

The Kwan Yin Journey



Week 8 Transcript – Mastery of the Two Worlds

Welcome back, everyone – Tim of Kwan Yin Healing here, and we have made it to session 8! When did that happen? Seems like we just got started. I remember doing one and two, then suddenly it was eight! Some timeless void . . .

How does the joke go? If I give you a penny for your thoughts, and you put in your two cents, where does the other penny go?

Anyway, before we get into today, I'd like to hear how things are going with you all. We were talking last week about how things were before and what they're like now. You've had some time to think about it; I've gotten a fair amount of email on this, thank you very much, and I'd love it if folks could share a little bit – where you were before this program, where you are now, and any questions that you have.

So just jump right in! Be the first to volunteer.

-- sharing --

Tim: Session eight is *Mastery of the Two Worlds*. We started off in the comfort zone and we stepped out of the comfort zone into the magical world and have been doing our exploring there. The key points are, as Don Miguel Ruiz calls them, the three masteries.

First of all, awareness; before we can do anything, we have to pay attention to what's going on. We have to know what's going on, to take a good look at things and be aware. Once we become aware, then we can master transformation. We can't change things we're not aware of, and transformation is a mastery and not just a process because if we want things to change, then something has to change. We have to do some things differently. We have to be different ourselves, and that's why our first session was called *Stepping Into Being*.

Once we're able to be aware and make those transformations, then we connect with intent. We've said this before, that the problem people run into, often they try to start with intent without being aware and without transforming. Those two things are crucial, but once we do those things, once we've managed those things, then we can start to act with intent. That's part of where we're going today. A reminder that intent is the same and this concept is the same as love. Follow your bliss. What do you love? Where are you drawn? That's the place for intention. It's really important.

Remember that there are only two motivations, love and fear. If we're not looking at intention from a place of love, then we're acting out of fear. There are many, many practical examples of this. For example, often people will want to create a small business or some other kind of project community thing and, instead of doing what they love, they'll say, "I guess I had better start here and do this small thing."

There is certainly wisdom in testing things and making sure they work, but that's not what I'm talking about. What they do is instead of doing what they want, they do what they feel they have to, and that's acting out of fear and it holds them back. Even if they're successful at it, they're doing something they don't actually want to do. So it's very important that it isn't a habit for us to do what we think we have to, and instead to look at let's jump right to love. What is it that we want to do? Let's start looking at how we can make this happen now. Not only is it a better choice and a better option, it's our only realistic choice. We're just used to thinking about this backwards.

One frequent question that I hear and I've heard some of you ask this or post it in the Facebook group, and a lot of people get stuck at this point. *How do I find my purpose? How do I discover my purpose? What is my purpose?* This is really an important point. You don't find your purpose. You don't discover your purpose. You don't lie around searching for your purpose. You create your purpose. It's not laying there waiting to be found. It is something that you create and you create it from what you love. Purpose is not something you find. Purpose is something that you create.

In a way, that immediately sounds kind of scary, but if you think about it for a moment, you realize how wonderful it is because all that search

about finding your purpose is over. It's over today. Create any purpose you wish. This is what intention is. That's the power of the world of possibilities that this is. When you're looking for purpose, when you're trying to decide *what it is that I love, what do I want to create? Where do I want to go from here?* Go right back to paying attention to being aware, and one of the things to be aware of is *am I acting out of love or am I acting out of fear? Am I trying to stay small because I'm doing very smart market testing or am I just kind of testing the water just to check before I jump in?*

Very often, what happens is that people will think small, "I don't really want to jump into this thing. I'll just do this other smaller thing," and the problem with that is that's fear-based. That's not really something they want to do. It's one thing if we're testing out something a little bit to see if it works out okay, and then moving forward, but if we are really afraid to do what we want to do and we're settling for something else instead, that's really fear-based. That's not really doing what we love.

It comes back to paying attention and just watching ourselves, and making sure that we're doing that. If we have trouble deciding what we want to create or what might be aligned, it's going back to spiritual practice. Remember that imagination and creativity. If you're going to create your purpose, you need imagination. Imagination, think of that as "image in". It's the image coming in. When we really get this part, that's when we really have freedom to live.

