

Through the Heart to the Soul

The New Awareness

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By Clarity

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Prologue

The shift from an old paradigm to the new awareness is extensive, embracing as it does fundamental changes. An old view of the world, deeply anchored in the collective, and existing for a long time, is being transformed and a new one is taking its place. Old collective thought patterns are being transformed into something new, something broader, larger, deeper. This causes profound reactions in the thought and behavior patterns of humanity. The life style and habits of each individual will be affected and, therefore, fundamentally changed.

A shift of paradigm may be compared to an evolutionary jump of humanity. Basic value patterns, thousands of years old, will be called to question. Old laws and rules, such as the male hierarchic structure, will no longer function. All that seemed so safe will no longer offer any security. However, the old forms, structures and behavioral patterns used for thousands of years are still being implemented. The recognition in the individual collective consciousness that they are disempowering, restrictive, and built on the principle of continuous battle is becoming conscious, but very slowly. The consequences of these old basic patterns are all too visible on individual, national, and global levels. Yet, these old patterns have brought us to the threshold of the destruction of humanity and the planet. More, a deep awareness is growing that something has to change, something on a profoundly deep level in order for us to survive as species in relationship to our earth. At the same time, though, these patterns have led us to the recognition of the abuse and disrespect we have shown our planet, our living space, and our life force and life energy. In order to survive individually and collectively, it is imperative that we turn away from disrespect, abuse, and destruction of life within ourselves, others, and our planet.

The laws of the old reality have lost their validity. Laws, valid for hundreds of years, are no longer applicable. The consequences of these old ways of thinking and acting are visible to everyone. The upcoming shift is leading us to a new world view. How does this world view and its new laws manifest themselves?

It demands an evolutionary step to a new level and includes an expansion of growth. It is quite difficult to view it through the eyes of the old perspectives and paradigms. It might not be possible to even perceive the new laws. A totally new perspective is needed. Since evolution seen as such is intertwined with a qualitative change in awareness, the new implies a qualitative transformation on the individual, national, and collective levels, an evolutionary leap of the individual and of humanity as a whole to a different level of thought, values, world views, and, therefore, ways of acting in the world. In short, we are moving from disrespecting our own lives to honoring and appreciating them, from exploiting our environment to honoring and caring for it.

The impending shift implies throwing overboard much of the cultural and religious conditioning and imprinting which has been reinforced through continuous repetition in the collective unconscious for thousands of years. It also implies a loving turning toward these old cultural patterns, in appreciation for their many years of serving. Acting out of the perspective of the new awareness, these patterns which brought so much suffering helped us to finally learn and to grow. All this implies a conscious choice to let go of the old, to turn toward the new, and to open ourselves to it.

The transition from the old to the new is happening now. The old reality with its old laws is still valid for the largest part of humanity. A smaller part of humanity, however, is already moving within the new reality with its new forms and qualitative new environment of

thought. For those attached to the old, only the old is present, connected with the fear of the new. For those having dared the jump, both exist simultaneously: the old thought patterns are present and yet, at the same time, a new reality with transformed values and qualities within and without is being lived. The new reality can be aware of the old one and accept it, recognize the evolutionary jump of growth, let go of the old lovingly, and then turn toward the new.

At present, both realities exist simultaneously. However, soon there will be a time when the new reality will be more in place and the old will lose its grip and be irrevocably replaced.

Introduction

This book is an attempt to provide tools which lead to a new inner attitude toward life, allowing access to the quality of the new awaiting us. This inner attitude is based on re-adjustment of old belief patterns, determined by culture and church. One needs to develop specific qualities in order to live this inner attitude which provides space for oneself and others to be.

The first chapter introduces exercises designed to assist the unfolding of the qualities of the heart. Moving from an outer focus to an inner one, turning towards one's own heart, and carefully listening are emphasized. By pausing often, the heart can be befriended. The path to the "Self" leads through the heart. The heart's wisdom can align us with the "Self." The heart can show the path to a new quality of life and lead to deep acceptance. This in turn allows us to view the outer world through a heart perspective. Each exercise is accompanied by participants' direct experiences and a commentary.

"You too are a Self" introduces a model and diagram of the "Self." By viewing the model and doing the exercises, a direct experience is possible. The intention is to honor the "Self," the soul, as the spiritual center of the human being. The inner seeing, the eye of the "Self," is at our disposal to view ourselves. The personality is an expression of the "Self." Aligning with LoveWill, the current of life energy which expresses through the personality, the super- and lower-unconscious, leads to allowing the soul's expression.

The chapter "Growth, Melody and Rhythm" shows how to move the inner attitude from "forcing" to "allowing," from "I must do" to "I may," from "control" to "surrender," and from "acting" to "being" to be able to appreciate the quality and intensity of the moment.

In the chapter which follows, both, belief systems which interfere with the flow of life energy and those which are supportive of it, are described.

The scale of quality for loving and living is directed to recognize the fundamental behavioral patterns deeply anchored in culture and religion, to show the new principles which imply a different quality of love and life.

The last chapter allows a glimpse into the multidimensionality of the soul, which awaits recognition and expression.

The book is structured to familiarize readers with new concepts and models, while allowing a learning experience through exercises which provide for inner knowing. These exercises are followed by descriptions of the experience, subjective reports of seminar participants, complemented by a commentary.

