

**The Reconnective Journey**  
**May 7 - June 25, 2013**



**Transcript – May 7, 2013: Week 1 Call**

Okay! Welcome, Everybody. This is Tim Emerson from Kwan Yin Healing, and we are ready to start The Reconnective Journey. Woo-Hoo!

We are in Week 1, “Stepping into Being,” and I want to kind of, just ground us a bit and see where we're going here; we're going to set a lot of foundation stuff today.

So The Reconnective Journey has four main parts:

- 1) The Reconnection itself, which most of you have been through and the rest of you are getting into, so I don't need to go into that;
- 2) The Facebook group, which half of you have joined--I want to strongly invite you to join the Facebook group and here's why. One of the things that people repeatedly tell me when I talk to them later after The Reconnection is "There is this really big thing that happened to me and I can't really talk to anybody about it" -- and here we have a group full of people that you can talk to about it because they know exactly what you're talking about. So, a community in that sense. Second, we're going to go through a lot of things in the next eight weeks, and again, it's going to be extremely useful to have people that you can talk to about it, and also it is very useful to be able to respond to other people and help them with it. So even if you're a total loner, severely anti-Facebook--I've tried, I've seen several forms and this is simply the one that works the best. So I would just invite you to consider joining. Set your privacy settings on stun, join this one group, and as soon as many people are in as apparently are going to, I'll change the group which is already a closed group to a secret group, which means nobody even knows the group exists once it's secret--can't even search for it. So that's a really important part of this process.
- 3) The third part of the course are these tele-seminar calls which are being recorded, and in fact I'm experimenting here with some dictation software, so I'm hoping that a few days I can even put together a transcript--so cross your fingers on that!
- 4) Then of course the group healing aspect--every one of the calls are followed by a group healing, and if you listen to the recording, I'm told by people who have listened to recordings that they just can't relax in the space and are also feeling it.

So, we have quite a range of people in here, from Canada, from the UK, from the US, and obviously not all of them will be on the call because it's midnight in the UK, so it's a little late to be listening to a teleseminar. And we've got people from six different decades age wise from an extremely wide range of professions, so it's really quite a group.

I'd like to take a few minutes and have people introduce themselves if you would, if you're not overly shy, and just tell us you know your name, a little bit about you and what brought you here.

-- Introductions --

I'm so glad you're all here. I've been putting this together for the last year and I'm so excited that we're finally here and making it all happen.

So, we want different things to happen, and if we want different things to happen, we'll have to do different things. I'm actually starting to think of what I'm doing in Kwan Yin Healing as a Movement and particularly the heart of this movement is that to share that we are meant to be happy and healthy that this is our natural state, and the only reason that we aren't generally always happy and healthy is that we don't allow ourselves to do that. The real trick is to get ourselves out of the way. This is a large part of what The Reconnection does. This process then of getting into being happy and healthy, to allowing, to getting ourselves out of the way is a process of both understanding and of awareness.

So first understanding. I want to share with you just for a minute a poem I'm sure all or most of you know by Robert Frost:

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.

Now the interesting thing about this poem is that if I were to ask everyone the title, the answer that I would probably get most frequently get is "The Road Less Traveled," but that's not the name of this poem; the name is "The Road Not Taken." This a poem about the road that he didn't take. When we look carefully at the poem, it tells us a lot about human nature and about how we process things. We can't go on both roads, so the first thing we do is look down and see where they bend, so we kind of weigh the pros and cons, and then the author tells us he took the other as "just as fair and had perhaps the better claim because it was grassy" "but as for that the passing there had worn them really about the same," and then he admits "both that morning equally lay in leaves no feet had trodden black." They're exactly the same! There is no difference between these two paths, and yet when he's looking back "ages and ages hence," he says, "Two roads diverged in a wood." So what happened? "Well, I . . . I -- I took the one less traveled by -- yeah that's it and that made all the difference.

We have this natural tendency to justify our decisions and our behavior even in defiance of the facts that we know. In some ways there are big ways and certainly of a lot of you already know I spent to a number of years wasted in alcoholism and coming back from that, but also in many, many small ways and in a number of ways. And I point this out here to get us started because we can frequently say something like, "I know what to do." I hear this a lot from frustrated people in all different situations -- "I know what to do." And, here's the thing--if that were really true, we'd be getting different results. We have a perceived reality. We see what we think, not what really is. I want to repeat that. We have a perception, a perceived reality, and we see what we think, not what is really there.

Loren Eiseley, in "The Cosmic Prison," has a wonderful analogy for this. He compares humankind in the cosmos to a white blood cell in a cat, and no matter what this white blood cell tries to do and studies and accomplishes, it will always be limited to what it can experience traveling through the veins of the cat. It will have no concept of the world outside of it and of the Universe and things like that. And this, Eiseley argues, is the human state, in fact, the state of every creature. When my dog and I go for a walk--somebody said dogs have a sense of smell that's 10,000 times more acute than humans; I can't even image what my dog's world is like, and vice versa.

And 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. So, when we start from our Ordinary World, before we leave our Ordinary World, there's a problem, and that is that our Ordinary World is one of illusion. The world that

we're comfortable with, the one that's OK, I fit here, it's good--is a fiction. It doesn't actually exist. It's what Don Miguel Ruiz calls the mitote, a personal fog. It's the "Dream of the Planet.

