

# Living Freedom



## Manual

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*Total Integration Institute*

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Published by

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# The Fire

We sat around the fire of Truth and laughter,  
of human vulnerability and companionship,  
of authenticity and love,  
of the sacred and simple.

These things filled the room  
taking the place of everything that came before them.

They warmed our insides  
creating a vast multi-dimensional coziness,  
not dependent on pretending  
or suspending ourselves in some fantasy.

This was called into Being  
from a possibility waiting for someone to be willing.

We were receptive and grateful  
streaming with intent  
and the One that we are...  
made a Fire that was magnificent,  
brought us around it,  
and filled us with its Self.

Our minds reeled with original thinking.  
Our mouths moved with truth.  
Our bodies and wills became ecstatic.  
Our hearts flowed warm liquid love.

We were serving the Kosmos humbly.  
It was serving us abundantly.  
Integration was occurring.  
The gaps in ourselves and world closing.

Evolution accelerating.  
We know without thought or doubt.

We are the Fire.  
We are torches. We ignite everything we touch.



# Total Integration

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# Total Integration

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Total Integration is a concept that describes the experience of oneness, unity, and wholeness on all levels of existence. It also describes the process and intent that leads to that direct experience. Obviously, this is a continual lifetime endeavor.

Total Integration includes, but is not limited to, the following aspects of existence:

- Awareness, direct experience and identification with the Void, the Silence, the Great Mystery, the Unknowable, Formless Reality (that which lies beyond personal identity or identification). (The causal plane)
- Direct experience, in all aspects of Being, of oneness with and connection to Source, God, Goddess, Divine Mother/Father, Life Force, Spirit, Great Mystery.
- Direct Experience and oneness with nature, the web of life and the Earth. (the gross plane)
- Direct Experience of non-dual reality (Integral)
- All aspects of Being, Spirit/Mind, Emotional Body/Soul, Physical Body, and Heart integrated as one, internally and externally. This includes owning, healing, transforming and integrating aspects of oneself that have been denied or marginalized (Shadow Aspects).
- All *stages* of development - ego-centric (a healthy sense of individuality), ethno-centric (healthy identification with family, tribe, village, race, and country), World-centric (experience of oneness and healthy identification with Nature, the Sun and Earth, and Humanity), Kosmo-centric (oneness and identification with All That Is). This requires owning, healing and integrating our World's reflection.
- All *states* of consciousness - continuing to evolve our consciousness and our ability to embrace and explore different states, including primal, non-ordinary, expanded, altered, and transcendent states of consciousness.
- Lines of development - continuing to evolve ourselves along all the different lines of development that add to our health and wholeness.

Examples: Spiritual, emotional, cognitive, physical, ethical and moral, environmental, relational, intuitive, psychic, political, scientific, musical, artistic, culinary, energetic, psychological, Shamanic, practical, intellectual, systematic.

# Total Integration

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- All of this occurs within the integration of, and focus on, both the interior and exterior, individual and communal, involutory and evolutionary, and the general release of polarization and dichotomy. This also includes being in reciprocal love and in the service of the evolution of ourselves, families, communities, world and Kosmos.

This may feel a bit daunting or overwhelming at first. However, if we understand that we are already one with All That Is and do not need to do anything to make that so, it is helpful. We simply have the task and responsibility of making ourselves aware of and developing what is already so. Again, this is a process of conscious evolution, although some of these things may actually feel like instantaneous developments when they “pop” into our awareness. Be patient, rest, do not push, accept, and at the same time, stretch, grow and expand. Continual engagement and renewal, movement and stillness are also an essential part of an Integral life and process. This is a path of embracement. Follow inspiration, guidance, and omens of what is next moving with the Dreaming Body. Intend Total Integration, surrender, and trust the process.

Welcome to a vast world of new possibilities.

Breathing,

Diamond and River Jameson





## Context First

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A context is a domain, a state of existence, a frequency, a belief system and a paradigm. These are all aspects of a context.

Context First. Context comes before contents. The contents always follow the context. The contents of addiction, denial and survival context will always contain aspects of the context.

We can do something more, different or better within a certain context, and it will still always reflect the context.

We can only create drastic change by shifting context. The contents will begin being perceived, inspired and created from there. Context predetermines the probable outcome.

Example:

If we stay within a Difficult World context, we will continue to create problems, even if we try to create things to be better.

If we shift context overall in our lives, then even if we begin to repeat an old pattern, if we are truly committed to this new context and way of being, we will tend to have earlier opportunities and more support to change it at Point Easy.

When committing to a new context, as well as to any evolutionary leap, any pattern, belief system or choice that does not match that new context or state will come up for review. It is very significant how we interpret this. It can be a tremendous opportunity for breakthrough if we immediately utilize the **10 Powers** with intent to heal. If we judge the experience solely as breakdown, we may go into judgment of ourselves and our process, “I failed”, “this process doesn’t work”, etc. Be aware of the story you choose. Breakdown is always an opportunity for Breakthrough.

Continue to choose Living Freedom context and choose new stories that match, releasing the old patterns and creating new reference points, leading to massive evolutionary shifts.

Context is a choice and an on-going commitment.





# 10 Powers

## Context First

1. **Breathe, Feel and Be Present.** Letting Go & Receiving, Now.
  2. **Embrace, Explore and Admit.** With acceptance my authentic core experience, free of indulgence and denial. Admit out loud.
  3. **Move, Express and Release.** Vibrate. Go deeper. Feel, sound, shake. Follow the energy. Listen for Messages. Do Aspecting. Reclaim and Re-educate the Aspects.
  4. Conflicts? **Release Beliefs, Non-Verbal** Release the  
Limitations? **Agreements and Limiting Choices.** Old Story.  
Imprints? Choose New.
  5. Clarify and Passionately **Declare your Intent.** Source your willingness.  
Release your Upper Limits. Visualize and feel deeply your new experience.
  6. **Request and Receive.** Support and Guidance. Express Gratitude.
  7. Enter into **Silence, Meditation, Being and Oneness.**  
Connect with Source. Stop, Rest and Let Go. Listen and Surrender.
  8. Choose **Empowered Action, Integral Practices** and  
**Inspired Activities.** Live Fully and Contribute. Do What Works!
  9. **Be Sober and Impeccable. Be Chief.** Awake and Choosing.  
Build Power and Integrity. Live Ethically.
- Continue to
10. **Breathe, Feel and be Present.** Letting Go & Receiving, Now.



# Integral Practices

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# Total Integration and the Role of Integral Practices

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**We are committed to and encourage an integral life path that encompasses all aspects of one's being, one's relationships and one's contribution to creating the world and Kosmos.**

Most intimately this means understanding, feeling and practicing responsibility in its most expansive and truest sense. We as Spirits are at cause; we have the power and responsibility to choose how we interact with our whole selves, our world and the Universe. When we cultivate presence and consciousness and increase our ability to respond to ourselves, others, life and direct impulses from our Source, we become response – able. This requires awareness, overview, feeling, intuiting, sensing, and being in communion and communication with All That Is, and also with our own moment-by-moment experience of the Truth and with how life is moving.

In our everyday life, this includes being in touch with authentic responses, thoughts, observations, core experiences and responding as a Spirit by making choices that produce results that benefit ourselves, others and the Universe. To do this successfully requires connection to self as both an individual being and as energy that is one with and affects all energy (all of the Kosmos). To truly have a beneficial effect on all of life, as well as ourselves, takes a clear commitment, pure intention, and total willingness to be in a dynamic learning process, to participate fully in conscious evolution and in the grand becoming of all Existence.

All of life has behind it a creative thrust for realization, self-actualization, becoming freely what the source intends for any particular life form. This includes human beings. We are responsible for staying in alignment with this flow. This is the nature of personal integrity. Living a life that emanates from Source, fully present in each moment, experiencing ourselves connected to “All That Is”, is available to all of us, not to just a few evolved spiritual adepts.

In order to fully realize integration, it is not only helpful but necessary to regularly engage in **Integral Practices** and healing rituals that support our waking up and participating in life fully with our Whole Being. Daily use of **Integral Practices** produces the results of constant, sustained transformation, expansion, and integration.

To take responsibility for this is an ethical choice we can make, and need to, if we are to truly serve conscious evolution of our world. When we learn to let go into the ground of All Being, the vastness, the Oneness, the silence, we are connected, we are nurtured, and we are the Kosmos.

# Total Integration and the Role of Integral Practices

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When we stream forth from that core experience in humility, in awe, in inspiration, in great Kosmic love, we embody “Being the Resolution”. We radiate peace, intelligence, love, humor, and are both compassionate and beneficially ruthless with our willingness to express truthfully in all situations.

As we get in touch at a deeper level with our true essence as beings, we can, from this clarity, examine and feel what is truly important to us and to the well-being of life on Earth. We can then begin to formulate our true values. These values, put into action, become our ethics. When we live ethically according to our real values, we develop integrity and true character as beings. We also open ourselves to the first real possibility of happiness, the happiness of self-realization, of Kosmic consciousness, liberation, and enlightenment. We can then truly make a difference as we express ourselves in whatever way we are guided, inspired and excited about, in evermore successful and impactful ways in our world. This is our dharma, our destiny, and our contribution. It is our legacy to live a meaningful life of integrity. This is the fulfillment of our very existence, streaming forth as God evolving the World.

In order to fulfill this potential, we each need to take responsibility for clearing that which impedes this flow and connectedness, and to recognize and release stagnation and limitations to our Wholeness. We also need to engage in life as a Whole Being Process, using practices that support transformation, expansion and integration of World, Kosmos, and ourselves. This is a vast life-long undertaking. It is not about being perfect, right or done. It is about the consistent building of power. It is about conscious evolution, becoming high level innovators and improvisers, surfing endless realms of possibility while being fully grounded in the present and in the vastness of pure Being. It is participating in the dreaming of ourselves and our world, fully awake with pure Intent.

This is an overview of the intent and purpose of all of us who are part of the Total Integration Institute. We joyfully share the knowledge, reference points, and **Integral Practices**, developed over many years of living this intent of Total Integration.

# Total Integration

## Empowered Action

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1. **Breathe.** Become a breather. Practice breathing consciously each day, throughout the day.
2. **Move and Vibrate.** Move, vibrate, stretch, dance, express and release, sing, sound, feel. Life is movement. Come alive. Express Life!
3. **Hour of Power.** Spend an hour of each day for yourself. It is your hour of power. Move, vibrate, breathe, meditate, speak your intent, and establish your intent as a bodily felt sense in your body. Sweat your prayers. Practice the **10 Powers** and Integral Practices.
4. **Release Limiting Beliefs.** Continue to release limiting belief systems and create new possibilities. Practice visualization with feeling. Think originally from Source.
5. **Earth Contact.** Get out on the earth regularly. Have direct bodily contact with the Earth. Bond, breath, feel, speak, listen and Be with the Earth. The Earth is a physical manifestation of Mother energy.
6. **Bond with the Sun.** Sun on your skin and in your eyes (not directly) 15 minutes before 10am or at sunset each day. The sun is showing you who you are becoming. The sun is the physical manifestation of radiant Spirit/Father energy.
7. **Connect with Source.** Develop deep connectedness with your own essence as one with the Source of All That Is. Receive direct relationship with Mother/Father, God/Goddess, Male/Female universal energies as well as with formless Source and its expression as the Manifest World.
8. **Unified Field.** Actively release dichotomy and start thinking and living limitless possibilities within a unified field. (Oneness)
9. **Pure food and water.** Drink pure water; eat pure, whole, organic food. Educate yourself about creating high-level wellness and vibrancy. Love your body.
10. **Live Integration and Wholeness.** Choose and live wholeness without sacrifice. Integrate all aspects of Being and Integral Practices.
11. **Self-Loving Choices.** You always have the choice to respond with Yes, No or Maybe, so make self-loving and life-loving choices. Have healthy boundaries.



# Total Integration

## Empowered Action

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12. **Do What Works.** Do what works and stop doing what does not work. Take empowered action through realistic “next steps” to realize your intentions.
13. **Fulfill Wants and Needs.** Take responsibility for fulfilling your healthy wants and needs. Nurture yourself. Rest. Engage and Renew. Love yourself.
14. **Practice Embracement.** Practice embracement of your Whole Being and Life, including aspects that have been denied, and continue to review and integrate the **10 Powers**.
15. **Love, Intimacy and Truth.** Develop your heart and ability to love, to be intimate, to communicate clearly and to speak the truth, continuing to release the illusion of separation, addiction and withholding.
16. **Continue to Evolve** along all lines, stages and states of development. Read and educate yourself on many different topics. Develop yourself to the fullest. Expose yourself to the mastery of others. Learn new things.
17. **Creativity and Beauty.** Express creativity and commit to beauty.
18. **Be the Resolution.** Commit to and expect resolution. Support the release of suffering. Contribute and serve evolution everywhere you go. Follow inspiration.
19. **Meditate.** Be in silence and vastness daily. Immerse yourself in Oneness.
20. **Being Present.** Be present in each now. Cultivate awareness, consciousness and mindfulness.
21. **Domain Shift.** Cause your whole being Domain Shift bringing all of yourself and your life along. Integrate and use the **10 Powers**.
22. **Develop and Strengthen Your Body,** through breathing exercises, Qigong, walking, dance, yoga, weight training and other modalities. Move and vibrate.
23. **Create Community.** Create communion with others seriously committed to evolution and to living awake.
24. **Have Fun, Be Happy and Have a Full Life.**  
Evolution, transformation, expansion and fulfilling potential is a life time and possibly a multi-generational event. Living fully and having sacred fun is a very important part of that experience.

# Total Integration

## Empowered Action

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25. **Dream Awake.** We are always Dreaming. Choose to wake up and follow how you are being Dreamed by God through pure intent.
26. **Build Power.** Build power through Sobriety and Impeccability.
27. **Intend the shift of your Assemblage Point.** Shift to Love, Alignment to Source, Freedom and Silent Knowledge, to Total Integration and to Whole Being Awakening.
28. **Lose Self-Importance – Self-Rejection – Self-Image.** Release attachment to personal history, “Your Story”. Identify with a fluid essence, being connected to the Kosmos. Weave a new Dream.
29. **Live in Reciprocal Love.** Live in reciprocal love with All That Is. Giving and Receiving as one act: “God Receiving God”.
30. **Follow a path of Heart.** Feel how love is moving and move with it.
31. **Aspect ID.** Remember the world is your reflection. See it. Evolve it.
32. **Evolve and Learn.** Be a life time learner. Think and do in new ways. Evolution never ends.
33. **Be Vital and Alive.** Choose to be enthusiastic. Free your energy. “Give it up”.

# Additional Commitments and Practices

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## **Sobriety and Impeccability**

Sobriety is staying present and sane with what is true now. It is the appropriate state for being conscious, awake, and grounded in the face of the unknown. Sobriety also builds power.

Impeccability is the right use of energy. It is not perfectionism. Be impeccable in all your Being and Doing. Speak with truth and integrity. Say what you mean and do what you say unless you change your agreement. Do not use your words against yourself, others or life. Words, choices and behaviors have power and effect. Do your best. Impeccability builds power.

## **Don't take others' choices personally\***

Don't take others' choices personally, it is their own reality dream, and simultaneously own your reflection, this is your dream. Nothing people do is because of you and yet everything everyone does effects the entire Universe. We are dreaming individually and collectively. When you are responsible and immune to what others think of you, you will never be a victim.

## **Don't make assumptions**

Take responsibility, have the courage to ask questions, and to ask for what you want and need. Communicate with others as clearly as possible without withholding, to avoid misunderstandings, and drama. Releasing assumptions can transform your life.

## **Commit to the Truth**

With compassion, gentleness and ruthlessness, the truth is always beautiful regardless, of the process it triggers. Begin telling yourself the truth, now, and you will always build trust with yourself and be less fearful.

## **Reveal rather than conceal**

Let go of hiding while also creating safety in your close relationships. Express your true essence. Let others know and feel you and be willing to take a stand without reactivity, rebellion or power struggle. Do not reveal more than what is appropriate in any given situation. (Do not abuse yourself.)

## **The antidote to hopelessness is responsibility**

Befriend, Nurture and Respond to the hopeless aspect. Are you doing everything you can do?

