

The Kwan Yin Journey



Module II summary – On the Threshold

1. First, we'll look at really getting out of the dream, the smoky mirror, to understand that we do not see the world the way it actually is, that we do not see ourselves the way they truly are, and that we need to make that jump, starting with gratitude--what do I already have?

Now we cross the threshold into the physical level. Of the seven levels of vibration--we are, as individuals, five of those, and the physical being is the slowest of those.

We want to start with the physical level so we can see what's going on. It's easier to look at; it's not so mysterious. But I want to stress that it's in no way lowest. The world, the physical world, is a mirror.

Awareness

We've talked about awareness, and one of the things to do to build awareness is simply to look around and to look at what were looking at, what the hard real evidence is. But the world is a smoky mirror, and the reason it's a smoky mirror is because we're the ones looking at it. So is not that the world is so smoky, but rather, that we are smoky.

Over the entrance to the Oracle at Delphi, in Ancient Greece, it says "First, Know Thyself." The truly wise person would read that, turn around and go home, knowing self-knowledge is the entire key. And this is really what we're talking about here, discovering our hidden worlds, in two different ways -- the hidden world of the higher possibilities that we are, and the hidden worlds of the stuff that we don't want to look at or are in denial about, and coming to really know those worlds.

Until we do, it's hard to deal with anything, because were not looking at reality; we're trying to deal with something other than what is.

"I don't understand why the law of attraction isn't working for me."

So let's start right there—why isn't the law of attraction working for me. And the problem is that the law of attraction is working beautifully for you, and for me, and for everyone else.

If we are really truly honest with ourselves and look around carefully, we realize that we are surrounded by things that we've attracted to ourselves. We more or less live like we want to do, where we want to; we're surrounded by things in our homes that we want to be surrounded by, we are living the consequences of choices that we made on all kinds of things.

Gratitude

The wonderful thing about a gratitude list is that a gratitude list makes us stop and look at that. I used to think of gratitude is something you did at the end; everything was done and then you were grateful, and maybe one day when I got all this done I could be grateful. I've come to understand instead that gratitude is the beginning of the process

A gratitude list is an exercise in reality. It's an inventory. Let's get real about I've already done, about what's already here, about who I really am as an attractor. Additionally, if we can't do this, not only will we not be looking at reality, but if are not grateful for the things we have now, why would we be grateful for something that comes later? We would continually be in this state of dissatisfaction.

Abundance

The other thing I like to think of in terms of gratitude is Abundance. When people talk about attraction, they talk about how you have to be very specific, look for very specific number, look for very specific time period, look for a very specific result. Now to some degree I agree with this. I agree with in terms of once we have a really clear vision, we need a good plan—and plans need specifics. But this isn't Abundance. Abundance isn't X number of dollars or some specific thing like this. Abundance is this never ending flow. When I go outside and look at the stars, I'm not looking to see 100 or 1,000 or 8,029; I'm looking to see endless stars. When I go into the forest, I'm looking for a certain number of trees; I'm looking for endless trees with endless leaves and endless birds and I expectant that this goes on forever.

That really is abundance, to know that that stream is endless.

Will and Intention

2. Next we talk about will and intention.

Will is about what do we want. We can't exercise our will if we don't really have the answer to the question.

Intention is synonymous with Love. It's what we actually love that will happen, what we really seek at the level of intention. That's what happens in self sabotage; your heart and your mind are in two different places, and you're going in different

directions.

Manifesting

3. Then finally to the idea of manifesting spiritual energy into physical vibration.

Think of this interplay of levels as coherence, not escaping a level, and not crystallizing, but to understand that all these levels are at work continually, and that one flows to the other continually.

One of the surprising things that happen in The Reconnection (or Energy Alignment) is that even though we are working at high frequencies, those high frequencies have an effect all the way through. But the same thing is true in the other direction--as above so below.

So when we're looking at the level of the physical world and of the physical health, we're noticing things around us--it's not as opposed to looking at spiritual things; it's as spiritual as it gets. And we can look at it right there. It's not difficult to read--it's right in front of us. When we can take this physical work seriously, we can do what most people don't, which is to really look at it and become aware and to use that as a mirror, even a smoky mirror, of what's going on with us and what we can do to make it better.

These are the things that keep us stuck: Prosecutor, Victim, Rescuer

Fred Hirschberg came up with this wonderful model of three ineffective roles in the world, and they are the Prosecutor, the Victim, and the Rescuer.

The prosecutor--this would be the demanding boss, the strict teacher, the harsh parent, anybody domineering, this "I need to take control and make things work, or things aren't gonna go well." The problem with that is that it doesn't work. It might seem to work briefly while people are right there, but people really instead only learn to avoid you and to circumvent you.