If you go back to way before the program, we're thinking about the comfort zone. *How do I leave my comfort zone? How do I get past this fear of leaving my comfort zone and stepping into this "magical land"?* Today you can look back and realize okay, really the question is just bigger than that. That doesn't really have a lot of meaning. There really isn't a comfort zone. There never was. We don't really have those kind of options there, that the world is just bigger than that, and that's an exciting thing, to recognize that and see that 95% of what we were worrying about just isn't even important and a lot of it doesn't even exist. It feels great and it really opens up the possibilities for us. Any thoughts there?

Participant: You said 95% of what we were worried about doesn't exist. Is that what you said?

Tim: A lot of the things that we are afraid of just don't exist and what does doesn't matter. Look at how many of our fears existed nowhere except in our heads, or the whole thing about I'm afraid about leaving my comfort zone, and you look back later and realize there never was a comfort zone.

Participant: Because it was always scary you mean? Because we were comfortable?

Tim: They tell me that you can fence in sheep with just a string, and this is how the comfort zone is for us.

Participant: It's just because you've never tried it.

Tim: Exactly, yes, and having done so, we have the freedom to just move forward. Here's the thing though. Now that we've had that, now that we can see those possibilities, this is not a place where we can stay. We can just sit down now and enjoy the good feeling. We can for a bit, but not long term. There are two reasons we can't stay there. One is there is no growth. There is an old saying that it's easy to be a holy man on a mountain. It's coming back into the world that is really the test of just how far we've grown.

Ram Dass, at one point, said, "If you think you're enlightened, go move in with your parents for a week." I've never, ever heard anybody say, "What? What does that mean?" The other reason you can't stay there is that it's boring. There's a wonderful poem from Lloyd Tennyson, *The Eagle*. It says:

*He clasps the crag with crooked hands;
Close to the sun in lonely lands,
Ring'd with the azure world, he stands.*

*The wrinkled sea beneath him crawls;
He watches from his mountain walls,
And like a thunderbolt he falls.*

There is so much imagery in here, Greek mythology, fall from grace and so forth, but the basic concept here is that he's up in the heavens, in this perfect land, and it's just dull. Underneath, he sees the old, he

sees the birth, the wrinkled sea crawling, the whole cycle of birth and death, vulnerability and pain, and he sees all this and, in an instant, makes this choice to fall.

How many of you, looking back to some things that have happened that turned out really badly, but even knowing now what you didn't know then, you would do it again? Would we?

The whole point of Tennyson's poem is that the eagle is in the heavens, separate. It's gorgeous, but the eagle is looking down at the world. The sea is wrinkled; it crawls. He sees the whole cycle of birth and old age, and there's a lot of Greek mythology in there; the thunderbolt, the eagle is sacred to Zeus, and the whole idea of falling from grace. But in a second, the eagle chooses to fall from the mountain and go into the world, knowing about the pain and the vulnerability of Earth, like being born and growing old, and going through that cycle.

The heavens are, as Tennyson described it, boring. There is no growth there. There is nothing to do. We see this repeatedly in our literature, in our myths, in our stories.

In Milton's "Paradise Lost," he describes Lucifer as saying, "Better to reign in hell than serve in Heaven." Adam and Eve, a bite from the Tree of Knowledge of Good and Evil; they would rather know and suffer than to live in innocence, even in Eden.

If you think back, honestly, I think that most of us would come up with at least a few of these, where looking back at your life, at some point things were a mess. You really crashed and burned, but knowing today what you didn't know then, at least some of those things you would do it again because you know it was a wild, passionate ride there before it crashed and burned. The whole point of stepping out is that in the pain and in the limitation is where we find growth. I love the separation of pain and suffering, that pain is inevitable. In life, there is going to be pain. There just is, but suffering is optional.

Suffering is a mental reaction to that pain. In fact, some people even suffer for no good reason whatsoever. They just get wrapped up in something. This is one of the many beauties of Campbell's *The Hero's*

Journey as well, that the tragedies and atonement with the father at times, are just as important and just as blessed as the grace we got from the goddess, in the same way that nature's terror and nature's beauty we understand as the majesty of nature, that this is all part of the majesty of life. When we can get past that, we can embrace the Taoist version of getting beyond duality.

When we stop seeing things as this is good and this is bad, and instead just notice that things are, we really start to step forward into Awareness.