So here's the thing. 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. We must acknowledge that we don't know what to do. We need help! And as long as we are stuck on this point--I know this is a basic point; I going to make a lot of basic points in the next eight weeks, and go beyond them--but as long as we are stuck on this basic point, we'll be stuck forever. This is the key thing to recognize, that perceived reality and reality are not the same. That "I think I know, I think I recognize the situation, but if I did, then I wouldn't be stuck." So we can't do this by ourselves, because we don't know what to do.

Now here's the problem--the ego comes rushing in. "No, no no--I got this!" right? I have several images in my head of younger days out playing baseball of "I got it I got it I got it" and then runs into a wall, so totally doesn't have it. And the truth is, that in fairness, we probably have parts of it, or even most of the parts of it--we have very accomplished, beautiful people here, who have studied a lot, or learned a lot, or experienced a lot, and . . . I'm in awe of this group! I think carefully when I put things like this together. But it would be kind of like putting together a car, and it's a beautiful car, and all the parts are just wonderful, and carefully assembled, but it's only 95% there--or 99% there, OK? And if that wonderfully built car is missing spark plugs, it's just going to sit there, stuck. Or if it's just missing fuel injection--even small things--and it's gonna sit there, stuck. So we need this help to move forward.

Raymond Aaron said something that just really stuck with me. He said, "What percentage of goals do people accomplish?" And the answer he proposed is 0% or 90% -- and not much in the middle. Either we just never ever get to it, or we do 90% of it and stop. The reason, he says, is that goals by definition are beyond us--we've never done them before. So either we continue to not do them, or we do the 90% that we can do by ourselves, and then run into a wall there. So if our goals are at 0%, then we need someone to draw us into the action, right? And if our goals are at 90%, we need someone with the needed experience and expertise to help us out here.

You know, I used to think the more accomplished I got the less help I would need, and what I'm finding is that the more accomplished I get, the further out I am and the more help I need because I'm in unfamiliar territory here. So this is a really important thing to start in our role of understanding. Believing otherwise will keep us stuck, OK? Because we're trying to solve the wrong problem. We'll talk about this a lot more next week. Because we're trying to solve the wrong problem, we're looking outside for something that's inside. We blame other people and then we blame other situations. So we create a whole problem.

There's a nice little circle. Max Simon talks about this or Seth Godin, I forgot which--maybe one of them quoted the other--a nice circle leading from actions to experiences to

beliefs, and it's self-reinforcing. Because whatever we believe to be true is what we base our actions upon, and then our actions are what determines our experiences. And then what we experience that determines our beliefs. So, unless we come in and change these, we just have a self-perpetuating cycle that is self-reinforcing. And it obscures the justification that Frost is talking about.

So, that's what I mean by understanding. The first thing we need to do is truly understand what the situation is. Then from that second part, then we get into awareness--and awareness is really where we want to go.

There are three important aspects of mastery, and the first is awareness: who we really are including all the possibilities. Until we're aware, we really can't do anything. The next mastery is transformation. The transformation of what? Often people are scared of transformation. Transformation in the sense of a spiritual warrior is transforming hell to heaven: situations that aren't working to situations that work well. And the third mastery is to act with intent. Instead of blindly, instead of reaction, to act with intent. And I'm going to talk a lot about levels. We're going to just set the foundation today before we get into them over the next few weeks, but I want to throw this out there that intention in this sense means the same thing as love, that love and intent are the same; that is the same force.

Those of you who joined me for the talk on the Tarot, one thing that the Tarot stresses repeatedly is the importance of this triangle, that Will and Intuition are balanced opposites, and they have to operate under the umbrella of awareness. So awareness at the top of the triangle, Intuition on one side, Will on one side. If you look at this for a while you realize that we tend to and we know people who try to focus on just parts of this. People who have really strong will try to force things into being, and we miss a lot of the important messages. Or people who work entirely or mostly from Intuition, but trusting only Intuition and never really putting that into Will and both with no Awareness--it needs to be all three things in balance. So, that's our starting point here of coming to an understanding and work headed out into awareness.

Before I get too far into covering the basis of the Journey, let's see if anyone has any questions...any thoughts so far?

"Tim, what were the three again? So Will, Intuition, and what was the third one?"

Awareness.

"OK, thank you."

Awareness at the top, then Intuition and Will underneath it, like a triangle.

