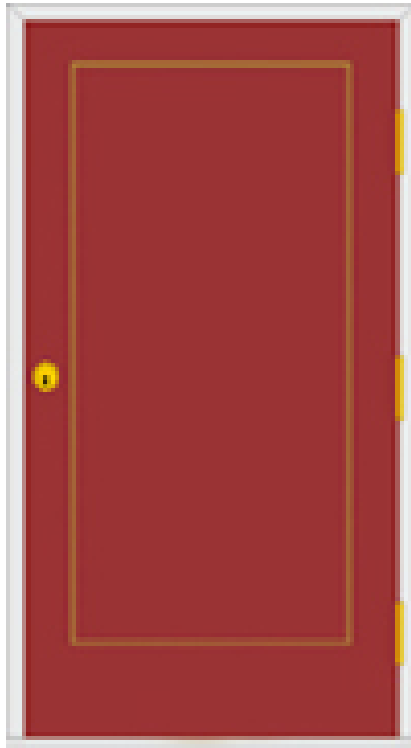


THE UNCONSCIOUS PART V

The Spiritual Guidance Door



*By
Suzan Carroll PhD*

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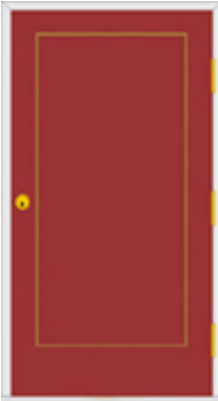
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THE SIXTH DOOR



The sixth red door is marked SPIRITUAL GUIDANCE

We go to the door and knock.
A message is displayed:

Spiritual guidance hears our call and surrounds us with its love.

When we can no longer stand our fear and pain, we fall to our knees to ask for guidance. Then perhaps, if even for a moment, we can feel the long arm of love as it reaches through our fear and self-pity.

Fortunately, a moment is all that is needed to accept guidance from the realm beyond time. Through our fears, our sorrows, our anger, and our pain, the Hand of LOVE seeks to comfort and ease our tortured heart and weary mind.

If we can open ourselves to this love, if we can believe that we DO deserve this it, then we CAN allow it into our hearts. Then we WILL be able to accept the love that has been offered. When we can accept the love from our Higher Self, we can begin to sincerely love others and to allow others to intimately love us.

When we have released the fear and chosen love, the cycle is completed.
Once we have touched our darkness, we can return it to the light.

THE SPIRITUAL GUIDANCE DOOR

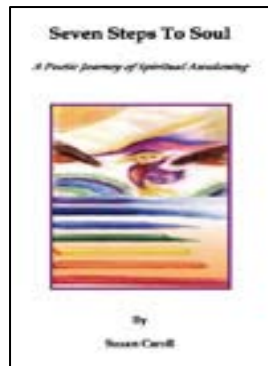
Spiritual guidance hears our call and surrounds us with its love.

The Spiritual Guidance Door represents the Spiritual sub-plane of the fourth dimension, which is the base of the Rainbow Bridge leading us into the fifth dimension. The Spiritual sub-plane is the home of our higher human, and our I AM Presence—our Higher Self.

Our Higher Self is the spiritual guidance that rescues us from our fear and pain. It is the hand that holds ours when we will allow no one to love us, and the voice that comforts us when we will not share our sorrow. It is the inner ear that will hear our confessions, and the Heart within our heart that forgives us our mistakes. From the perspective of our spiritual guidance, we cannot become lost. Hard times are spiritual initiations, and mistakes are lessons that teach us to grow.

Unfortunately, this Self is often lost to our unconscious mind.
How can we learn to hear that Self and allow it to guide us to our Soul?

SEVEN STEPS TO SOUL
A Poetic Journey of Spiritual Transformation



by
Suzan Carroll PhD

Seven Steps to Soul is the result of years of contemplation and meditation. I created a special place in my home where I could be alone and undisturbed. Before my meditation I would often prepare my space by lighting candles, playing calm music and choosing a comfortable place to relax.

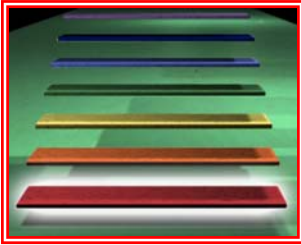
Often I would sip a warm drink, such as hot tea, as I listened to the music and read a spiritual book. When I finished reading, I would close my eyes, and ponder what I had read and how it related to my life. When I finished my contemplation I would write in my journal to clarify what I had experienced.

At first I wrote in a spiral binder, but gradually I came to value my communications with my Self. I began to buy special books for journaling and attached my favorite pen to them. At first, pain and fear were my strongest feelings.

However, my contemplation allowed me to reveal these emotions to my conscious mind. The expression of these feelings through writing allowed me to find comfort inside myself. This book is laid out so that the reader may follow the same process that was used to write it.

Excerpts from SEVEN STEPS TO SOUL:

THE FIRST STEP



The seven sections of this book represent the seven chakras. The awakening of our chakras and the rise of the Kundalini is the process that aligns us with our Soul. When we are aligned with our Soul, we can begin to surrender to its guidance and to its habitation of our physical body.