The other reason for not just staying stuck in our new place is that coming up into higher vibrations of better understanding is not just about us. The whole point of the over-soul is that we are connected to others. We are connected to all of creation. We are not separate from it all. To separate ourselves as somehow above or distinct from that is to make a grave error. We simply are not getting it yet because the world that we live in is the world that is, in fact, created by our own minds and egos, and it's a reflection of us. To say that what I'm creating doesn't get it but I get it, it's simply contradictory. That's where I pause to find out once again, there is nobody standing behind me. It's a very humbling experience. Any thoughts?

Participant: I've heard duality defined before, but I never got clarity that there is not good or bad, so basically no judgment. It basically just is what it is, and I appreciate that.

Tim: Yes. All right, any other thoughts? This bring us then to the Return Journey, the last part of the Hero's Journey, or the virgin's promise, if you relate better to that, or whatever does it for you. It's all just archetypes; a way of looking at this.

The last part of looking at all this is the Return Journey. The first thing to understand is that return is important. We can't just stay there. If we do try to stay there, at least if we follow the monomyth, as Campbell lays it out, one of two things will happen. Either there will be some "rescue". Somebody outside persuades us to come back or saves us, which is really a way of saying, "Get back in here."

The other would be the magical fight, which is you've over-stayed your welcome. You're in some place you haven't really paid the dues to be yet, so you end up running back for your own safety. Either way, it's a reflection of the lessons that we've learned and the reason that we have to come back is to share the elixir.

The whole point of going up into the realms of the gods is to get this symbolically, this elixir to take back. The whole point of a tragedy, in the theater sense, is that something is learned and/or that something is gained, that you've learned some secret.

As we were talking earlier, the fruits of the journey that you have been on for the last eight weeks is that you are bringing back several insights that you didn't have before. You've learned. Your eyes are open. Things are different. In particular, just learning to pay attention to our different levels, physical, emotional, mental, buddic, atmic, and to move forward in coherence and pay attention to ourselves as frequency, vibration and energy, and looking at all those levels. That itself is a major change, a major way of looking at life, and something important to bring back.

Then the whole point about bringing anything back is to share it with others. Growth is never just for ourselves. Growth is for everyone. When we grow, everyone grows, and it's crucial to the last major part of all this process is it's crucial that it be shared and it be used to help other people. Without that, we really just didn't get it. Sharing it isn't just nice, now that we're wonderful, advanced and enlightened. That's just ego, but to understand that the whole point of our journey, our process and our growth was so that we can help others. That's getting it. That's starting to understand this at the level of the over-soul.

Plato's Cave

That said, we run into a problem. Are we familiar with Plato's cave? The allegory of the cave? It's a really wonderful way of explaining the problems of the return journey. The situation that Plato sets up, hypothetically, is that there are these people born in this cave. They've been this way all their life, so they don't mind this at all. It's what they know and accept. They are chained in the cave in such a way that they

can only see the back wall of the cave. They cannot see the mouth of the cave, and they're fine with this. They don't know any better.

Outside the cave there is a big fire and people who are free are walking back and forth in front of the fire, and with various objects. As they do, it casts shadows on the back of the cave. These shadows are what the people in the cave understand to be reality. Plato often talked about our world as a world of shadows, the world that we see being nothing but a shadow of the real world of ideas. Those flickering shadows are what the people in the cave take to be reality.

One day, one of the people is freed from the cave and, as you can imagine, probably taken out kicking, screaming and terrified of how drastically different everything is, but after a while, walking around and he gets to know what the sun is about, the fire, and discovers reality and freedom, starts to get a tan and is feeling great, and knows that what he really has to do at this point is go back and share this knowledge with the other people in the cave. It's just too great a thing to keep to one's self.

The problem is as soon as you walk back into the cave, the first problem is you're walking from bright light back into darkness. You can't see a thing and you're tripping over things.

The second, as soon as you try to describe this process, the nature of reality to the people in the cave, they think you're nuts. "What are you talking about? This book is this small, little straight-edged thing? Everybody knows what a book is. It's that big, black, flickering thing. I've known it all my life."

This is the challenge. People will cling to the illusion because it's what they know. This is the challenge of anyone taking the elixir back on the return journey. People will embrace the darkness and people embrace the darkness because they're in their comfort zone and it's what they know. As Ruiz says, they are afraid to live, challenging things that mean living for real.