## **Up your receiving quota**

Be aware of your upper limit and continue to expand it.

\* We acknowledge Don Miguel Ruiz for his contribution to portions of the above.

# Core Cultural and Planetary Issues

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As we choose to be fully present in the moment, and are willing to be free and fully alive again, there are some Core Cultural Planetary Issues that we as humans need to embrace and heal in order to free ourselves. Following is a list to support you in staying conscious of these core issues. When these areas are triggered is when one tends to dissociate the most from what is actually occurring.

## **Abandonment and Engulfment Issues.**

Imprints and issues around fear of abandonment and/or inundation (engulfment) by God, parents, others and most of all by ourselves.

## **Isolation Bubble.**

The contraction, isolation, defense, self-hatred and self-obsession in reaction to unprocessed toxic shame and abandonment and engulfment issues.

## **Toxic Shame and Shamelessness.**

Unhealthy shame says there is something wrong with us, that we are flawed, not enough and unacceptable to God and ourselves. As long as we hold toxic shame, we will tend to be shameless and act out abuse of ourselves and others. Healthy Shame is feedback that “A change is Needed”. It is a message that something we have done or a choice we have made is not healthy or working.

## **Rebellion, Withholding and Unwillingness.**

Suppressed and denied rage and anger expressed through behaviors and choices of resistance, contraction, blame, resentment and non-receiving.

## **Pretend Connection and Spiritual Bypass**

The pretend connection with God, earth, ourselves and others we create when we are in our Isolation Bubble in order to cope and cover our pain. A Spiritual Bypass is when we create a new spiritual self-image without really doing the work we need to do to heal and evolve.

## **Addiction.**

The compulsive choices and behaviors of a person who has not healed the Isolation Bubble and Toxic Shame. The number one addictions are to self-hatred and pre-occupation, and are the outcome of all other addictions.

## **Co-dependency**

The dysfunctional relational behaviors and choices based on addiction and pretend connections. Co-dependency is when one becomes obsessed and pre-occupied with someone else's life and choices.

# Core Cultural and Planetary Issues

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## **Self-Image, Self-Importance, and Self-Rejection.**

All the internal dialogue and outside behaviors we do to maintain our belief system about ourselves and how we want to be perceived by others, rather than being and expressing our true essence and authenticity. Over identification with our personal history or “Story”.

## **Denial of aspects and Marginalized Voices**

The aspect of ourselves we deny and project onto others and the world.

## **Illusion of Separation.**

Believing we are separate from God and all of life. Denying that reciprocal love and oneness are the natural state of being.

## **Competition.**

A belief in scarcity of love, light, power, and approval. What people do to insure they get these things first and keep them.

## **Dichotomy and Duality.**

These are made up limitations, oppositions, polarities and perceptions of language and the human mind.

## **Guilt and Blame.**

Guilt is a judgment of some aspect of our self, our feelings or our energy, that constricts, punishes and traps that aspect in “no movement” and paralysis. Blame is a shameless pushing out of these painful judgments towards others as an attempt to rid our self of them.

## **Manipulation and Control.**

What people substitute for being, choosing, letting go and being connected in an expanding universe of reciprocal love, safety, and basic trust.

## **Lack of grounded Earth/Sun Connection.**

We as human organisms are totally dependent on our nature connection for our existence and well-being. A deep grounded relationship is essential.

## **Resistance to Life and the Fear of the Responsibility of Being Great.**

This often manifests as unwillingness to heal, to resolve, to be powerful and true to ourselves and why we are here. Willingness is essential to Breakthrough.

# Being, Manifesting and Evolution

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## **God exists simultaneously as Pure Being and Evolving Manifestation.**

We are one with God in Being and one with God in Manifestation. When we embrace both of these as a direct experience, we are in contact with non-dual Integral reality.

Being in vastness and the un-manifest we are at complete rest, at one. We are All That Is. In Being we are complete. Whole Being just Is.

When we are in profound connectedness to Being, we can participate consciously in the evolution of Manifestation, thereby serving God.

In Manifestation we are always in a state of evolving, becoming, learning, growing. We will never get it perfect or done because that isn't the point or purpose. In Manifestation and evolution, **improvisation**, being in the unknown, learning, creativity, growing is the purpose.

Being and Manifesting are not dichotomies or opposites, **they occur simultaneously** and there is intrinsic value in both. In Being we learn to let go and be in immense presence, silence, and nothingness. We rest, we reside there, and it is the essence of all existence. It is profoundly Now, Always and Beyond Time.

From Being, we receive the inspiration, creative impulse and guidance to engage in this wonderful, messy at times, improvisation; Manifestation. We explore the unknown and evolve possibility. From this we can create, improvise and learn, using love, truth, beauty, health, and our own true responses as guide posts and omens of our appropriate path. It might not always be neat and tidy, but it will be dynamic because being God, streaming as the world, can be ecstatic and fun.

In this awesome time, evolution is not purely biological. For the first time God is waking up to itself in us, becoming conscious and willingly participating in choosing evolution. We are together becoming something bigger than any of us can be alone. **This coming together is absolutely dependent on the wholeness, uniqueness, radiance, integrity and vitality of its parts.** This means as we merge and commune, as we experience our oneness, we have to be being and radiating freely what we essentially really are, in order to be a healthy whole. **The individual is enhanced, by being whole, and the whole is enhanced by the individual.**

Our next step as humanity is “**Chosen Conscious Evolution**”. We are here, now, to be; God being God, God enjoying God, God expressing God, God experiencing God, God receiving and loving God, and God evolving God.

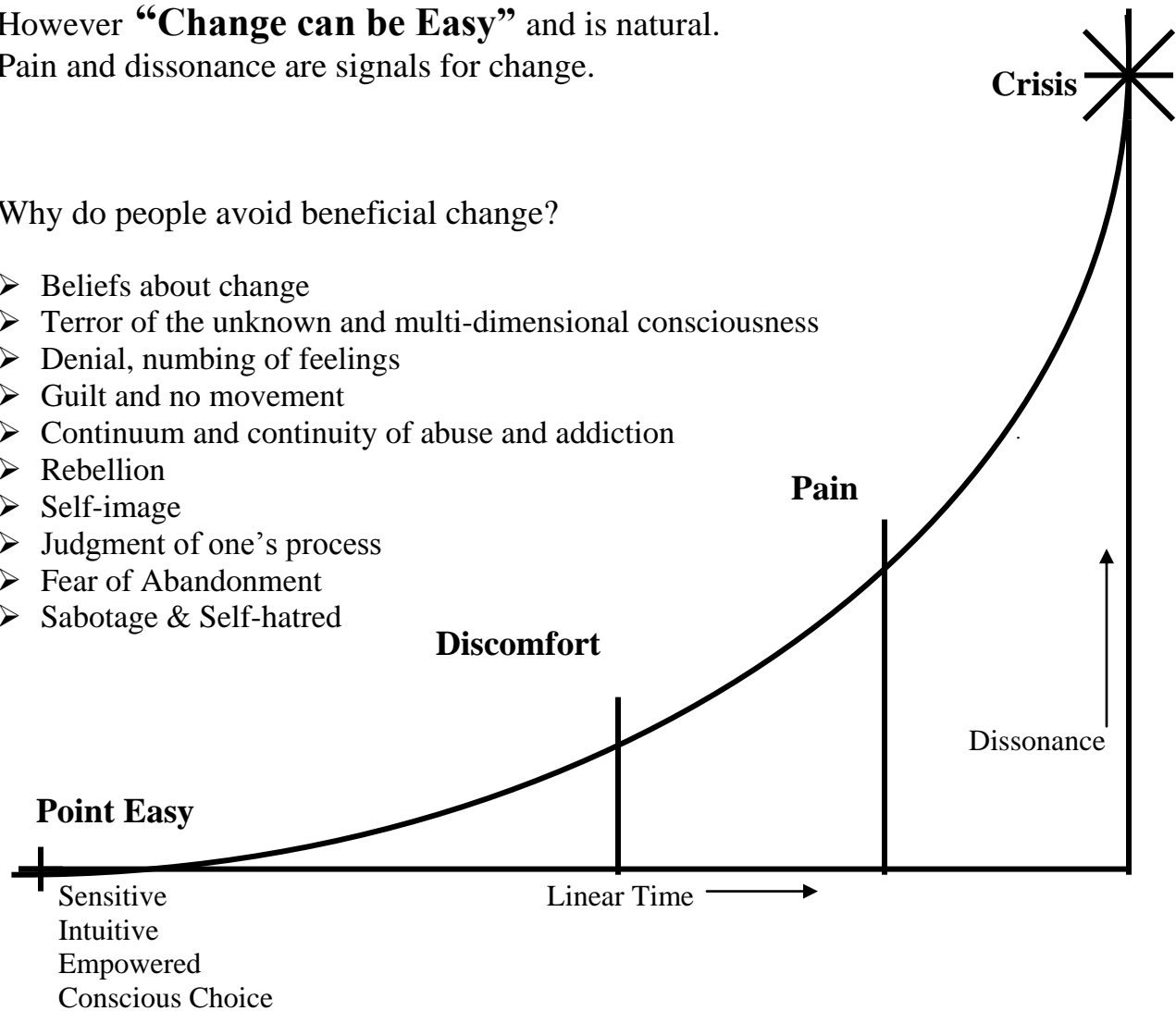
This is our job now. This is our responsibility. Let us receive it in freedom and joy. Let us walk the path of love, beauty, wholeness and integration. **Let us be and manifest.**

Our Culture has believed change is hard and painful.

However **“Change can be Easy”** and is natural.  
Pain and dissonance are signals for change.

Why do people avoid beneficial change?

- Beliefs about change
- Terror of the unknown and multi-dimensional consciousness
- Denial, numbing of feelings
- Guilt and no movement
- Continuum and continuity of abuse and addiction
- Rebellion
- Self-image
- Judgment of one’s process
- Fear of Abandonment
- Sabotage & Self-hatred



**Make a decision:**

- To be 100% responsible.
- To not judge your process.
- To let go and release avoidance, addiction, abuse and denial.
- To be sensitive and allow yourself to feel, releasing your terror of the unknown.
- To listen to your multi-dimensional omens and feedback mechanisms at Point Easy.
- To respond with appropriate behavior and choices. Commit to Freedom.
- To remember that “Change Can Be Easy”.
- Expansive change requires Intention, Awareness, Presence and Sobriety.

# Embracement as a Path

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When we are willing to embrace all aspects of ourselves and our lives, bringing them into love, light, and understanding, they can transform and become the pure intent of what they are. **Embracement is the key to living the path of wholeness.** Wholeness is about remembering, re-remembering, bringing all members of ourselves together as one Being. This is achieved through intent, willingness and regular Integrative Practices.

**Embracement is the resolution of denial.** It brings all parts of ourselves that have been denied back into the light of consciousness. We can then re-educate ourselves to new possibilities of functioning, and ongoingly receive the gifts of these aspects.

Any aspects of yourself you have denied or marginalized will tend to eventually oppose you directly, through illness and body symptoms, or through external manifestations, breakdowns and sabotages, and others on your path who represent your denied aspect(s).

What aspect of your life or self needs to be embraced now? Call out to it with loving intention, speak to it and listen without preconception. You may be surprised what you hear. Become a conduit for the denied part so that its feelings and beliefs can move through you to be clarified and released. Activate and follow the Dream Body through free inspired movement and voice. Be aware of not overriding the aspect and yet feel free to request, set boundaries, declare new possibilities and intentions.

As you negotiate resolution with this aspect, be sure to express everything you feel, and what the conflicting aspect feels, too; leave nothing out. Bring this aspect into the light and into your loving influence. Ask God and your allies to touch this aspect and re-educate it to its highest possible function and expression. Receive it back home with deep gratitude for wholeness. As you do this you will notice the aspect transforms how it shows up in your world.

Remember: Do this process with those denied aspects you have judged as wonderful (but did not realize they were part of you, such as your creative power, the part that has clear future vision, etc.) as well as those parts you have judged as not worthy of your love or attention. All parts of you are valid, want to come home, transform and be part of your radiant wholeness as a vast multi-dimensional being. Embracing all of ourselves brings wholeness and is the key to receiving all that is ours to receive.



# Receiving Your Whole Being Process

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Allow your Whole Being Process to unfold without pushing, indulging or waiting, staying present calm and assertive.

Integrative Practices support you in consciously participating in your Whole Being evolution and process, and in developing Basic Trust in Life.

Trust yourself, the universe and your allies to guide you. If you feel terrified or hopeless that you cannot trust, this is the place to begin. Moving as much terror as you can will open new space. Then release the judgments you have about trust and the unknown.

Also create support from your guides and allies, the Earth and others you trust and to whom you are attracted when it's appropriate. Know that Source is your only valid ultimate light and life source. No person can "save you."

Feel, be fully present, embrace the truth, moving with your core experience, and moment-by-moment choose with your Spirit, Will and Body, aligning in your Heart, that which you really know and want. In this way, your Whole Being Process will continue unfolding in a way that is appropriate for you. Be sure to rest when you need it. Don't push! It is important to let go of always needing to know everything in advance. Let go of judging your evolution and put your energy towards being impeccable.

Follow Value, Love, Truth and Great Mystery's guidance. Activate your Dream Body.

Receive your Transformation, Evolution and Integration.

Receive your Whole Being Process.

# Getting Unstuck

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**Following is a list of “Empowered Actions” you can use to get unstuck, complete the Isolation Bubble, and expand your upper limits of love, pleasure, success and abundance...**

- Let go and Nurture yourself.
- Explore the Stuckness. Inquire into the blockage.  
Activate and explore your process through Dreaming and breaking routine.
- Review the **10 Powers**. Engage in Whole Being Practice.
- Practice giving and receiving unconditionally on a regular basis.
- Breathe deeply more! As we reach our upper limit, we tend to breathe less.
- Express and release the fear, guilt and self-hatred. Talk to these aspects. Ask them to release self-sabotage and to align with you in loving intent. Embrace them and listen carefully for any valid conflicts they may have. Respond with appropriate changes.
- Recognize rebellion. Express rage directly and choose to take beneficial action aligned with your real intent.
- Let go of all guilt and blame and take 100% responsibility for your life. Release everyone else as ‘the problem’.
- Speak with someone who has gone beyond where you’ve gone. Ask for support. Release isolation.
- Tell yourself the Truth.
- Tell the essential, body-centered truth, all the way to an appropriate other that you know for sure will listen without judgment or co-dependence. (They won’t shame you or try to “fix” you.)
- Move-Dance to music, go out for a walk in nature, get cardiovascular and sweaty, move in unpredictable ways.
- Change your eating habits. Eat light nurturing foods, drink more water.
- Change location. Go somewhere that feels nurturing and supportive. Give yourself a change of scenery. Spend time in nature. Lie down on the earth.

# Getting Unstuck

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- Do something you enjoy. Especially express your creativity in some way that is not part of what you “have to do”. Sing, paint, etc.
- Shift your continuity. Get out of any ruts.
- Get in water...hot tub, sauna, or jump in a river, lake or ocean.
- Get bodywork, an adjustment, acupuncture or massage. Do healing rituals.
- Repeat the *Total Integration* series. Participate in ongoing events and lectures. Put yourself in a group of people gathered with loving intent to get unstuck.
- Visualize yourself unstuck and free. Choose Freedom with responsibility and awareness.
- Speak out loudly about getting unstuck, how easy it will be, how it’s happening now...etc. Sing about it.
- Practice Ceremony and Ritual. Enter non-linear spacious time and consciousness.
- Get in the mirror and keep talking and feeling until you get total agreement with yourself to open up and go further into love and expansion.
- Feel what you really want at essence and are being inspired by love to give and receive.
- Rest deeply, release exhaustion. Give yourself quiet time alone on purpose (without provoking it).
- Meditate. Be in silence and vastness. Receive Spirit’s light.
- Pray: Ask God, the Earth and your allies for specific support. Tell them your intent to move with the truth and with life. Ask the Mother (will) for the exact feelings you need to embrace, feel, express and release to surface (to empower getting unstuck) in the most beneficial, loving, gentle and easiest way possible, without crisis. Remember, you cannot do it alone!
- Make a list of everything you are grateful for.
- Do what your truest Self wants to do. Do appropriate “Empowered Action”. Don’t wait.