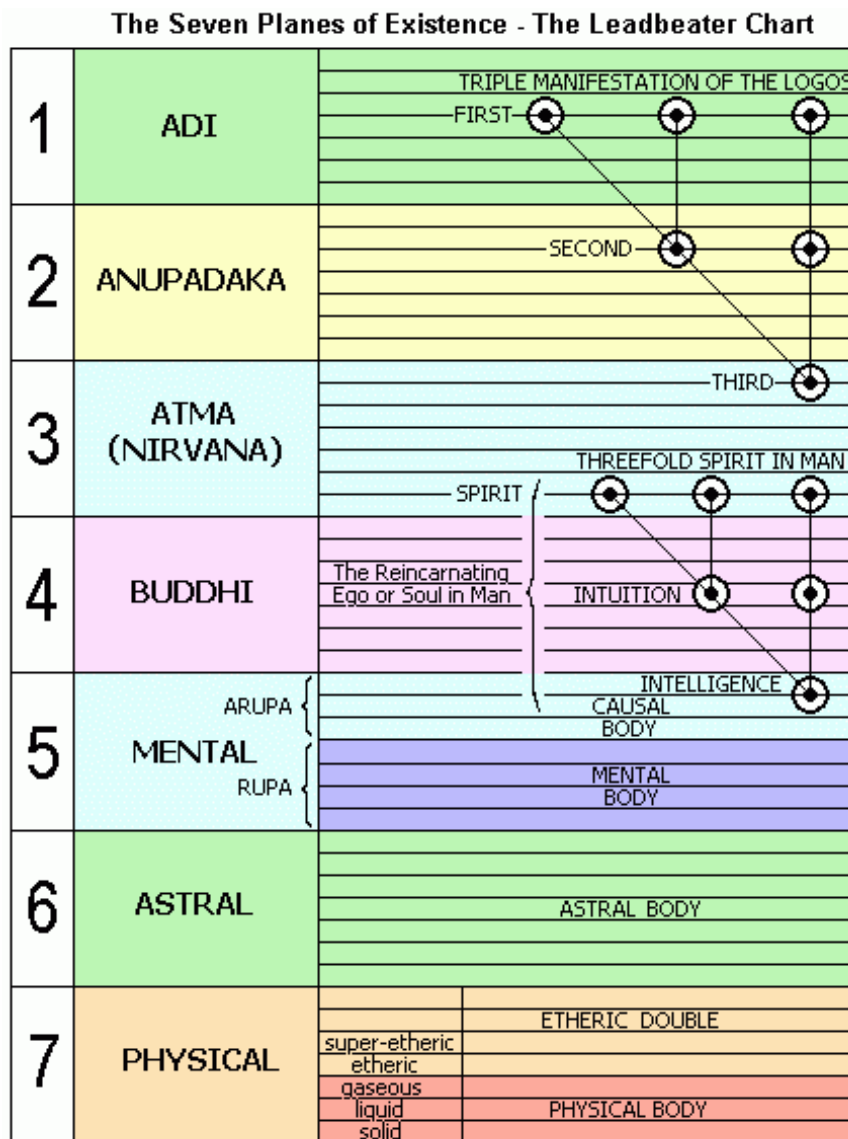
"And between understanding and transformation what is the middle ground? Where do we go from understanding?"

OK, for understanding, this is just appreciation that our perceived reality and reality are not the same. Until we get that part, we're stuck. And then once we get that part, we can move into first Awareness, and then Transformation, and then finally Intent. Does that make sense?

"Yes."

Excellent.

I want to talk next then about levels of being and raising vibration. Some of you have seen this, but if you haven't --I put a link in the reconnected journey Facebook page so you can take a look at this with me if you wish:



First I just want to explain what's here and what I'm talking about before we get into addressing it. So on this target can see that 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. I'll explain those in a little bit, but first I want to talk about what it means to raise vibration because I think there's a lot of misunderstanding here.

So one way to think of these levels of being is like states of matter. If you're looking at the chart you can see this is course on the physical realm, but it's kind of the same process. You know the difference among water and ice and steam is the temperature, but what does the temperature do? Well, it's the level of excitement of the atoms; it's this level of vibration, slowing down at the ice level, and then the 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 (if you've ever played with a plasma globe. We can see this in action at anything. Glass is one of my favorite examples; glass is actually a supercooled liquid--super cool but it's flowing extremely slowly. In fact, if you go look at the windows in a very old house and you look carefully you'll see that the glass at the bottom of the window is thicker than the glass at the top of the window, and what's happening is literally the glasses flowing out of the window pane, just extremely slowly.

So usually when people think of raising vibration they are thinking of increasing up to a higher state of matter. But I want to explain this in a different way that maybe can make some sense. If you think of the electromagnetic spectrum, a whole bunch of stuff fits on the electromagnetic spectrum. So light, color, sound, radio, TV, X-rays, gamma rays--all of these and more 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 that they are vibrating at. In the same way that we know orange is a faster vibration than red--we don't think of, though, that color and light are the same thing. Radio and color are the same thing. Gamma rays and sound are the same thing at different frequencies, different parts of the spectrum. We experience them very differently, in the same way that we experience ice and water very differently, but it's a matter of changing frequency. You know, how come when you turn on the radio it isn't just a mess? Well, because you tune into a specific frequency, and this also affects our reality. How is it that gamma rays just shoot through the earth? Because at that high-frequency, there is no earth; it's too slow a vibration for the gamma rays even to recognize this.

Einstein talked about this quite a bit on reality, that literally you could change, that we could have several different worlds and peoples at several different speeds in the same space and we wouldn't be aware of it because were at different frequencies. And Einstein stressed that we are nothing but vibration, energy and frequency. Nikolai Tesla stressed the same thing. Napoleon Hill, who I had always overlooked for long time because he wrote the book called "Think and Grow Rich," and it just sounded like a get rich book to me until I read it, but Napoleon Hill, who worked closely with Andrew Carnegie and interviewed several hundred extremely famous and successful people--that book is a book about vibration, and that's his

whole message, is that you have to send out the right vibration (and with a sensible plan). He saw this as crucial; this very practical book is all about frequency and vibration.

