

## The Kwan Yin Journey



### Module 1 summary – Foundations: Stepping into Being

- If we want different things to happen, we'll have to do different things
- Our natural state is to be happy and healthy
- Getting ourselves out of the way is a process of understanding and awareness

#### UNDERSTANDING AND AWARENESS

**Understanding:** truly understand the situation we're in

Consider Frost's "The Road Not Taken"

*Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;*

*Then took the other, as just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that the passing there  
Had worn them really about the same,*

*And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.*

*I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I—  
I took the one less traveled by,  
And that has made all the difference.*

We have a natural tendency to justify our decisions and our behavior even in defiance of the facts that we know. We have a perception, a perceived reality, and we see what we think, not what is really there.

Here's the problem for us then. When we're looking at the world, how do we try to make sense of the world that we're not even perceiving as it is, but rather the way that we are. Our Ordinary World, the one we're comfortable with, is one of illusion. It doesn't actually exist. It's what Don Miguel Ruiz calls the *mitote*, a personal fog, the "Dream of the Planet."

All this "I know what to do, I'm just kind of stuck here" -- we are not on top of this, or we'd be having better results. We can't do this by ourselves, because we don't know what to do.

The truth is, that in fairness, we probably have parts of it, or even most of the parts of it. But it would be kind of like putting together a beautiful car, but with only 95% of the parts. If that wonderfully built car is missing spark plugs, it's just going to sit there, stuck.

So we need this help to move forward.

People accomplish 90% or 0% of their goals – either they never start, or they do what they can, which isn't all, because goals, by definition, are beyond us . . . we've never done them.

We need others' experience and expertise. And the more accomplished we are, the more we need that help, because we're further and further out. Believing otherwise will keep us stuck.

We base actions on our beliefs, our actions determine our experiences, and those experiences form the basis of our beliefs – obscuring the justification Frost discusses.

**Awareness:** where we really want to go

The three aspects of Mastery:

- 1) awareness -- who we really are including all the possibilities.  
Until we're aware, we really can't do anything.
- 2) transformation -- a spiritual warrior is transforming hell to heaven:  
situations that aren't working to situations that work well.
- 3) intent/love -- Instead of blindly, instead of reaction, to act with intent/heart purpose

The Tarot stresses repeatedly that Will and Intuition are balanced opposites, and they have to operate under the umbrella of awareness. Awareness at the top of the triangle, Intuition on one side, Will on one side.

People who have really strong will try to force things into being, and miss a lot of important messages. Or people who work entirely or mostly from Intuition never really putting that into Will.

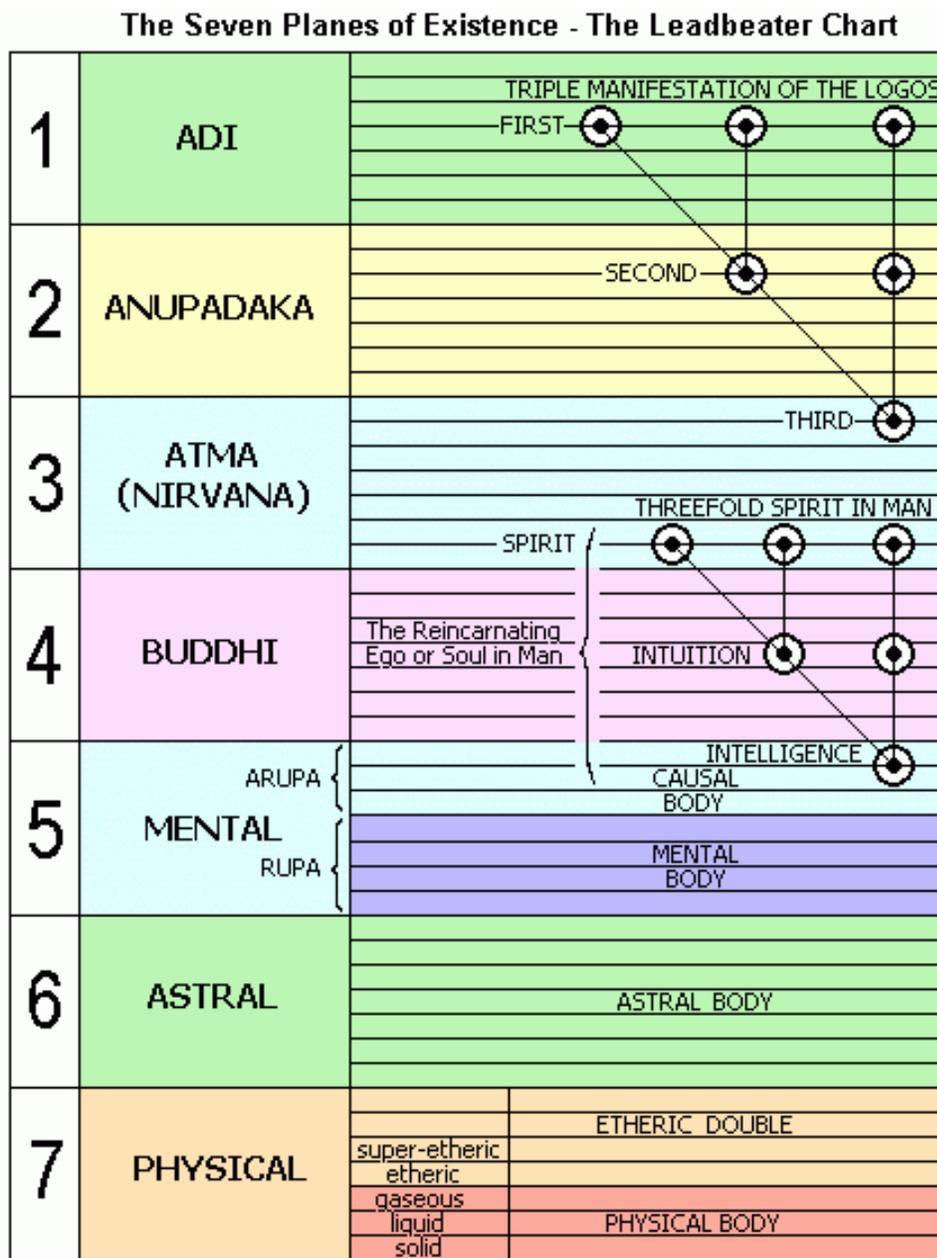
And both with no Awareness—we need all three things in balance.

