garnered the wisdom of maturity. Some of us still are, unfortunately. We haven't grown past the self-centeredness of the ego which usually lands us in debt with more toys and meaningless stuff than we would ever need.

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The opportunity of learning a different moral and ethical code was the difference in how it made us feel inside. This was usually never talked about though, beyond the short mentions of caring friends, parents, relatives, preachers or teachers. We learned it from observing how our actions or behaviors made us feel.

Most of us are expected to perform, keep complaints to a minimum, and never talk about our feelings. Now we have a whole generation of rap singers (I cringe at calling them 'singers') that are shouting their feelings at the top of their lung capacity to project their voices. Why do you think that is happening? You guessed it... our suppression of them in the past. Not the teenagers... the emotions and expression of feelings.

Even with the 'make love not war' generation, as intense as it was, it became mostly silent in the expression of emotions en masse. We were pissed off about the war, wanting to find love and affection instead, turning on and tuning out.

Now we are faced with the results and aren't even aware of what is happening, or why, in some cases. We avoid conflict in our personal lives on purpose, emotional and/or physical; becoming emotional robots over time with even fewer skills to negotiate.

We do know what is happening though. We are learning about the direction that the ego has to take to truly self-express. We've been taught to deny it, suppress it, go beyond it, put it aside, and stuff it. How about integrating it?

It would seem that the ultimate goal of the ego is not self-recognition, but self-acceptance instead. Why else would we be so obsessive about ourselves?

What about ME? We ALL do it. So let's follow that natural stream of consciousness, spinning inward toward center, toward self... or where ever we happen to stop.

When we find center, we find others, too. We begin to recognize the natural flow toward collaboration and sharing of energy, time

and resources that bring happiness and prosperity to everyone involved. That is the FEELING of WEGO.



Currently there are pockets of people around the world that are working toward achieving a greater connectedness to what allows us all to move beyond polarity paradigms, releasing competition and engaging cooperation. These will grow as we move into our new millennium. People are tired of the senselessness of war and its machinery, mechanisms, and manipulations.

We are moving beyond Peace (still indicates a victor and vanquished) to *harmony* among people and planet. This is our next evo-leap.

Knowing I was an orphan and adopted young compels me to ask a lot of questions, including "Who am I?" as part of my natural path to awareness. Well, the question got answered directly one morning during a full moon in June of 1988 with, "You are Zendor." It came as a verbal response to a non-verbal question.

So naturally I was shocked and thought it best that I put the name on the shelf for a while as it was just too freaky to change my name at the time. I worked for an aerospace company and was in charge

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of \$7 million dollars in shipments a month, was an active elder in the Mormon Church and in the throes of a divorce at the time.

So shortly thereafter I was given an opportunity to inquire further. It came by way of being asked to deliver a local metaphysical paper, the *Arizona Light*, to bookstores around the state. I thought it would be awesome to be able to strike up a conversation with the various psychics and sensitives I knew I would encounter and ask them about the name.

The fact that the bookstore owners didn't know me from Adam made it even juicier and I would be able to throw the question into the mix without seeming to be hunting for answers. What I wasn't prepared for was the responses, identical across a dozen or so people from all over the state.

My conversations would start out with the normal introductions and my purpose for being there (delivering the papers) that lead into various responses from the store clerks, owners, managers, etc. There was always a few people there as well, some patrons and a card reader or psychic that was available for readings. After all, that was how they earned their living.

I never asked for readings because it felt out of sync, potentially unsettling, but I did manage to engage them all in conversation. I'm quite gregarious, so conversations are not a problem. Sometimes I'm a little over the top in public.

During the chats I'd wait for an appropriate time to enter the question, "By the way, what do you get from the name Zendor?" The funny thing was the flow always offered the opportunity without steering the conversation.

Like I said before, the responses were identical. The pause between the question and answer was unique in every case with each having their own way of pausing to 'check in' and then respond. In every case they would reply that he was a commander of a Mothership. You can imagine my quandary?

Sure, the information shared was great and all, thrilling by some standards, but this was about me... not some being from outer space. I was bewildered and yet somewhat comforted. I felt like there was some truth to it somehow, but I wasn't sure just how.

What does this all mean? I'm still working on that one. What it means to me and what it means in the overall scheme of things is an ongoing debate within.

Assignment:

Write a 750-1000 word on your council and each of your council members; how they each relate to you personally and the benefits you are likely to achieve by using them. Reflect on the critical reflection of assumptions you have found.

“Do not believe anything because it is said by an authority, or if it is said to come from angels, or from Gods, or from an inspired source. Believe it only if you have explored it in your own heart and mind and body and found it to be true. Work out your own path, through diligence.”

Gautama Buddha



Jesus is Just Alright



The Doobie Brothers were one of my favorite bands, so I like the reference. Jesus has always played a huge role in my life. I used to sit in Sunday school class as a child and wonder how I could be more like him and I assumed everyone else did too. As I grew up, I was challenged by the trials and tribulations of the spiritual path in the discovery of the precepts of Christ Consciousness.