I mention this because 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 if were not fixed, then how come we can't just easily change things? Fritjof Capra, the physicist who wrote "The Tao of Physics" and "The Turning Point," says that's because energy exists in probability patterns, which is why electrons in atoms have certain orbits and so forth instead of just flying about. So why can't we just change? It is pretty simple explanation--it's because probability patterns are difficult to change. So, we're the very definition of stuck. It's the nature of our energy.

So on the same thing, along the lines of the electromagnetic spectrum--understand that when we are talking about The Reconnection and esoteric things, that light is information. We think of these as two different things. Science uses light as information. One of the uses of lasers is to send information. You send like hundreds of phone calls on a beam of light. Bruce Lipton's work with cells: the cells communicate through light washing through the body. If you've ever read Lynne McTaggart's "The Field," a book I recommend incidentally--one of the many experiments that she talks about there--is it Fritz-Albert Popp?--puts us in an extremely dark room, and you can actually measure the light that we emit. You literally are light, so these are not metaphors then. Light is information. Light is life itself. Love and light are the same thing. Love is life itself--all the same continuum, like the electromagnetic spectrum--there's no separation.

But we might experience it differently. Ice is not separate from water. It *is* water. It might be ice at the moment, but it's not suddenly not water just because it's ice--it's still part of the ice. So in The Reconnection, we're dealing with very high frequencies, of bands of high frequencies, which accounts for the rapid change. Things just shoot through what would normally be mental barriers. Why focus and mental barriers? Because this is where our ego primarily hangs out, these mental barriers. This is why we have sudden flashes of insight, why we can suddenly be aware and suddenly get new information we didn't have before. It's because of these high frequencies. Dr. William Tiller, one of the scientists who've been doing experiments about this, even talks about a magno-electric spectrum which he describes as accounting for the fact that Reconnective Healing frequencies get stronger with distance. Fascinating stuff.

But my point is this: all this is one. Not in a sitting around the campfire in lotus position singing Kum Ba Yah sense, but literally, literally, all is one. Literally, everything is light, and literally, the only reason that we experience different things is by focusing where we tune in, by focusing our attention. It's kind of like a party--how can you happen to notice one person at a party and you understand what they're saying in the middle of all this noise? It's where you focus your attention. Or if you're really focused on one particular issue or you're looking for something in particular and you're out about in the world, you can recognize it readily--these things just pop out at you from the landscape, and it's because your intention,



your attention is focused. We say that we just happened to find it--you were tuned into it, and in that same way, it's the importance of turning into our vibrations to get what it is that were looking for.

Let's take a look at these levels of being then. What I want to stress about these levels is that they are not separate. Usually people talk about them as if they are Russian nesting dolls and that we suddenly jump from one to the other. They are not sudden changes; they are a spectrum, a continuous spectrum that is interconnected. And we can see this at basic levels. So, for example, the bottom two planes--if you are mentally upset or emotionally upset, you just take a deep breath, you just take a couple slow deep breaths--your mind starts to relax. Your emotional state starts to relax. One has an effect on the other. Similarly, if you're emotionally upset, it'll create tension in your body. If you are are mentally stressed, the same thing--it will create tension in your body.

So it's not a matter of which are the best planes. I want to stress that they are simply all interconnected, and that lower isn't necessarily bad, and higher isn't necessarily a solution. When I hear people talk about raising vibration, it's like they're trying to reject the physical, and this is just not practical, and maybe not even wise. I compare it to if you're trying to lift a very heavy log, and you're lifting it from only one side, and you go "Oh! I'm trying to lift it from only one side; that's the problem," so you run over to the other side, and try to lift it from the other side, and you have the same problem. That's how I see people sometimes when they're approaching this issue of trying to raise the vibration. They see it as a rejection of the physical, and I really want to counter that, in understanding raising of vibration, there is nothing wrong with physical energy.

You know there is nothing smarter about the mind than the body--they're just different. I'm sure many of you have had experiences where something happened, and your body reacted much faster than you mentally processed it, and your mind only caught up later, for example. Or you just have the \*feeling\* that something isn't right or you \*feel\* something before you actually figured it out. The body does all kinds of things on its own that the mind has nothing to do with. You can use your will and try to force it, but only up to a point. If you try to hold your breath until you pass out, it won't take long, three or four minutes, before your body tells you what you can do with that plan and starts breathing without you.

So these things go together. Nor does it mean that wonderful experiences are the realms of higher planes. We know it what great feeling emotions are like. Abraham uses the example in talking about the Vortex of how we feel after really great sex with someone you love. We're in the Vortex in that moment. You're in timelessness, you're in the Now, you're in total appreciation of gratitude, or everything you are. So I wanted to get rid of this idea of like getting rid of lower reparations in favor of higher ones. What I do want to stress, though, is the quality of those vibrations though coherence of it.

So back to the analogy of light. Think of a light bulb--energy is just dispersed in all directions, and it gets weaker; other than sending a lot of light into the room, it's not a very efficient use of energy. Versus the laser, where the energy is refocused; even a 5 Watt laser will burn a hole through the wall because the energy is very, very focused. So it's not a matter of leaving lower vibrations; it's a matter of coherence, of getting these different levels of vibrate coherently, harmoniously. Hazrat Inayat Khan, the Sufi musician, in his book on music writes that people are like tones. We have her own sounds, and our own vibrations. Sometimes, just like tones, you put two tones together and they sound very harmonious together, and sometimes you put two tones or two people together and it clashes. And then sometimes you add a third one to the clash and then it makes this really nice colorful chord that sounds pretty again. It's that coherence; it's how these things work together that's important.