UNFOLDING THE HEART QUALITIES

To support stepping into the new, one of the instruments needed is the unfolding of the heart qualities. Nowadays, to possess a heart is often seen as sentimental and superfluous. The quality more desired is to succeed. Yet, slowly but surely, heart qualities are more in demand.

The heart, I am speaking about, is the place or space, where love is self evident. Unfortunately, the path leading to this place is overgrown and forgotten. How can I find this place and source of love, acceptance and compassion? I need instruments, tools which can assist to find the path and remove the obstacles in it. The heart is the access to love, which is abundant. To learn to love is not necessary, since love – to love and be loved – is my birth right. However, when the heart was locked for a long time, it takes time and sensibility to allow again an organic flow.

The unfolding of the heart qualities follows the rhythm of our heart. For some, the own rhythm seems to slow, for others to fast.

The heart and the content of the individual psyche determines the speed. What needs to take place, is to trust the power of love in your heart and slowly let it grow and expand. This takes time and allowing. Surrendering to the rhythm of the heart, love and compassion toward myself and others can arise.

The following exercises are structured in such a fashion, to allow the heart to organically open and unfold. They lead from turning inward to befriending the heart and to the connection with the “Self.” The heart is the way to the “Self” and to the quality of the new, profound self acceptance and acceptance of others.

These exercises are instruments to facilitate making contact with the heart. You can read the exercises sentence by sentence, close your eyes after each one and become aware what is triggered within. Alternatively, you can tape each exercise, listen to it, and feel it within. It is surprising how such seemingly simple exercises, experienced through and in the body, can release unconscious contents.

I suggest that you do the exercises in the sequence as presented.

TURNING INWARD

The first step to joining with your own heart energy is to turn inward to connect with it.

Exercise One

Give yourself permission to sit comfortably, close your eyes, and breathe slowly and deeply, in and out.

Perhaps you would like to turn your focus or your attention from your breath to your heart area.

Simply allow yourself to become aware of this area. Perhaps you can even become aware of your heartbeat.

When it feels appropriate, ask your heart, “What do you need from me at this moment?” Allow it ample time to answer you.

Perhaps you are ready to honor its request. If so, do it – if not, honor this as well.

Allow yourself to experience this through your body and in your body.

Take all the time you need.

Finally, take a few deep breaths and become aware once again of your body. Be sure to move your hands and feet before opening your eyes.

Example One: Maya

My heart desires to treat my present emotions – sadness, fear, joy, and peace – very carefully. I want to learn to be careful. An image appeared: four equal sized balls lined up, my emotions illuminated by my heart. It feels so good to see them taking their individual places without suffocating each other. I experience space and width, nothing restrictive in the body. Simply quietness, relaxation, peace, and the heart’s love shining on my feelings.

Example Two: Joanne

My heart seems a treasury, a neverending wise and loving space. My heart wants to allow my daily consciousness to be more translucent, to be able to be closer and more present in daily life.

Example Three: John

Quickly I reach the physical heart. I can not sense the heart beat. The heart wants me to join it in lightness, happiness, and expansion to leave the tight jacket. To allow this fills me with joy and excitement. There is simultaneously a pressure in the heart area, which I acknowledge, but don’t include. After the exercise I feel nourished and full of joy, the slight pressure disappears.

Example Four: Danny

By turning toward my heart, I realized what had happened before. I did something “wrong.” The critic appeared : “Why didn’t you? Why don’t you do ..?” The heart told me to accept myself and the critic more. “Critic, you have permission to still be around.” Immediately the pressure in my head released, thoughts slowed down, and

more space was available. Energy began to flow in my body. The heart exercise made me aware of what was happening with me in this moment. I can trust my heart.

Example Five: Nina

While listening to my heart beat and pulse, thoughts interfered when I asked what they needed. I continued to keep my focus on my heart beat (usually I am focused on the mental). My pulse amplified and expanded to my lower abdomen and neck. It wanted to have all the space available (a powerful physical sensation). Then my head said, "The heart needs more space." My heart said, "Well, I am important too." This process was the reverse from the usual: 1. Focus away from the mental (undistracted) on the heart. 2. Permit the physical sensations, and observe what are they expressing. 3. Realize that the heart needs more space and is equally important (deep recognition). My heart expanded beyond my body and enveloped it protectively before returning to its physical location.

Turning to the heart lets us become aware that in order to open itself, the heart needs our care. It is loving attention which eventually allows us to get in touch with its power of love and compassion. In this exercise the heart is given permission to have its own voice expressed. It is of utmost importance, then, to allow the heart to be as it is in the present moment, to lovingly accept its current reality. Maybe my heart is in pain, withdrawn, surprised. Maybe I am impatient finally to get to the heart. However, any sort of pressure will close it. In order to open it needs my permission and my loving unconditional acceptance. Clearly, then, the first step in learning to love leads from **forcing** to **allowing**.

BEFRIENDING THE HEART

Once a steady relationship with the heart is established, and the heart can be given what it needs, it is appropriate to expand and deepen the connection with the heart with the next exercise.

Exercise Two

Give yourself permission to sit comfortably, close your eyes, and breathe slowly and deeply, in and out.

Perhaps you would like to turn your focus or your attention from your breath to your heart area.

Simply allow yourself to become aware of this area. Perhaps you can even become aware of your heartbeat.

Give yourself permission to feel your heartbeat.

Maybe you can even imagine possessing a pair of “Inner Hands.”

Allow these “Inner Hands” to slowly approach the heart from below.