We all have moments that encourage us to continue, especially when we experience doubt and pain. Jesus helped me to rise out of some serious pain just after a divorce and maybe this sharing can help you too. Often we have a tendency to stiff-arm experiences that are beyond our current level of understanding.

The belief and faith I had in a *living being* that transcended death was given awareness and direct experience of its truth on this day. Looking back, it seems incredulous. But, it happened.

They trip had been planned for months. I was asked to go just a week prior as I had taken up residency in the house the group used for their meetings. I jumped at the chance to go.

It was in the middle of June at Woods Canyon Lake, a pristine lake at about 6500 ft. elevation on the Mogollon Rim. It was still in the high 80ss, but it was much better than the hundred and teens we left in Phoenix. There were nine of us enjoying a weekend spiritual retreat led by Ed Cox, an associate of Ray Stanford and founder of the Association for the Unfoldment in Man.

The facilitator, Ed, sat on a stump and the rest of the group (except me) was on the two and a half foot diameter trunk which extended diagonally toward the lake. They were able to look out at the lake from their positions. I sat cross-legged on a rock at the end of the log facing the facilitator with my back to the lake. There was a breeze wafting the smell of pine through the air as we enjoyed the cool mountain air in stark contrast to the heat of the Phoenix Valley.

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Ed asked us to 'act as if' Jesus was in our presence. Interesting tactic, eh? Inner turmoil surfaced through facial expressions of the group and physical restlessness that was apparent. The silence was deafening. I was amazed, dumbfounded and a bit shocked that none of the folks could bring themselves to a point of verbalization, let alone welcome Him into the surroundings. I sat there for a while just wondering how something this special could create such a chasm in one's world. I felt a deep anguish.

After a few moments I could no longer hold back and blurted out, "Try this.... HEY DUDE, GLAD TO HAVE YOU HERE! LET'S PARTY!" Obviously a little over the top and, well, Ed didn't care too much for it either. He groveled a moment, and then suggested we prepare to do a guided meditation. He asked us to just close our eyes and take a few deep breaths to center and relax. I had no idea what was about to happen and it felt awesome.

I closed my eyes, took my first breath and instantly a vision unfolded. I saw two well-tanned hands come around from behind me at the level of my solar plexus. One held a piece of dark bread; the other grasped and 'broke' it. Instantly a brilliant light shone from above me.

With my eyes closed still, I looked up to see Jesus just meters away, about 5 meters off the ground. Two rays of light came from Him, from his forehead and heart, joining in front of me and bathing me in an iridescent and effervescent feeling that went to the depths of my soul like nothing I had ever felt.

In the next moment He began speaking to me directly. "I would like to speak through you," He said. Immediately the mental battle began to try and deny the experience because I was 'unworthy.' My mind echoed the words of my adoptive mother, a month prior, warning me about 'channeling.' Here was the ultimate connection, right in front of me. What could I do? How could I be sure? Everything in my being was telling me this was real beyond any doubt, yet I was overcome with it [doubt].

I broke down and cried like never before... felling all the pain I had suffered from adoption, betrayal and divorce welling up from inside

that cache of unhealed emotions we carry throughout our lives. I felt it releasing as I let go of my doubt and fear, sensing that this was one of the most important moments of my life and I better be fully present to experience it.

After a few more sobs I took a some deep breaths and relaxed, opened my mouth and simply let go. "Know that I AM with you always," were the first words out of my mouth. Whew, that felt so great to hear. After a pause Jesus/I continued, "This one's fear is great (speaking of me)."

I took issue, began to question him and felt a pleasant whoosh as we left the current scene and went to a place where He and I talked for a while, free of the rest of the group. I was still delivering a message, but didn't need to be there to hear it evidently. We were engaged in something far greater.

I was totally unaware of my body. This may sound really odd, but he told me our fears were the same - of not fulfilling our Divine Mission. I was his brother, from the same Creators. I was dumbfounded and knew this was news I could not share with anyone - especially after seeing the group behavior in a secluded environment away from judgment or persecution.

It was amazing at how fast my mind was taking all this in. As if he were inside my head, as soon as I started thinking about my mind he chimed in with an explanation of his own battle - what we've chronicled as a 40 day and night battle with Satan.

First, He told me that my understanding of where the name came from was correct, the Greek 'thetan' - meaning 'thinker.' It sounded so easily manipulated into the current name that no one challenged the change. Humans were steeped in 'duality' from superstitions developed about day and night long ago.

They [superstitions] were carried forward in the consciousness of mankind and used by those who wanted to have dominance over populations. He knew he had to address those and found himself in the desert, battling his own thoughts about 'common knowledge'

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and the 'truth.' He relayed that there is no 'devil' except in the minds of humanity.

He showed me some video vignettes (as best as I can describe) that highlighted some of the most acclaimed stories that we've been led to misunderstand throughout history. He showed me a few about my own life as well, where I had trusted my gut in differing from the common knowledge, no matter how I was viewed as a result.

He went on to share examples of letting go and trusting in All That Is, feeling the LOVE, the limitless oscillating vibrational energy, all around us. Love frees the mind to join with the heart as ONE. So simple, yet so profoundly challenging.