Shortly after our Soul enters our body at birth we begin to forget our higher Self. However, our inner child holds that secret for us until we are ready to remember. But why do we forget? Most of us are taught to forget by the people in our world who no longer remember.

Often, we forget because of painful events that are too great for a child to bear, but in the process of forgetting, we often lose the happy memories as well. We also forget because our emotional reactions to the world around us blur our experiences and in turn blur the memory of our experiences. Just like low frequencies mask out high frequencies, pain and fear can mask out love.

However, if we can learn to hear and express our emotions without judgment or criticism of ourselves, we can release the pain and fear that covers love and lessens our ability to accept it. Learning to be honest with, accepting of, and loving to ourselves can take years.

Most of us have learned in our childhoods that it is not safe to be completely open and honest. Too often fear taught us to judge rather than to accept. These judgments make it difficult to love ourselves and to love others.

Our Self is the portion of our consciousness that has NOT fallen into fear, criticism, and judgment. When we can become our Self, we can regain our conscious connection with our Soul. This journey begins with remembering the treasures of our childhood that are hidden beneath the pain.

CHILDHOOD

A Life Begins and Soon Forgets

She saw the first step before her. It seemed very familiar, like something from her childhood. Yes, that was it; this was the first step on the staircase that leads to her Grandmother's house. Something had happened by these stairs because for years and years she had a recurring dream. In this dream, she was lost. She had wandered around trying to find her way until, at last, she could go no further. Then, she would see the stairs leading to Grandma's front porch. But did she

climb them? No! Instead, she lay down on the sloping lawn next to the stairway and went to sleep-went to sleep in her dream. Why she never climbed the stairs to receive from her Grandmother the comfort that she needed, she did not know.

Perhaps, she wasn't ready yet.



THE FIRST CHAKRA AND CHILDHOOD

The first chakra represents our survival consciousness. We first learned to survive when we were children. We had to learn to adapt to our environment-no matter what. Often we used survival mechanisms that functioned like training wheels to assist us during times when we could find no better way to adapt to the world around us. These "training wheels" worked while we were children, but what held us up as children, holds us back as adults. If we can explore our childhood from our adult perspective, we can begin to release what is no longer needed and remember what we lost.

REMEMBERING CHILDHOOD

Remembering our childhood allows us to regain the memory of our multidimensional self that we lost as we "grew up". Our memories of Home in the higher dimensions became dimmer and dimmer as we tried to make a home in our physical world and physical body.

Our first chakra represents our first impressions of life. These impressions became the basis of our beliefs. In turn, our beliefs directed our expectations to perceive a world that was consistent with the world we were trained to experience. In this way we felt safe because we feel like we fit more into our world.

Therefore, bit-by-bit, the UNLIMITED knowledge that was of the higher worlds was constricted into knowledge of the LIMITED physical world. Unfortunately, far too often our physical world was filled with fear. The fear that we experienced as a child walled us off from the love that is innate within our Soul. Our Soul became the portion of ourselves that we forgot a little bit more each day.

CHILDHOOD

The small child longed to go Home,
but she did not know the way.

She could remember the sights
and fields of Home and
she could remember her wonderful friends.

She was lonely here,
in this strange and barren land.
She longed so to face the presence
of all that was Home -
True love,
Complete Acceptance,
Divine Beauty,
and Total Union with all life.

Here she felt separate.
There were great walls dividing
each portion of life.
And there was a smaller wall around her.

When she first came to this place
she was afraid.
She did not understand these
strange people or their strange ways.

Flowers, trees, and animals
did not speak to her.
And if she tried to speak to them,
others laughed.

Therefore, she began to build
a wall around her.
With every laugh and
every condemning thought
a new brick was laid.

She could no longer speak to her
plant and animal friends,
no matter how hard she tried.
The wall became so heavy and high that
she could barely see the sun
or feel the breeze
or view the world around her.

Then she decided that it was time
for the wall to come down.
Even if they laughed,
she could feel the sun.
Even if they condemned her,
she could see the flowers.

So she began.
Brick by brick the wall was crumbling.
At first, it was very difficult.
The bricks were cemented fast,
and it took great effort to
remove even one.

However, the bricks were
somehow connected and
as one was released
the others were weakened.
With the release of each brick,
the process became easier and easier.

As the wall became smaller
the sun was brighter
and the breeze more refreshing.
She had forgotten that
the world was pretty after all.

She had not realized that
for every one who laughed --
there was someone else who cared.

She had not realized that --
if she ignored the ridicule of others,
she could then hear the plants and animals
hungrily returning her call.

As she gained the courage
to begin removing her wall,
she gained the courage to face
that which was behind it.

Eventually, the wall
seemed very small.
Or, perhaps she had grown.

It had seemed that,
as she removed each brick,
she had grown taller.

She wasn't sure of this, of course.
It had just seemed that way.

In fact, she wasn't sure of much.
She only knew that life was better.
She did not know what would happen
when all the bricks were gone.

But she did know
that fear had built the wall
and only LOVE
could totally remove it!