# Domain Shift and the Movement of the Assemblage Point

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**Everyone's real reality is a whole domain, "context", paradigm. Each of these domains is an optional perception. Our perception depends on how we assemble reality or the placement of our assemblage points. Our assemblage point is dependent on our energy configuration and beliefs.**

We are luminous energy beings made of a particular grouping of bands of emanations. Each being has an "assemblage point" in its Energy Body that lights up certain bands of the emanations, creating a particular reality to be perceived and experienced.

Even though there is an agreement among mass-consciousness as to the point of assemblage, each being's exact location is dependent on its belief systems, judgments, internal dialogue, and energy configuration. Therefore, it is appropriate to say that there are as many different worlds as there are individuals.

When people refer to the "real world," they are referring to the mass-consciousness agreement or what we could call the "modality of the time."

The modality of the time presently on Earth can be called the point of self-image, the point of rationality, the point of denial domain, the addictive system or the dominator culture. All of these would be accurate descriptions of a certain perception and way of assembling reality. We are capable of changing our perception and reality experience through the movements of the assemblage point. A movement will result in a change of awareness. A total shift, lighting up different bands of emanation than normally used, will result in perceiving an entirely different context, perceptual field or world.

A true Domain Shift depends on shifting the assemblage point. This can be accomplished by many different means: Accidentally, through illness, extreme emotions, or a jolt to the self-image or core belief system.

Normally, after a period of time, the assemblage point reverts to its earlier fixed position within the familiar. Mass-consciousness holds a fierce and limiting belief in the importance of 'stability', so we don't have to feel the reality of the unknown.

## Domain Shift and the Movement of the Assemblage Point

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Shifting the assemblage point can also be done purposefully by building energy through intention. This can be done soberly, effectively and with stability, through the **10 Powers**, intending, receiving God into your core, lucid dreaming, core movement, recapitulation, sound, and Integral Practices such as meditation, entering silence, releasing self-image, addiction and core judgments. As we do this, we become more and more capable of fluidity of assemblage point, transforming and aligning our being, until we become capable of experiencing more of our totality. Moving the assemblage point at will is also dependent on building power through impeccability.

Reality contexts exist as whole domains of experience with all of the “contents” of the domain consistent with the nature of the domain itself. Whenever you are shifting domains, it is significant to heal and release the entire “context.” Do not choose to get overwhelmed trying to “figure out” the details of the “contents.” It is important in domain shifting to bring all of ourselves along. This is a giant and worthwhile process. We need to heal the reflection mass-consciousness has been giving us. Intend the Domain Shift and the details of your process will unfold.



# Aspect Identification Ritual

---

**This ritual is based on the recognition that the world is a “Reflection” of you.**

To do the ritual seek (see) an Object or Person that stands out to you, something that is calling for your attention. You can like it, dislike or be neutral. Breathing, begin gazing at the Object and then do the following steps:

- Become one with the Object.
- Then as the Object, answer the following questions:

**1. What is the nature of (Object’s) my experience?**

I (the Object)..... **describe your experience** (as the Object) **in as much detail as possible.**

**2. When I’m (the Object) having this experience,**

**What I’m lacking is...** (4 words) \_\_\_\_\_.

**3. When I’m (the Object) having this experience and these lackings,**

**What I am feeling is** (emotions) \_\_\_\_\_,

**And when I feel that, I feel** \_\_\_\_\_,

**And when I feel that, I feel** \_\_\_\_\_,

(Continue to “Trail Down” the feelings until you have a list of all the feelings involved in your Object’s experience.)

**4. Having these experiences, lackings and feelings,**

**my (the Object’s) statement to the world is** \_\_\_\_\_.

**Completing the Ritual**

Breathing, close your eyes, come back to yourself and ask yourself the following questions:

**5. How am I like the Object?**

**6. Are there Familiar Experiences, Feelings or Lackings?**

They may point to limiting, unbeneficial Beliefs that you can restructure.

If some of the Experiences, Feelings or Lackings are **very familiar** to you, they may be reflecting to you possible “Process Addiction(s)”.

**7. Aspect Identification: The Object is a Reflection of an Aspect(s) of You.**

# Optimum Level of Being

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## 12 to 1 and Breath Technique

The “12 to 1” and “Breath Technique” are two alternative techniques for shifting levels of awareness to the “Optimum Level of Being” for whatever purpose you desire through breath and intention. This is a totally natural ability human beings have always had and some have merely forgotten. These techniques revitalize this natural power. The more often you utilize these techniques, the better they will work for you. They become triggering devices for assemblage point shifting and for being fully present in each moment and at the exact focal point of consciousness for optimal functioning.

These techniques also enhance:

- The development of psychic awareness intuition and direct knowing
- Fluidity of consciousness
- Creativity, inspiration and artistic expression
- Healing and shamanic practices
- Deepening and expanding meditation and spirituality
- Sports and athletic performance
- Asking Structural Questions and receiving the answers
- Dreaming Practices
- Creating your own daily miracles

## Optimum Level of Being Ritual

1. Breathe, feel, be present.
2. Declare:

**“I am now GOING to the Optimum Level of Being to \_\_\_\_\_.”**

3. With this Intent, count down from “12 to 1” or take a deep breath.
4. Declare:

**“I am now AT the Optimum Level of Being to \_\_\_\_\_.”**

5. Breathe, feel, receive.



# Structural Questions

---

Structural Questions are structured to put the least amount of limitation on the answer or how it is received. Structural Questions allow us to tap into our own direct knowing and connection to the truth within our Being. They support the awakening of our Seer. Use structural Questions often.

Start with Optimum Level of Being Ritual...

**“I am now GOING to the Optimum Level of Being (OLB) to Ask the following Question, and to Receive the Answer.”**

Then Ask your Question...

**What is the Nature of \_\_\_\_\_?**

Examples:

OLB = I am now going to the Optimum Level of Being to ask the following question and to receive the answer.

OLB... **What is the Nature of** ....how to create a sustained Domain Shift?

OLB... **What is the Nature of** ....the appropriate form for this relationship?

OLB... **What is the Nature of** ....the source of my being?

OLB... **What is the Nature of** ....a new marketing plan for my business?

OLB... **What is the Nature of** ....a resolution for this situation I am in?



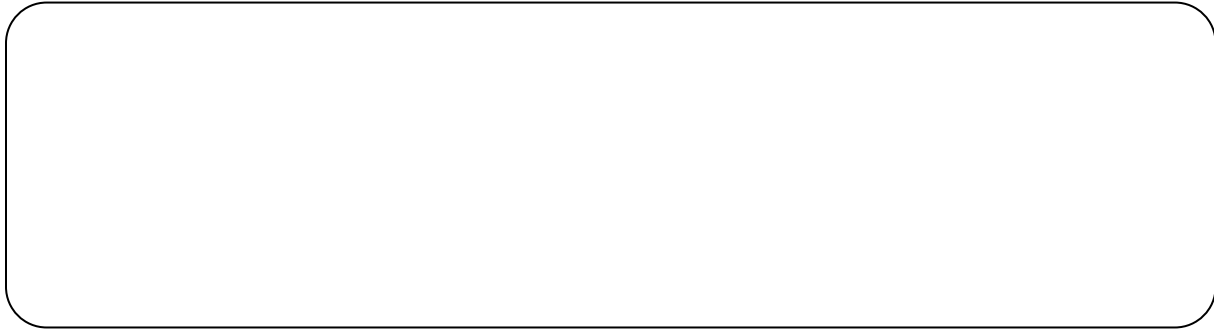
**Beliefs**  
and  
**Non-Verbal Agreements**

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# Recognizing Conflicting Beliefs Ritual

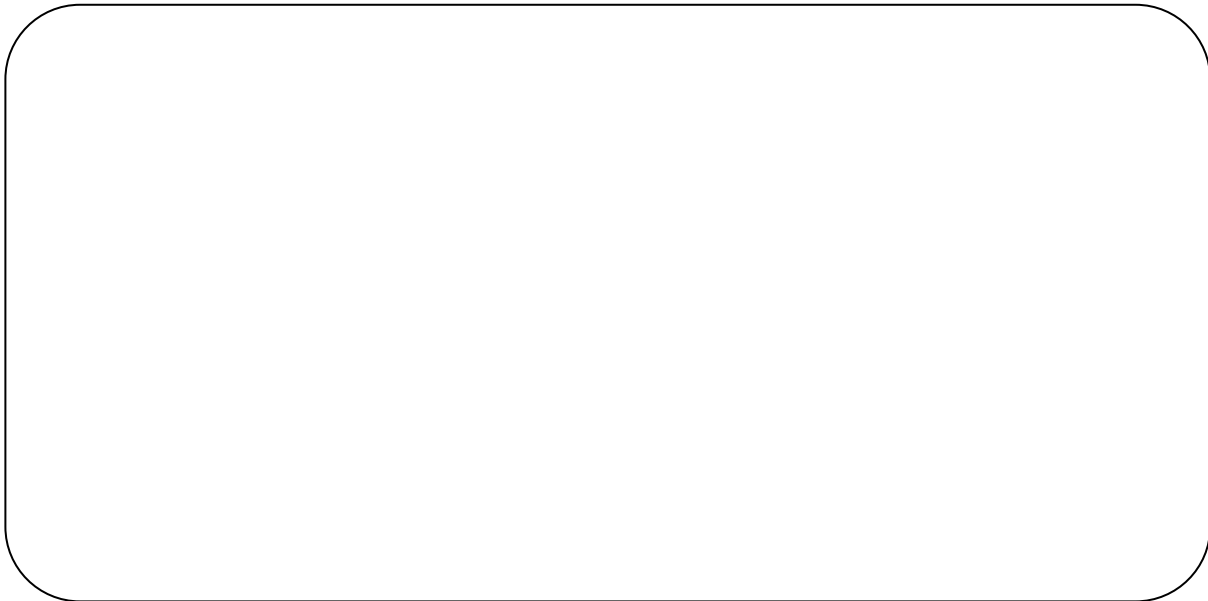
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Write a supportive beneficial expanding declaration.



Read the above declaration...then say “but”...  
Listening.

Write the “buts” you recognize below.



The “buts” listed above are the conflicting beliefs and judgments to your beneficial intention.

Release all these conflicting beliefs now.

Use the **10 Powers** as a guide for doing this.

# Releasing Beliefs Ritual

---

## 1. Enter a State of Release.

Prior to releasing a Belief, Express and Release any emotional energy invested in the Belief.

## 2. Go to the Optimum Level of Being.

Declare: “**I am now going to the Optimum Level of Being** for the purpose of releasing the following unbeneficial Beliefs”

Using the 12-1 or Breathe Technique,

Declare: “**I am now at the Optimum Level of Being** for the purpose of releasing the following unbeneficial Beliefs.”

## 3. Belief Releasing Ritual.

Release Beliefs out loud when possible. Declare the following:

**I release the belief that \_\_\_\_\_**  
**On every level of my being.**

**My new experience is \_\_\_\_\_**

**This is my intent.**

**This is my experience.**

**This is my reality.**

## 4. Feel it and Sense it in your Body

Bring in the bodily felt sense of your new intention. If you are unable to do this you either have additional conflicts to the new intent, and/or you are still holding emotional energy and need to express and release. Use the **10 Powers** to assure full integration of your intent.

# Non-Verbal Agreements

---

**Non-verbal agreements are agreements that we make with others based on our belief systems about ourselves, others and reality.**

When our preconceptions and expectations match up with another (or many others) we become part of an agreement field.

By changing our beliefs and non-verbal agreements, we can consciously choose which agreement fields we are participating in and which co-created realities we are using our energy to create.

## Examples

1. I will be your mother if you will be my father.
2. I will make you feel safe if you like me.
3. I will hurt you and rebel against you if you try to love me.
4. I will pursue you and try to get you to love me if you reject me.
5. I will be awkward and unpleasant if you treat me as if I am insignificant.
6. I will make you feel important if you take care of me and tell me what to do.

Name someone you are upset with \_\_\_\_\_

Write any unbeneficial non-verbal agreements you have with this person.



# Releasing Non-Verbal Agreements Ritual

---

**1. Enter a State of Release.**

Prior to releasing a non-verbal agreement, express and release any emotional energy invested in the non-verbal agreement.

**2. Go to the Optimum Level of Being.**

**“I am now going to the Optimum Level of Being for the purpose of releasing the following unbeneficial non-verbal agreement.”**

Do the 12-1 or Breathe Technique and then declare:

**“I am now at the Optimum Level of Being for the purpose of releasing the following unbeneficial non-verbal agreement.”**

**3. Non-Verbal Agreement Releasing Ritual**

Release Non-Verbal Agreements out loud when possible. Declare the following:

**I release the Agreement that \_\_\_\_\_  
on all levels of my being.**

**My new Agreement is:**

**I only agree to the most mutually beneficial experience possible. (optional) and \_\_\_\_\_**

**This is my intent.**

**This is my experience.**

**This is my reality.**

**4. Feel it and Sense it in your Body**

Bring in the bodily felt sense of your new intention. If you are unable to do this you either have additional conflicts to the new intent, and/or you are still holding emotional energy and need to express and release. Use the **10 Powers** to assure full integration of your intent.





**Vibrate**

**Embrace, Express and Release**

---

# **Express**

---

## **Express!**

You are life force, receiving a vast multi-dimensional existence, including a Physical Body in a Physical World.

You are energy expressing and expressing and expressing.

Energy expression is the nature of your being.

# Expressing and Releasing

---

**We express and release to give our Bodies and Wills an opportunity to vibrate and discharge stored pain and repressed feelings.**

We also express and release to allow present feelings an opportunity to be felt and expressed. Sometimes we express and release to heal or revitalize ourselves, to open up to new possibilities, or to expand our receiving of the bodily felt sense of love and free-flowing life energy. We have learned to “follow” our feelings, riding them into the unknown, seeing with excitement where they will lead us. Often they lead us to a truer path and to activating the Dream Body or second attention.

Expressing and releasing regularly supports us in accepting ourselves and others and in letting go of energy commitment to limited beliefs, judgments and possibilities. It also supports psychic function and the total integration of our multi-dimensional beings.

It is totally natural to express and release, and as we do we heal our Wills and create the space for Spirit to fill us with light and love. When we express and release, we vibrate our Wills, literally creating more space for ourselves to be free in attracting the gifts of Spirit to us.

Regular, extensive expressing and releasing supports rapid, easy evolution and domain shift, increasing aliveness and health.

Whenever you want to express and release, trust your Body and it will instruct you in what to do. This will lead to an experience of “ignition,” a powerful energy discharge, where your Body and Will can release stored dissonance and repression.

Follow the feelings and the energy and release all the way to completion and expansion. Then ask God for support and Spirit to fill you with light and inspiration. Release all judgments, and presence yourself in the truth, choosing with Spirit, Will, Body and Heart in alignment as one. Follow a path of Heart. Free your Emotional Body to be a full and healthy aspect of being.

A vibrant, open, Emotional Body feels our appropriate form, appropriate place, appropriate timing, and appropriate relationship to All That Is. Activating emotional intelligence transforms the entire way we function, and is a core and essential aspect of Integral Beingness, Aliveness and Wellness.

# Real Feelings

## Mentally Generated Feelings and Addictive Feelings

---

**Our emotions and feelings are gifts from the Mother principle of the Universe and are a natural and intrinsically beneficial aspect of our being.**

Real feelings are different from mentally generated or addictive feelings.

**Real Feelings** are direct emotional responses to your current choices and experiences.

Real feelings always bring a message with them. When we breathe into them, embrace them and explore them, allowing them to move freely and responsibly, they always bring us to the truth and take us somewhere we've never been before. When experienced without judgment, they activate Whole Being Awakening.

**Mentally generated feelings** arise from thinking in habitual ways that generate familiar feeling patterns we have become addicted to. One literally is "making up" things to have feelings about. Often mentally generated feelings are a cover up for our real feelings, that if felt would liberate us from old patterns.

Mentally generated feelings do not liberate; rather they reinforce the patterns of conditioning and feel like the running of "the same old movie".