It's like the tarot card of the Devil, at the beginning of that spiritual line in the Major Arcana. The Devil, like other cards, has the will, intuition and awareness. It has that divine triangle there, but everybody is in

chains, but the chains are just sitting around their necks loosely. All they have to do is take them off, but they stand there in chains.

This is the nature of most people. This is the nature of the comfort zone. What do we do about this? How do we move forward with this? How do we help people with this? First is compassion. Where people are trapped, you were there once. You get it. You know what it's like. Other people are still going to be there and remember what it's like, and we're helped as well when we do this. This is one of the major reasons to help others is that it helps us. As you see other people struggling in this, it will reinforce all this for you, and as you compassionately help people work their way through that, you get a refresher course.

It's important to balance help with allowing them to fight. They are at the beginning of this journey, in many cases, and they are looking at the other, and the other needs to be fought. Really, the other is just you. They're not there yet. They need to fight with it. They need to go through the process. They need to feel the pain because that's the process of atonement with the father. This is the process that builds the skill in awareness, that gives them the mastery to move forward.

That doesn't mean that we just abandon them. Atonement with the father is tempered with meeting of the goddess with mercy, with grace, so we need to balance that help with letting them do what it is they need to do or they just won't be ready.

I like what Ralph Waldo Emerson said about this. He said, "Wear your knowledge like a pocket watch. Take it out when asked the time and then put it back." What we can do is we can love. Act out of love and let that be a guidance. *Jeez, what should I do?* Forget about what I should do and ask the divine what needs to happen here. But absolutely, share, and there are various ways to share other than here, "I know something you don't know."

We can share with words, certainly, but we can share with our behavior, we can share with our deeds, we can share simply by the way that we're being. One of the most powerful things that happens at AA is what attracts people; it's how people choose sponsors. It's not so much something somebody says as you just look at this person and

say, "I want what you have. You seem so calm, content and happy, and I want that. How do you do that?" That's a large part of what you can do here. Simply by being who you can best be, people will notice that. It will be peaceful around you. You walk into a room and you don't have to say anything. People start to feel better.

Simply being the best that you can do on your own journey will help people as well. Just understanding the process and letting them have their process, and helping them and loving them, just as other people do for you. I love Ram Dass' point about this. He says, "We're all just walking each other home," and that's a good thing to remember when, "Oh, they're just not getting it." We're all just walking each other home.

If we're surrounded by people who aren't getting it, remember that we are creating this world. Why are we creating a world where people don't get it? It is, in some way, a reflection of us. We can go right back to the physical awareness of what is in me that is contributing to this? On the return journey, as we walked into our magical world, we shed our ego at higher stages of initiation and we even killed it off, but when we go back to the ordinary world, we have to pick up our ego again.

A couple of things about this, one is that now we can start to see the ego in a larger sense. The ego, itself, is not bad. It's the tendency of the ego to pretend it is all that exists is what's bad, and trying to control everything is what's bad. To get out of good and bad, it's what causes the problems.

We can understand the ego in a different way. One of my favorite ways to understand ego is it's not me that's separate from me and you, and everyone else. Rather, ego is a point of view. I'm standing, looking at the universe from this particular vantage point. It's neither better nor worse. It means in some ways it's limiting, but it gives me a very unique and special experience of this corner of the universe that nobody else gets to have, so there are absolutely reasons for ego and to embrace ego as long as you don't fall into the traps.

Having been through this, you can much better pay attention to the appropriate ways to live with your ego and not let your ego be all that is your being. The other thing is that, at first, this is going to feel strange, and you should be glad that it feels strange. It should feel strange.

Who you are has changed. This is good. This is rebirth in a major way. Look at the changes that have happened here in just two months. You simply aren't the same.

This program makes a pretty gutsy promise, and that's transformation in two months, but that is exactly what has happened. Be okay with that. As you reestablish your relationship with ego, understand that it's not the same ego you laid down. Things are different now and that's a good thing. What you want to be careful about is you don't simply get restuck in your new vantage point. We got nicely unstuck from where we were and we're moving ahead. We've made progress. It's possible to simply get stuck in a different place. If you find it happening or it has happened at some point, you know what to do at this point, but even better would be to consciously pay attention so that you don't get restuck.