TAKING CHILDHOOD'S GIFT

Our childhood memories of the higher worlds are a gift that we may choose to deny. We have become very comfortable with our perceptions of limitations and separation, which function like a fence to separate us from our fear. However, no fence is high enough or strong enough to ward off the fear that lives inside. The only protection against this fear is love, love for our selves. Love is the ultimate present that we ALL deserve and we CAN accept.

THE PRESENT

The small child very much wanted the
brightly wrapped present.
But somehow she felt she didn't deserve it.
Each time it was given to her
she retreated in shyness and lowered her eyes.

How could that lovely prize be hers?
How could she accept it?

"Just take it," came a kindly voice.
"There are others who know more than you.
Even though you cannot see
all that has brought this to you,
know that it is yours."

The child did not understand.
But she trusted the kindly voice and
timidly reached for her prize.
But, as she touched it,
it disappeared.

"Where has it gone?"
cried the child.

"Why, it is yours now,"
said the voice.

"It is no longer something
that you must reach for.
It is something now,
which you must own."

GROWING UP

As we are "growing up", it is the impressions of others that are first imprinted into our consciousness because our parents and those who raise us define our world through their perceptions. As children we are dependent upon our parents to explain our world to us and to protect us from its dangers, but, eventually, we must take the leap to see the world through our own eyes instead of through the eyes of others. This change in perception, can feel like a death.

CHANGE

Once there was a baby bird.
He could not fly nor feed himself.
Helpless, he lay in the nest and
waited for his parents
to bring him nourishment.

Because the bird was so dependent
he grew to worship those who cared for him.
After all, without them, he would die.

However, over time,
the bird began to change.
The fluff about him began to drop away
and something else took its place.

Of course, when the bird
began to lose his fluff
he became very worried.

"What is this 'something else'?
What if this 'something else'
is not as good as my fluff?" he cried

Also, to make matters worse,
the growing bird's parents

did not come as often with food.
And, they left him alone in the nest
for what seemed like a very long time.

And now the "something else"
began to itch.
The bird wanted to shake himself
and spread his arms.
But, alas, the nest had gotten very little
and, if the bird were to move at all,
he had to stand on the very edge of it.

One day, when the nest
had gotten very small
and the bird felt very itchy,
he stretched out his arms.
Just as he did so, a gust of wind came up
and blew the terrified bird from his nest.

Oh no!
The parents were gone again
and the ground was very far away.
Surely, he would die.
Whatever could he do to save himself?
Clearly, he was alone with no one to help.
And oh, he itched so terribly.

But, at least now, he could stretch himself,
if only for a few moments.
But something happened
when the bird stretched his arms.

The very evil wind that had
blown him from his nest
seemed to catch him by the "something else"
that was hanging from his arms.

"My, this is wonderful,"
thought the bird.
"Even if my end is near, at least I can enjoy
what time I have left."

Then, just before the bird
reached the ground
he thought to look up to where he had been
and to where he would never return.

Surprisingly, as he did so,
the wind carried him in that very direction.
The bird became so very excited
that he rapidly moved his arms
with the something else hanging from them.

For the first time, he really looked at himself
and found that he was just like his parents.

"Why, these are wings," cried the bird.
"And I am flying."

So the end was really the beginning.
And, what the young bird
had thought was his death,
was really a new life.

KEEPING THE CONNECTION

Once we have regained our connection to childhood's lost secrets, we must learn to keep it. Our child can assist us in remembering our Soul, and our Soul can teach us to see the world through our own eyes instead of through the eyes of others. However, sometimes we must go far away from ourselves before we can appreciate what we have always had.

THE GOLDEN CORD



"Where are we?" said the young child to the large, golden Lightbeing who stood beside her.

"We are Home, my dear," was the simple reply.

"Is that why my heart tickles?" giggled the girl.

The golden being reached out a long arm and, with a pointed finger, touched the exact point of "tickle". The girl was then transformed into a young woman.

"Where is the child?" was her first question.

"The child is inside where she has always been," answered the golden being.

"Can you feel her?"

"Yes, I think so. It feels like she is within me, but also somewhere else. I mean, she is here, but she is also playing in a beautiful field filled with flowers, butterflies, and fairies. How can that be? How can she be in two places at once?"

"You are on the fifth dimensional plane now. You can be in as many places as your mind can remember. The trick is to feel the unity of each of these realities. Feel this unity as a golden cord. Do you see where it is attached to the life-spark in your heart?"

"Yes," replied the young woman. "It feels like a deep longing for someone. But who?"

The long arm of the golden being reached out and, again with pointed finger touched the exact spot of "longing".

The young woman was no longer a woman, nor a man. She was both.

"Thank you so very much," replied the androgynous being who now stood as tall as the golden one. In fact, it was also golden.

"Your touch reminded me of who I am. I am Kepier. I am fifth dimensional as well, and I am welcoming a third dimensional portion of myself who is awakening. Her child never forgot me.

"And who am I?" asked the golden one with the sacred touch. "Can you remember me?"

Kepier looked inside, knowing that that was where all answers were found.

"You are a portion of "my self" that resonates to the sixth dimension. Are you Wolal?"