Feel exactly how close your heart wants them to be. Allow them to approach the heart only as closely as it wishes them to be.

Now allow your entire body to experience this.

Breathe deeply in and out, slowly bringing yourself back and moving your hands and feet before opening your eyes.

Example One: Gertrude

I saw my heart pretty quickly as a strong heart. It is large (larger than the physical heart), and it needs space. The strings which it was tied in are still there, but they are only like a memory of earlier times. It was very happy about the hands; it needs them to support it, and as a force to speak for it. I have seen my heart in a white crown of rays, like a light, a white shining source of light behind it, with small white flames which give movement to the light, and make it dynamic. The force and power which come out the heart are my energy and life energy. Connecting with it, I can feel it throughout my entire body!

Example Two: Gerda

My heart was deeply quiet and didn't want to be touched. I would have loved to hold it, but respected its wish. I also felt that it was difficult for me to let it be. My heart was present and its pulse steady and quiet. I still feel rejected. Maybe my heart doesn't like me. But I am also aware that its wish to be left quietly has nothing to do with whether it likes me or not. To accept a “no” from someone is often difficult for me. I have to respect the will and the wish of my heart and of other people as well – awareness, gentleness, respect.

Example Three: Verena

The heart is not an object, it is a space. It doesn't want to be held, it wishes to flow and to stream. It causes tears inside me, great joy, and gratefulness. At the same time I feel excluded and yet totally within myself.

Example Four: David

I sense the pulsation of the blood in the area of the heart. It is warm. The heart doesn't want to have “Inner Hands” at the moment. It feels a little stiff and slightly tight. With time, if it is allowed to be, it will surely expand, become softer and

smoother. I feel relaxation and well-being in my whole body. It fills me with joy to be able to become aware of my heart so clearly. Even after finishing the exercise the feeling continues.

Example Five: Eva

First I felt my heart space and I noticed pressure on my chest, a slight pain from the left lower part (it is there, and is o.k.). Then, I listen to my heartbeat. I feel it. When I ask my heart if I may approach it with my “Inner Hands,” I don’t receive an answer, and I realize that my heart is in the dark. So I leave my “Inner Hands” exactly where they are, far away from my heart! They radiate an enormous warmth, upon sensing which my heart shows itself and becomes lighter. I feel myself becoming totally tranquil. My head feels free, and I sense a deep interrelationship with the world and my life’s situation.

It is quite possible that your heart does not wish your “Inner Hands” in its proximity. If you are interested in beginning a relationship with your heart, you have to allow for this and respect its wish. It may also be possible that your heart is happy about these hands and would like to be held. Either way, the voice of your heart is speaking and wishes to be heard.

The two previous exercises teach allowing, accepting, giving permission, and listening carefully to what is truly right for the heart and not doing what we think may be good for it. They teach us to turn step by step towards the true needs of our hearts and to respect them, to honor those wishes. Indeed, the heart may have its own wishes. As previously noted, this path demands an organic approach to growth, which depends on honoring individual personal rhythms and so sometimes needs more time, sometimes much less.

The next step, again, is loving acceptance of the heart and leads us from **I must do** something to **I may** allow the heart to be.

THE HEART IS THE WAY

A third step on the path of becoming more acquainted with our heart’s energy is to allow the heart to connect with the “Deeper, Higher, Innermost Self.” I can become aware of the energy which opens and flows through this connection and allow it to become more and more conscious within. It is my own. This source of energy of the “Self,” connected to the quality of the love of the heart, is my home. Once I return to this source, how and why I could have turned from it seems unimaginable.

The “Self,” the spiritual center or source, something deeper, higher, and innermost, wishing to express itself through my personality, is the most valuable aspect of my being. Being able to accept this evokes deep self-respect and self-honoring – an honoring and respect which I can also extend to others. Allowing the existence of this deep source within prevents me from abusing myself. Such an inner attitude also necessarily affects how I respond to others.

How can I bring my personality into alignment with this energy, this spiritual center and the potential which wishes to flow forth and express itself? The answer is by allowing the quality of the heart to flow. In the previous exercises we tried to establish a relationship with the heart in order to connect with the “Self.”

The “allowing” and “I may” show the way to the “Self.” The heart knows inherently how to establish this connection. “Wanting,” “forcing,” and “I must do” prevent this. “Allowing” and “I may,” however, support the organic heart connection.

Exercise Three

Give yourself permission to sit comfortably, close your eyes, and breathe slowly and deeply, in and out.

Perhaps you would like to turn your focus or your attention from your breath to your heart area.

*Simply allow yourself to become aware of this area.
Perhaps you can even become aware of your heartbeat.*

Now ask your heart, “What do you need from me at this moment?” Allow it time to answer you.

Maybe you would like to ask your heart if it wishes to expand a little.

If it answers yes, just give it permission to do so. It knows exactly how to do that. Trust its wisdom and observe it.

If it says no, please respect it and honor it. Become aware of your feelings and physical sensations.

Maybe you would like to ask your heart if it wishes to connect with its “Deeper, Higher, Innermost Self.”

If it says yes, just give it permission. It knows exactly how to do it. Just observe it.

If your heart says no, respect it and honor this answer. Allow yourself to feel what is happening in your body.

Take all the time that you need.

Become aware of your hands and feet, slowly moving them before you open your eyes.