So my experience was an internal conversation with Jesus, smattered with video background (we can also call them 'visions'), about some very important issues to me: authentic deep conversations and fear of failing 'my mission' here on Earth primarily. Jesus shared that our fears were the same and that to anchor in the feeling of LOVE, limitless oscillating vibrational energy, fends off all fear.

I simply needed to 'let go' and trust...just trust and allow. I saw several examples during the process; short 'visions' of how things had already done so. It took me back to the 'white light' experience I had as a teenager.

Next thing I knew, I was aware there were branches snapping and I was hearing the sounds of my immediate environment in the woods. I sat with eyes closed for a moment longer, absorbing all that just happened with the utmost humility and reverence. I opened my eyes to see the others staring at me with gaping mouths.

I looked over to see a couple of hikers coming our way, which is where the sound of breaking branches no doubt came. I don't know what was said to this day. I know what I experienced and heard. Others said they saw him as he first appeared and 'shined the light' on me, too. Wow, what a trip...

I didn't have the desire to speak for several hours afterward. When asked a question or someone tried to engage me, all I could do was

utter a 'mmmmmm' sound as I was still feeling the feeling of total love and union. The meditation produced very profound things, bringing us all to a new understanding of what Jesus meant by, "Know that I Am with you always."

The prevailing feeling was that Jesus was REALLY THERE! The entire group sensed His presence and some even swore they saw Him. Imagine what it would be like to have that opportunity? We do. We have it every moment that we choose to focus our attention on our Elder Brother or whatever spiritual leader you might choose.

What I got was a sense of utter surrender to All That Is, to God, to the Cosmos, to that limitless oscillating vibrational energy which we all are now, have always been and will continue to be. That feeling of connection to everything as 'love' is so very challenging to articulate, so we usually just bliss out. In our daily walk we have to balance the bliss with the checkbook, kids, school, spouse and work usually. It can be a real challenge to say the least.

Paul wrote about the "peace that surpasseth understanding." "Shanti" is the ancient Sanskrit word for the "Peace which surpasseth understanding." Imagine having it all the time. Jesus message, for me, was that it is available all the time as "I Am with you always." I must make it clear that He was not about professing that 'Christianity' was somehow above the other religions.

Quite the contrary. Religion has served to separate mankind. It is NOT what consciousness, albeit cosmic, brings to our awareness. Indeed, there is ONE Creation, but no one religion presents that we are all part of God - everyone.

The only thing that keeps us separate is our beliefs, which are false in that regard. Anything or anyone that professes that separation is any part of God whatsoever might be considered a False Prophet. We are One People on One Planet... period. Jesus and all those like him, of which there have been many, have attempted to get this point across to humanity from an inner perspective... the WORD is written in our *hearts*.

We choose to allow others control and dominance over our lives... and we have been choosing in error.



Am I Galactic or Gullible?



What are the Galactic Federation of Light and the Ashtar Command? Is this some kind of Star Trek fantasy?

Are they some mass hysteria about a coming evacuation of Earth by some space aliens?

Are these beings that show up in my dreams or in my room part of some Galactic conspiracy for the take-over of Earth?

Do you often feel bereft of methodologies to translate sensations and vibrations into an intelligent stream of consciousness?

With your permission, prepare to have your mind expanded and/or your experience validated.

I've been working on this integration and capacity for translation for over 40 years now. It was a voice that came from within initially. I had just turned 6 at the time. 50 years later, I have grown to know many realms and worlds of experience. My articulation is getting better even though it is still a great challenge. Because of my experience, I may be able to help you relate to your own in more tangible ways now.

A couple of years later [after the voice] I had numerous nightly trips to an orange cigar-shaped cloud several hundred meters long. I actually watched myself through the entire experience, up to reaching the perimeter of the cloud.

At that point I would wake up in bed the next morning, feeling like I couldn't wait until the next time. Occasionally I'd wake up with nose bleeds in the middle of the night but never thought anything about it at the time. Now today I know this was my initial educational experience. It is still happening today.

Like the old revelators and seers I suppose, experiencers have tried to put labels on these events in order to be able to process them

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into their reality. I've found in the realms of this kind of direct experience there is no need for labels or names. Identification is most often by vibration... tone.

These trips happened about once a month or so over a two year period. I had enough sense to keep the experiences to myself at that time. I had tried to talk to my parents about the 'Hey You!' voice and met with incredible discounting and dismissal. I did not need to convince them at the time.

It doesn't really matter what you think anyway; what happened indeed happened. Occasionally there were witnesses just to keep me sane and able to manage daily living as I matured. Even today, those with experiences are often discredited and dismissed. I suppose others like me, orphans and/or adoptees, have been prepared for the sense of abandonment already.

The first couple of decades of my life were full of 'fringe' experiences, most of them naturally occurring despite the inclination to label them as 'drug induced.' It was easier for folks to believe. I have to admit though, like many in the 70's I experimented with psychotropics. Some apparently found the path many believed to be that of the shamans of old.