Now the role of Victim truly rocks, because when you're a Victim, you have no responsibilities--everything that happens to you is somebody else's fault. If the prosecutor didn't do "X," everything would be grand, and there is absolutely nothing for you to do. Perfect. Except that all the control is in somebody else's hands.

Much of society has learned to become professional victims. We get really skillful at this. And the more that we blame other people, the more we have no responsibility, and as soon as we have no ability to respond, then there is nothing that we need to do to change the situation. But there's also no way to make it better.

The third ineffective role is the Rescuer, and the Rescuer will charge right in to make things right. At first, this seems great. This person really cares about me, they took all

this off my shoulders. But what happens if things don't turn out well? Now the victim turns into the Prosecutor, and is angry at the Rescuer for not rescuing good enough. And now the Victim is in the role of the Prosecutor.

As long as these three roles are played, nothing gets accomplished. It is entirely about blaming other people, and it also has nothing to do with reality.

In the first week we looked at Robert Frost's poem. We talked about how in many ways it is a poem about justification: we like to defend our choices, we like to pretend something other than what they are, and we like to stick by that. And we do that here.

So my favorite question to bring us out of that is a very simple question: "How's that working out for you?" If we're looking for something that's practical, that gets results, it's working out or it's not, and by definition, these rules are not working out.

So a couple pieces of reality.

One is, you cannot control other people.

And second, we need to acknowledge when things aren't working. Again, we want to get away from endlessly defending what it is that is not working.

So what do we do about this?

Acknowledge that we need help. As Albert Einstein said, "We cannot solve the significant problems that we face with the same level of thinking we used when we created the problem."

Deng Ming Dao points out that young eagles do not get into trouble flying over the ocean. It's adult eagles to get into trouble flying over the ocean. Young eagles aren't strong enough to fly out very far. The more we become accomplished, the more we're going to need a guide.

One of the places we need to look for help is that spiritual center. This is why that daily practice is so important.

To build our vibration on the physical plane is to truly look at it, a personal examination.

We talked about faster vibrations affecting lower vibrations, but this is a continuum. So the same thing happens in the other direction. Despite what our egos tell us when we're brain-deep in whatever imagined mess we're sorting through at the time, the way out is simple—return to fundamentals.

And how do we reach peaceful, deep, spiritual levels of heightened awareness and spirituality? Breathe. Just breathe.

PHYSICAL HEALTH

We're all interconnected, One with Everything. We are mind, body, spirit. And we can easily get swept up in the wonder of esoteric musings to ignore an important component of all this spirituality and consciousness—our bodies and physical health.

*Starting your day

Don't just come to finally. Let your day start with purpose and meaning. Have a more or less standard time to rise. Have a routine that includes a spiritually meaningful beginning to your day. Have breakfast, even if that's only an orange or a bagel and coffee—but take time to sit for a few minutes and enjoy the meal, even if just ten minutes. No matter what happened yesterday, no matter what today is bringing, focus your day.

*Eat lunch

Consider this PART of your busy, productive day—an ESSENTIAL part.

*Go to bed

At a reasonable and more or less constant time, go to bed. Your days will have a regular rhythm that is in itself healing and comfortable. And you can't start your days smoothly if you're recovering from the late night before.

Before you go to sleep, take time to round out the day with something spiritually meaningful to you.

*Exercise

Whether everyday, or at least three/four times a week, engage in regular, enjoyable, vigorous exercise, at least 30 minutes, with an hour even better. [If you're trying to lose weight, double that—this is a maintenance program; you'll need more to burn extra calories.]

You aren't too busy to exercise—you're too busy NOT to exercise.

*What you eat

Different people have different diets, for different reasons, and that's fine—as long as it's nutritious, delicious, and not excessive. In particular—rich in fruits and vegetables (barring special circumstances).

*Alcohol

A little is fine (unless you have a problem with alcohol, and need to stay away from that first drink). A glass of wine. A beer with dinner. Even two. But if you're relying

on alcohol nearly every day, or drinking to excess from time to time, you are covering up things that need healing, and in these cases, alcohol is only making things worse in the process.

Address your real problems.

*Cigarettes This is a tough addiction. But a very harmful one. Stop rationalizing, and quit.

*Drugs

If you're still telling yourself pot is an herb, and therefore good for you, grow up. Belladonna is an herb. Don't eat it—it's deadly poisonous.

You cannot balance your energy healthily while distorting it, whatever the drug.

*Caffeine/sugar

According to the Mayo Clinic, 2-4 cups of brewed coffee a day will do a healthy adult no harm. At the same time, caffeine works by squeezing your arteries like a garden hose, and it's not the healthiest, most relaxing way to accomplish alertness

Sugar is a drug. Craving, bingeing, withdrawal, sensitization—all part of the sugar experience. If you'd like to feel better, cut back on refined sugar.