Example One: Anna

My heart sits in a protected space in my physical center. It can not expand at this moment. It would rather open the protective layers toward my front. I give it permission and light flows into the space. There is the connection with my “Deeper, Higher, Innermost Self.” I am safe, sheltered as a matter of course in my center. I yearn a bit, to feel the expansion of my heart (which I did in the past).

Example Two: Mark

Turning toward the heart, I perceive pain coming from its depth. It seems to be located in the area of the heart which faces the back. (It is a known pain). The pain prevents my heart from expanding today. It would rather embrace the pain, hold it. Asking it to connect with the “Deeper, Higher, Innermost Self” brings a stream of light and pleasant strength moving around and into my heart, which softens the painful sting. My breath and pulse slow down in this pleasant flow. I am touched and touchable.

Example Three: Yvette

My heart area is a deep red velvety space filled with gentleness, warmth, and safety. The heart yearns to expand and does. A great space opens on the left side of my body. The connection with the “Deeper, Higher, Innermost Self” sets me upright. My spine itches from my coccyx to the crown of my head.

Example Four: Freddy

I feel my heart, the inside warm and pleasant, the usual layers of pain on the outside. It said yes and I felt it expanding inward, pushing against the layers of pain. Turning toward the layer of pain, I accepted and acknowledged its presence. “Heart, do you wish to connect with the ‘Deeper, Higher, Innermost Self’”? I feel it is possible, a bit more possible. The spine is a strong anchoring staff. The physical heart is soft now and less painful.

Example Five: Sally

Hearing the question, asking the heart to expand, brought such a flow of energy that I wanted to explode, this time from joy, not from anger. The joy wishes to be expressed, no longer repressed. The heart needed space. I gave it permission. Warmth spread through my body, To the question if my heart wanted to connect with the “Deeper, Higher, Innermost Self,” it answered, “I am yearning to do so, it is time now.” I allowed it and expected something overwhelming. Nothing happened. In my disappointment I looked for images. Finally I turned my attention to my body. I sensed how the hectic quality and restlessness had dissolved. Being under pressure to perform, not forcing myself to be quiet leads into a depression. Yet, not to stand like a rocket with its energy fizzling out.

The heart with its deep desire to connect to the “Deeper, Higher, Innermost Self” is quite capable of establishing this relationship without our doing anything. This relationship is the innermost yearning of our heart. Our own ideas of how the heart should react, actually hinder its wisdom. Trust its wisdom. If we can surrender to its wisdom, though, we have taken a conscious step toward bringing ourselves into alignment with the inner source of love and wisdom.

Once we can consciously **surrender control** to the healing energy of the “Self,” we have made a huge stride toward self acceptance.

The previous heart exercises should be practiced regularly, as a kind of heart meditation integrated into daily life.

EMBRACING THE WAY OF THE HEART

Once the heart is recognized as the way or the path which leads to the “Deeper, Higher, Innermost Self” it can be invited to expand a little further to connect to the heart of the earth. My love, flowing from my spiritual center through the heart, can interconnect with the heart of the earth. The earth which gave me birth and nurtured me hungers to feel the warmth of my heart. It is time now to return this love and let it flow toward her.

Exercise Four

Give yourself permission to sit comfortably, close your eyes, and breathe slowly and deeply, in and out.

Perhaps you would like to turn your focus or your attention from your breath to your heart area.

*Simply allow yourself to become aware of this area.
Perhaps you can even become aware of your heartbeat.*

Give yourself permission to feel your heartbeat.

Now, ask your heart, “What do you need from me at this moment?” Let it answer you.

Maybe you would like to ask your heart if it wishes to expand a little.

If it answers yes, just give it permission. It knows exactly how to do that. Trust its wisdom and observe it.

If your heart says no, please respect and honor it. Become aware of your feelings and physical sensations.

Maybe you would like to ask your heart if it wishes to connect with its “Deeper, Higher, Innermost Self.”

If it says yes, just give it permission. It knows exactly what to do, just observe it.

If no, respect it and honor this answer. Allow yourself to feel in your body what happens.

Maybe now you can ask your heart if it wishes to connect with the heart of the earth.

If it answers yes, just give it permission. You don’t need to do a thing. It knows exactly how to do that, just observe it.

If no, respect it and honor this answer.

Allow yourself to feel this connection through your body and within your body.

Maybe you can sink into this connection, feel how you are safely held in this connection. Experience it in your body and through your body.

Take all the time you need.

Become aware of your hands and feet, slowly moving them before you open your eyes.

Example One: Nicole

First I felt my heart excited and my heartbeat very weak. At the question if it wishes to connect to its “Deeper, Higher, Innermost Self” I felt immediately a deep intense yearning and readiness like it was thirsty to do so. The connection with the heart of the earth caused my breath to become quiet, deeper, and slower. I felt within the heart-chest-area and through my back a wellbeing, warmth, and width which slowly expanded throughout my whole back. I enjoyed sitting in this interconnectedness and quietness a lot and it was difficult for me to return.

Example Two: Rita

To connect the heart with the “Deeper, Higher, Innermost Self” is not difficult. As always, connecting is bringing up the feeling of yearning and “coming home.” It is no question that the heart wishes it, it yearns for it. In the body I feel from the Hara (Japanese word for physical center of body), back, and heart, and in the arms a shower of warmth, light warm tingling, and I have the inner image of a pair of open arms.