The inner worlds are rich with experience and wisdom that few choose to entertain. Years later and free of 'catalysts,' I found the same observations and wisdom also applied to the path of the mystics. Many roads lead to the same conclusions.

Sometimes there is no boundary between the two, physical and spiritual, but the mind has to be willing to be free. In essence, we must suspend any and all belief systems learned to date in order to discover truth. I found myself in such a place as I was asked if I was willing to die for what I believe in. As a result I made my first journey into and beyond the 'White Light' that everyone who has an NDE describes and is referenced in religious and spiritual texts.

I presented the story at an International Association for Near Death Studies annual conference 35 years later, thankful that people wanted to hear it now. I also addressed the possibility that the

NDErs have better access to the greater consciousness of the 'Galactic Federation.' One who has experienced total release from the body and returned with a new living awareness is quite open to contact by soular contract, or so it appears.

There I met another who also validated this experience [was told by a trusted source she would meet me prior to the event] and helped to anchor a new understanding in the group as I presented the possibility for NDErs connecting with an intelligence we call extraterrestrial and associated with the Galactic Federation.

Considerations and Conundrums

I have earned Master's degrees in both Business Administration and Organizational Management so I might gain some academic credibility of understanding strategic planning, monitoring, and achieving excellence in performance. Because of my life-long sensitivity to the concept of Oneness, I prefer to empower people to recognize their kinship, commonality, and love of one another as a hinge point for a new living awareness.

Although there are many distractions and passions in the world, I've learned to pay close attention to which ones seek to dominate or manipulate consciousness toward any kind of fear-based belief system. These are sure fire ways to identify discordant energy; human agendas intending to control or manipulate a situation in their favor in most cases, individually or for their group, company or government. Never has this happened with ETs in my experience to date, although there are many who would differ because they have listened to others without having an experience of their own.

God, Infinite Intelligence, Christ Consciousness, or Cosmic Consciousness (Bio-Computers of any sort) that are aligned with the anthropic (life-friendly) principle of the Universe, and Creation for that matter, hold a deeper analytical understanding that our emotion-driven and ego-bound Earth lives are yet to comprehend. Now that was a long sentence. To put it simply, we ain't as smart as we think we are.

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To live free of emotional attachments in a 'wego-bound' philosophy is most important. WE are all part of the ONE, connected at the core. There is no Ego without WEgo in the present, what Og Mandino referred to as the 'precious present.'

DON'T BELIEVE A THING, but read on if you must...

First of all I want to give you fair warning. There are discrepancies that have caused much disturbance, so I encourage great discernment. It is no secret that there is much confusion about the role of the Ashtar, the Ashtar Command and the Galactic Federation, and even if they exist. Differences in opinions of George Van Tassel and Robert Short have continued to ripple in the thoughtmosphere of those who explore Ashtar.

I was not privileged to meet George, but I've known Bob for decades and do sense a certain confusion overrun by ego. I've had heated discussions with Bob from time to time about the nature of Ashtar and the foundation of non-intervention. We always agree to disagree and move forward as friends.

His wife, Shirley, has always been dear to my heart and, at times, presented an opposing view to Bob as well. In the late 1980s is when my open involvement in the field of Ufology began as an exploration to find out more about Ashtar and Athena due to some personal experiences.

Early human pioneers risked a lot by stepping out and sharing their experience. You will have to determine for yourself whether these things are true or not. I don't think an organization spanning who knows how long would change their core competencies and values in such a short time. Alas, the name 'Ashtar Command' has become most popular as a reference point to a large group of folks.

Keep in mind that 'Command' does not necessarily denote a military mindset or structure as most humans would assume. In its simplest form, the Ashtar Command is misnomer. The Ground Crew is a group of dedicated individuals (you could be one and not even know it) who are a part of a much larger picture-- cosmic citizens if you will. You may be fully aware by now, too.

They [local GF members] hold Jesus Christ (some refer to Jesus as Sananda), moreover Christ Consciousness, as the head of the Celestial Command with Ashtar and Athena (Divine Compliments) as the Commanders in Chief of the Galactic Federation in our local region of space/time.

These Two and their Celestial Team watch over the development of consciousness in those who have incarnated here from various locations in our local Universe and beyond as volunteers. Does your head hurt yet or are you ready to just toss this aside? I completely understand and wouldn't fault you in the least.

I've known this group since my pre-teen years, having many journeys into the orange cigar-shaped clouds before I had any idea what or who they were in the overall scheme of things. I just knew it was freeing my soul and as an adoptee, I was looking for family at much deeper levels than most.

Ever have dreams of friendly aliens or humans with 'special' gifts? How about being in strange locations and with people that are familiar, but you know you've never met them? How about those (human/ET/other) who push you beyond your fears or challenge you to face them regularly?

The form, fit, and functions they perform vary from individual to individual as each has their own Divine Path in the Order of Creation, which fits with all religious foundations. As with the 'many mansions' reference, we apparently have multiple bodies and indeed can experience being both an 'extraterrestrial' and a human being simultaneously.