Eat fruit.

BEYOND PHYSICAL HEALTH

We often think of “health” as merely the absence of illness and limited to physical health. But far more than that contributes to our true health.

*Friends

Life is not about working and struggling. Anything else is a distortion. More than one study has concluded we could enjoy all we have now by working three hours a day—something we can demonstrate both through observing “primitive” cultures and by separating productive activity from merely trading activity in our own economy. That means changing some basic assumptions.

Here's a good barometer—do you have regular time for your friends? If not, make it.

*Down time

We all have busy days. But if every day is busy busy busy, we're out of balance. Frankly, many of us (including me) have hidden behind work without recognizing that's what we were doing. And if we're hiding, just what are we dodging? Time to

recognize this red flag and step back to address it.

We all need regular rejuvenation. A few weeks vacation each year isn't going to do it. Neither is a day off work once in a while.

*A Healthy Environment

What surroundings are right for you, work and home? Are they supportive of who you are and what you're about? Are they comfortable? Do they energize you? Do others find your space attractive and relaxing? What lifestyle enriches your spirit? What would it take to incorporate this into your life not in the someday future, but now? Don't live for the future—the time is Now!

*Getting Organized Yes, I hear you—all these tips sound good, but how can you possibly fit them all in? First, don't see the situation as disparate details.

1. Make a “dream list” of all the things you want/need to fit into your life.

When you're done, look for things that can be combined.

Be careful you don't just pack more work into your day—I'm not suggesting you increase your multitasking.

2. Second, what's most important?

People are more important than things. But which people matters. Family, significant others, friends—when these people need you, be there. The rest will wait. But miscellaneous email, calls, requests, “emergencies” that aren't, urgent pressures on your time for unimportant things (and you get to define which is which)—ignore or postpone them. You'll be amazed how much of what you “have” to do you really don't.

*Progress, not Perfection

OK, now, how to set up your life so it's in perfect balance? Don't.

Seriously, don't. You'll drive yourself nuts. And it's never gonna happen.

Learn to live joyously incomplete. Love where you are, but appreciate all that you have, all that you are enjoying in this moment.

*Become comfortable with uncertainty

Though many of us claim we love adventure, most of us like things to stay the same. Even when we are closing in on our dreams

It's entirely about fear. And those hypothetical fears—which in fact rarely or even

never happen—prevent us from growing into what we want, what we are, what we deserve, what we're alive to do.

At each moment, all is possibilities. Only because of uncertainty can that be the case.

It's exactly as things should be—uncertain.

*Breathe

Every mystical teaching, every martial art, every meditation practice, every relaxation technique, stresses breathing.

Breathing helps us focus and calm

Just notice your breath. Notice how it feels. Let it be. Let it balance. Let it heal.

*Allowing instead of doing

I still insist on doing more than I do allowing. I still insist there just isn't time—when I know there is. This worry gets in the way of accomplishing things, and it also gets in the way of joyfully living who I am.

What would you do if you knew you couldn't fail? If the answer is anything other than exactly what you're doing now, there's room for healing, for fear is interfering with allowing. Step by step, let it go, getting lighter every day.

*Letting Go

I, probably like you, am a product of my culture, and that culture values hard work and earning what comes to us. Not a bad value, really—but a limiting one.

Ever get that feeling that we're just so close? Standing right next to who we really are and really can be, just about to realize it, if we would just open our eyes and see, open our hearts and let it be, open our minds and stop stopping it, albeit unintentionally?

Stop. Breathe. Trust. Let go. Let it happen. Grow where you're planted. The next chapter of life will be before you in its correct form and timing. Let go.

So, what do we do with this list?

What I would like you to do is simply consider all that stuff, and decide what two or three of them you want to improve from that list, just to improve the situation, OK? Progress not perfection. To do that whole list would be insane. But what 2, 3, 4 things on that list would improve your physical life, and as you improve your physical life, you improve your overall vibration.

The bottom line today is to look at our physical world not as something that's happening to us, but as something that's in partnership with us. And by looking at that physical world, we can understand the parts of ourselves that we can't see from behind our eyeballs with our head.

We tend to live in our minds, if you look at the threefold manifestation of our souls on the chart I gave you last week, Will is the highest part of the mind level. Intuition is in the Buddic plane, higher than that. Intuition, though, when it's not in balance, can easily be confused with projected fears, down on the emotional plane. What it needs is Awareness, up on the Atma plane, but we can't have Awareness if we're unaware of what's happening to us in the physical plane. Again, we want to think in terms of coherence. So, not like escaping a given plane, but making all of these frequencies work together better, in greater harmony, in greater resonance.