The connection to the heart of the earth is related to feelings of warmth from the middle of the lower half of my body which includes the warmth of the upper half of my body. The image is like “sitting in the earth with the arms on top of the earth and my upper body above the earth.” The feeling of gratefulness that the earth gave me birth and the need to always look after her with attention and respect, to be loving and attentive toward my environment. Gentle, grate-full, and embedded.

I can feel my pulse very well. It seems like the pulse of the earth is in the same tune as my own, but the pulse of the earth includes all sounds, all vibrations in existence, comes from very far, is very warm and full and embraces me totally. It gives me the feeling of being "held within it" and enwrapped in soft cotton.

Example Three: William

I feel my physical heart beating strongly, deep rhythmic beats up to my neck. It's a good feeling, it gives me safety, it beats my life rhythm. It makes me quiet, strong, secure. In the interconnection, the heart connection, I feel expansion, spacelessness, all inclusive, limitless. Does my heart want to go into the connection with the "Deeper, Higher, Innermost Self?" Warmth flows through me, the feeling "I am, every-thing is ok, I can let go, I can allow, I can let it go through, I am interconnected, deep and high, wide," flows. I am connected to the heart of the earth. I sense a strong, quiet pulse, changing into a circle of flowing energy, stronger and stronger, steadily, dark red, quiet and steady, and strong and powerful. An energy circle which turns into many other energy circles. Interconnecting and stronger, a profound sense of belonging. The "I," the "you," the "mother earth," – I'm one with all inside and outside of me. Connected! Connected! Connected!

Example Four: Verena

My heart is a wide space and from it one path leads upward and one downward. I am safely and securely held between heaven and earth, and at home. I felt very strongly, "this is my home." Clearly, full of love.

Example Five: Vanessa

My heart beats strongly. It is a little excited. Before I can ask it if it wishes to connect to the "Deeper, Higher, Innermost Self" it already did it. I feel a soft, warm, bright ray leading from my heart upward and my head becomes very clear. At the same time I feel the warm light surrounding my heart. I feel protected. My heart is quiet and strong. Trying to connect with the heart of the earth I feel slight resistance. I ask again but the heart doesn't want to do it. However, I feel carried by the earth and surrounded by this light.

My human heart is the love connection between above and below. It is my task to allow this love to flow through my heart into the earth. It is important to allow the flowing, not to try to **hold** the energy within me, but to let it **flow**, in this particular case towards the heart of the earth which is yearning for the love of my heart.

TRUE ACCEPTANCE

To allow the heart to grow through the four previously described processes, from allowing to I may, surrender, and flow, allows the heart qualities of love and compassion to unfold and leads to true acceptance. This acceptance with its inherent qualities of love embraces and ultimately transforms old limiting norms into new ever-expanding ones.

The final exercise, in which this acceptance is expanded to others around us, is based on the growth process of the previous ones, the exercises of allowing, I may, surrender and to flow. In addition, reading the chapter “You Too Are a Self” prior to working with the exercise is recommended.

Exercise Five

May I invite you to close your eyes and turn your focus inward?

Maybe you can become aware of your heart area, maybe even your heartbeat.

See if your heart would like to connect with its “Deeper, Higher, Innermost Self.”

If yes, give it permission.

If no, allow this too.

Now let the “Eye of the Self” or the observer look through the heart at some incident which has preoccupied you within the last few days.

*What happens when you do this?
Does anything change?*

Take all the time you need.

Become aware of your hands and feet, slowly moving them before you open your eyes.

Example One: Rita

It was very good today to feel my heartbeat. It assisted me in becoming much more quiet. Just simply being with my heart, without questions, gave me a very peaceful feeling. More and more I felt very much at home within myself. When I looked with the Observer through my heart, I couldn't see any concrete situation. Instead, I saw different people moving in front of my inner eye, people with whom I have tensions repeatedly. It was very nice to see these people and to observe myself. It was actually loving, and it had the quality of "let them be," not battling, not fighting. No one has to win. I didn't have to build up all those usual defensive walls, and I felt very good. I feel a strong desire and urge to practice this in my everyday life. Returning here I felt gratefulness towards my heart.

Example Two: Françoise

My heart lays gently in my upper body. It opens itself and in it I see a waterlily. I feel the quiet energy of a lake. Through the heart I see myself, sitting for a long time opposite my boss and also visiting my co-workers. It seems possible now to return lovingly there, even though up to now I saw everything very negatively. Some relationships will change. Some will become more caring, others maybe more distant. The fear of getting deeply hurt, once I lovingly move towards people, may still be there, but, it has become less.

Example Three: Judith

I saw a big, compact heart which had a strong and quiet beat. I felt it throughout my whole body. I felt a little heavy around the heart, but not too depressed. In this heaviness or sadness I also felt a sense of aliveness. Then I tried to put my focus behind the heart. I wanted to have a different perception. I did, and everything changed very deeply. The difficult situation was no longer threatening. I could stay with myself and was no longer responsible for who is hurting whom. I simply looked at it, nothing more, without taking everything within myself. This gave me a shape and a center.

Example Four: Sophia

I used an incident from last week in which I was sitting opposite my husband, and he was telling me that he couldn't stand his work situation anymore. Trying to see the scene with the "Eye of the Self," the Observer, I felt an inner movement. I was filled with compassion and warmth for him. Previously I had listen with my head. I didn't want to allow him to pull me into his problems because I was afraid of the idea that he could lose his job. By head-tripping, taking a purely intellectual approach, I thought I could keep my perspective and observe what was happening. I tried to explain to him what *I* would do in this situation. Now I realize that this was actually very disempowering. I need to train myself to see from my heart, to meet him on the same level.