Now that is a stretch for most, yet it is my experience. I've been encountering others with the same perception. I mentioned the Multi-Plane Awareness Technique earlier. If you have the inkling that some of this is familiar, then you might want to get a copy. It is on <https://www.createspace.com/2054254> as a CD.

Our Divine Nature and service in the Galactic Federation is more about a spiritual mindset, or consciousness, than a particular rank and file of minions serving a Grand Master. The essence of this

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consciousness is based in pure shareable energy, unconditional love and service to All That Is through some kind of earthly action - environmental and social responsibility.

Some maintain that there is some sort of 'hive' consciousness that permeates a subliminal submission toward being part of a less than beneficent order of creatures. Fear-based belief systems shrink the potential one has for developing their own co-creative power and understanding. In the order of ONE, there is only vibration - light and sound. Humans make distinctions based on limited experience and/or intelligence.

Human beings do well enough to infect malicious intent on mass populations without anyone's help. Just look at the current world situation. When one has the faith of a mustard seed, knowing that a magnificent plant emerges, it would hardly give credence to being manipulated by a being or beings able to occupy a higher vibrational space in the 'thin worlds' of consciousness.

Students of meditation or spiritual exploration know beyond a shadow of a doubt that these types of creatures simply cannot exist in a higher vibratory realm. These are aspects of the little mind, not the Big Mind of Trinity... Omniscient, Omnipotent and Omnipresent. Now there are lower vibrational entities that can wreak havoc on unsuspecting experiencers.

Discernment is crucial.

The nature of the higher vibrations is harmonious with a life-friendly creation...ONE... that permeates the cosmos. It is indeed the human mind that seeks the confusion of duality, arising from survival instincts left over from the early evolutionary path toward greater consciousness and integration of the natural order within Creation. The Galactic Federation are emissaries of this ONEness and a new living awareness within humanity.

Evil, in essence, is simply the easier path of dominance through conscious, political, religious, or social structures that create separation among human beings and their true identity. The challenge among humans is to move beyond condemnation,

criticism, and judgment to pluralism... accepting a variety of beneficial or benevolent operations and organizations that promote harmony among people and planet.

To point fingers at anything with disdain, usually means there is something to learn for you there. After all, you've got three pointing back at you. That is a very simple awareness.

This 'Order' is understood, within the Command, as a movement toward understanding and living in our own Divinity, exemplifying the Christ Consciousness in their daily lives, working toward creating harmony among people and planet. Some believe this must come in the form of some great spiritual leadership. The Melchizedek Priesthood is of such distinction and has included avatars throughout Earth's history, including Jesus Christ.

Others abide by the old standard 'to know, to dare, to do, and to be silent.' Members do not deny anything that is within the scope of human consciousness, seeking to find the harmony of all things as they relate to the benefit of humankind, evolving into a sustainable planetary administration that is environmentally and socially responsible. This understanding and wisdom is best perceived from a place of pure silence.

Does the experience sound real? How does it feel to you now? Are their almost imperceptible sensations or sounds accompanying your thoughts on the matter? If you listened deeper, what did you hear in the last few moments?

Moving Beyond the Moment

Phenomena sure make one curious, but it is more of a distraction to the senses than pertinent understanding. They [Federation Members incarnate] demonstrate the faith that humankind will soon wake up to their own power, collaboratively moving into this millennium with renewed hope of manifesting 'Heaven on Earth' so to speak, a symbiosis of consciousness and creation.

Our global or planetary civilization is responsible for moving forward, not giving our power to some faction of the Command

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showing up and providing solutions. Once we show movement, though, the Command is authorized to step up too.

This is NOT a wave of the magic wand. The Command is not about some 'mass evacuation' if we screw things up on the planet. It IS about a new living awareness, of self and others, that promotes the natural flow of chaos to order. It will take effort and time.

This is the Work that manifests the Fruits by which they will be known by all who can see and hear the Word within their Hearts and shining through their Eyes like an eternal flame. To those who still live a fear-based duality consciousness the gaze of one who is clear is so penetrating that they are often feared. Of course this could lead to misunderstanding and projection of false circumstances or intentions by lesser aware people.

That was the Ashtar Command 101 class in a nutshell. There are still many perceptions of how it will all play out. Some feel there will be a massive evacuation when the imminent destruction of the planet becomes obvious. Others feel that no evacuation is imminent and that we must clean up our own mess, demonstrating that we understand how to work together collectively and in symbiosis with our planet's own consciousness.

Some believe ASHTAR is either an old demon with a new twist or some cosmic computer that controls everything in the Milky Way Galaxy. Some feel Ashtar is a stern yet warm leader that has the patience of an Eternal, continually sending messages of love and leadership to everyone, whether in the Command or not.

What is your experience, if you have one?

Others feel he is a no BS, cut to the chase, 'what the heck do you think you are doing' kinda guy... kickin' butt and takin' names when necessary. Probably closer to the truth is that he demonstrates pure intellect and leadership guided by Source with the precision of a cosmic computer – a cosmic mentor of sorts.