REMEMBER:

**Real feelings** are spontaneous and freeing to feel, and take us into new territory, opening us to new possibilities and to love. They liberate us to magnetize Spirit's light and knowledge, direct knowing of the truth, forgiveness, understanding and clarity. They empower our ability to choose more wisely, to explore the unknown and to express creativity.

**Mentally generated feelings** lead to resentment, holding, confusion, being stuck in old patterns, hopelessness, isolation, separation, justification and trying to get things under control, as well as reinforcing the Isolation Bubble and Toxic Shame.

The ability to discriminate between **Real feelings** and **Mentally generated feelings** is a very important distinction and is a learning process. Cultivate gentleness and ruthless honesty with yourself during this re-education of your Being. Embrace and integrate true feeling, expand your emotional intelligence and you will experience more integration, sanity, wisdom, sobriety, love and power in your life.

## Healing our Minds

---

**It is our responsibility  
to experience ourselves as whole functional beings  
and to utilize our minds in integration with wholeness.**

As we express and release, meditate, clear limiting belief systems and continue other **Integrative Practices**, our minds will become quieter, more open and expansive.

As we learn to allow free movement of our emotional bodies, we also begin to magnetize more of Spirit's light into our minds and bodies. Light is encoded information. We are informed by Spirit through light or inspiration. We then begin true original thinking for the first time, thinking from Source, from our origin.

Our minds are meant to be receivers for this original inspired thinking and enable us to create from the realm of God through our ideas. As the philosopher Yasuheko Genku Kimura says, "Everything else is information shuffling."

We also have choice about the meaning we choose to give things and how we interpret our experience. We need to continually practice being fully present and mindful in each moment "being with all things newly", letting go of the stories we tell ourselves that are limiting us.

We can choose to develop our capability to think in expansive new ways. It is supportive to constantly expose ourselves to new information presented in written and oral form from truly connected, inspired, leading-edge thinkers. Art, movies, books, music, lectures, stimulating conversation, and group process can all be part of this growth of mind. Meditation after expressing and releasing is a primary practice for illuminating the mind and all other aspects of being.

May we truly embrace our divine intelligence and allow our minds to be illuminated.

# Sadness, Anger, Fear

---

## Sadness

Our sadness and tears support us in completion, mourning and release, letting go to love and joy, opening our hearts and celebrating connectedness.

When we mentally generate sadness and tears, it is often to avoid our anger, our power, our responsibility, and to stay in addicted patterns of hopelessness, remorse, guilt, shame or self-pity.

## Anger

Anger is our red aggressive energy springing forth to set a boundary, to make an aggressive choice, or to take a stand for something or someone (or ourselves). Anger is meant to be fluid red energy circulating freely, creating vitality and passion in our bodies and in our choices. When it is denied it becomes rage. When rage is denied it becomes resentment. When resentment is denied it becomes hatred and when hatred is denied it becomes apathy, depression and hopelessness.

Denial of your Red Energy leads to Apathy, Depression and Hopelessness.

Anger > Rage > Resentment > Hatred > Apathy > Depression > Hopelessness

By releasing and freeing our red energy, we are free to love, to forgive, to be vital and to express healthy boundaries.

When we mentally generate anger, it is often covering up fear, hurt or feelings of abandonment, trying to stay in control, power struggling, pushing out blame to relieve guilt and shame, being a cover for some other feeling or some admittance we need to make.

## Fear

Our fear is the “pause button”. The Mother principle has given us this pause button to help keep us safe. It means we need to stop for a moment, digest and assimilate something, see a new perspective, change course slightly or maybe radically, let go of a belief system, move away from something harmful, or somehow change what we are doing. We need to explore the part of us that is scared, honor it, move it, and receive the message it is attempting to give us.

Once we get the message and respond to it appropriately, the pause button goes off. We are then free to move ahead with all of ourselves intact. We are not meant to always be afraid or be held up by fear indefinitely. This is what occurs when we judge fear and deny it or when we mentally generate it in order to keep ourselves stuck, small, safe or isolated, staying in some pattern of conditioning.

# Feelings and Behavior

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Feelings and behaviors are two different functions.

**Feelings are energy.**

**Behaviors are how you express that energy.**

Rage is a feeling.

Violence is a behavior.

Rage is non-violent.

The feeling and the behavior are two different functions.

How you express your feelings is a choice.

Receive the option of the Expressing and Releasing Exercises in this section.

# Moving and Vibrating Emotional Energy

---

- **Emotional Feelings are Valid**  
Emotions have been misunderstood. They are a significant aspect of being. Denial of them will lead to illness, drama, sabotage and eventually death.
- **Emotional Feelings are Energy Vibrating**  
Each Type of Emotion is Energy Vibrating at a Different Frequency.  
Practice sensing the frequency of each type of feeling you experience.
- **Embrace Emotions as Messengers**  
Listen to these messages. If they are dissonant, they are signals to make a change. If they are harmonious, they are signals that you are on track. They can inform and guide you.
- **Express and Release**  
Emotions want to move, so move, vibrate and express, and release the energy in such a way you don't hurt yourself or others.
- **Vibrate**  
Emotions are energy. Energy wants to vibrate. To move emotions, vibrate them.
- **E-Motion = Energy in motion**
- **Energy and Behavior**  
An important distinction is that emotions are energy. How one expresses the energy is behavior and behavior is a choice.
- **Primal Past**  
Draw upon your primal past to remember how to move energy.
- **Embrace Feelings, Don't Get Rid of Feelings.**  
Feel and embrace your feelings. They are your allies and are messengers. Give them what they want and need, which is to move and be listened to and responded to. Don't express and release to get rid of them. Express and release because that's what they need. Embrace them and they will guide you home to essence and love.
- **Beware of No Movement - Immobility**  
No movement is the result of long term denial and repression of one's emotional feelings. No movement is associated with guilt. No movement looks and feels like dullness, no energy, tired when you're actually well-rested, feeling stuck and often a sense of "there's no way out." Don't deny any of these experiences. Acknowledge and embrace these symptoms and then bring movement and vibration into the dullness.



# Moving and Vibrating Emotional Energy

---

- **Come Back to Love**  
Know that when you move and vibrate your feelings all the way, you always come back to a sense of being present, awake and sober, and at the same time experiencing simplicity, love, and wholeness at the core of your being. If this is not your experience, then you probably are not complete with moving energy, you are expressing mentally generated feelings and addictive experiences, or you need to integrate some other aspect of Whole Being Process. (Review **10 Powers**). Continue until you come back to love.
- **Safe Space**  
Always create a safe and sacred space to Express and Release.
- **Feelings Don't Hurt**  
Feelings are energy moving. It is the denial and repression of your feelings that is painful.
- **Ignition**  
You are in Ignition when the emotion or feeling is actually moving through you and you are no longer doing an exercise. The feelings are moving you; you're in Ignition.
- **Triggering Ignition**  
If you vibrate at the frequency of the feeling, you will trigger ignition.
- **Your Body Knows What to Do**  
Know that your body knows what and how to express and release. Use the exercises we share with you, but don't be limited to them. Let your body guide you while having the commitment not to hurt yourself, others or the space. Be free, explore.
- **Exaggerate It**  
Bring your Inside Experience to the Outside and exaggerate it. Because of long term denial of emotion, most people are relatively numb and dissociated. Therefore, when they feel a feeling, it is often only the tip of the iceberg. If you exaggerate that feeling, you will bring ignition to what you are actually feeling under the dissociation.
- **Emotion Wants to be Touched, Felt, Moved and Listened To.**
- **Embrace, Express and Release.**

# Expressing and Releasing Feelings Ritual

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Enter this ritual with the **Intent** that:

**“There is always a Resolution”** and **“I am Willing”** to receive the messages and wisdom of this experience, creating a breakthrough into the next phase of my evolution.

- Be in a safe environment. Take some long deep breaths and begin admitting and embracing whatever you feel, releasing control, contraction and resistance. Contact your core experience, feel what it is you are really feeling...relax into the feeling.
- Begin letting the feelings circulate and move freely through your body, disengaging control. Release your muscles. Using the feelings as fuel, subtly vibrate your body, integrate sounding and subtle spontaneous movement. Slowly build the emotional energy and vibrating until you are fully engaged in expressing and releasing. Stay with how your body is moving and move with it.
- Continue to breathe fully and feel deeper. Stay in touch with your core as you express and release. As your body tires, begin “Contact Breathing” (Hey Hey) rebuilding your energy, then continue expressing and releasing until you are complete and in an expanded state of release, allowing all the different energies and feelings that are moving now to be expressed.
- If at any time you begin to feel stopped, stuck, in your head, in a pattern, ask: What am I feeling under this feeling? What would I be feeling if I weren't feeling this? Go deeper, breathe, and be willing to feel and let go. Vibrate, lose it, be out of control, while being safe, responsible and sober.
- Stay in touch with your body! Stay in touch with your core! Breathe!
- Give voice to the aspects rising in you. Give voice to the conflicting voices to those aspects. Speak (or yell) out loud. Externalize the voices. Go back and forth. Get animated! Stay present and embrace all the aspects. Keep going deeper, keep breathing until release and breakthrough occur.
- Once you are in an expanded state of release, sit or lie down and let go completely. Let your breath be deep and natural. Source your willingness and receive resolution and love.
- You are Spirit, embody fully, breathe in light, release into your core. Bring back all energy that is yours. Breathe it in. Use your hands to draw it back to you. Release any energy that is not yours. Breathe it out. Use your hands to let it go. Embrace, re-educate and integrate all aspects.

# Expressing and Releasing Feelings Ritual







---

- Release limiting conflicting beliefs and telepathic agreements. Declare your new intent and experience. **Key: Breathe and establish these in your body as real. See, imagine, and feel your new intent.** If you are unable to do this you are probably still holding some emotional energy. Beginning at the top of the page, contact and move these feelings, and then release the beliefs again when you are fully in a state of release.
- Intend integration and unification.  
Ask for support from God, the Earth, the Sun, your allies, guides and ancestors.
- Be willing to receive. Listen. Do outside behaviors that support and express your new intention. Be impeccable, build power.
- Continue to be present, breathe, feel and choose. Integrate the **10 Powers**.

# Releasing Exercises

By using the following exercises, you can effectively express physical, emotional and psychic energies.

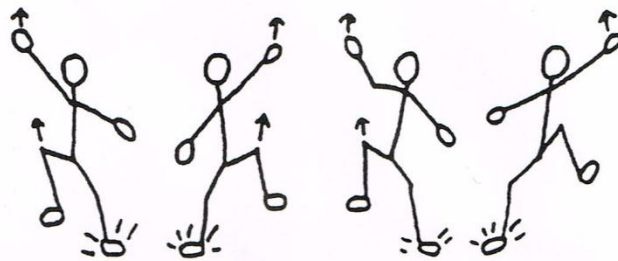
2001: With this exercise, you can transform present as well as stored anger. This is a bulk energy mover.

					
1	2	3	4	5	6
contact breathing	exhale and sound	breathe	exhale and sound	breathe	open up arms and chest
	throw energy out your hands		throw energy out your hands		move energy
	make "uhh" sound		make "uhh" sound		feel

## Power Stomping

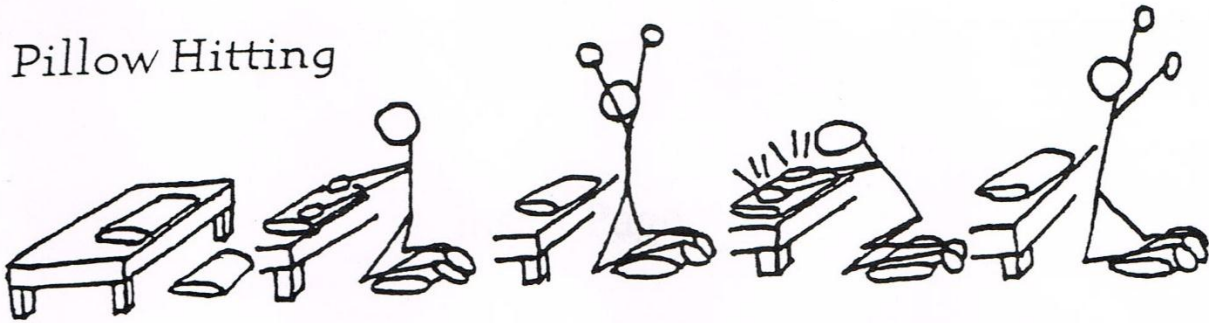
Quick release, fast

Contact breathing.  
 Take a deep breath and hold it as long as you can.  
 Stomp feet up and down, over and over; raise knees high.  
 Continue holding your breath.  
 Keep going... release all contraction... go some more.  
 Then return to contact breathing.



# Anger Release Exercises

## Pillow Hitting



set up  
2 pillows  
bed, couch  
cushions

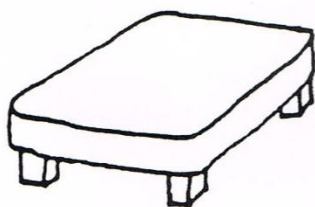
contact  
breathing

hit pillows  
exaggerate  
move energy  
all around

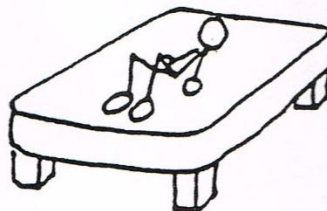
hit pillows  
vigorously  
breathe

up and down  
over and over  
breathe  
move energy  
hit pillows  
release anger

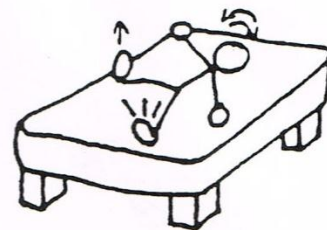
## Tantrum



set up  
clear the bed



lie down  
contact breathing  
(3-4 minutes)

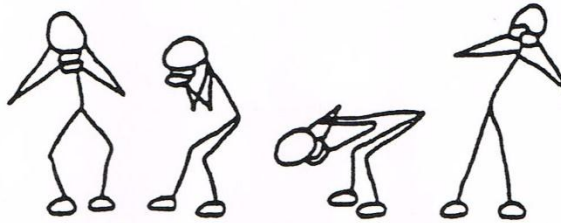


do a tantrum  
move energy  
express and release  
make sounds  
when tired, do  
contact breathing  
do another tantrum  
express until released  
and integrated  
aahh

# Releasing Exercises

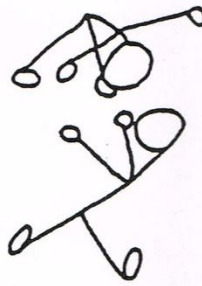
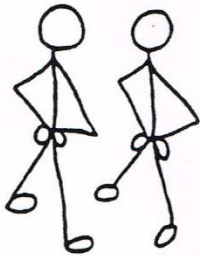
## Hand Scream

Breathe  
 Put hand over mouth  
 Scream into hand  
 Push stomach in and out as you scream  
 Repeat until you are experiencing release and integration



## Clearing Ritual

The intention of clearing ritual is to formalize what is already occurring, to clear the energy and to come back into alignment and intimacy. This exercise is for two or more people. Always do this exercise by agreement with all people involved.



contact breathing

face each other

no touching or hitting

eye contact

contact breathing

1, 2, 3, go!

verbally express

move energy with voice

don't hold back

continue for two minutes

1, 2, 3, go!

do it again

1, 2, 3, go!

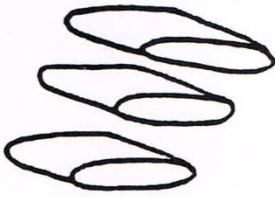
do it again

# Releasing Exercises

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These exercises are excellent for allowing fear, sadness and other feelings to vibrate and be released.