Although the being's face was barely perceptible through its beaming aura, Kepier "felt" the response of a warm smile.

Wolal wrapped itself into a whirling vortex and extended one arm.

"Touch your heart to my finger and we shall take a journey."

Kepier bent its long, lean form over to allow the tip of Wolal's finger to touch its heart and was instantly pulled into the vortex.

In the vortex there was no form, even for Kepier. Kepier saw itself as a speck of light swirling with millions of other lights. Faster and faster the vortex swirled until the million lights were One.

"Let's go down into that patch of darkness from which this light radiates," spoke Wolal.

Kepier was not sure that it wished to leave the light to explore the darkness, but it was now in total unity with Wolal. Like the finger follows the hand, Kepier followed Wolal into the darkness.

The spin of the vortex slowed as they descended. Kepier began to feel itself separate from Wolal.

At a vibration much lower than its own, Kepier could perceive the child and woman that it had just been. Kepier knew that they were other components of its self. The child appeared to be crying about not wanting to leave Home. The woman was clearly angry because she did not want to leave either.

Then Kepier felt a pull at its heart.

The long arm of Wolal again touched Kepier's heart at the exact point of the "pull". In that place was the golden cord.

"Connect this cord through your heart. I will hold it here, as I can descend no further. Go down as far as you can and give the other end of the cord to the woman. Tell her to give it to the child."

"I will obey," replied Kepier, understanding the reason for the command.

Kepier traveled down, down, down into the darkness until the density pushed against it so that it could descend no further.

"This must be how Wolal felt when it came to touch me," Kepier spoke to itself.

The golden cord vibrated in affirmation.

Kepier smiled. Now it must find the woman.

There she was, sitting on a couch and writing in a small golden book. The woman could not see Kepier except in her imagination.

"Take this golden cord and connect it to your heart," the woman wrote upon her page. "Now give the other end to your inner child."

"Can I find my child?" the pen expressed.

The golden cord vibrated in affirmation. The woman smiled. I must descend down into the vortex as did Kepier and Wolal, wrote the woman.

The woman's imagination displayed the vortex upon her inner vision, but the darkness was not inviting.

"I must be as courageous as the other portions of myself were. I cannot abandon my child. She needs me and I greatly need her."

The woman descended into the vortex and felt an ever-growing density pushing upon her form. At last she saw a child growing smaller and smaller, younger and younger. If she did not reach the child soon she may never have been born.

When at last the woman reached the child who was quickly moving backwards in time, the child was an infant just leaving her mother's womb.

"Quick, grab this golden cord and attach it to your heart," spoke the woman to the newborn.

The infant was partially through the birth canal extending a tiny bloody arm. The tip of her finger touched the tip of the golden cord.

Within that moment of contact, a blaze of light filled the delivery room.

Time stood still.

The infant's form was frozen in time with an outstretched arm touching the tip of a golden cord that only she could see.

Gradually, the light took on a vaguely human form. It was not a body though.

It was a Soul. The infant's Soul.

The Soul took the cord that the infant had chosen to touch and connected it to the small beating heart.

"Now," beamed the Soul,
"You shall never forget
who you really are!"

THE SECOND STEP

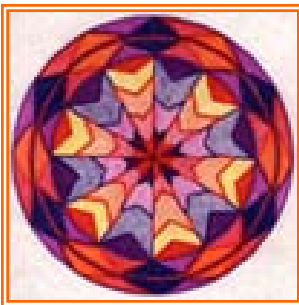


Often the first emotions that we finally allow ourselves to realize and express are painful ones because they are the memories that we pushed away in our early life. It is not until we can balance these painful emotions with emotions of comfort and happiness that we can find peace. This peace, of course, is fleeting because there is always a new catalyst to react to. But, if we can clear our past, we can experience each moment in a clear and present way. Then, we will not be as buffeted about by the challenges of everyday life.

EMOTIONS *Healing the Pain*

She saw the second stair before her. It was on the stairway to her first adult home. This home was filled with emotional memories: fun, fear, laughter, and sorrow. Could she use the wisdom she had learned from her child to heal the painful emotions and balance them with happiness and joy? Yes, she affirmed. But, as she moved towards the stairway, the emotions overwhelmed her.

She would have to go very slowly.



THE SECOND CHAKRA AND EMOTIONS

The second chakra represents our primal emotions and early childhood experiences. Many of those emotions and the experiences that created them are long forgotten. Our second chakra grounds us to the Mother Earth and to our personal history. If we can feel the love of the Great Mother, She can assist to in remember more of what has made us who we are.

AWAKENING FEELINGS

Awakening our feelings can be frightening at first, but if we are persistent, we will find the love hidden in the briar patch of our fears. That love can assist us in remembering what our child has always known and what we have forgotten since we "grew up".

FEAR

Through the dawn light
I could see a figure.

It was difficult to determine
if it were male or female
or even human.
However, I felt an affinity for that figure.

It seemed to draw me
like a magnet.
I rose from my bed in the forest
to be closer to the vision.

Perhaps, if I could touch it
or somehow communicate with it,
I could understand my feelings about it
and the great familiarity I felt for it.

But wait!