HOMEWORK

1. So the first part of the homework that is to keep doing what we been doing. Keep up with your daily practice. Keep working on or chipping away at the what you want and what you love parts. Keep adding more whys, keep discovering more things. I'd like to suggest that you'll really know that you're there with those two pieces, the what you want what you love and why, is when you are looking at those everyday and you feel excited and a little nervous about what you've written at the same time, that I think it's probably safe to say that you're there, or at least close. Because it should be exciting, "yeah, this is it, this is exactly what I want," and when you really get to the truth of really the possibilities, you know -- it's hard to get excited about something that isn't gonna happen anyway, right? When you learn "Oh my God! This could really happen," then that's a whole different ball of wax there. So keep doing those things, and keep doing the gratitude list. I'll explain why especially in a second.

2. Get yourself a nice big pad of paper, and you draw six columns on however many pages you use. In the first column, just go down and list all the outside problems--by outside problems I mean people, situations. Where do you have resentments?

What are problems in your way? Where are problems that have other people's names on them, or other situation's names on them? Maybe that's the economy. Maybe that's someone at work. Maybe that's something that happened three years ago that's not even a big deal, but it's still bugging you, and taking a look at that. And simply write them down. Be honest. Don't be "well, I really shouldn't feel this way," or you feel guilty--if it's bugging you, write it down. This will be useful to the extent that you can be honest with yourself. Take some time. Write them all down. Get a list. So that's the first column. Who or what do you have issues with, are blaming, have resentments toward?

In the second column, just briefly write what's the problem--what exactly is the issue

here, what's going on, objectively. In the third column, in a topic area, what does this effect for you? So for example, the first time I did this, top of my list was a work supervisor, and the issue was this person was on my back, keeping me from from from promotions--that was the issue. What does this affect? It affects my income, or self-esteem, or ability to work. Whatever this affects for you. Fear. Whatever this brings up. So that's the first three columns.

In the fourth column, ask yourself, "How am I to blame in any way for this situation?" Now let me just explain. It may very well be that this other person is 99% at fault, but what tiny part did you play here. What did you do that made it worse, or different than it needed to be? What did you contribute to this negatively? And the very next column is: What's good about this? What did you contribute that's good? Even if you feel, "I made a total mess of this, I am so at fault, I just feel horrible," well, that's not entirely the case. There's something in there that's good--write it down. "Well, at least I took a stand," or "At least I addressed it," or "You know, I tried to do this; it didn't work out well, but this is what I was trying to do." Okay? What's the good in that, from your end.

Then the last column--this is gonna be a little bit tricky at first, but just sit with it for minute. People don't do negative things for no reason. Even if somebody robs a bank, right? It seemed like a good idea at the time. They didn't do it because they thought it was the wrong thing to do. Now that's a little bit of sick thinking, and that's what we want to do address here. If people aren't doing the things that we feel they should, then we think they're not right, that they're "sick."

Now if somebody was acting strangely because this person was ill, you wouldn't you wouldn't condemn them. You'd be more patient with them, right? We don't sick treat sick people that way. We treat sick people kindly, with understanding. And the reality is that hurt people hurt people. When people are hurting, they hurt people. So here we step back and say, "How are they sick? What is going on with this person?" Could be big, could be small, but how can we understand them as sick people? What are the things that they are dealing with?

Now you notice that in these six columns, I haven't addressed anything, I haven't said to do anything, there isn't anything you need to do differently or feel differently. Just get it down. Before we can do anything, we have to understand the world the way it is. You'll find that this is already a very powerful, powerful exercise with these six columns: first, who or what

Are you blaming or resentful that; second, what exactly is going on with this; third column, what is this affect in you--your income, your health, whatever it affects for you; the fourth columns, in what way, even if it's small, are you to blame; and the fifth column, in what way, even if it's small, are you doing something good here; and then the sixth column, in what way can we see them as sick people just trying to the best they can there. OK?

If you do this thoroughly, you will see the world in very, very, very different ways. One thing I recommend, just as people said earlier in this call, you know, when you say this, it sounds different? Sit down with somebody you can trust with this, and share it with them, the whole thing. It will sound different when you share it than it did when you wrote it. This will go a long way towards helping us to see the world the way it is so that we can move forward from here into new steps.

3) And from the physical list, pick 2 or 3 things from that list. It would be insane to do the whole list, but "Here are the two or three that I'm going to work on," and share that with the rest of us.

So this week, really focus on the physical plane, the things we can taste, see, hear, smell, touch and so forth.

And to get the focus off other people and onto what's going on with us. Again--don't do anything about it, don't beat yourself up over it, don't do any of those things--just simply get it down, so we have an appreciation of what's going on. OK?