There will be highs and lows, "I feel so much better. I'm at peace, this is great," and for a while you enjoy it. Then what happens? One day you get up and it all goes to hell. What in the world happened? One of two things happened. One is without realizing, you got stuck and, when you got stuck, you know what happens when we get stuck. The card after the devil is the tower. Lightning strikes the tower. It can't be sustained. You understand now why, having been through this once.

The other reason we have highs and lows isn't the rollercoaster that it can seem like. What my AA sponsor used to tell me is peeling the onion. When you start working through these things, you work with the outer layers first, you deal with them, they get all chopped up nicely and whatever you're going to do with it, and that's all great. That's all progress, and you keep that progress, but then there's another layer and here we go again. We go through that layer and then chop that up, and then you deal with that layer. Then there's another layer underneath that. Every time you keep going more and more in, deeper and deeper.

The other thing, as you go deeper and deeper, you start getting closer and closer to a more emotional sensitive course. One of the reasons that romantic relationships can really bring up stuff rapidly is that we open up and we show more vulnerable parts of ourselves than we normally do, and that's what's happening here, and it's not a bad thing.

It's progress, actually. You're now dealing with things that, before, were simply covered up. The process of dealing with this, at first, once you notice that's what's going on, be aware of it but be glad that you're aware of it because the reality is even just a few months back, you wouldn't even have noticed the difference, but now you're aware of it.

Remember that awareness comes before transformation. Transformation comes before intent, so this is progress, and having been through the process once, you know how to do it. The description of the Hero's Journey isn't a single journey, but it's a series of journeys that the hero makes over and over again, every time a little deeper. Every time a little further in.

In addition to that, pick any story that you wish. The hero who sets out on this journey is not the same hero, not only at the end of it, but not even the same hero in the middle of it. Who this person is and what this person wants changes as the journey progresses. The journey takes on greater and greater meaning as you get closer and closer to the purpose that you're creating. Be aware of this process. Be aware of it, know what it is, know that you know how to deal with it now and simply repeat the journey in deeper and deeper lives.

I know I've talked to a couple of you about some peeling the onion moments already. That's really it, just simply be aware that it will happen and it's a good thing. If it stopped happening, it means that your journey is over and suddenly you're not growing anymore. Does the journey finally have an ending point? Yes, it does. It ends when you are in pure awareness with the divine. I'm guessing, for most of us, that may not happen in this lifetime, and there's no reason that it needs to.

Remember that Joseph Campbell said, "Looking at our deals, it's a measure of where we are in this journey, and the ultimate boon that our hero is seeking is pure life force, pure source energy stepped down to where we are to the nature of our desires. And they aren't wrong. They are steps along our path."

Again, how do I know if I'm on my path? How do I know if I'm doing it wrong? You get to create it. If it's important enough that you want it, it's divine. Coming full circle then, *how do I find my purpose?* Here are

some thoughts on how to go about creating your purpose, not finding your purpose.

Creating Your Purpose

The first is to think about what's your vision? Notice the word 'vision'. We don't say plan or objective. What's your vision? Again, we're right back to images. Very often, we communicate with the divine through images. How do we get above thoughts? Images flash into our heads. Look at all the ancient symbols; tarot, shamanism, ancient alchemy; symbols, symbols, symbols; images, images, images.

Vision; what do you put into your vision? Start right from the source, the bigger picture. Start with What people do you want in your vision? Who are the people who are important to you? Who jazzes you up? What kind of people do you care about? Be honest. Don't say what you think you should say when you're thinking through these things. "I love everybody." I would venture to say that that's probably not true. At the very least, you don't love everyone equally, and that's fine as well.

There wouldn't be people who are special to us if we loved everyone equally. It doesn't mean that you have to hate some of the people, but who are the people who you really love? This is your tribe. These are the people you would spend all of your time or most of your time with. These are the people facing the kinds of issues you love to work with. Get honest about that. Who are the people that this vision is for?

Notice I started with this one, so right from the beginning it's not just a vision for you. You get to be included. That's great, but it has to be a vision that has a relationship to other people. What are your passions?