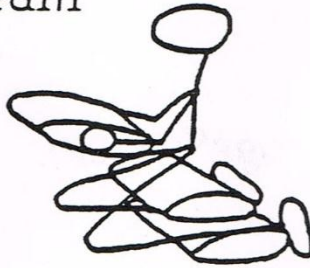
## Stretch and Scream



3 pillows

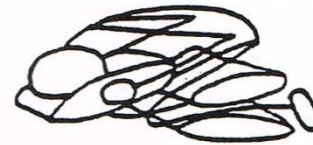
time: 10-30 min.

space: *where you feel  
free to express*



position pillows

contact breathing



deep breath

squeeze pillow with hands

bend over

put mouth on pillow

scream into pillow

stretch and move Body

extend scream and

stretch and move Body

do contact breathing when not  
screaming

continue expressing  
until you are experiencing release  
and integration

## Underwater Stretch and Scream

Prepare tub with hot water

Get in tub on knees

Contact breathing

Scream under water while stretching and moving your Body

Sit up ~ clear air passages

Breathe

Continue screaming underwater until released and integrated

# Sadness and Mourning Releasing Exercises

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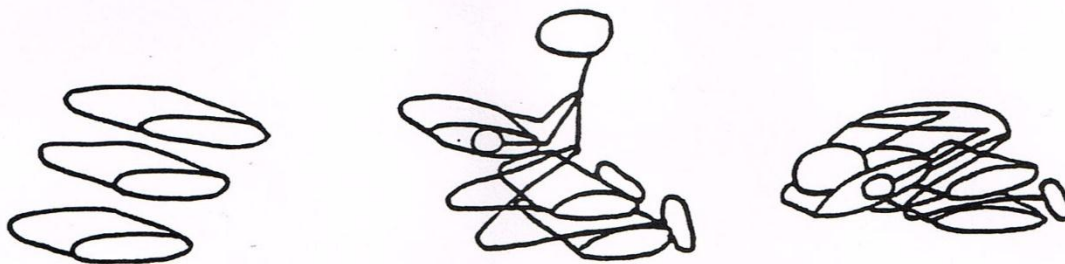
This expansion exercise will support you in releasing deep core pain and sadness in the Body.

## Extended Stretch and Scream (30-40 minutes)

Begin contact breathing

Do three extended stretch and screams ~ move your Body

Continue by repeating: Three screams and contact breathing  
for up to 30 - 40 minutes



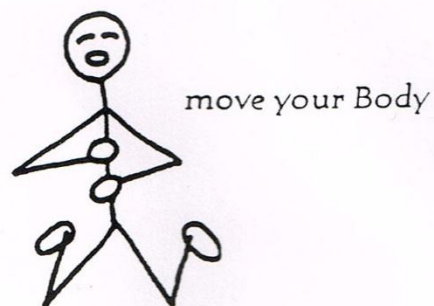
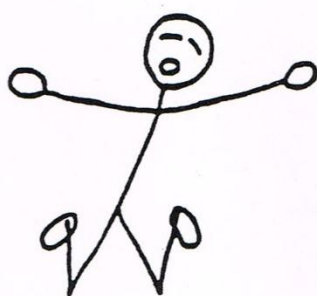
## Wailing Out Loud

Begin contact breathing

Do some hand screams

Then open your arms and wail openly and freely  
(Have agreement with your people about sounds; be appropriate.)

Continue; do contact breathing during rest periods





# Losing It Exercises

---

Losing it is beneficial. How you do it makes a difference.  
Below are two rituals that work.

## Foot Stomp and Shake

Do contact breathing

Integrate stretching your Body

Continue contact breathing

Then: Shake your hands  
Shake your head (be gentle)  
Shake your Body  
Stomp your feet  
Yell out loud  
Lose it!



## Rolling out of Control

Clear a space on the floor or Earth

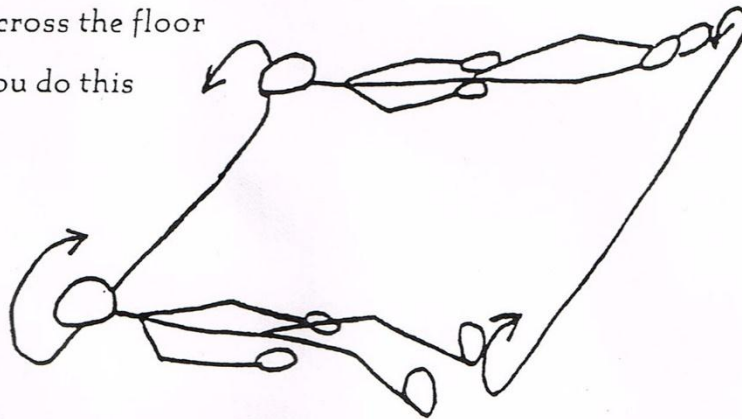
Lie down on your back

Do contact breathing, moving your head left and right

Then roll back and forth across the floor

Do contact breathing as you do this

Make sounds



# Aspecting

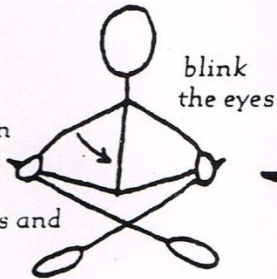
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## Preparation

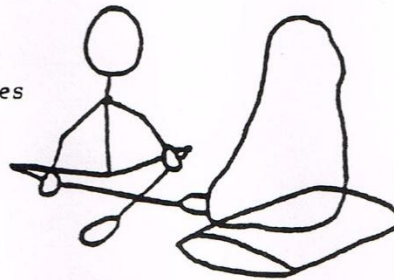
head left  
and right

stomach in  
and out

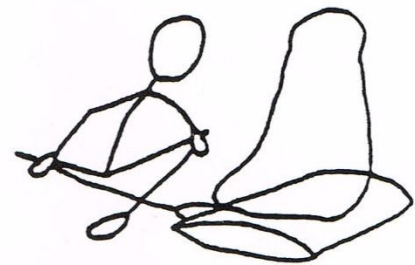
wiggle toes and  
fingertips



## Contact aspect



## Speaking



You preparing  
Mom

You Mom

You

Do contact breathing  
for five minutes  
"Hey, Hey, Hey...  
Hee, Hee, Hee...  
Hi...Ho...Hoo..."

"I am now bringing  
my Mom here multi-  
dimensionally to  
participate with me  
in this session."

"I feel frustrated  
when you don't  
acknowledge my  
idea."

Breathe, open up.  
Go to OLB for a  
successful session.

Feel the presence  
of the aspect you  
are contacting.

Speak directly to  
Mom at the pillow.  
Make sure she  
hears you.

## Aspecting

We are vast multi-dimensional beings creating our world, our relationships, our options.

The different aspects of one's self include: other people, objects and things in the world, internal personalities (aligned, conflicting or confused), feeling tones, colors and other multi-dimensional energies.

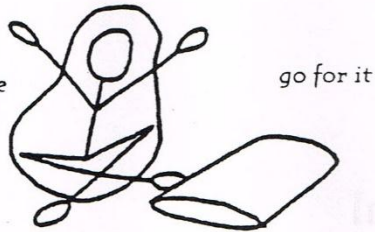
Aspecting is a technique for contacting and healing the different aspects of one's being to bring them into alignment with love and the true nature of who we are.

This technique is appropriate for re-integrating fragmented personalities and for resolving conflicts.

# Aspecting

Shift positions  
Speak

Note:  
exaggerate  
feeling



go for it

Mom      You

"Your ideas are simple, silly and ridiculous. You are stupid!"

Fully become Mom speaking to you, the pillow.

Back and forth  
Speak and express

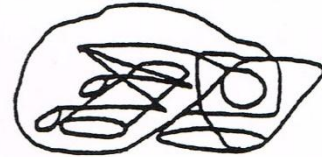


You      Mom

"Oh yeah?!  
Take this!  
Huh! Huh! Huh!"

Directly express any energy that each aspect feels (exaggerate).

Express each aspect  
fully and completely



extend the  
screams

Mom      You

"Wah! Wah!  
Oh, son. I've been afraid to trust you, and I want to."

Continue expressing all aspects until each side comes into love.

Continue to next page...

# Aspecting

---

Complete with  
all parts



You            Mom

"I release myself  
from guilt so I can  
receive our love.  
I love you Mom."

Become each part.  
Feel completion, love  
and clarity. Speak  
this.

Belief and agreement  
releasing

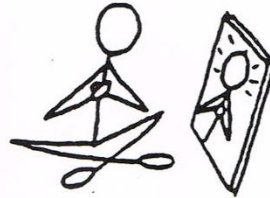


You

"I now go to the OLB  
to release the following  
beliefs and agreements.  
The belief that..."

When released and  
complete, review  
session and release  
beliefs and judgments.

Mirror contact  
and completion



You

"I am love  
I am light  
I am power  
I am one with God."

Making mirror contact,  
take a deep breath.  
Feel, speak, see.

# Completion Ritual

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**Completion is a key to powerful transformation.**

Completion is a choice.

Completion makes a difference.

**The following ritual supports completion:**

Express and release to completion.

Look into a mirror.

Breathe.

Contact and look in to your eyes.

Ask, “Am I complete?”

Say the following statements:

I am love

I am light

I am power

I am one with God

As you say these words,

look into your eyes and maintain feeling tone awareness.

Your body, your feelings, your knowing will communicate to you the extent to which you are complete.



# Isolation Bubble

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# Isolation Bubble - An Overview

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**An isolation bubble is a system of controlling yourself and the truth in a desperate attempt to “fix” your life in response to feeling scared, hurt, lacking, abandoned, and engulfed. A pretend connection is your attempt to avoid your real feelings and experiences while creating an illusion of feeling bonded and safe. When you are in the isolation bubble, there is a false feeling of safety and control.**

Addiction begins with the illusion of separation and the choice to assemble an isolation bubble. It is the habit of choosing to deny the truth of what is really happening, and to override your true feelings, desires and responses. This control of yourself goes from a conscious choice that you have made over and over again, to a “reaction” that you have trained yourself to have. These choices begin to feel like “have to” and compulsion, rather than a simple choice.

Co-dependency is a term used to describe all the dysfunctional relational choices and behaviors you have assembled in response to growing up in a dysfunctional system. These dysfunctional choices include all the ways in which you are separate and dysfunctional in relationship to yourself, God, others, your world, and Kosmos. It also describes an experience of “fixating” on someone else and his or her life, believing that if we “fix” that person, then we will be alright.



## Isolation Bubble is a Fix

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**The isolation bubble is a “fix.” It is an intricate system of controlling yourself and the truth in a desperate attempt to avoid the pain of abandonment and disconnection.**

It has been your attempt to feel bonded and safe in a world that feels abandoning, engulfing, abusive, lacking, insensitive and disconnected. The isolation bubble has been your attempt to avoid your real feelings and experiences, while using your power to control and contract yourself in such a way that you create the illusion that you have something to hold onto. (The contraction) In a reality that has felt harsh, abandoning, and engulfing to you, holding onto this illusion has felt comforting and necessary for your survival.

The degree to which you felt deprived, abused, abandoned, and engulfed is the degree to which you have most likely built an isolation bubble and a pretend connection with others. The degree to which you have been feeling crazy, dissociated, separate, dysfunctional, powerless, and afraid or denying it, is the degree to which you have disconnected from yourself in the attempt to create pretend connections.

You are a sacred energy being. You are designed to have your real wants and needs met, while being guided and treated with optimal sensitivity. The choice to assemble an isolation bubble and pretend connections began when you realized that your needs were not being met and your reality was not as sensitive as you were.

The core of most people’s abandonment issues is a feeling that God is not there for them. This manifests as a perception of lacking. This lacking is different for different people; it can be love, light, resources, money, beauty, relationship, etc. It is a feeling of not being “backed up and supported” by the universe.

The other common feeling is a fear of being engulfed or inundated, everything being “too much”. Many people created parents in this lifetime that reflect and repeat these experiences with God. We have created this so we can get in touch with these imprints and patterns and have the opportunity to heal and resolve them – coming back into connection and oneness with All That Is.

# Isolation Bubble and Pretend Connections

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**As we select, distort and/or create our experience of abandonment and/or engulfment with God, with our parents or caretakers, we often avoid the truth that one's parents or caretakers had one or more of the following occurring:**

- Were not fully present and as a result, were incapable of meeting your basic wants and needs in a way that felt real, fulfilling and satisfying.
- Were needy because their parents were not present and were incapable of meeting their basic wants and needs.
- Were repressing the fear and rage they had about not having their needs met, turning it into contraction, self-hate, blame and resentment toward you or a fixation on you and your needs.
- Using you inappropriately to meet their unfilled needs for love, contact, recognition and a safe place to express.
- Were in conflict about wanting you to exist because:
  - You had needs that they felt inadequate to meet.
  - Your state of dependency reminded them of their own unmet needs which they were trying to hide and forget about.
  - Your realness, free expression and aliveness disturbed their control plan.
- Were in conflict about wanting to exist themselves.
- Were incapable of fully loving you because they were incapable of loving themselves.
- Were engulfing you with what they wanted or needed you to be, and with their inappropriate fixation on you.

Creating an isolation bubble seemed like a reasonable option to stay present with this overwhelming truth.

Creating pretend or shallow connections with God, our parents, and others also seemed like a good idea as a way to survive the dysfunctional and painful experiences with God, our parents, and others that we experienced before this life, as children and young adults.

# Isolation Bubble - Denial

---

**Assembling an isolation bubble has required that you deny the truth about yourself and very possibly take on some of the following beliefs and assumptions:**

- It must be my fault that my needs are not being met and that there is so much lacking and abuse in my reality.
- There must be something wrong with me. (Toxic Shame, which is a lie.)
- It is not my parents' fault that this is happening. They seem to be doing their best and/or it is my parents' fault and there is something wrong with them too.
- The best thing to do is to control and contract my real self into non-existence and create a self-image to get by.
- My real wants and needs must be bad. I should make them non-existent.
- If I can fix myself someday, everything will be fine and I will deserve to have my needs met.
- There is no use trying to connect with God, because God does not exist. If God existed, God wouldn't be letting this happen to me, or maybe there is a God and I am not perfect, right, and done enough for God to want to help me. (not spiritual enough, not good enough, smart enough, thin enough, rich enough, nice and loving enough etc...)

# Isolation Bubble - Decisions

---

**To hold the isolation bubble in place, we often made some of the other following decisions:**

- I will pretend that my god/parents/people are loving me and meeting my needs. To feel the truth that they are not present for me or are fixated on me in this way is too overwhelming to feel right now.
- I will hide what is real about me so that it doesn't get hurt any more. I will hide what is real about me so that no one can control me or annihilate me.
- I will control, contract and manipulate myself so that what is real about me is undetectable, and I will create a self-image to get by with. No one will know who I really am (including me).
- I will also make all my wants and needs undetectable by controlling them and contracting them out of existence. This way I will be sure not to experience more disappointments about not having them met. (Addiction becomes the substitute.) Or I will become dominating and demanding about my needs and try to get others to "fix" me.
- By disconnecting from myself and my reality with all this control, contraction and manipulation, I will be able to maintain the illusion of a false connection with myself and my reality.
- I won't let myself feel that my parents/others are in denial and addiction. If I let myself feel the truth of this, I would be overwhelmed by the possibility of abandonment or engulfment happening again.
- While I deny any self-hate, self-destruction and denied rage/fear/pain my parents/others are involved in, I will take it on internally inside me. If I hold it for them, express it for them, and take it on as if it is all about me, then maybe someday I can fix it. In the meantime, they won't be abusing me with it. I'll hate myself and reject myself so that no one does it to me.
- I will parent myself. I will meet all my needs by myself. No one else will. There is no nurturance unless I provide it or manipulate it.

## Isolation Bubble - Decisions

---

- I'll withhold my energy and keep it stashed away so that I'll always have enough to take care of myself.
- I won't let any energy in because it may be abusive.
- I'll pretend to love others so that they like me and won't hurt me.
- I won't let anybody love or support me because it's probably only temporary, and when the abandonment happens, I'll feel disappointed and hurt all over again. In the first place, it's best not to let anything or anyone in. I will manipulate for love and support because it's the only way I'll get any.
- I will learn how to select, distort and provoke everyone in my reality so that I can continue to evolve the strength of my isolation bubble.

### **SELECT**

I will select people that match up with and compliment my original cause abandonment/abuse pattern with God and my parents.

### **DISTORT**

If the people I have selected do not match up with the way I want them to, I will distort what they think, do, feel and say until I can pretend it matches up.

### **PROVOKE**

If my distortion doesn't work, I'll provoke the person or persons until they want to treat me the way I was treated in my original abandonment/engulfment abuse pattern.