How had I arrived in this forest?
Hadn't I gone to sleep in my bed?

Yes, I decided with a heavy heart,
it was only a dream again.
But why not follow the figure still?

Even though I had decided
I was in a dream,
I found I could still move
with a will of my own.

The figure did not seem to mind
that I was moving closer.
It neither faded, nor moved away.

Bit by bit,
it took on more clarity.
I could see that it was wearing a robe
and possessed deep, luminous eyes
of the purest blue I had ever experienced.

However, the other facial features
were masked by a bright radiance

which almost hurt my eyes -
like looking into the sun!

The closer I came,
the more intently I stared.
It was almost as if I could not
pull my eyes away.

I was riveted in the deep pools of blue
that before had appeared to be eyes.

But the eyes had no significance.
Only the color and the radiance
retained any importance.

Now, not only the figure
I had been gazing at,
but the figure I had determined
as myself--began to fade
further and further
from my consciousness.

I was free.

The form that I had observed
and the one that I had worn
were both gone.
Only the blue radiance remained.

I felt oddly comfortable.
But, at the same time, a fear
began to build somewhere inside me.

I struggled to push the fear away
and lose myself in the
deep blue radiance.

But, in the struggle,
the radiance began to dim.

"No, no!" I screamed in my mind.
"I will not be afraid!
I will not lose this again!"

But the anger only fed the fear.
And, as the fear grew, it began
to pull me back into my body.

I felt the heaviness
of my hands and feet,
the throbbing of my heart,
and the gasping of my breath.

Why did this continue to happen?
From where did this fear arise?
Where had I gotten it?

From the fading blue radiance
I telepathically heard the words,
"Turn, my dear, and face your fear.
One cannot master that which
they are afraid to face."

With these final words
I suddenly awoke in my bed.
The dream was over.
Or had it just begun?

What was the mastery
of which the vision spoke?
Could I make my life into my dream
and my dream into my life?

Perhaps,
but first
I would have to
face my fear.

FINDING COURAGE

Fear is like our shadow. If we turn and walk into it, it gets smaller. However, if we try to run away, it will follow us, getting larger and larger.

CONFRONTATION

"I am going to stay and face it.
Whatever happens,
it can't be worse
than running away.

I have run and run
and the shadow at my back
only gets bigger.

Whatever I have created,
it is time to look it in the face."

She turned with the conviction
of her final words
and planted her feet
to wait for the confrontation.

It felt good.

At least now she felt in control.
At least now she was the hunter
rather than the hunted.

It came to her slowly
and so subtly that she
didn't see it until it was upon her.

Would she have the strength to fight it
and the courage to
make it her friend?

She would find out now --
once and for all.

REMEMBERING HAPPINESS

As we forge our way through what we fear, we can also remember times when we were happy, times when we felt loved. Then we can use that love to heal the frightened child who has hidden, unnoticed and uncomforted, in our unconscious. When we have healed our past, we can remember more about happiness.

REMEMBER MORE

Remember more.
Remember more.

The small voice inside my head
thunders the words
as I grope through the darkness.

I strain my mind
to the edge of breaking

What is it that I have to remember?

Something about life.
Something about love.

Something about
the way to know
and the way to be.

Slowly, a distant twinkle
begins to glow in my brain.
A slow understanding
begins to form.

Something familiar begins to grow.
Like a seedling in Spring
it carries all the hope and purity
of a flower
and the strength and virility
of a untried concept.

But, it flickers
in and out of my consciousness
like a star on a foggy night.

I try to grab onto that star
so that, when the fog clears,
I can pick up where I left off.

But still, the memory eludes me.

Why? Am I afraid again?
No, now I will not allow fear
to cloud my mind
and restrain my heart.

I will not allow fear to be my master.
I will continue and continue,
come what may.

Remember more.
Remember more.

Oh yes, now I remember.
Now the fog has cleared
and, for a moment, I know.

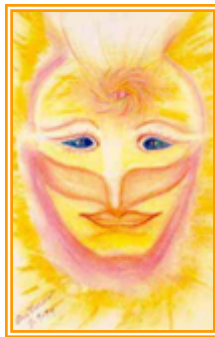
I came here to Love.
I came here to Serve.

Happiness is not
something to seek.

Happiness is
something to remember.

LIVING IN PEACE

As we remember all that we have forgotten, we can forget the pain and remember only the lesson. Then we can live in peace.



MESSAGE FROM A MASTER

Open your heart, my dear.
The anchor within it weighs heavy
with the barnacles of many
ages of submersion.

To sail into the heart of the One
the anchor must be raised.

Know that as the anchor
rises to the surface,
all the secrets that have been
locked deep inside will be pulled
into the Light of Day.

Can you Love yourself?
Can you Accept yourself?

You have hidden from yourself
in order to maintain the
illusion of who you wanted to be.

To raise the anchor in your heart
means to know who you ARE.

You are prepared for misery.
Are you prepared for Joy?

You are prepared for heartache.
Are you prepared for Happiness?

You are prepared for darkness.
Can you face the Light?

What if you opened the rusty old chest
which you had kept secret from yourself
and found that it
was filled with Gold?