Example Five: Yvonne

I can feel my heart beating faster than yesterday, not as loudly and steadily. A tingling in my foot pulls my attention away. Returning to my heart I hear it singing quietly, “I am here, I am here, I am here.” In myself I experience the feeling, no, the knowledge, “I AM.” My heart gives me the “to be,” the rhythm. A loving feeling spreads, flowing through me and beyond me. My heart flows in me, under me. I sense soft, happy, gentle colors. The eye of the observer opens, a shining focus through my heart. This allows distance and yet closeness to the observed situation, an overview and an underview. I am no longer in the situation, I can grasp it, understand it, accept it. Everything is fine, since it is as it is, everything so normal, without emotions and yet totally there. An inner smile carries without holding me. It carries, connects, and gives acceptance. It takes the heaviness and makes the scene easy without distracting my attention. Its gift is loving acceptance without judgment, advice, or disturbance.

In connection with the “Self,” as the direct source of its inner wisdom, the heart lives its love potential. Perceiving through the “Eye of the Self” allows for a different perspective, a love which embraces the outer world. The refinement of individual awareness, a deepening of respect, the focusing of consciousness, and direct contact with the voice of the heart are the gifts of this connection. These are our birthright, and they are waiting to be awakened.

This exercise teaches us to look at others and at our surroundings through the focus of the heart and to develop genuine **compassion** and **love**.

YOU, TOO, ARE A “SELF”

Loving acceptance of one’s heart is the quality which opens the way to the “Self.” The organic unfolding of the heart quality triggers the recognition and experience of the “Self” as the spiritual source of the human being.

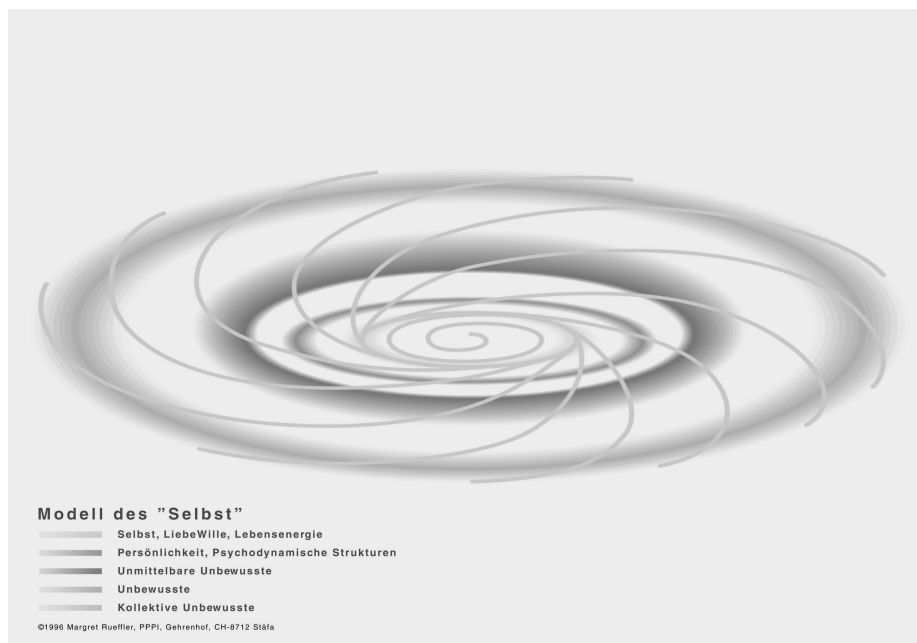
What are the principles and laws of greatest importance in the new? New tools and instruments are needed to understand and to live these principles. What methods and techniques can develop our capability to allow these principles and laws to become vitally alive within us? How can this change in our values and, consequently, in our quality of life be introduced? How can a cognitive process be deepened to an emotional and physical knowledge which in turn causes a transformation of inner and outer attitude and values, changing the quality of our lives.

The most profound change is the recognition that **the soul or the “Self” is the center of each human being: I am a “Self.”** Without this center, the spiritual might of the soul can not exist. This power is immanent and transcends the individual and simultaneously is

more than the individual. To return to this spiritual center, to acknowledge it as our birthright, then, is one of the very first principles. Conscious acknowledgment of its existence within self, within every other human being, and within nature inevitably leads to a deep honoring of self and, indeed, of all life. How can this principle of the “Self” be understood and taught?

The model of human consciousness depicted below with its spiritual center, the “Self,” has grown out of years of experience in working with clients and training participants: It is the presentation of a basic model of the human psyche with its inherent differentiated levels of consciousness and their relationships to one another.

Diagram: Model of Human Consciousness



- 1 *Self or Spiritual Center*
- 2 *Life Energy or LoveWill*
- 3 *Personality Structure*
- 4 *Immediate Personal Unconscious*
- 5 *Unconscious*
- 6 *Collective Unconscious*

Human consciousness can be seen as an electromagnetic energy field with the “Self” as a spiritual center (1). The life energy or LoveWill (2) expanding out of the “Self” magnetizes the field.