The only problem is this middle of our planes. We are the bottom 5 planes (looking at this chart). We have a physical body, we have an emotional body, we have a mental body, we have a spiritual Buddhic body, and then we have the Atma, which is the highest--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, so there's this overlap. So in our human existence, we have these five levels here at highest being the Atma which is Nirvana.

The middle one is where the ego likes to hang out, okay, all of our different thoughts or mind. Now, I do not want to trash the ego; the ego is important--it protects us. If we didn't have that sense of separation, we would be faced with all of the Cosmos all at once and it would be overwhelming. We need the ego to slow things down. But the ego is jealous, and the ego is defensive. The ego, even though it's a tool, wants to pretend that it is reality itself, that it is being, and this is where we get fear. The ego is just a mask, but it wants to be reality and it's afraid of being thrown off its throne. So it separates us from love. It separates us from the reality of our beings. Back to Frost's poem: why the problem with perception? It's totally ego: I want to see myself as making really, really smart decisions, and I did something nobody else did--I traveled this untraveled path, and that's what made me what I am today. But reality is, it was a bunch of small choices made on not bring much information that made him what he is today.

Consequently, the ego can prevent us from new experiences because the ego sees new experiences is hard to control and tries to force what new experiences that come anyway into preconceived boxes. So there is a recipe for why were stuck right there. It's totally a function of ego trying to do the job of the entire being, when it is just one aspect of being. This leads me to the world is going with this, the fiction of the comfort zone. Because of the ego trying to protect us, there is no comfort zone--it's an imaginary construct. And the ego sets about manufacturing things from what I call the "Should Factory"--this is how things "should" be. These are functions of ego trying to force experiences into its own perceptions. This is why when things are wonderful, there's then a crash. Why is there a crash? The ego just can't accept this hanging out here in pure or nice spiritual Vortex timelessness, so we start all the "what is this" "what if this" and we start crashing it again.

All right, this is a good place to come up for air for questions again.

"So you said the Ego is at the Mental level?"

Yeah. We are what we think. If you look at all the things the Buddha said about mind, you'll see the overlap there.

"Yeah, it makes a lot of sense. I think I've been figuring out that part somewhat and this really clarifies it for me. I see how much of my life I spent in that mental space. It was almost like a construct of society in expectation about the direction you would go in, or at least in my world, that's where we would go in. Learning how to break that down has been a lot of work. I really see what you're saying about the Ego and how it affects us. It makes a lot of sense."

Thanks. We're a culture of individualism, so we pride ourselves on Egos.

Here's what we're going to do about this. I had always heard of Joseph Campbell's "The Hero's Journey" as a kind of template for writing stories--fictions, movies--so I sat down and read his book, "The Hero with a Thousand Faces," and it is a wonderful, thorough research of culture and psychology, noticing that, going back to Freud's work, going back to cultures around the world, our myths have a pattern, that the dreams that people had was a pattern, that psychoses that people had had a pattern. He put these together and identified these patterns.

So, "The Hero's Journey" works like this--and here I mean hero/heroine, no gender intended here--but I'm using Campbell's words. The first thing that happens in the hero's journey is, like us, we are in the ordinary world. "In the ordinary world" is not perfect. We're stuck. There are complaints, but it's also not horrible--just kind of a could be better but it is what it is and you just sort of deal with it. Think, for example, Harry Potter living in the cupboard under the stairs at his uncle's. It's not great but you know, he's warm, he's dry, it's a home, and he's safe. Or Luke Skywalker, living on this sandy planet with his aunt and uncle. You know, they're taking care of him; he's got projects he's working on for fun, and it's kind of dull working around the farm, but it is what it is. Or Bilbo Baggins in "The Hobbit," right? He lives in the Shire, and everything is fine in its proper place, but also nothing ever happens.

Then what happens is a call to adventure. The ordinary world finally gets shook up, and we're moving forward. So Harry gets all these letters from Hogwarts by Owl Mail, and Luke Skywalker is cleaning up this old droid and suddenly there's this hologram and this message from Princess Leia. Or Bilbo comes home and he sees Gandolf who always brings a little excitement, and suddenly there's these twelve dwarves on this big adventure and they want him to be the burglar. You'd think this story would get rolling, right? But no. What does our hero do? Our hero does the same thing we do--refuses the call. Nope,

Harry's not going to Hogwarts--well that's that, and so he goes back to the cupboard under the stairs. Or Luke goes and talks to old Ben, then what does he do? He goes back home to his aunt and uncle. Bilbo waits for the dwarves to leave; he's just relieved they've cleaned up and finally things are back to normal again. This is what we do--we hear the call to adventure and it's exciting and we want to go but then we go, "Yeah, well, yeah, you've got the wrong person," and we start making excuses because our egos--here not in the sense of pride--our egos want things to say the same, because took a long time to construct this imaginary world that we call ordinary, and we want to keep it like it is.