Athena is said to exemplify the Divine Mother... quiet, strong, and just as vibrant in her service to the Command. She tempers the emotion and expression of the Creator/Destroyer within our

consciousness, guiding humankind to centeredness in heart consciousness. Her presence flows through the intuition as one aligns with cosmic order. Together they represent Divine Union, within Self and with each other.

Sananda is acknowledged by Ashtar and Athena as the cosmic leader within this region of the space/time continuum. They also recognize him as one who comes to release the Spirit of Truth and prepare the planet for entering into Universe Status. Jesus Christ as we know him, also after the Order of Melchizedek, is much more than we can fathom in our limited understanding to date, yet as one continues to investigate truth there is much revealed about the continued life.

Here is where a cosmic computer might make sense, with the precision-driven programs that are part of our Natural Order in Limitless Oscillating Vibrational Energy... LOVE.

It is the same story as in the Bible, only with a bit of a cosmic twist. GOD, the natural programming, will dwell with and in man - 'thetanic' by nature yet still able to reason with integrity.

Is it real? Is it a mass coping skill developed to activate a 'higher purpose' to our lives? Is there any truth to what this one says?

Who in their right mind would immerse themselves breathing, dreaming, eating, near-obsessing the MISSION of UNITY?

It would appear that the numbers are indeed growing. Most people still go through the Messianic Complex in order to find their way toward planetary citizenry and service. We might even think of this imminent change in human development as a Collective Messiah, if one were to be so inclined.

What if all of the recent focus on ETs in movies and television was Divinely Orchestrated to move us through all the polarity paradigms? Star Trek, The Next Generation, Deep Space Nine and Voyager presented many ethical and moral dilemmas for their audience to consider and ponder their own course of action.

Cosmic Conundrum

What if the New World Order became exposed as a coup of some shadow government, developing state-of-the-art technology that could affect mind and matter, and it became apparent that they were fresh out of answers as their plan stops working?

Or better yet, viewing the trials and tribulations of this 'new world order' as the transformation necessary for the true world servers to use as a springboard to help us all in the evo-leap to the next level... harmony among people and planet?

Do you think that people might need to stand up for what is right, or rather what is vibrationally resonant with natural order? Some have voiced their opinions that this process will work out for the benefit of all only if everyone gets into the act.

What do you think? Once you figure it out for yourself, then what? Are you confused, afraid or ready to rock?

Is it possible that you might be a part of it all, too? That's preposterous! ...or is it? Indigenous peoples all over the world are also preparing for a transition into a 'new world' fueled by the internal call for the next level of spiritual development in humankind, referencing the Egyptian, Hindu, Mayan, and Sumerian calendars that ended in 2012.

According to several scholars the transition between the Piscean and Aquarian age aligns with the closing and beginning of a new galactic year (Mayan) and the end of the Kali Yuga (Hindu). Each expresses a movement from discord to harmony, but with major chaos first. Each denotes a massive shift in consciousness that aligns with the Divine once again.

Jose Arguelles' writings about the Mayan Calendar show that there is a 25 year window of which the Winter Solstice of 2012 is the mid-point. So we might see the 'waxing' of consciousness over the last 25 years as preparation for implementing new understanding as the waning of the window proceeds.

The Kali Yuga is said to bring out the worst in world leaders, rulers and the population in general loses its conscience. Order will be restored after its completion as humanity returns to pursuing an

inner life that is connected to the Divine and offers universal peace; a golden age of enlightenment.

Many feel a longing for a deeper connection to life and each other now, especially after 9-11. Some are looking to the stars for help, some are going deep inside and searching, some are doing both and each day brings new discoveries for them.

We are at a critical period of our planet's development, where our ignorance of the interconnectedness of all things has become so obvious that it can no longer be denied.

This transformation includes every life form you can think of for this region of the cosmos (and beyond when 'visitors' appear), even though our innate capacity for choice has often simply created polarities with no purpose.

The blame game isn't appropriate now as it only serves to continue the pattern. It wastes time and achieves no results. We, as a planetary society, must act in accordance with our naturally evolving sense of integrity and natural order of Creation.



Mass Awakening or Hallucination?

What if the 'Messiah,' from whatever religion you choose, turned out to be within every one of us?

Imagine what it would be like if people actually helped one another, not just mouthed the words of their feigned desire so that they can sound politically correct. How would you feel? What would you do? The 'show me' crowd now has 'What the Bleep,' 'Indigo,' 'The Matrix' and 'The Phoenix Lights' to help them ascend from their pit of preponderance.

There is further information on the Web detailing personal paths away from ignorance, practical techniques for connecting with your own inner guidance, and concepts for building community and model educational villages that demonstrate the 'higher' principles of Creation as we know them. Some even integrate indigenous philosophy into a community plan for challenged youth and adults.

Only recently, as we made the transition into the new millennium, has humanity begun to recognize the possibility of a new world order founded on spiritual principles instead of shadow governmental conspiracy. The Code of Ethics for Project Managers now reads like a spiritual 'to do' list. The ISO 26000 Social Responsibility Standards prove that even internationally acclaimed organizations are taking the transformation seriously.