The personality (3) is imbedded within it and consists of psy-chodynamic structures which express themselves through thoughts, emotions, and the physical body. This expression can occur consciously or unconsciously (4, 5). The personal unconscious contains material and events of the present life time that had at one time been conscious. The electromagnetic field of consciousness of the individual is interconnected with the collective psyche and through its thoughts and emotions energizes the collective psyche. The collective, in turn, influences the individual. LoveWill is the life energy (2) expanding from the center, carrying and holding the individual field and interweaving it with the collective.

In the center of the model is the “Self,” our spiritual center. I often call the “Self” the “Deeper, Higher, Innermost Self.” It is multidimensional and acts like an energetic vortex, expressing life energy or LoveWill (2) centrifugally through the various parts of the personality in daily life. This inner spiritual center also expresses itself through our actions in daily life.

The “Self” manifests in daily life through the personality and the unconscious. The “Self,” our spiritual center, allows its life energy to flow through the body, the emotions, and the intellect. Without the “Self” there would be no physical body, no emotions, no intellect, and, of course, no spiritual dimension.

Simultaneously, with this expressive **centrifugal power** of the “Self,” there is a **centripetal power** which constellates and attracts the personality structure around this spiritual vortex and holds it in place. Without the “Self,” then, there would be no personality and no unconscious either.

The “Self” is expressive, and also receptive. Both centripetal and centrifugal are active qualities. As noted, the “Self” is **multidimensional**, simultaneously **immanent**, and **transcendent**. It is **omnipresent** and is more than the personal consciousness and the unconscious. It is always present whether or not we are aware of it. Once we do become aware of the “Self,” however, a deep change and transformation of values in the personality result. The “Self” needs the personality and its structures to express itself creatively in this world and to manifest its life energy. Once we are aware of the “Self,” we can access its many dimensions and, thereby, come closer to true self realization.

Once we are aware of our spiritual center we also become aware of its gravitational pull to turn our focus inward to explore the inner heights and depths. Yearning and longing can now be turned inward and directed toward the “Self” finding their true home there. Until now most longing has been externally focused.

The personality is imbedded in the immediate unconscious (4) which contains all the events experienced from early childhood on and future events yet to be experienced.

The immediate unconscious, in turn, is held in the unconscious (5) which contains among other things our psychological inheritance from our ancestors, structures from the past, and developmental possibilities and potentials for the future. Human consciousness, with its various dimensions of the conscious and the unconscious, is a focal point within the collective unconscious (6). The collective unconscious houses our roots, our cultural, religious, and national heritage, structures of the past, and possibilities of growth and development in the collective future.

To deepen such theoretical understanding into knowledge born of experience, you may wish to tape the following exercises to facilitate listening to them or have a friend read them to you.

Exercise

Our daily lives are organized in such a way that they are not supportive of developing awareness of the “Self.” The following exercise, however, will assist you to turn towards the “Self” and to become acquainted with it. This exercise allows space for the “Self” and an actual experience of same through the body. With time a deeper knowledge and understanding of the “Self” will emerge.

You may wish to look at the diagrammatic model of human consciousness and simply allow it to sink into your consciousness. (Please close your eyes now.)

Give yourself permission to feel this model in your body, taking all the time you need.

Within you, underlying all, transcending all, is a spiritual center.

How does that feel for you?

What does this knowledge change within you?

How do you experience yourself now?

How do you feel about the fact that others also have this spiritual center?

Example One: Jeannie

My body feels like a cave – secretive, warm, spacious. Far below, a treasure is buried. It is something very precious, maybe a shining ruby, hidden, resting, radiant. As I am imagining this I feel very special and valuable. The value is within; it can not be reached from without. It is protected. I am seeing other people who have the same value within themselves, with similar caves and treasures. I feel appreciation for others, and I feel joyful that it exists.

Example Two: Janet

If there is such a precious core within me, then I must treat myself much more gently and considerately. I have to treat such a special property in a very different way. To the question how do I see others or how do I deal with others, I respond: If others harbor this special property within, I have to treat them more gently too, since they carry the same precious “Self” within as I do. I also value it when I direct my loving will towards myself, so I believe that this loving will needs to be a basis of action in relationship to others.

Example Three: Yvette

I’m focusing on my “Inner Self,” this precious center around which I turn and which would like to express itself through me. It is connected to all beings and I’m getting an inkling of oneness. I am full of awe, yet somehow a little unbelieving and ashamed. I am afraid I will not be enough and so I try to take it as unimportant, to put it down. Its demands are high!

Yet I am simultaneously aware that it is exactly this quality which led me here to this place, this tender inner impulse which steadily, quietly and sometimes more loudly, pushes and shoves and doesn’t leave me alone. It is an inner knowing and deep yearning which wishes to find its own true expression. I experience great trust followed by gratitude and joy.

I also yearn to find a special center in you and to get in touch with it. I am full of respect and loving sympathy when I remember it.

Example Four: Joe

The words open my understanding; it becomes soft and transparent. A warming energy, bright and alive in quality, sinks into my body, enveloping me like an energetic protection which belongs to me.

I feel quiet. My body shines, my face becomes soft and touchable through this energy which is like a solar energy. My heart opens, it is decisive and strong. My senses clear: my thinking is clear and light; my breath is deep; my nose is finely tuned to any smell; my ears are open, attentive.

Turning towards the others creates joy and emotional tenderness. The radius of action remains steady. My strength shines, yet is quiet and gentle in its love. I am interconnected!