- I will keep myself from getting hurt by love again by projecting what I hated and denied about God/my original caretakers onto those who want to love and support me now. I will use this to support my reality view and victim-hood.
- I'll do everything I can to take care of myself and "fix" myself, with hopes that someday I will be okay enough to deserve to have someone save me and/or I will abuse myself and hope someone will save me. And/or I'll pretend I have it all together and don't need anyone or want anything.
- I'll create the illusion that I'm fixing others up so that they will want to come and save me. And/or I will abuse, neglect or rebel against others to prove no one will ever want me.

Feel which ones of these are pertinent to your personal control plan. Be honest with yourself. Remember most of these were made in the face of surviving as a spirit/child.

# Isolation Bubble - Control Plan

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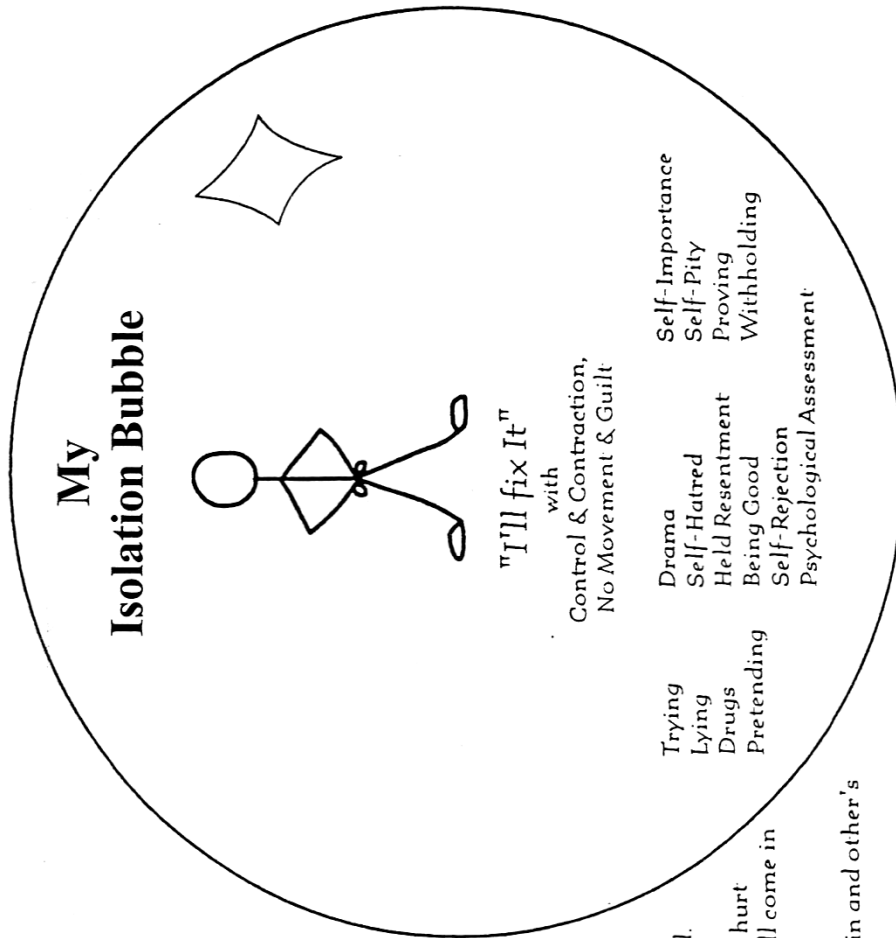
**Your isolation bubble has been a control plan designed in hopes that you could create an illusion of bonding and safety.**

It is a self-centered bubble in which you have hoped to maintain the illusion that you are keeping reality out, while keeping your real self in (nothing in / nothing out).

This bubble becomes your imaginary fort (constructed out of your control and contraction). Within this fort, you can maintain an illusion that you are defending yourself from the outside world, while pretending you are safe. Within your walls, you can pretend you are protecting your sensitive, real self while stashing away your energy to meet your own needs. You can also pretend that you are separate and do not really affect others and that others can't affect you.

Unfortunately, the control and contraction that is required to keep this illusion in place leaves you feeling isolated and trapped in the bondage of your own control. This is the pain of separation.

## My Isolation Bubble



### Decisions I Made

- ▶ My parents are perfect, right and done.
- ▶ It's my fault.
- ▶ I have to hide what is real.
- ▶ I have to be good, bad, or hurt enough that someone will come in here and try to save me.
- ▶ I have to keep my energy in and other's energy out.
- ▶ I have to avoid what is nurturing so that I don't risk the disappointment of losing it again.

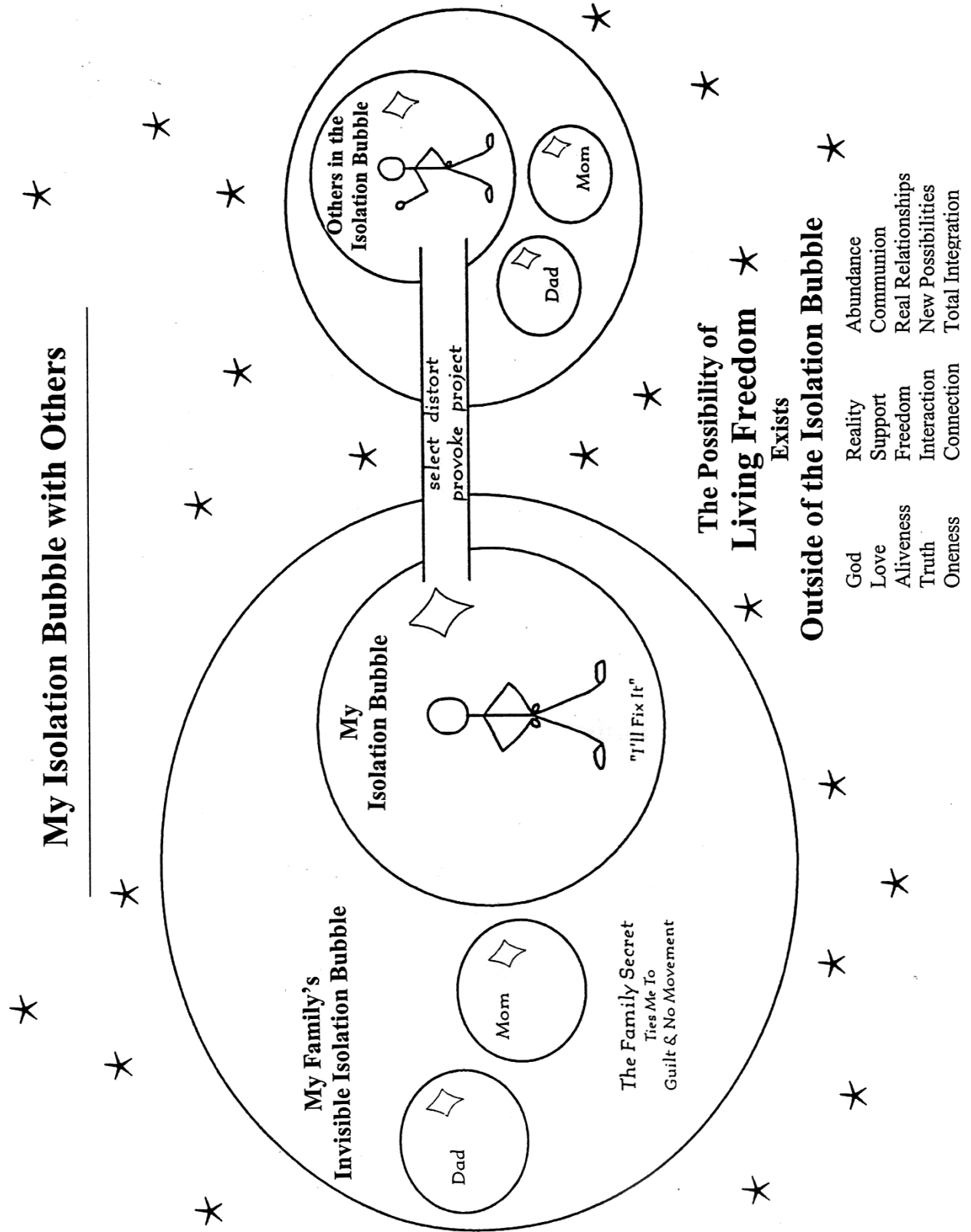
### Then I withhold

- ▶ What I see.
- ▶ What I feel.
- ▶ What I know.
- ▶ My love.
- ▶ My communication.
- ▶ My energy.
- ▶ My willingness.
- ▶ My desire.
- ▶ My pleasure, ecstasy.





# My Isolation Bubble with Others



# Isolation Bubble - Illusion of Separation

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**Healing the isolation bubble and the illusion of separation is about reconnecting with yourself and the Kosmos.**

It is about having a deep desire and intention to reclaim what is real about yourself and your life, past, present and future.

Healing the isolation bubble requires creating the space to feel, love, nurture, embrace and vibrate those aspects of yourself that have been hidden underneath the layers of your control.

Healing the isolation bubble requires moving the energy that has been stuck in all of your chakras from years of withholding and no-movement. It requires vibrating your energy open so that you are present, not only to transform and release your past, but to be present to receive the truth of the love and support that is available to you now, and be an adult capable of loving and supporting others in healthy non-co-dependent relationships..

As you begin to feel and see the truth, you may become more and more conscious of how many levels of control, manipulation and denial you have been operating in. It is important to remember that you have been choosing this as a way to survive, and you are not bad for having done this. It is all healable. What is real is that God and the Kosmos is one with you and there is no separation. There are many people who are waking up and are willing to join you in coming out of the separation and the isolation bubble. It is a new time of evolution. It is time for us to be God receiving God, God loving God.

# Isolation Bubble - Questions to Ask

---

## **Some questions you can ask yourself to trigger the unraveling of the Pretend Connection include:**

- How am I pretending that my present situation is better or worse than it really is?
- How am I still withholding my energy to keep from feeling what has happened and is happening now?
- How am I “holding out” on myself by not allowing the love and support that is available now? Am I withholding my true love for others?
- What circumstances am I creating in my life now as a way to have to feel what I didn’t let myself feel as I was growing up in a dysfunctional family?
- How am I overlaying my original God/family experience on others?
- How willing am I to admit and feel what I was scared to admit and feel then?
- Am I expressing what I see, hear, think, know and/or feel, or am I withholding and keeping it to myself?
- Am I allowing myself to experience the love and nurturing that is available for me now, or, would I rather keep selecting, distorting and provoking my reality to feel like it was when I established the isolation bubble in the first place?
- How am I using this to prove to myself that I should stay in my isolation bubble where I can pretend that I am feeling bonded and safe?
- How honest am I being with myself about what I’m really choosing?
- How authentic am I being with others?
- Am I allowing myself to love myself or am I continuing to re-circulate self-hatred?
- Do I have the fear of engulfment or the fear of abandonment as my first reaction in relationship?

## Isolation Bubble - Questions to Ask

---

- Am I abusing myself as I was abused in the past, or am I treating myself with the love and respect that I deserve?
- Am I staying stuck on the position that life won't work and that I am hopeless so I have justification to rebel and stay isolated and separate?
- Am I creating so much drama in my life and involving myself in so many fixes (work, food, lies, etc.), that I don't have a chance to feel what is real or to be truly intimate?
- Am I feeling the fact that I have real wants, needs, and desires, or am I keeping them hidden so I don't risk feeling disappointed again?
- How willing am I to release a control plan that is not working?
- How do I not allow a free flow of giving and receiving to beneficially interrupt my illusion of separation?
- When real love, honesty and intimacy begin to move in my life, what do I do to stop it?
- Am I willing to experience the truth of love and oneness?

# Isolation Bubble - Healing the Illusion

---

## Keys to healing the Illusion of Separation include:

- Admit that being separate is not working.
- Love yourself and remember that creating a delusion of isolation and pretend connection felt like a reasonable way to survive.
- Disengage the addictive control and allow yourself to feel and move the feelings you have been denying while trying to keep the illusion in place.
- Admit everything you have been doing to keep the illusion and isolation in place.
- Notice any guilt or toxic shame that comes up as you are exposing any personal, family, cultural or global agreements, or secrets. Vibrate, vibrate, and vibrate.
- Remember that you designed this illusion of separation to work effectively. So don't be surprised if you are not able to get conscious of all you do to keep it in place right away. Trust that you will become conscious of all the intricacies of your control plan as you are ready to do so. God is in you and will support you in the most loving, nurturing process of becoming aware that is possible, if you are willing to keep loving yourself and disengaging the addictive control. Ask for and receive support.
- Notice where you feel the desire to select, distort and provoke. Choose something different.
- Notice if you are projecting what you hated and denied in the past onto others, rather than staying present with the truth of what is happening now and going for breakthrough and resolution.
- Continue to release beliefs, assumptions, and telepathic agreements that hold your illusion of separation in place.
- Involve yourself in whole process and be willing to receive the life that Universe has for you now. Utilize the **10 Powers**.
- Let go of self-obsession. Contribute in service, love and healthy non-co-dependent relationships.

# Isolation Bubble - Disassociated

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**Remember that how crazy you have been feeling is a direct result of how dissociated and disconnected you have been from yourself.**

How disconnected you have been from yourself is also the degree to which you have been feeling isolated, separate, sick, poor and dysfunctional as a relational being.

Healing your isolation bubble and the illusion of separation is a direct route to healing all of these aspects of your experience.

# Disrupting the Isolation Bubble

---

## To Disrupt the Isolation Bubble:

- Breathe! Tell yourself the truth. Speak the truth, moment by moment, with full sobriety and compassion. Take full responsibility for your life.
- Release addictive “Using”. Feel your core.
- Do your Integrative Practices as a life choice. **10 Powers, Sobriety, Impeccability.**
- Increase giving and receiving, with healthy boundaries and without sacrifice, free of co-dependency. Nurture relationships that produce true intimacy, respect, appreciation and healing.
- Love yourself and consistently make choices that directly express your self-love. Respond to yourself and your inner guidance.
- Allow others to support you, without making “deals”. Contribute your support and services to others unconditionally.
- Increase your awareness of how you select, distort and provoke, and choose not to.
- Admit isolation and reconnect with All That Is.
- Release addiction to suffering and to mentally generated feelings and process.
- Continually choose to have an attitude of gratitude. Practice Gratitude daily.
- Read inspiring, uplifting, challenging books. Expose yourself to new possibilities.
- Increase pleasure, sacred fun, joy, creative expression, dance and freedom.
- Recapitulate, transform and release your past.
- Increase connected, sober contact with the Earth, Sun, allies, wilderness, and the beings of the natural world. Talk to them about everything.
- Develop a meditation practice. Be silent. Expand real communion with God. Pray and ask for support.
- Create new reference points. Spend time with and learn from evolving enlightened beings.
- Commit to and intend oneness and liberation. Open and receive Living Freedom and Total Integration.
- Dream and track connectedness.

# Choices that keep the Isolation Bubble in place

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- Holding resentment, blame and self pity. Victim-hood.
- Establishing a self-image that makes us the product of “our story”.
- Having to do it all by ourselves (isolation).
- Exhaustion, over-commitment, over-doing, and busyness.
- Mentally generating feelings and process. Emotional indulgence and addiction.
- Guilt, “Shoulds”.
- Self-Importance, self-rejection.  
Trying to keep it all together, creating personalities and self-image.
- Keeping relationships in a “pretend deep connection” (co-dependency), or avoiding them all together.
- Competition. Needing to be right, domination and control.
- Rebellion and addiction to suffering.
- Terror of future disappointments and loss.
- Authority issues. Power struggle.
- Selection, distortion, provocation and projection cycle.
- Avoiding responsibility. Hiding hopelessness.  
Denying one’s power and ability to choose.
- Avoiding being fully present in the “Now”.
- Self-obsession and self-focus.
- Avoiding one’s true essential experience.
- Addictive patterns. Drama. Using.



## Isolation - Original Cause

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When we refer to original cause, we are talking about the origin of our conditioned patterns, limitations, and separation. We see that a sense of abandonment and lacking, and a fear of engulfment underlies most of what occurs on Earth that is not aligned with Love and Truth. Toxic Shame, the Isolation Bubble, self-hatred, abuse, and addiction are all part of our attempt to cope with these imprints. The core of this is with God, although it is repeated over and over with our parents, mates, and friends, and in our World. Where this began, we do not know for sure. However, we do know that we are here to heal it. Earth life offers spirits the opportunity to do so and it is totally achievable. The time is now.