Joseph Campbell hit it dead on, "Follow your bliss." This is a sublime truth. It is not the throwaway phrase it can sound like. Our bliss is the divine talking. You are supposed to feel great. The big part of my mission is to share with people that they are supposed to be joyous and feel great, and for life to move forward smoothly, differently than they might think. You are supposed to feel great. To the extent that we resist this means that we are fearing the divine. "I'm not sure I want to feel great." You get to decide that, but you're doing it the hard way.

One of my favorite examples is my friend Joe Cleveland. Joe is a very good amateur musician and his instrument is the banjo. He's from the Midwest and he has this clean-cut, good boy look. He's a little nerdy and you can just see this guy sitting down and playing his banjo. That is what he loves to do.

Following his bliss, what's the deal there? Because Joe followed his bliss and loves to play the banjo, when he moved to Syracuse, he met Dana Cook, a graphic designer and guitar player. The two of them started a band. That band, under Joe's inspiration, led to a community project called The Focus Project, that brings excellent musical acts from all over the country, even the world, to central New York, a wonderful nonprofit organization, so a major community benefit because Joe loves the banjo and related folk music.

When Kristin, at Maine Memorial Church, was looking for somebody who might want to do an alternative music service for the church and she was looking for who might she even talk to, Joe with the Focus Project came up. She talked to Joe, Joe was agreeable and ended up taking his banjo weekly down to Maine Memorial and working with Kristin about this. Joe and Kristin fell in love and I was at their wedding. This was directly a result of following that banjo around.

From there, Joe decided that teaching wasn't really doing for him what he wanted it to do. He decided to go off to seminary school. He did, got his Masters of Divinity and became a Unitarian minister. I was at his ordination where they gave him a stole with banjos on it.

What does following your banjo bliss mean? For Joe, it meant a community organization, a marriage and ministry. I would say that following the banjo has not served him ill. Do what you love. There is some version of that banjo story—

Participant: For everyone.

Tim: Yes, absolutely. It's not always quite that apparent. Follow your bliss. What is your passion? For what people do you want to work with? What's your passion? Then what are you willing to do for this? I don't just mean, "Well, I guess I could kind of settle. I know it's part of it." No, no, no. What excites you? What gets you up in the morning? "I want

this to happen. I want to do it with this person and I want to do it this way." What way of putting this together would really excite you? This is how to construct a vision.

You notice that nowhere in here did I ask you anything about what's practical. That's extremely important. You start talking about what's practical and you're listening to your fears again, and you're going to do what you think you have to. What is it you want?

All the best ideas were stupid when somebody thought of them. Federal Express, what a dumb idea. Who is going to pay \$25 to mail a letter by plane? Lots of stories like this. Henry Ford decided he wanted an eight-cylinder engine cast out of a single block. He told his engineers that. His engineers said he was insane. He said, "I don't care. Do it." They went to him after six months and said, "We can't do this." He said, "I don't care. Figure it out." Two years it took them to do this, and then eventually they figured it out because, as far as Henry Ford was concerned, "This is what I want." That was the end of the discussion.

What is it you're willing to do? You want a purpose that is going to drive you. You have to get honest with yourself so that you can be like Henry Ford in that instance. I don't care that it's not possible. This is where we're going with this. Movements start this way. Nobody gets appointed to the head of a movement. They pretty much anoint themselves. How did Gandhi become the head of a movement in India? He didn't; he just started doing it. How did Martin Luther King? He just started doing it. That's how anybody starts, but first you have to have the passion for what you're going to do and who you want to do this for.

Get honest with yourself. When you have a purpose that drives you, make a commitment to yourself to become an unstoppable force for good. You can't become an unstoppable force for good if you're doing what you think you have to or what you should. Then you're going to get stopped easily, "Well, I tried." Pick something so important for you that no is not a choice.

The Focus Project; it was important to Joe. There were times they had trouble. It didn't matter. It didn't decide whether he should go forward.

The question was what do we need to do to keep this going and solve the problem? That's what we want. I'm not saying to be unreasonable. I'm saying your vision has to come from all that. Once you have it, once you're excited, you're like, "Yes, this I want to get behind. I want to make this happen. I don't care how long it takes." Now it's time to construct a plan and, yes, your plan should be reasonable, but you have to start with the vision.