So, that's our starting point here:

- \* coming to an understanding and
- \* work headed out into awareness.

**Levels of being and raising vibration**

There are seven levels of being, and they are starting with the physical, the lowest, and then the astral, or emotional, the mental, the buddhic, and then the atma, anupadaka, and the adi.



## What it means to raise vibration

One way to think of these levels of being is like states of matter.

The difference among water and ice and steam is the temperature, the level of excitement of the atoms; This level of vibration, slows down at the ice level, and then when more excited, there's more heat, so we have water, and then steam, and if we superseded steam we would get plasma (that stuff it looks like electricity in a plasma globe). The stars are plasma.

When people think of raising vibration they are thinking of increasing up to a higher state of matter. But this isn't what we mean spiritually.

Think of the electromagnetic spectrum -- light, color, sound, radio, TV, X-rays, gamma rays -- all of these are part of the electromagnetic spectrum. They are all the same; they are all part of the same thing--the only difference is the frequency at which they are vibrating.

When we talk about reality and understanding awareness, we are not some simple fixed thing; we are energy, frequency and vibration--everything is.

When we talking about reality and understanding awareness, it's what we are. We are not the simple fixed thing; we are energy, frequency and vibration--everything is.

## So why can't we just change?

Our resonate patterns are difficult to change. So, we're the very definition of stuck. It's the nature of our energy.

We are literally light – love and information are the same as light (which is why lasers can be used to carry information – or cells communicate), in fact, life itself.

But we might experience it differently. Ice is not separate from water – it *is* water, but we see ice as distinct from water.

In the Energy Alignment (or The Reconnection), we can experience sudden insight because the higher frequencies shoot right past the ego's mental constructions.

Literally, all is one. Our separateness is a matter of attention, like focusing on one person in the midst of a busy party. We attune to what we're seeking.

Levels of being are not Russian nesting dolls; they are a continuous, interconnected spectrum. If you are mentally upset or emotionally upset, you just take a deep breath, and your mind and emotional state start to relax. If you're emotionally or mentally upset, it will create tension in your body. It's not a matter of which are the best planes. Lower isn't necessarily bad, and higher isn't necessarily a solution. There is nothing smarter about the

mind than the body--they're just different.

We are the bottom 5 planes (looking at the chart). We have a physical body, an emotional body, a mental body, a spiritual Buddhic body, and the Atma--and then the top two are manifestations of the divine--the top one the divine, the second one light, and then in Atma we start to have forms. The middle of our five planes is where the ego likes to hang out, our thoughts/mind. The ego, even though it's a tool, wants to pretend that it is reality itself, and this is where we get fear. The ego is just a mask, and it's afraid of being thrown off its throne. Consequently, the ego can prevent us from new experiences, creating the fiction of the Comfort Zone.

### **The beginning of the Hero's Journey exemplifies this:**

The Ordinary World – our Comfort Zone

Call to Adventure – opportunity to enter “magical” realm

Refusal of the Call – we reject the opening for the Comfort Zone

Meeting with the Mentor – outside knowledge or teacher brings new understanding

Crossing the First Threshold – leaving the Comfort Zone for the “magical” opportunity

We're going to need special powers and special knowledge and magical gifts for the journey, because crossing thresholds is going to become something that happens routinely. But we also need to understand that this Hero's Journey is a must journey, not a maybe journey. Like an oak tree, continual growth is our nature and destiny – we can't truly refuse it.

### **Homework:**

Gather your tools:

- \* design a daily spiritual practice
- \* practice gratitude daily

Learn about yourself:

- \* What do you want? Why? Keep going with more whys.
- \* What do you love? Why? Keep going with more whys.

[In each case, at least six whys, but keep going until you reach new realizations/possibilities]

Reframing challenges:

- \* What things are you unhappy about currently?
- \* For each of these, what's good about this situation?

Optional Homework:

- \* If this resonates for you, keep a journal – you'll be growing quickly.
- \* You'll have a lot of new insights – keep a “not doing now” list to capture them without feeling obligated to add them to your “to-do” list; you have plenty to work on already.