If we, in our control plan, identified some aspects of Being as preferable to God over others, we may have identified ourselves with either the preferred aspect or the part we saw as inferior. Some people over identify with Spirit/Mind, while others with Will/Emotion, while still others with Heart or with Body. As we did this, we may also have marginalized or denied other aspects and we may also project these aspects and how we have judged them onto others. This is the selection, distortion and provocation process of our original cause pattern, leading to many of the issues in the following pages. Most of us will continue to relive these core imprints over and over again until we release them and heal ourselves.



# Addiction

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**Addiction is anything you compulsively do instead of having your true core experience and feelings.**

**Addiction is “Preoccupation” used to avoid your core experience.**

Addiction begins as a conscious choice to deny the truth of what is really happening and to override your feelings and desires. This requires control, contraction and denial of your true essence and authenticity.

Addiction has been used most often to cover up denied feelings of powerlessness, rage, fear, lack of self-acceptance, and lack of connection with a loving, nurturing God, resulting in feelings of abandonment and/or engulfment. Choosing addiction has been your attempt to “fix” this lonely and terrifying experience.

Addiction is a substitute for taking responsibility for what you really want and need and for being in a healthy relationship with All That Is.

Unfortunately, this control goes from a conscious choice that you make over and over again, to a ‘reaction’ that you have trained yourself to do. The addictive choice then begins to feel like a “have to” (a compulsion), rather than simply a choice.

Healing is not about trying to control yourself even more. It is about letting go of control and opening yourself up to a loving, nurturing Universe that is available to support you now. It is about re-educating yourself to relax and feel, and discover the true nature of your vast multi-dimensional being at one with the Kosmos. It is about empowering yourself to be connected and free at your core and true to your essence!

# Releasing Addiction

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**Releasing addiction requires taking full responsibility to feel, recognize and transform your true core issues of abandonment, engulfment, Toxic Shame, the Isolation Bubble and the Illusion of Separation.**

This requires being fully present in each moment, breathing and being willing to experience the “Truth of Now”, then utilizing Integrative Whole Being Process (**10 Powers**), re-educating yourself to staying present, and being willing to feel and embrace all aspects of yourself into love and connectedness. As you do this the compulsivity of addiction will become obvious and will begin to lose its power, and you will then experience what you really want and need: truth, love, oneness, Living Freedom.

**Releasing addiction is about choosing. It is about choosing to touch that place in the core of your being that you have felt cannot heal.**

It requires admitting to yourself and God the details of how you are attempting to “make life work” and to keep things “under control”. You must admit that by doing this, you are “holding in place” the experiences of suffering, powerlessness and death.

You must allow yourself to feel how powerless and miserable you have felt as you have gone on and on trying to keep things “together” and “under control”. As you do this, you will be opening the doorway to everything that needs to be expressed and released.

Do not try to figure out what you are supposed to do next. As you choose to be impeccable in this process, your inner knowing will guide you! Keep integrating all the Whole Being Practices that you are receiving as tools for connecting and embracing with your core experience, rather than “rules” that you use to try to “fix” yourself.

Healing addiction requires retraining yourself to stay all the way present with whatever you are truthfully feeling and experiencing in the moment.

You must touch your core self with your presence and let it know that you are not going to abandon yourself again or engulf yourself with inappropriate experiences.

You also must vibrate your core feelings, giving them voice, movement and freedom.

As you vibrate, it is important that you not lose touch of your core experience. Stay present with your feelings and vibrate them all the way through, bringing them into unconditional love and acceptance in your heart.

Remember that you cannot do this healing all by yourself! Allow the transformation to happen! Your job is to admit and stay present with your experience as you disengage the control. Let go and surrender to Oneness and the Kosmos.

**Co-dependency is a generational disease that is a result of growing up in a dysfunctional family that is in the Illusion of Separation.**

It is the result of making unhealthy choices in response to not having your basic needs met, and in response to being psychically, physically, and emotionally abused.

Co-dependency began at the moment you chose not to be sensitive and aggressive with your Will. This is where you did not let yourself feel and express the truth of your experience.

Co-dependency is the result of denying your power to feel, know, and respond to yourself. The habit of denying yourself leaves you feeling powerless and dependent on others to feel, know, and respond for you, or you responding for others.

Co-dependency is also the result of not being fully supported in completing your early life stages.

You were biologically programmed to complete certain relational tasks in each of your early life stages. You expected to be unconditionally loved, nurtured, and allowed to be naturally immature and dependent in this process.

If your needs were not met as you were attempting to complete these tasks, you were not able to develop successfully. This is what has left you often feeling desperate, powerless, and thinking that something is wrong with you. It also did not allow the development of a healthy ego or sense of self.

Co-dependency is the ongoing dis-ease of inappropriately trying to get your early needs met, while trying not to feel the truth of what has happened to you.

Co-dependency is using others, fixating on others, and trying to “fix” others, or trying to get them to “fix” you in an attempt to feel ok.

# Co-dependency

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**Asking yourself these questions will support you in becoming more aware of Co-dependency.**

- Do you have lots of relational drama and power struggle in your life?
- Are you holding on to someone? Are you “Waiting” for them to change?
- How are you still looking for an outside authority to tell you what to feel, know and how to respond to your life?
- How many relationships have you been in as a desperate attempt to get your early dependency needs met?
- How are you still making inappropriate agreements in an attempt to get these needs met? Or, are you inappropriately trying to meet these needs for others?
- Are you trying to fix someone? Is someone trying to fix you?
- How are you draining your power in all of these ways?
- How are you undermining someone else’s self-empowerment in these ways? Enabling them to be irresponsible?
- How aware are you that this is a mutual invitation to death?

## **Remember:**

Healing co-dependency is not about trying to “fix” yourself with more control and contraction. It is about presencing yourself in the truth and choosing sobriety and impeccability.

How willing are you to enter this phase of the process?

Choose to feel and to be in integrity with your process and you will experience the results!



## What is at the Core of Co-Dependency in Relationships?

- Addiction to the continuum of wanting, longing, lacking, and suffering, and a desire to stabilize in this experience as a continuity.
- Guilt and abuse.
- Unwillingness (to change, let go, heal, be free, see, know, etc.).
- Believing there is something wrong with you that can't be fixed and/or that you'll never be able to create what you want, so settling for what is available.
- Self-image (self-importance, self-rejection, self-pity).
- Misunderstandings about love and empowerment, and addiction to power struggle (dichotomy between power struggle and complacency).
- Relationships based on unhealthy "deals" and agreements.
- Trying to get wants and needs fulfilled that you need to give yourself in some other healthy way.
- Inappropriate "care taking".
- Unhealthy involvement in another's addictive process.
- Two fragmented people trying to be whole together.
- Taking inappropriate responsibility for another person.



# Family Abuse Patterns

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**Many people have grown up in dysfunctional families where abuse, denial, and addiction were part of the continuum of existence.**

Because the human organism was not meant to constantly deal with that much stress all the time, many people minimize the memory of what really happened to them as children or they deny it completely to survive. In order to do this successfully, they have to literally cut off from parts of themselves, particularly their feelings. As they do this they become to some degree dysfunctional because they are no longer whole.

We are born with certain needs. Love, safety, security, stimulation, etc., that must be fulfilled to be healthy beings. We have also been given innate powers to fulfill those needs. Some of these are the power to feel, to know, to see, to imagine, to intuit, to perceive, to create, and so on. When a child lives in a dysfunctional environment, some of these powers become repressed and denied. A person can then no longer fulfill his or her needs.

A core basic need is our connection to the Kosmos. If we had parents who were trying to get from us what they should have been receiving from God, further dysfunction results in the family. We enter inappropriate role playing and become enmeshed or “confused” (inappropriately fused).

Our parents are not to be blamed. Generations have been handing down the abuse patterns. The individuals within these ill systems believe that there is something wrong with them, and feel tremendous guilt and shame for existence.

It is up to us to end these generational patterns, abuse, and the compulsions and addictions that are the result. This requires the total willingness and commitment to heal, to admit to God, and to Domain Shift. The family system needs this contextual and total shift now. We can do our part by healing ourselves and being unwilling to bring forth family in the old context. Evolution of the family is sacred work.

Remember there are many types of abuse: verbal, emotional, sexual, physical, psychological, spiritual, and even telepathic. Make a commitment now to complete these in your life, to reclaim your whole essential self, to release created self-image, and treat yourself and others as sacred energy, creation expressing the Creator.

# **Systems:**

## **Healthy vs. Dysfunctional**

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This information applies to all living systems, families, and communities, and religious, corporate, and political organizations.

### **Healthy Systems**

1. Healthy systems are growing and evolving.
2. Open to input from the outside and seek it regularly.
3. Non-secretive and forthright.
4. The roles are flexible and changeable, if need be, thus allowing for healthier functioning and ongoing growth. People are not endlessly stuck in playing out a role that is too limiting or inappropriate.
5. In a healthy system, competition is only for fun, and everyone is supported in doing his or her best. Everyone is a winner.
6. The rules or guidelines are consciously agreed upon and conscious, and benefit the well-being and full potential of everyone.
7. Healthy shame is felt if there are boundary transgressions, abuse of any kind, or oppression of individuals or significant information.
8. There is clear and honest communication, trust, respect, and honor among all participants, and for the natural world.
9. There is a sense of benefiting others through being together. Everyone feels connected to each other and the World.
10. Everyone feels free and together in synergy.
11. At times there are disagreements or issues that arise. They are resolved or there agreement that it is ok to disagree openly and peace is restored.
12. Resolution and growth occur regularly.

# Systems: Healthy vs. Dysfunctional

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## Dysfunctional Systems

1. Dysfunctional systems lack health, movement, and growth, and are slow to evolve.
2. They are closed systems with little or no input or support from outside the system.
3. There are secrets being held and information is controlled, abused, or manipulated.
4. There is stuck and rigid role playing and coercion for people to remain in the roles and be sacrificed for the system.
5. There is competition both direct and covert, and there are winners *and* losers. Everyone is actually losing.
6. Rules, regulations, and belief systems are rigid and strictly enforced, or there is chaos, anarchy, and constant power struggle. People often don't know exactly what the rules are. There is often a person playing the role of controller, making up the rules, and not necessarily having agreement on them. Fundamentalism is in this category. People are punished for not following the rules or for trying to make everyone follow rules that aren't agreed upon.
7. There is toxic shame underneath the surface in everyone involved. This toxic shame is the basis of dysfunctional systems. It is used to manipulate and control. Shameless behavior occurs because healthy shame, beneficial boundaries, and limitations are not recognized.
8. There exists a no-talk rule that is voiced or not, and people are punished for breaking it.
9. There is no conscious intent to benefit the World or a larger system. The individuals and group are isolated.
10. Unbeneficial control and a feeling of oppression exist on every level within the system. There are always people and feelings that have been marginalized or denied.

Remember: All human systems (made up of people) are living systems. This means they can change and evolve. As systems become healthy they have a tremendous power to transform and affect the World. If they are large systems, such as global corporations, the effect can be very rapid.



**Perspectives**  
and  
**New Possibilities**

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# Intent and Informing the Quantum Sea

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The Kosmos, with a K, is a word used to describe the entirety of the Universe, the seen and unseen, the physical and energetic, the manifest and un-manifest. We live, are part of, and are created of and in a vast Kosmos of energy particles, which is referred to by physicists, as the quantum sea. In the Shamanic world we would describe the same phenomena by saying everything is energy and that energy is informed and formed by a force called Intent. From a Shamanic point of view we would also say that we and everything that exists are products of that pure Intent.

As co-creators of our world, our intent is also powerful. Through our intent we inform the quantum sea of energy as to how to participate with us as individuals. We do this by our thoughts and beliefs, particularly the ones that we have feeling and energy behind. The more energy and feeling, the more power the message has. When we clearly state our intent and we visualize the outcome, making it real in our bodies, producing the feeling that we are actually having the experience and receiving it with gratitude, the message to the Kosmos becomes very powerful.

If our intent is also aligned with truth, beauty, and love, we will have the additional benefit of alignment with pure intent. Co-creation becomes very real at this level of engagement as we are informing the quantum sea of energy as to how it can exactly serve us. If we then trust and surrender into the process, we will receive the best possible outcome we are capable of and willing to receive.

Remember that this requires our choosing to spend some regular time engaged in these practices. The power of visualization, combined with clear intent and feeling, is not to be underestimated. Clearing the beliefs and energy blockages will also help your intention go out cleanly and purely without conflict. Meditation will support you in the presence, listening, and clarity to know your deepest and purest inspired intent. We, of course, recommend that all of these practices be part of a whole integrated life process. May we all let go of isolation and interact in full reciprocal love and co-creation with our world and Universe.

# Taking back Time

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We live in a culture where we are applauded for being very busy and busyness is related to being important and successful. At the same time we all have come to understand that stress is a major contributor to disease, relationship dissatisfaction, and lack of fulfillment overall.

Our society has become “time sick”, and it is essential we own our relationship to time and heal this illness. We are responsible for the sacred space of our lives, our homes, and our families, and what occurs in that space and who we invite into that space. It is appropriate that we take the same responsibility for our sacred time here on Earth.

We need to release being a victim of time and how we spend it, and re-structure our language so we do not continue to confirm that victim-hood through how we speak. We need to realize that we are the source of our relationship to time and to our experience of time itself. Time is relative, when we speed up, time speeds up, when we slow down, time slows down. There is an infinite amount of time and it is impossible to run out.

When we begin to be the source of our experience of time, we can begin to accomplish much more in much less time, and find that when we have a commitment to an integral life and to living in spacious time, circumstances unfold differently, grace occurs, and we indeed have time for our lives. We begin to realize that everything that is truly ours to do, fits, and that what is not ours, does not. We can take responsibility to only do what is ours to do, and relax into that flow without pushing or holding back, exhausting ourselves or sacrificing our other important priorities.

We have also noticed that guilt decreases time, and that trust and bodily relaxation expands it. As we occupy different states, our experience of time changes accordingly. We can bend time, stretch it, and shrink it. We are the source of our experience of time, and when we accept this sacred responsibility, our lives become full of grace and increasingly extraordinary moments of sacred presence. We can step out of our limiting cultural agreements and source our relationship to time.

# Recognizing and Releasing Upper Limits and Expanding Receiving

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As we embrace an integral process, our lives quickly transform and evolve, opening new possibilities of love, abundance, awareness, health, and success. Most of us have emotional and energetic wounds and dysfunctions at some time in our lives that call out to be embraced and healed. This also opens up new pathways of receiving as we become more awake, functional, and whole. Soon our only major issue becomes what is known as the upper limit problem.

How much are we willing to receive, how much love, enjoyment, success, awareness, ease and abundance are we willing to allow ourselves?

Most of us grew up in families with a ceiling on these things; only so much was allowed or we might be passing someone else up, or breaking some family pattern and agreement of “just how we are.” There are also cultural and planetary agreements and patterns that we need to release to fulfill our potential and awaken from the mass trance and belief system of what it is to be a man, a woman, a human.

When most of us get our upper limit issue triggered by having a particularly beautiful, blissful, great, loving, or successful moment, the “Saboteur” may come into play. Each of us has unique ways this may manifest. Here are some very common ones:

- Hurting or injuring ourselves.
- Overriding ourselves and getting exhausted and/or sick.
- Creating an argument or separation from someone we care about.
- Creating an authority to hassle us (IRS, traffic cop, etc.).
- Guilt, fear or worry starting to dominate our thought process.
- Selecting, distorting and provoking some circumstance so things don't seem that great.
- Using anything or anyone to bring ourselves down, rather than responsibly grounding ourselves and staying present when things are great.

If we become more aware of this phenomena, we can begin to break free of our upper limit and begin to establish ourselves in Living Freedom and a context of Total Integration and Expression of full potential and contribution.

Join us in establishing an entire context of receiving what the Kosmos has to offer all of us, and become an inspiration for others of what is possible. Let us express our creativity, joy, and abundance in a way that contributes to Earth being a true garden of love, abundance, functionality, and beauty.