Create your purpose first and then construct reasonable ways to do it. It's okay to change your plan, to adapt your plan, but not your vision unless you truly have changed your mind. A friend of mine just last night pointed out that she struggled for a long time with this idea of going with the flow. She said, "One day I was walking by the river and I was looking at it, and I realized rivers don't just flow. They zigzag down the terrain. The water crashes against this bank and then it crashes against this bank, then it crashes into this bank. I can do that."

That's going with the flow. Don't feel that your purpose, whatever you create, is handcuffed. Your purpose and your desire will change because you will change, and it will change continually. The things that you want and how you want them will change faster than you create them, and there's nothing wrong with that. Don't feel that you have to make out a lifelong document and commit your soul to it. Work in terms of small projects. This is what I'm really excited about. I'm going to work on this month's project or this six month project, or whatever. Then, at the end of the project, you can say, "Okay, that was fun. Now here's what I want to do next." Or you can say, "I want to do more of that and here's how I'm going to do it this time."

How did this program start? It's a project. I'm moving forward. I also could have gotten to the end of this and said, "Well, that was an experience, so what's next?" I've become a firm believer in projects. They let you stop and assess where you are and pay attention because you are going to constantly be in a different place, the same way that the hero changes throughout the story and grows into something greater than he/she could have imagined, and so will you grow into something much greater than you ever could have imagined.

Simply continue to take a really honest inventory of what's going on in your life. Pay attention to what's going on in your physical life, your

emotional life, your mental life and your spiritual life. Notice it and don't justify it. Be honest about it. Make adjustments where you need to. Don't feel you have to take on everything at once. You can't take on everything at once. They'll pile up faster than you can do this.

The to-do list is a total trap. You'll never finish your to-do list. Stop trying. The to-do list has won the battle. Just surrender. Instead, just pick what are the biggest problems I'm working on and what's the next major forward project I want to take on. Those two things, in particular.

Remember MTO: marginal, target and outrageous. Break your life down into manageable chunks. Don't try to take on everything. Do the marginal stuff, some of the target stuff.

Jot down great ideas. I love the idea of creating a not-doing-now list and put all the stuff down there, and the stuff that you're not doing now that some other day you can do, you can revisit every so often and maybe move some things onto your to-do list.

Deepen your spiritual practice. Now that you have some spiritual practice going, you have a taste of what that was. Not only continue it, but deepen it gradually, bit by bit. Keep that going and help others to do the same. Help others with their struggle.

Participant: With finding my bliss, visioning and all of that, is journaling one of the better tools to help me work through the resistance, to get to the point where I can really allow myself to believe that I can imagine myself doing this, and start moving and start the wheels turning?

Tim: Journaling is one of the major tools. Whether it's one of the best tools depends on whether you like journaling or hate it.

Participant: I like journaling.

Tim: Then I think it's an awesome tool.

Participant: Yes, because I just feel I've lived the life of resistance and I really don't want to be there anymore, but I'm thinking okay, how do I even know then what I really feel excited about because I don't think I've been really excited about very many things.

Tim: When I did the reconnection for Alex Baisley, he journaled for two days straight. I think what happens is we have gotten so used to turning ourselves off. You ask a little kid, "What do you want for Christmas?" And they say, "Oh my goodness. I want this. I want that. I want the other thing." They don't care about reasonable. "I want a pony. I want a car; a real one." They can go on forever without stopping. You ask an adult what they want for Christmas and they say, "I don't know. Whatever. Maybe a sweater." It's ridiculous.

Participant: My mother used to ask for new potholders. I really feel sad about that. Such self-denial. No wonder I have trouble.

Tim: Yes, it's okay to say I want this, and you don't feel like you have to have something. Maybe what you want is peace and that has a point. After a while, I think, out of that peace, will come other things. It's a journey. It doesn't all happen at the same time. It would be a very confusing story if it did. Let it happen.

Spiritual practice; letting images come in and letting it be fun. If you're sitting down and creating your purpose because you feel you really should have to and it's a chore, that's not good. "I have to do this. Tim said I have to create a purpose." No, if you find yourself doing that, what you should say is, "Tim can go to hell because I would rather go do this. Let me go do it." What you're doing is creating your purpose in following your own path. Does that make sense?

Participant: Yes, it does.