Can you face
not that which is wrong,
but instead
that which is already Perfect?

You have faced your Demons.
It is time now to face your Angels.

You are perfect.
In this moment, you live in the lap of God.

You do not need "to do".
You only need "to accept".

Allow these words to float
deep into your heart.

You are loved unconditionally
and are destined to experience
Divine Unity.

Love yourself.
You are truly beautiful.

Darkness is the center
of the seed of beauty.
Within that darkness lies
the potential of your true Self.

Love the darkness
as a child loves his mother.

Love the darkness.
Love Heals.

THE THIRD STEP



Once we have gained the ability to experience our emotions and not repress them, or become trapped in them, we find that our thoughts often push us back into negativity. Then we must allow ourselves to again listen to our Self.

When we were trapped in, or repressing, our emotions it was impossible to hear our thoughts. But, when our emotional body has calmed, our thoughts come to our attention.

Can we choose our thoughts or are they our jailer who thrusts our daily portion before us without asking our opinion? Only when we can listen to the still small voice within can we discriminate between the thoughts that are ours and the thoughts that we have learned, or taken on, from others.

THOUGHTS

Learning to Think from Inside

She saw the third step before her. She recognized this stairway instantly. It was long and very steep and ran from the parking lot up to her college campus. This is where she began to learn how to master her mind. Her emotions were also strong here and her inner child could not believe that she was "smart enough". However, the still voice inside told her that she would be successful. She chose to listen to that inner voice through the disappointments and the challenges and returned again and again to climb these stairs.

For, at the top of this stairway, awaited confidence.

THE THIRD CHAKRA AND THOUGHTS



The third chakra represents our thoughts, and the thoughts of others that we "pick up" with our Astral Body. These thoughts are intertwined with our emotions, and the emotions of others. If the emotions are negative then the thoughts are usually obsessive and redundant. We try to "think" our way out of our fear, but instead we end up thinking fearful thoughts. Instead, we need to listen to our thoughts for how can we heal something that we are trying to avoid?

LISTENING TO THOUGHTS

When we first start listening to our thoughts, we may be surprised at how negative they are. We must not judge these thoughts for judgment will only force them deeper underground. Instead, we must try to listen "through" the thoughts to find the "thinker".

THE CIRCUS

As she listened inside her mind
she realized that
a crowd of ideas
was trying to confuse her.

Worries, calculations,
promises, and dreams
were constantly echoing about
in the inner recesses
of her brain.

How could she still
this crowd of ideas?

How could she center
herself in the midst
of a mental hurricane?

Where had this
storm come from?

Had she not listened
to herself before or
was all this "noise" new?

No, she suspected
it had always been there,
but she had been too busy
listening to the noise without
to hear the noise within.

Well, now, she could hear it.
Now, she knew it was there.

But how could she master it?

She knew she could not
control the outside voices,
but she must learn to calm
the buzz within.

Did she need to listen to
the many cries within,
or ignore them as
a mother may ignore
a spoiled child's
repeated demands?

And where was she?

Somewhere within
that inner circus
must be her Self.

Somewhere amongst the
clowns and elephants
there must be a ringmaster.

But where?

Hearing the Self

When we have found the "self" that is frightened and alone, we become empowered. For if we are listening to our self, then WHO are we?



THE SEA

I walk along the shore
seemingly alone.

However, I feel
a presence with me
that I wish
I could feel in the city.

The presence is the ocean,
or perhaps, it is
just the water.

There is something
alive there,
vibrating and moving
with a freedom
I wish was my own.

If only my thoughts could move
as melodiously as the sea.

If only they could
roll and pitch
calmly-beautifully.

One thought gracefully
moving away
so that the next one
can enter.

Each thought reaching its peak
and slowly, steadily
moving towards its close
on the sands of my mind.

Yes, often my thoughts
are stormy
and often they are gray.

And, yes, the storms do clear -
eventually.

Then the calm pitch and roll returns,
for a while.

But now,
as I walk by the ocean,
I feel a presence,
an alive feeling,
an awake calmness.

Can I take this feeling with me?

CLEARING THE MIND

When we have taken the responsibility for listening to our thoughts, we can begin to choose them. We can choose to have positive, calm thinking or we can choose obsessive, fearful thinking. With practice, we can learn to think nothing at all. Then we can really listen-listen to the "Eye of the Infinite".

PROTECTION

Away from the burdens and
responsibilities of everyday life
you can find the time
to look deep into
the Eye of the Infinite.

Take a long time now to realize
that the promise
and serenity of all life
can be the foundation for
each and every action.

Be still, first within yourself,
and then you will learn
to be still within the world.
If you are not still
you cannot listen.

And if you cannot listen
you will not hear.
So listen now.

Listen to the small voice
who encourages and
directs your every
thought, feeling, and movement.

Allow this inner voice
to protect you from within
so that your armor of
fear and distrust
can be released.

The shell falls from the nut
so that the sweet fruit
within can be revealed
and enjoyed.

The shell was needed
while the seed was ripening.
But, if the shell does not crack
at the appropriate time
its protection will hinder the
release of the seed.