It is only the entrance of an the influence of an outside mentor the changes this. So in Harry's case, Hagrid shows up. In Luke's case, Obi-Wan Kenobi. In Bilbo's case, it's Gandalf. It's the mentor that convinces our hero to cross that first threshold, and he does that through one or more of these three things. The mentor will bring special powers, or tell them they have special powers. "Harry, you're a wizard." "Oh no you've got the wrong man." "Harry, haven't you ever made strange things happen?" In your case, your special powers are The Reconnection--suddenly you have this new energy, new things are happening, you have an increased coherence of energy. The mentor can also bring special knowledge, especially special knowledge of self. "Luke, your father was a Jedi." "Harry, you're a Wizard," or Bilbo even--Gandalf tells him he's a disappointment as ancestors the Tooks, they loved adventure, and he learns something about himself. Or a magical gift--a wand, a light saber, finding your spirituality. So, this is kind of the process were doing right now with The Reconnection, and going over special knowledge, and going over how to use that knowledge is a special gift before we cross the first threshold.

So today is only the beginning. We're not going to cross the first threshold today; we're setting a foundation. Why? Because if we try to cross the first threshold, the first thing we do is have all kinds of fears and reactions and shut that off. Some of you have been communicating with me since your Reconnection some of those things exactly--a very common human reaction from our egos. A couple things understand here. Crossing that first threshold is only the beginning of the adventure. There will be many other thresholds, and I want to stress that. Not trying to increase the fear level here, but crossing that first threshold only the first threshold; there will be many thresholds to cross.

So couple things understand then. We're going to need special powers and special knowledge and magical gifts. We need things to bring with us because crossing thresholds is going to become something that happens routinely. But we also need to understand that this Hero's Journey this is a must journey, not a maybe journey. Why? The comfort zone is a fiction. We are already on this journey. I love what Alex Baisley says about growth--it's like we're trees. Imagine an oak tree going, "Well, I've been growing for some years; I think I'm done now...I'm just gonna freeze." It would be ridiculous; you can't do that. And if you try to do something to keep a tree from growing, it'll just grow around it and do what it has to do to grow in twisted ways. And that's really the number one reason: Why would I leave my comfort zone and take this journey? First of all, the comfort zone is a lie; it doesn't exist, but second, if we're going to grow anyway, and if we tried to stay in the comfort zone,

we're gonna grow in twisted, distorted ways. Versus, if we take our gifts, and we take our knowledge, and we take our true selves, our true powers and cross the thresholds, then, we remove obstacles, and we grow as nature intended us to grow.

Remember my mission from the start--we are meant to be happy and healthy. I have learned so much about the natural state of health over the last two years--much of this I'm going to share with you much later in this journey. But that is the key understanding today--where we are, what we need, and getting ready to do that journey. So these are the tools that I want to put in place.

Let me just preview a little bit where we're going with this. So today, just want to make sure we're on top of these concepts before we jump in. And in a minute, we're going to put together the tools that we're going to be needing.

Next week, we start the journey, starting with the physical, On the Threshold. So we're going to begin our journey at the slowest vibration. Why are we going to begin at the slowest vibration? So we can tell what's going on! So we're not trying to deal with mystical things and wonder "Geez, did that really happen, did I just imagine that," and so forth. We're dealing with things that we can touch, see--things that we readily understand.

Each week we'll add a little more. We can use the physical world as a mirror of our vibration. How do we move the Law of Attraction from a nice idea to physical reality? We'll begin really true self-discovery in this regard. How do we bring spiritual energy into this physical plane? How do we overcome restrictions and realize Abundance? How do we bring spiritual energy into daily physical existence? How can we recognize, read, and use the spiritual energy available to us in every moment of every day? As we become aware of these things, we'll begin to raise our vibration.

So that's next week, and then each week we'll be going up a plane, so in Week 3 we'll be looking at the emotional plane, the astral plane, and myths and realities about that plane and how to deal with emotional energy. Week 4, we'll deal with thought energy, and each case is not like were going from one to another abandoning it, but we're building on top of it, so we have like a ever-growing pyramid that is continually moving forward. This will give us a solid foundation, so that when we get to Week 5 in the world of spirit, we'll have some pretty solid understanding and changes and perception to bring into our look at the world of spirit. Then in Week 6, when we raise our vibration to the level of Awareness, instead of being some mystical, very separate idea that maybe in 10,000 lifetimes we have a chance to become a Buddha, we will have something and know we can actually get very clear glimpses of that energy and to move forward from there from that understanding. This is the highest in the spectrum we can have as human beings and still remain human beings. This then is not the pinnacle, but in Week 7 we'll go back to coherence--how do we get all this functioning together. Then we'll talk about the true definition of health and healing, and changing our perspective of health and healing, and how to live in evergreen health and what that means. In Week 8--now that have significantly changed our awareness and our

transformation and our intent, back to the ordinary world . . . how do we make that return journey? How do we master this living in two worlds, this being able to see through this myth of the comfort zone of the ordinary world in a way that it works well, that brings the rest of this together.