We feel this information exemplifies the concept of the Command through practical applications in the here and now. Truthfully, our lives are a mixture of inner and outer experiences left for the individual to decide their own direction. It is the challenge of discovery that fuels the internal fire of ascension within the genre of world servers as they emerge into the new living awareness of their grand service.

Self-directed and self-initiating individuals tend to eventually come together for a greater cause, something bigger than they are, in order to satisfy their desire for human connection and interaction for the benefit of many. Leaders have their own difficulties in forming collaborative alliances.

Multiverse realities, cinematically exposed, present paradigm polarity that confuses the human consciousness initially, but then offers substantial evidence to contemplate. Can we extrapolate a consistent theme of chaos to order within them?

An evolved consciousness moves beyond polarity, yet doesn't deny it, and is capable of working with paradigms like a skillful craftsperson, molding the future by questioning the purpose of the paradigms and why they empower transcendence. The answers become obvious when the appropriate questions are asked and conversation ensues.

As it is, our barbarism has kept our ancestry hidden. Our celestial parents are probably too embarrassed by our behavior, or maybe they are just very understanding and patient in their knowing that this too shall pass. It is far too apparent just how inhumane humans can be toward each other.

We often feel helpless in the wake of corporations and politicians vying for world dominance. Have we been slaves and not even recognized the bonds of the captors?

Does it really make sense to explore space when we can't even take care of our own planet and people?

Do you think for a second that any 'higher power' with an ounce of responsibility would allow us to infect our solar system with that kind of behavior?

What would anthropic principles look like played out on a human/ET interactive scale?

Then again, what are all the other dimensions about?

With 5 senses and 10% brain use, what's the other 90% doing?

Based on a simple ratio, could we have 9 times the senses that we are currently using?

Are we bringing them all together as ONE now?

Does the compression cause friction or freedom?

Cosmic Conundrum

What is the nature and purpose of pure sharable energy or unconditional love?

The Ashtar Command may indeed move further into the depths of understanding and application of our Soul, the essence of our own pure sharable energy reflecting the ONE. Humans need labels, something to offer at least some definition, even if understanding is limited to previous intellectual frameworks.

According to the plethora of literature over the last century or so many Celestial Organizations and Planetary Alliances are working together for this action. The Great White Brotherhood, beginning with the restoration of the Order of the Solar Brotherhood by the Kumaras (androgynous serpents), is one of the most noted as all the Ascended Masters belong to this Order.

The Order of Melchizedek is also a derivative of these lineages of cosmic order. Even if these improvable and unverifiable notions to the 'critical' human mind make no sense.... does this also eliminate the very real and present need for rising above whatever keeps us separate in our world?

Years of research and study have produced discoveries that have been shared all across the Web now, from scientific and psychospiritual to indigenous prophecy - all pointing toward an evolving humanity. The Ashtar Command belongs to this Order as well as they are the functional liaisons between the worlds of time and space that are opening to the experience of many upon this planet now. What an exciting opportunity.... Perhaps.

Every new epoch has come with some change, or transformation, of humankind that includes physical, chemical, and spiritual growth into a new living awareness. There is only the Limitless Oscillating Vibrational Energy at the core of our Order, by whatever name you call it. LOVE is the Supreme Order in Life.

We are all ONE in the physical constructs with carbon as our foundation. Truth is often stranger than fiction... What if what we've been taught about God was severely distorted?

We all have a chance of lifetimes now, bringing all our abilities and gifts together to serve the ONE in us ALL. I know it is difficult, at best, to balance the inner and outer realities of life in these critical times. Divine mysteries are too big for one religion as these experiences are ubiquitous in human consciousness now. This is so much bigger than I AM in this human capacity.

Balancing and blending the skill sets of is challenging enough. Patience and persistence are the virtues that apply most appropriately in any life. Truth or consequences was never more present as it is on planet Earth.

Coming forward like this is in no way an easy thing to do and I AM constantly challenged to be authentic and fearless. Although I can be the ultimate optimist, the opposite is true as well. A charismatic and transformational leader, I question the very nature of my Being at times, desiring only to serve the greater good and the ONE in ALL.

This is not the job of one... it is the job of ALL of US. Is it REAL? Reflect on your immediate situation, dreams and experiences, people in your life, messages that you receive, and then look in the mirror and ask yourself if it is real.

What do you intend to do about it?

I will not claim to have the answers. Each of us has our own. The rest is up to how we develop our group consciousness, group dynamic, and co-creation efforts in the world. It is more than just co-creating, though, as the individual efforts become part of the collective, feeding the whole 'project' with the best we can offer in this or any other world.

Indeed, it has to be done with skill and precision as well as mindfulness. The existing systems of this world facilitate our understanding and development of project planning and implementation on whatever level it may occur.