The seed is indeed frightened
to face the world
without its protective
encasement.

However, if it can remember
that it is not just a seed,
but an infant tree,
its courage will be renewed.

And what kind of tree are you
and how many fruit
shall you bear?

Allow the shell to fall.

As it does,
know that even then,
you shall be but a hint
of your future Self.

Therefore, be not attached
to the shell, or the seed,
or even the tree
to which the seed shall grow.

The process of evolution
is infinite and each
stage of development is
a victory, a death and,
a new beginning.

BEING THE SELF

Only when we have learned to hear our Self can we gather its wisdom and direction. When we use our creative force to act upon this direction, we can ground the wisdom our Self into our mundane life. It is in this way that we can learn to BE our SELF in our everyday world.

COMPLETION

Behold my one,
the hour of completion is upon you.

Be cheerful
because I AM with you.

Be grateful
because I AM loving.

Be conscious
because I AM awake.

The fire in the small pit appeared
to be extinguished.

However, beneath the rubble of the old,
hid the fresh beginnings of the new.

Only a few pieces of fresh wood
and a small breeze were needed to ignite it.

To mourn the death of the old
is to deny the birth of the new.

Rather than mourn—rejoice.

For the new is unknown,
and not yet manifest.

Therefore, it is free.

For only in that
which has not yet begun
is the infinite freedom
of that which shall be.



Before you leave the Unconscious, allow yourself

A MULTIDIMENSIONAL JOURNEY

Begin your journey with your self. Relax your body. Allow yourself to sink deeper and deeper into your seat. Lie back against the cushions and feel their support. As you feel yourself sinking deeper and deeper into your own body, calm your emotions and ease your mind. Know that you are totally supported in all that you do.

Listen attentively to hear you Soul's call. It wants to enter your physical form now. It wants you to know its glory and feel its grace. Your Soul wants to come into a partnership with you. In this partnership, it will get to directly experience your third dimensional world, and you have its assistance in awakening your Multidimensional Consciousness.

Would you like to join into this agreement? If so, feel your Soul like a warm blanket that is light, yet warm and comforting. Wrap this blanket around you. Cover yourself from the tip of you head to the tips of your toes. Now you can see nothing, except your Self. Now you can hear nothing, except your Self. You are completely enshrouded in your Self.

As you sink more and more deeply into your seat, feel this blanket of your Soul as it sinks more and more deeply into your physical form. Feel this blanket of your Soul upon your skin. Yes, there it is, a very subtle sensation of soft gossamer warmth upon your flesh. It is invisible to others and visible to you only through your imagination. It is so smooth and light, like your own personal cloud of protection and comfort.

Now begin to allow this cloud to melt into your physical form at the same time that it also retains its shape of a cloud. This may be difficult for you to imagine, but it is a simple task for your Soul. Many difficult tasks will become simple as you allow your Soul to completely integrate with your physical form. This integration is beginning at the top of your head. Your Soul is entering the top of your head, through your crown chakra, your soft spot when you were an infant. You are becoming an infant again, an infant to your integrated self.

Your Soul is expanding down through your head, past your face, and down into your neck. The world around you looks different now, as if you are looking through a filter of love and comfort. Your hearing is also altered. Everything and everyone sounds far away, except for your Self, the self that you have always found so difficult to hear. Your mind feels empty. There is nothing here to analyze or understand. All simply IS.

Experience how this cloud blanket is wrapped tightly around your shoulders and across your heart. Your arms and hands are tucked in tight, securely and safely. This cloud of your Soul sinks into the tops of your shoulders and the back of your neck. All the burdens of your life are lifted from you as you surrender them to your Soul. You are, remember, forming a partnership. You can do the work and your Soul can carry the burden. The burden, which has always been so heavy for you, is infinitesimal for your Soul.

As you feel the warmth and protection of your Soul entering your heart, you realize that now you can love all that you do. The love of your Soul entering your heart expands your ability to love what you do, love who you are with, and love who you are. Yes, most important of all, your Soul teaches you how to love yourself.

Wave after wave of euphoric love enters you and, simultaneously, emanating from you. Your breath calms and slows as the warmth of your Soul enters your lungs. With each slow deep breath, you allow its essence into your lungs, into your blood stream, and into your heart. Your heart then sends this Soul-filled blood through your entire system.

This cloud, this blanket of your Soul, extends down across your back, past the small of your back and around your stomach. The weight of your life is lifted and the nurturing that you seek is fulfilled. Tightly wrap this blanket across your buttocks, around your hips, and across your lower torso.

Your arms and legs relax with its touch and your feet and hands welcome the calm, loving presence of the warmth of your Soul. All the stress and strain, all the fear and pain, all the confusion and doubt that you have felt throughout your life is absorbed into your Soul. Your Soul then breathes it all free, cleansed and purified.

Your third dimensional form is completely cloaked by your Soul. But your Soul wants more. It wants to merge with your first and second dimensional self as well. Deeply into your biological matter your Soul travels, into your flesh, into your muscles, your tendons, your adipose tissue, and into your bones and bone marrow.