Then the second part is, once you find that this really rings true, "Okay, this at least I can live with, and comfortably," your next step is to construct a daily practice around that. This can be extremely minimal: 10 - 15 minutes, fine. I'm good with that. But it needs to be a daily practice and I'll explain in a minute why. This might be, for example, one of the things I did when I was new to this, was that there is a wealth of daily reading 365 books on Taoism. I got one at the time and then read that every morning. Or even if it's meditation, I use to do a meditation at night and slowly untangle myself from things that come up during the day. But it doesn't matter if you're like, "For me, nature's real and that's it." Great. Grab yourself a cup of tea, decide what time of day, and just go out and sit by your favorite tree for 10 - 15 minutes. It doesn't matter. Or even if you're like, "Nothing's real! It's all just random!" Okay. Go draw yourself a little sand drawing for 5 minutes and then destroy it to remind yourself everything is random. But some sort of practice that's meaningful to you that emphasizes as a daily reminder the part of life that is baseline truth for you. That's what I mean by a daily spiritual practice.

Now with all that explanation, if you're like, "Tim! I'm just going to pray to God if that's okay with you," okay, cool! Whatever is good for you, okay? And we'll talk about the whole range of spiritual experiences much later in the course. But here's why you need this. This is not a nice touch--this is a must do. To leave your comfort zone and cross these thresholds, a whole bunch of stuff is gonna come up, and your ego is gonna fight it, and you're gonna fight it hard. And you're gonna come across fear and it's gonna bring up a whole bunch of other stuff. You need a daily centering practice like this, number one--that's the first reason. So every day starts with this touchstone. So let's say, for example, this daily Taoist reading in the morning. And I would recommend strongly that you do it at the same time everyday. So I read this reading, and I have a certain peace and calmness around this, and then my day can go wonderful, it can go horrible, it can do all kinds of stuff, but the next day starts here again like a touchstone. Then the day goes wonderful or horrible or zooney and the next day starts here at my touchstone. And instead of stuff building and building and building and building the way that it does, when we say, "O God I need a vacation," that didn't happen in a day. Every day starts back at the baseline, and it starts back at the baseline that is true for you as you yourself define it.

Do that every day that throughout this course. And I'm going to invite you strongly to do that for at least the next 90 days, and I'm guessing that on Day 91 you'll want to keep going. If you do this every day and never ever skip it, it will build. Your understanding of truth will build. Instead of focusing on all that the distractions that build--you already know how that works--your understanding of what's true will build in ways that you cannot imagine until you do this. I cannot believe the way my spirituality and understanding exploded when I started with 365 Tao every morning without fail. It will change things. It will change things

dramatically. Whatever it is for you--that's the most important part of your homework, to get honest with yourself about what's baseline truth, find yourself or design for yourself a daily spiritual practice that is easy enough and short enough at a time of day that you'll actually do it every day and then do it. That's extremely important. You're going to need that. Without the protection of your ego, you're gonna need the protection of something else. So that's number one. That's the hardest part of the homework; the rest is easy.

The second piece of the homework--in fact, I'll tell you why two and three are on this list. When writing my book, "Getting Unstuck," I sat down to record all the extremely practical things that I wanted to share with people after the economy tanked in 2007. I saw people struggling, feeling they were stuck at their jobs, and having been in consulting and in business writing among other things, I knew that they weren't stuck, so I wanted to share with them why not. I got from there to all the other ways that people are stuck, things they complained about, spiritually, emotionally, relationships, health and all kinds of things. Then then when I got all my notes done, I finished the book, and I started going through the draft and pulling out key concepts so I could organize chapters and sections and do nice summaries of the book. As I did this, I came to a revelation that just floored me. Again, I want to stress that every part of this book was to was built to be bottom-line practical--this has worked, this does work, it's working now, you know, tried-and-true tested. What I found, though, when I abstracted the key principles, that the key principles in every section, and the key principles in every chapter, and the key principles of the entire book, are to get unstuck, be grateful, and do what you love. It's not a cliché, and it's not a platitude--those are the key baseline principles--be grateful, and do what you love.

So, that's these next two pieces of homework. I invite you to, everyday, at the end of the day, grab yourself a notebook and just take five minutes--you don't have to make a big deal of this. I would rather it be short than not done. And just jot down things that you are grateful for. And please just do it every day for at least the duration of the of the journey. Five minutes will do it. If you can't think of anything, start with the "A"s and go through the alphabet. This is very important. We will talk later about why it's important when we get into a couple of other areas, but is so important. The spiritual practice and the gratitude is so important that I wanted to start it now; I really think that we're going to need grounding.

And then the second part of that, what you love. Here is what I would like you to do for this, in two parts. First, write down the things that you want. Okay? Whatever it is, it doesn't matter. So maybe, you know, what I want is to earn X number of dollars next year, okay? Then ask yourself why do you want that? There could be any number of reasons, so this is the reasons for you. Maybe I want to earn X number of dollars because I'm competing with my dad, or because I want to build a cabin in the woods, or because I want to go to college, or because it makes me feel secure, or whatever the reason. Then, whatever the reason you wrote down, ask yourself why do you want that? So maybe I want to feel secure. Why do you want to feel secure? What does that do for you? Why is that important? Well, if I felt secure, then I would be free from fear. Okay? And then you