# The Gift of Responsibility for One's Life

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One of the greatest blessings and challenges we have received as conscious beings is the responsibility for our choices and our lives. This is a sacred trust we've been given. We have received the gift of life, and now what shall we do with it? How shall we honor it? What will we allow it to become?

In Native American traditions there is a sense of responsibility for what is referred to as our "sacred space". In psychological terms a similar idea is called having healthy boundaries. Healthy boundaries are not about having a protective wall around ourselves. Healthy boundaries emanate from us and radiate from our beings based upon our commitments, clear intentions, and sacred promises we have made to ourselves and our Kosmos about what is part of our lives, and what is not. Our boundaries are also an expression of our values (what we've decided is important, therefore, valuable), and how we live those values. When we live our values and bring them into our every action, they in turn, become our ethics.

Living an ethical life based on true and clarified values and having healthy boundaries is part of taking responsibility for our lives.

It is important that we arrive at our values when we are being our "best selves", when we are the clearest and most in touch with our true essential self. Integrity is our commitment to live those values, even when we are not as clear or as in touch. This is the integrity of an ethical life. This is our sacred responsibility.

Another facet of responsibility is continuing to evolve our ability to respond to and for ourselves. Responding to ourselves means feeling and seeing and listening to all aspects of our being. We, as Spirit, are responsible for being able to respond to our own needs, wants, inspirations, and intentions. The more these have been arrived at by and from the depth of our whole Being, in love and alignment, the more these will be truthful and aligned with the pure intent of the Kosmos and backed up by It. This entails full integration of our minds, heart, and our physical, emotional, and energetic bodies.

When we engage all aspects of Being in knowing, feeling, intuiting, seeing, listening, and cooperating in synergy, the more of our full intelligence we will have available with which discriminate and choose. We must then choose to respond and act on how we are being informed by our entire being in connection, oneness, and interaction with our Universe. This means cooperating in synergy with our Kosmos. This is enlightened,

# The Gift of Responsibility for One's Life

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informed, responsibility and choosing, and will result in manifestation and action that is ethical, full of integrity, brings resolution, and serves evolution at the highest level we are capable of in this moment.

This brings us to the distinction between the concept of “responsible to” and “responsible for”. We are responsible for ourselves and our lives. We are responsible to, not for, the entire Kosmos that we are one with and that we affect with every choice we make. We are responsible to the Earth, the Sun, our Solar system, the animals and plants, our families and loved ones, our friends, our town or city, our bio-region, our world, and Kosmos. We are responsible to all of it, to choose from wholeness as much as possible. Integrity grows with our integration into wholeness. As we grow in wholeness, we not only more effectively integrate all of our aspects, we also continue evolving our abilities on all lines of development and continue to expand our consciousness and awareness into continually more evolved states and stages of development.

This means we will continually evolve our ability to be responsible for ourselves and to our Kosmos. In this state, or this assemblage point, of being and choosing, we are not only serving evolution, we are one with it, moving with it moment-by-moment, receiving directly from Source the deep impetus to both Be and Become.



# An Integral Relationship to God

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As we relate to our Source, we can develop these four major ways of relating that brings wholeness to our experience. Before any of these we must develop the humility to know that the entirety of God is a mystery to be experienced and received with awe and gratitude, rather than to be figured out.

1. Self as God. We can only know God experientially through our own deep core connection to Source within us, where we are direct radiant manifestations of and one with the Source of All.
2. God as the power that is bigger than me, a compassionate creative force, (to whom I pray and offer my devotion to and seek guidance from).
3. Serving God through serving the Divine in others. God serving God, God loving God through us, our Source of compassion, empathy, and desire to serve and contribute.
4. God in Everything, the Web of Life, as Life Force itself. This includes experiencing God in Nature.

As we develop this consciousness, we continue to evolve and expand our direct relationship to the Power, Sourcing and Being this Kosmos. Through this profound connection we can be guided, loved, nurtured, filled, and healed, and experience our own wholeness, radiance and oneness with All That Is. This is the essence of an Integral Experience of All that is true, good, loving, and beautiful.

# Our God Body

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We, as Spirit(s), are responsible to and for our Body, which is an emanating manifestation of our Energy. We are not *in* a body. We are creating and radiating this Body.

Body, as a valid and important expression of being, has its own unique way of knowing and its own wants and needs that we must respond to if we are to fulfill our Body's purpose and potential, as well as receive the benefit of our full Body intelligence and the full power of manifestation. A Body that is respected, honored, trusted, loved, and nurtured is a Body that is more likely to be vibrant, aligned, and in full integration with the rest of our Being. Only we, as Spirit(s), can make this commitment to Body that produces this alchemy between Spirit and Body.

A significant factor in this process of alignment and integration includes understanding ourselves as an ecosystem or a biological terrain. We each are an energetic and biological system similar to a forest, a river, or the Earth and its atmosphere itself. When we say "yes" to our Body and fully commit to being present, here and now, in manifestation, we may find that our inner terrain or ecosystem became out of balance or even toxic or sick while we were denying, abusing, controlling, or being addictive with respect to our Body.

Many people treat their Bodies like mechanistic objects and believe they can run their bodies much like a car, on cheap fuel and little sleep indefinitely, believing that if they break down, they can be fixed by drugs and surgery. Actually the dis-ease of our culture and planet is obvious feedback for this defective view of reality.

Restoring our bodies to their healthy vibrancy is very much like restoring an ecosystem. We must educate ourselves to our Body's workings. We must understand our Bodies as living, breathing, and sacred manifestations of the Divine, as well as a sensitive biological realm where the health of the part is dependent on the health of the whole. We must listen with deep love, care, and nurturance to our Body's needs and messages, responding holistically.

We also need to understand the powerful relationship between our emotional and energy bodies (the dream body) and our physical body, and how they affect one another intimately. This includes an understanding of our Chakra system and of the cost of emotional repression and/or unhealthy expression. We need to detoxify and nurture ourselves on all these levels simultaneously, as well as strengthen our abilities of digestion, assimilation, and elimination, emotionally, mentally, energetically, and physically. We need to know that as we detoxify our blood, we are cleaning our inner rivers, and as we breathe, we are clarifying our own atmosphere and participating in inner environmental restoration.



# Our God Body

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We do not exist as human beings apart from nature, nor do we exist as energy beings apart from God and the Kosmos. Both disease and/or stress are whole system phenomena, as is wellness. As we learn to listen and respond to our Bodies, to love and honor them, we give them our energy, our light and our full presence. We also begin to receive the body's incredible capabilities and knowing, awakening the Kosmic intelligence in every cell and truly receiving our God Bodies, illuminated, integrated and functioning in miraculous unification with the whole.

Questions:

What is my Body trying to tell me now?

What is deep rest and recovery, and how do I give this to myself?

How is my eating like my life? What is eating to support consciousness?

How are my physical digestion and assimilation and elimination similar to my ability to digest and assimilate my experience and eliminate what is no longer supportive to me?

When I feel and visualize my chakra centers, do they feel clean and radiating, or do they feel blocked, stuck, shut down or connected to something that is unhealthy for me. Example: a connection created out of feeling our survival depends on being with another person when it actually does not.

What is the nature of my appropriate form? (A form that expresses my true essence and radiance?)

Thanks to Arnold Mindell for his contribution to the above writing.

# What is the Nature of Ego?

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Ego has been blamed throughout history by many religions, philosophers and spiritual teachers for a magnitude of unenlightened attitudes, choices and states of consciousness, as well as for the underlying cause of all human suffering. Many spiritual teachers have believed this because their gurus and teachers believed it, and it was part of the tradition that was handed down. In this case it has simply been a misunderstanding that we are now clarifying.

However, sometimes blaming the Ego has been a tool used to encourage people to develop basic mistrust of themselves, and to feel guilty for their feelings, desires and perceptions, and to surrender to spiritual authority, gurus, and organized religions. This would often result in people not experiencing a true resolution of their real core issues, with the teachers and leaders also not knowing how to or wanting to address, or having not addressed successfully in themselves, their real core issues.

It is important for us to resolve and to continue to inquire into the true nature of the Ego, and the causes of its dysfunction, and also our resistance to receiving our own true enlightenment, liberation, and experience of our Whole Self and our Universe.

We assert that there is nothing inherently wrong with us and that all aspects of our being are valid, acceptable, and capable of transforming and coming into full functionality. This includes the Ego along with all other true aspects of Being.

Ego simply is the “I” or “Self”. To have a healthy sense of “I” or “Self”, it is necessary to be able to willingly enter a true spiritual, evolutionary, integrative, whole awakening. Ego is the aspect of ourselves that remains aware of ourselves as an individual part of the whole, with wants and needs. The Ego also sorts out of everything available in our perceptual field that which is most pertinent and valuable to us as individuals.

When Ego is misunderstood and is threatened, when we deny aspects of our own functioning, when we become hyper-vigilant because of core abandonment issues, when we self-reject, when we hold toxic shame and lose our sense of healthy shame, our Ego becomes defensive, threatened, rigid, and incapable of healthy, appropriate, fluid responses.

When we are cut off from our inner messages and inspirations, our Ego attempts to take care of us without benefit of our whole being. If we then also believe that Ego is the culprit and that we must experience its death to be “enlightened”, this becomes more fuel for Ego to feel even more abandoned and left isolated and alone to care for us.

## What is the Nature of Ego?

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Ego then begins to fight for our lives as if our survival is being threatened, even when it's not, and then often becomes grandiose, dysfunctional, and shameless. The underlying problem however, is not the Ego itself, but these core issues and conditioning that have not been recognized, addressed or resolved; with our toxic shame, illusion of separation and core abandonment issues being at the center of our Ego's dysfunction.

If we believe however, the Ego itself is to blame, and we begin to fight the Ego and try to kill it, transcend it or dismantle it, the Ego becomes more threatened and begins to increase its fight for its life (and our lives). Without it to care for our individual existence, the Ego begins to feel that we are being annihilated.

If we address these core issues, embracing all aspects of ourselves and offering them love, light, and reconnection with God, Earth, Sun and the Kosmos, bringing true resolution, integration, and unification, we can transform our experience of Ego. Our Ego then becomes soft, begins to let go and become resilient, flexible, and willing to go along with the agenda of the pure intent of our essential selves that allows an experience of our totality and oneness, and simultaneously with full expression of our individual uniqueness. In full integration, all aspects of our Being become functional, including an integrated, healthy contributing Ego.

This is a radical new possibility we must consider. With a healthy integrated Ego, the surrender to love and transcendent states comes much sooner and with much less intellectualization, drama, and internal power struggles.

As we release all aspects of being from the judgments and limitations we have had and embrace all of our being, including our Ego as a valid aspect of being, along with all of life, and all of the universe as sacred and holy, we shall be Whole, One and Free.

# Experiencing Oneness - A non-dual Path

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We are energetically living in a whole system that is the universe or Kosmos. Everything in this system is part of the system and is one whole unit of energy. We are in an evolutionary awakening and have an opportunity of becoming cognitively, bodily, emotionally, and multi-dimensionally aware of our connectedness and oneness.

We are not separate, and yet we are also an individuated whole part of the whole. In other words we are all whole within the whole. This refers to the biblical passage, “that we are all created in the image of God”, God being the whole and the Source of the whole and the whole being the holographic duplication of the Source.

As we wake up multi-dimensionally and embrace our true selfhood, we become more of what we are. We therefore become more individuated and more uniquely individual and simultaneously we become increasingly one with All That Is. In the same manner, as we evolve we tend to become less and less identified with cultural ideas about gender, and yet we become more truly feminine and masculine because we are unified with what is truly male and truly female in the Kosmos.

Within this perceptual field or assemblage point, we actually start feeling and perceiving the inner connectedness of all. We may begin to see and feel when we look into another, another of ourselves. Within this context we need to redefine our concepts of selfishness. For true love for Self will be experienced as love for all, and love for All will enhance the One.

We will certainly want to participate in our world from true inspiration and passionate caring for ourselves and all of life as sacred. Living in reciprocal love relationship with All That Is, is the essence of divine relationship, God loving God, the Kosmos enjoying the Kosmos, Universe evolving the Universe, the un-manifest and the manifest as One.

# Participating Fully in the Conscious Planetary Evolution

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Many people on the spiritual path have been exposed to the traditions that have emphasized spiritual transcendence, a rising up into the higher dimensions with little focus on the world social, environmental, or global concerns. Other people have explored spiritual paths or traditions such as paganism or shamanism, that have focus on the earth, nature and individual and collective attunement to these.

Very few people have practiced an integrative approach that embraces all aspects and levels of existence and consciousness. For us to realize wholeness and for our planet to be well and functional, we are entering an evolutionary phase that necessitates our full chosen conscious responsibility and participation on all levels of both un-manifest and manifest realms. This means experiencing our own spiritual potential, our essential existence beyond all time and space, and full immersion in the manifest simultaneously.

This requires full embodiment of our most spiritual selves and full participation in our world. We have a responsibility at this time to bring Spirit into Body and the World, to embrace enlightenment, and evolve our emotional and physical bodies with total love and respect.

This also entails full conscious participation in the manifest world and a commitment to live our deepest spiritual values as our every moment choices, creating ethical lives that have the fullest effect evolving our families, society, and world. We must consider the earth in all our choices and have a deep abiding physical bond with both God and the earth, releasing all separation between heaven and earth for all time. This is our duty, we have come here now for this purpose. Join us, for we are already One.

# Dreaming Our World

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As energetic beings, we are dreamers. In Shamanic practices our energetic body is often called the dreaming body. We not only dream the dreams of our sleeping state, for we could also say we are dreaming all the time. We are dreaming together, creating our World.

Our modern dream has become more complex and, in some ways, much more risky. At the essence of our everyday challenges and exaltations lies the dreaming body. We usually only sense this energy body in heightened states of consciousness, in spiritual or Shamanic ritual, and at times in lucid dreaming. We encourage you to develop more awareness of the dream body during your everyday life, and literally wake up to how you are dreaming, individually and collectively, your world into being. Becoming aware of the dream body, we feel alive, more vital, and more in touch with the truth of what is occurring moment to moment.

States of consciousness, the dream experience, and non-ordinary states are referred to as the “second attention”, “non-consensus reality”, or “dreaming awake”. When we become overly fixated on the first attention, we become dull, bored, numb, and feelings of being “out of touch” begin to occur.

As we “wake up” in life, similar to becoming lucid in the dream state, we get back in touch with a larger, deeper reality, where the core movement and evolutionary thrust of our very existence and our world and Kosmos runs like a river under all of Creation. Here we connect with our core awareness and more essential experience, and we begin to live more richly, authentically, vibrantly, and responsibly.

We also begin to feel informed and inspired by the dreaming body experience of how energy is moving and can choose to fluidly move with it. Being present in each moment, choosing to fully embody, breathing, utilizing the **10 Powers** and other integral practices is supportive to our twenty-four hour lucid dreaming. It is helpful to notice physical, emotional, and energetic body signals and sensations, and to embrace them with your awareness. Listening to their messages without “grabbing on” to them or giving them mentally generated meaning, and thus allowing them to continue to move and change.

Also notice anything that stands out to you from your environment as unusual, or that calls to you, or reflects to you in some way. You may notice these signals as feelings, dreams, visual or auditory experiences, omens from your environment or from the natural world, or directions from an inner voice of truth. These are all dream signals trying to get through to you.

# Dreaming Our World

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If you ignore and override these signals, you will dissipate power. You manipulate yourself into doing things that do not serve you or your world. This can also show up as illness and dis-ease in the physical Body and as emotional stress and depression. Following the energy body describes an essential experience and practice of Shamanism. Through the ongoing development of the art of dreaming awake, we move with a path of Heart and Soul, a path the Kosmos is inspiring us to move with.

We then join in the service of our evolution, and the evolution of our world and the Universe. As a collective humanity, we are at a significant time of choosing our world's path. When we are consciously dreaming our lives and following our dream body signals, we behave in ways that trigger the "Awakening" of others without even trying. When we enter into "dreaming together", we realize we are already participating in creating our world. We are dreaming each other and the course of our lives together. We can then choose to dream a new dream together, weaving a new story of healing, love, integration, and quantum leaps in evolution that respect and support all of Life. May we dream the most beautiful dreams possible for ourselves, each other, and our world and may we awaken together in them fully.