Tim: The good news is you get to do anything you want, and the bad news is you have to do anything you want. Nobody comes to say, "Okay, here, open this. It's your bliss. Do you like it?" No, it doesn't work that way. My final thoughts here; we started of stepping away from the role of mine, and now I want to come back to it because the mind does have an extremely important place in our existence.

Remember how we talked about the atma plane, at that level, being the very highest part of our distance and the very lowest part of the divine logos/trinity, of pure essence, of divine spark and of the world of forms. We started the world of forms in the atma, we continued down

into denser and denser vibrations, the buddhic plane, which is our intuition, then the mental, the emotional and finally the physical plane. Each were the subsections, like gasses, liquid, solids and so forth.

We've talked about all energy as understanding all of it, and although it is reflections of each other, that we start getting insights, as you yourselves have described when all that is aligned well, whether through the reconnection or the axial alignment or any related practice so that we're not simply trying to lift a heavy board from one end or the other in the physical or the spiritual.

In the same way that the atma is what joins us to the divine and to the over-soul, the mind is what joins the physical to what we think of as our body. You go back to that lead beater chart. Again, the levels of being; the three aspects of the reincarnating soul would be spirit, which is at the very bottom of the atma plane. That part of us we would recognize as intuition, which is in the buddhic plane, and then the very highest part of the mental plane is the lowest part of the three-part notion of our soul.

You can see this repeated throughout the tarot, of will looking toward intuition, looking up at awareness as spirit. But that highest mental plane is then what connects to the rest of it. That highest mental aspect, the bottom part of our soul connects to the highest part of our mind, which connects us to the body as a garment that we think of as the mental memory, that emotions are reflections of our thoughts, and we know high emotions manifest themselves in the physical world.

In the same way that the atma is the connection between us and the divine, the mind is pretty much the connection between you and the body sense and you and the soul sense. As such, it has an extremely important role to play. Where we run into trouble is when the ego wants thoughts to be everything. *I am the mind and I am now the divine*. That doesn't quite work that way and that's where we start running into many of the problems we talked about in earlier sessions.

If we remain clear of that, as long as the mind doesn't try to pretend that it's all that it is, the mind is an extremely powerful tool. Plato was right. The world of ideas is far more important than the world of shadows. Napoleon Hill was right. If you have a definite, major purpose

and a major idea and you focus on that, you're unstoppable. We really are that powerful at that level. Joseph Campbell was right. Follow your bliss because when you do, you will become an unstoppable force for good. The obstacles are just trials along the way.

It's kind of trite, but accurate to say at what point have you failed? When you decided to stop trying. Until then, it's just another chapter in the book and it's important to take something that we want and move forward.

Having gone through these eight weeks together, you are much more aware of your actual nature, you are much more in tune, you have many great steps for moving forward and how that works, from awareness to transformation, and now to intention and how to start to use your intention. What you do with that, from here, I can't wait to see, but those are the aspects and that's the full journey.

From here, it's putting it into practice, going from theory into reality, and going from your experience into starting to guide that experience toward your vision, toward your passion, toward your channels, and giving yourself a break. It's not going to go smoothly.

There is going to be growth. You're going to crash into one bank and then the other bank, and then the other bank, and it's all good. It's all stuff that you need to learn so that you can take that sun chariot across the sky safely and not prematurely. With that, I would love to hear your takeaways.

Participant: Bon voyage to everyone. It's exciting. It's really exciting, when you think about it.

Tim: Yes, the world is all possibilities.

Participant: Right, and sometimes we don't really know what we want to do until we look at something that we know we don't want to do, and that helps us narrow it down too.

Tim: Yes, I love the way that Abraham casts that. We learn from contrast what we don't want, and that's okay. In anything; and, for me, this is particularly apparent in work choices and it's apparent in relationship

choices. How do I make better relationship choices than I did before? After dating the wrong people for a while, but I didn't know that at the time.

Participant: Experience keeps a dear school.

Tim: Yes. I love that joke. I forget who said this. Will Rogers maybe. It sounds like him, "Good judgment comes from experience and experience comes from poor judgment." I have a lot of experience.

Participant: I think we all do, really.

Tim: I wish you all well. We have some followup stuff. I know that we have some bonus calls coming up, so I'm going to end the recording and we'll do some final housekeeping stuff.