keep going. Why do you want to be free from fear? Well if I were free from fear, then I wouldn't be held back from doing some of these things. So why do you want to do some of the things? Well if I could do some of these things, I could do this and this and you're going to notice that your list starts getting narrower instead of getting bigger, and you're going to find you are getting honest with yourself about what you want--which you would think is obvious, but you'll find this not true. Do at least 6 "whys," although I would suggest you keep going until you find--you'll know when to stop. And then do the same thing with "What do you love? What the things that you truly love?" And then ask yourself "Why do I love this? What does it do for me?" and then keep going to the whys: why do you love that? what is that for you? and why do you love that? and really get into the heart of what the real things that we want, and what are the real things that we love, and here's why. You wouldn't think so, but one of the reasons that we have so much trouble getting what we want is that we don't know it is. It sounds silly, but it's really true. And second, just like gratitude, what we love is the foundation of moving forward. We want to get at the heart of that. So daily spiritual practice, gratitude list even if it's just 5 minutes at the end of the day, and sometime this week what is it you want why why why why why why; what is it you love why why why why why why.

And one more piece of homework--whatever situation you find yourself in that you're unhappy about, jot down what's the good in this situation, and I mean what's the good for you? What's the good that you did even if the situation totally, totally stinks, or even every thinking "Wow, I messed that up big-time," there's something in there that you did right. As we start getting into this is good to be really easy to start to beat yourself up as we start uncovering stuff. And I want right now, when out of those things that happen, to see it's not true that these things are a big mess. There is much good that comes of this, and I want to stress the much good that comes of this right off the bat before we get into all this, and to start making that happen right now. Because you are truly wonderful people. You are truly amazing people from everything I know about you.

So, that's the required homework. That's probably plenty. I have two suggested homeworks if you want. One would be to keep a journal if you're a journal person. This can be quite an experience, if you think you'll keep up with it. That's just suggested homework. And a second suggestion that I have is--you're going to have a lot of insights and ideas, and I actually learned from Ryan Eliason, and I love this--I love love love it. He says keep a doing now list, instead of adding to your to do list. So as you come up with really great ideas, instead of them bouncing around your head and getting yourself all jittery, put them on your not doing now list. They're down, you can go back later, and maybe one day move them to your to do list, but jot them down. And sequel to that, or corollary, I guess, rather, to that--I thought this just the other day--and that's a follow-up list. I can think of all kinds of stuff they keep running around in my head that are simple enough, but they just never got done, and it occurred to me that I should start a follow-up list and schedule myself a few hours for follow-up manager to start going down that list. Just consider a little place to put down ideas.



So those are just suggestions but the required homework--daily spiritual practice, gratitude list, what you want and why, what do you love and why, and what's the good about this--and this will set us up nicely as we start moving forward.

Everybody willing to do that? Cool.

Don't, don't load yourself up with something--you know, "Oh, I'm gonna go after this in a huge way." You need to keep doing this every day, so keep it small enough and simple enough that it's not a problem to do. So that one day, when you're running late, and you go, "Aw, geez -- okay well, I'm gonna be 10 minutes later 'cause I've gotta do this thing first." Not "I can't do that because I can't do this for an hour." So keep it simple. Keep it simple.

Next week, we'll start getting into the lowest vibration, the physical realm, so mainly I want to be sure everybody's got a good understanding of the basics and the overview here.

"Tim, I have a question -- I didn't take notes on our homework, just mentally taking notes, and I'd like to see it in front of me?"

And you will, in two ways. I will post it in the Facebook group, and in an email and a transcript.

"And that Facebook group, is that one just for us?"

Yes, The Reconnective Journey one is a group just for you.

"OK, great."

"So, if we go to The Reconnective Journey, we can get to it from there?"

On the welcome e-mail that I sent you with the link to the welcome page--the link to the Facebook group is on that page, on the welcome page, <http://thereconnectivejourney.com/welcome.php> -- and I would love for you to post in The Reconnective Journey group for each other what's going on and respond to each other -- how's it going with the homework, what did you decide to do, what challenges and things, congratulate each other, start to really create some community here. So to the extent that you're comfortable, if it's not incredibly personal, if you could post it -- at least the spiritual practice, and maybe some of the what you want and whys, what you love and whys, or anything else that you've any thoughts about that come up. It to be so much more powerful if we can get everybody sharing and talking to each other and following up, for 2 reasons. One is that you have a group of people who understand and can help you through things, but also you will learn and understand a lot more by helping other people, supporting them as well. And this this group, by the way will be up for you . . . it's not coming down at the end of the sessions, so you will always have a place where you can interact with each other.

"Excellent."

Okay, I have typically gone over again--this is okay. For those of you who haven't done this before, here's how group healings work. I actually will end the call, we'll say our goodbyes, and do the healing off the phone, off the call, and I'll start just a minute after we end the call. What I invite you to do is the same thing we've done before, lay back, your eyes closed, arms at your sides palms down, as long as this is comfortable--if you have back issues put your knees up or neck issues put your neck up a little--and just let yourself relax and float. I'll do the session for 30 minutes, and you can lay there for however long and share any feedback or questions in the Facebook group. I do see that, and so you can also to simply ask me questions right there, which be great versus doing it by e-mail because then everybody can benefit from the question as well, and again create some community.

So again, once more, thank you everybody for joining us. I'm really, really excited that you're along for this journey. I've been looking forward to this for a long time and I'm just so thrilled! Go team!