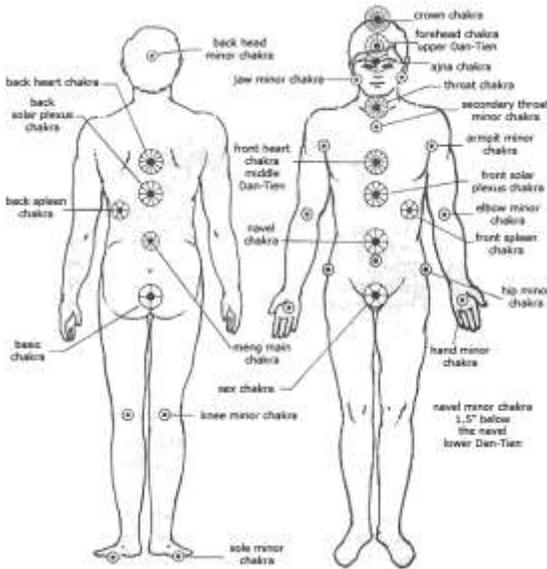
There is a process of perfection with everything, including the seemingly mundane daily business of living on planet earth. Shifting the consciousness to acknowledge each waking moment as a miracle in itself helps to open the doors to perception.

Cosmic Conundrum

Perception honors that which is within you and me, as it observes the reflection of ONE in ALL. We have much to do. We have the time we need to do it. We all know that success is imminent.

Now, all that is left is for us to actually DO the physical work on the stage of life. This is where we begin to engage the FUN and joyous living we've been talking about and yet not able to truly manifest. Sure the work can be arduous and demanding, a testimony to our dedication and ultimate success.

Release and allow the truth to emerge from the depths of your Soul. It is with purpose Divine, to be shared and not hidden or suppressed. It goes beyond religion, spirituality, or worldly experiences. Bringing it all together now is what we've come here to do. Does that make sense?



Assignments:

Write a 750-1000 word on your impression of this last section and the potential it holds for shifting your perspective or understanding to date. If you find it incredulous, write about that.

What might the experiences allow you to explore further?

Conundrum Consideration



Have you heard of the notion that there is a point of light at the center of our being that connects us to everything? What is this perspective all about? Is it possible that there is some sense we can make common?

I am not sure I have an answer, yet after years of contemplations and questions there seems to be a consistent thread that indeed makes sense. Common understanding indicates that form comes

from the formless, the 'Word' issues forth from the 'Void.' The Voice of Being can be heard from the depths of silence.

So let's look at what that might be, based on a loose logic train that no doubt is only valid through discovery within oneself and even then leaves a lot of unanswered questions. The following view is simplistic in nature, however complex the understanding that may have been garnered to articulate it.

Over the last half-century or so there has been the discovery of evidence, scientifically, that our reality is indeed malleable – thoughts affect things. Our reality is based on the thoughts about things that have found their way into collective or community memories, thoughtforms that have become firmly rooted in our consciousness through the presentation of repetitive patterns.

What if these patterns were incomplete or based on limited information, even though it might have been the best we had at the time? Not knowing allows us the freedom to ask better questions and dig deeper for the truth. Speculation sometimes leads to discovery as one considers various postulations.

Conceptually, if we begin from the Void (formless) the point of light at the center of our being might well be a shell around the Void. As we come further into form we condense particles of matter around this point of consciousness that becomes a physical body. We may

Cosmic Conundrum

not know exactly how it happened in the beginning, but we do understand the notion of magnetism.

The layers of the physical manifestation seem to be connected to a vast array of consciousness and sensory perception. We've noted the concept of the chakra system, the major and minor meridians in the body that have been known for thousands of years. There are other sources that identify a series of 'etheric' bodies beyond our physical and the Multi-Plane Awareness technique offers an experience of them for personal exploration.

If we consider the holistic system as being complete, yet heretofore incomplete in our understanding, then as we continue to explore the possibility there may indeed be wisdom. Of course the practical application of this understanding may take some time. Still, there may be some sense in the perspective presented.

Cosmic Consciousness would seem to incorporate and even validate the potential of our body/mind/spirit/soul complex being far more real than we might have once believed. Religious and spiritual texts have alluded to this 'complex' nature of humans and as we advance in our mathematical and scientific understanding the reality even seems more plausible.

Awakening is indeed close by—and
supreme effort is required to realize it.
Awakening is indeed far away—and
readily accessible.

Stephen Batchelor

One last gift...

Wheel of Life...



Pick an area of your life -

Friends and Family, Finance/Money, Health, Physical Environment, Fun & Recreation, Career/Life Purpose, Personal Development/Spiritual Alignment, Romance/Significant Other.

Using each area defined above (or substitutes you feel are appropriate for you now), devote some personal time and ask yourself the questions below. Write out the answers for reference later. You can use this exercise to monitor your levels of fulfillment and adjust accordingly.

1. On a scale of 1-10 (10 being fulfillment) rate this area of your life?
2. What would it take to bring this area up to a 10?
3. Using your answers for #2:
What would it take to make these happen?
4. What is stopping you?
5. If you had to choose one of the possibilities (#3), which one would it be?
6. What will ___(#3)___ give you?
7. What would ___(#3)___ look like?
8. How would ___(#3)___ make you feel?
9. What do you want to do, if anything, from here?

Use this process to map out what you need to do to create the life you desire. Thank you for engaging this work. Thank you for choosing to change and grow.



Be The Dream... YOURS!

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