The animal that has housed your life-spark glows with the radiance of Soul. You feel like you have just been to a spa and you have been massaged with luxuriant oils. Your body hums with health and vitality. Your organs relax deeply as they feel the warm caress of your Soul and release all toxins so that they can be transmuted into light. With the entrance of your Soul into your second dimensional body, you can fully appreciate the earth vessel that has housed your consciousness.

Now your Soul extends its essence into your first dimensional self. Down into your very cellular structure, into every atom and molecule, your Soul travels. Deep into your DNA it penetrates where it alters your genetic code so that your physical form can maintain the connection with you Multidimensional Essence.

For a brief moment of the Nowness, you are in Oneness with all of life. You are a clear, bright crystal, the foundation for all life, of all manifestation. From this perspective, you are a molecule of Earth, a spec of the Collective Consciousness of Lady Gaia, the consciousness of Earth. Within that same moment, you are the core, the point of consciousness that is your Self.

in a flash, your unconscious opens up to you. You go back in time. All the memories that you have healed welcome you, as they thank you for acknowledging and healing their pain. Old beliefs and patterns come to your awareness as you see how they have been replaced.

You see your inner child now, who rushes to you to thank you for your recognition and for your love. Your inner child guides you through the tunnel of light that you have created in the lower Astral Plane and into the Astral/Emotional plane of the fourth dimension.

Your youngest child and your ageless Soul accompany you as you travel from the first dimension, the beginnings and endings of all, and into the fourth dimension. In the Astral Plane you feel as though you are dreaming. Objects and locations shift and waver before you. Every thought and feeling finds an image or experience for its expression. You walk, jump, float, or fly according to your wish.

Here you see all your loved ones whom you thought you had lost. No, they are not gone; they are here, or on the higher dimensions. Here, if you wish, you can relive your favorite experiences, or get the opportunities that you could never achieve on the third dimension. In fact, all that you wish for can become manifest. But beware, for your fears can manifest just as easily.

Yes, it is much like the third dimension, but your manifestations are more immediate and much more vivid. The colors here are so bright that they hurt your vision until you have adjusted to them, like coming from a dark cave into the brightness of day. I

f you desire, these colors will lead you back into the land of Faerie, the land where your child shall always exist and where your imagination is your greatest treasure. You could stay here for lifetimes, in fact you have. But your journey is continuing.

As you move into the Mental Plane, the images are not so intense. You experience your environment through a misty lens, and you experience your

mind as pure thought. You are awed by the power of your thought. It is tangible, breathing, and alive. Conscious awareness of your Self is your greatest treasure.

Here you realize that your mind is a machine, and you understand how your mind is truly a computer. Each of your communications and interactions are like the Internet. Here is your connection to the World Wide Web. But, here you do not need an external machine to access the Web. You are the machine. You are the computer. Here, you compute the reality which you wish to manifest and experiences you wish to have.

As you move into the Causal Plane, which is the higher octave of the Mental Plane, the environment becomes more abstract. This plane is like the software that augments the operation of the hardware of the Mental Plane. This is where the finer abstractions of cause and effect sort themselves out, where mind and imagination merge into your personal computer program. But who is the programmer?

"It is I," calls your Soul from the threshold of the Spiritual Plane. "Your programmer may, instead, be your unconscious mind, or your ego. If you allow ME into your consciousness, I shall unite all of you into the MY Essence. Together we shall be your programmers. But first, you must bring into your Conscious Mind all that you have experienced."

"But, how can I do that?" you ask.

"You must return now to your physical body and take all that you have learned within your Unconscious and share it with your Conscious Mind. When you have fully grounded my essence in your conscious physical form, you may return to me upon the threshold of the Spiritual Plane. Then, I shall take you across the Rainbow Bridge and into the fifth dimension."

In a flash, you are back, seating on your seat.

"Wow, what a dream," you say as you rub your eyes and stretch your arms. "But, what was that last thing that my Soul said?"



The Promise

The corner's turned, the lights are on,
the fear's faced, and the terror's gone.

At least for now, the way is clear
to find the meaning and know the cheer.

Cheer of living, filled with peace
knowing struggle can now cease.

Oh, but once, just yesterday,
the path was closed. There was no way.

No way to rise above the pain
or find the faith to start again.

But then the lights came on inside
and you found there was no need to hide.

You stuck my head outside the door
to see if you could face some more.

Then you saw, in light so bright,
it was inside you held your fright.

The world outside was still the same,
but now you knew more of the game.

Just hold on tight and don't get scared.
You'll only face what you have dared.

Dared to know, down deep inside,
the fears from which you shall not hide.

For what you fear becomes a trap,
without a compass or a map.

It's only when you know your fear
the doorway out becomes more clear.

When you emerge out from that door
you will be changed down to the core.

Deep within, your lessons lie.
You can't avoid them, though you try.

As you begin your quest for peace
you know the journey shall not cease.

But now your Soul can shine its light
upon your path, and on your plight.

The light of Soul will help you see
how you can feel that you are free.

When you have learned what you must know,
You'll find the way to where you'll go.

Then you can take all you have learned
to find the passage you have earned.

This passage leads to life on earth
filled with promise of rebirth.

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