Example Five: Jack

During the exercise with the “Self” I saw a red color, and my stomach and heart area warmed and became light. I sensed a great self respect and surprise, and, simultaneously, great joy. Seeing my fellow beings with this “Self” provokes a feeling of respect which is almost unbelievable.

Example Six: Mary

For a moment my old concern arises: “Whose experience will be the most pertinent?” I accept that thought and just work with it. Then I realize that I no longer have to battle to become the “I AM,” in all its clarity, soberness, and brilliance, since it is always there and always was there.

I see myself as something precious and realize that without this continuous battle, an old perspective collapses. The old perspective is seeing others as the opposition, the ones who paralyze me, the ones I have to save myself from. Having the experience of the “I AM,” though, I now see all the others as allies in the unfolding of the “Self,” given as a gift from God!

Example Seven: Dorothy

I sense the spiritual center as coming from my heart. It expands, becoming larger and wider. It radiates a warm, loving, sparkling feeling. I perceive myself as immensely valuable, beautiful, as something unique and greatly respected. Freedom and gentleness. I also perceive others as valuable and unique. I encounter them with great awareness, love, and respect! I am totally free from fear or pain and experience power and gentleness!

The experience of a spiritual center or the “Self” allows us to step into our inner connectedness and, simultaneously, through the experience of our inner senses, “warm, wide, loving,” to connect an emotional and physical feeling with it. The startling awareness that each one of us is such a precious “Self” is profoundly moving. Opening up to the possibility of inner acknowledgment and value allows for a deep transformation of consciousness and awareness. This experience of the “Self” automatically expands to include others as having the same value as ourselves. This further supports a deep inner change of behavior and attitude.

THE EYE OF THE “SELF”: INNER SEEING

Becoming aware of the “Self,” is closely related to its receptive faculties. I like to call this faculty the “Eye of the Self” or the Observer. Without inner seeing one can not become aware of and recognize the “Self.”

Conscious use of the Observer allows me to turn toward the “Self.” The Observer or the Eye can also become aware of the personality and so enter into a conscious relationship with it. The “Self” and the Observer are always present - during times of suffering, of joy, all times. Even when the conscious mind is experiencing a deep depression, the Observer is always there. It recognizes that I am depressed. Becoming conscious of the “Self” and using the “Eye of the Self” for conscious viewing and observing means assuming the responsibility of choice.

The “Eye of the Self” sees, becomes aware, and establishes relationships. The “Eye of the Self” or the Observer can be trained to become aware of and get to know our body, emotions, and thoughts. The Eye can see, become aware, focus on something, and shed its light on it to see it more clearly. It can choose consciously where it wishes to focus, and it can receive information from the inner worlds, images, and thoughts. This Eye can actually be trained to view.

The Observer is the tool of the “Self” for relating to the personality and assists the “Self” in becoming consciously aware. In time, the veil which connects the personality with the unconscious can be made transparent through the use of the “Eye of the Self.” It then can see the past and often the future of the personality. The ability to become aware by using the “Eye of the Self” appropriately is a tool for illuminating the personality and for recognizing and transforming those psychodynamic structures which impede our creativity and expression. Once we begin to see, we have already chosen to assume personal responsibility for what we see.

Conscious seeing can be systematically trained to develop the following faculties:

1. Whatever the focus of the Observer turns and relates to is illuminated, made visible, and thereby recognizable.
2. The focus of the Eye is relatively unlimited in its reach. It can become aware of physical sensations, emotions, and thought structures and can recognize the “Self” (self realization) as well as move into the unconscious, into the past, and into the future.

3. The focus can change its intensity. It can focus pointedly at something or spread out to become wider.
4. The “Eye of the Self” has both a receptive and a perceptive quality. It can take in information, images, thoughts, emotions, and physical sensations of both the inner and outer worlds.
5. The Eye has the power of choice, a conscious choice as to where to direct its focus. It can identify its focus with something (e.g., with physical pain) in order to experience this fully and totally. It can also disidentify in order to simply observe. It can choose to influence the contents of the psyche and even to transform them. It moves into relationship with these contents.

The observer’s focus is like a beam of light we can turn on to illuminate something. But we need training to guide this beam within the inner worlds. The focus of the “Eye of the Self” can be moved through and within the whole spectrum of human consciousness. It easily illuminates various dimensions and can bring my body into awareness. Emotions can become conscious and thought patterns and their flow observed. Focus is not concentration. Concentration is a mental activity. To focus is to be aware of body, emotions, and thoughts simultaneously.

Exercise One

The following exercise, practiced repeatedly, supports the extended use of focus. The “Eye of the Self” with its focus can move through the field of human consciousness. It illuminates the different dimensions easily and can bring your body into your awareness. With its help you can become aware of your emotions too. You can even observe your thought structures in their flow as well.

It serves to translate the intellectual understanding of the “Eye of the Self” into experience and direct knowledge.

Be sure to allow yourself ample time to experiment. The key is to be as totally relaxed and unhurried as possible. S-l-o-w-e-r is better.

Close your eyes and take a few long, relaxing, deep breaths.

As you do so, turn your attention inward to become aware of your physical sensations.

Give yourself permission to simply observe.

How does your body feel?

Tight? Big?

Bright? Dark?

Light? Heavy?

Tense? Relaxed?

Give yourself permission to simply observe.

Now try to direct your focus to your emotions and feelings.

Take all the time you need to become aware of them – you may experience joy, sadness, or another emotion.

Now slowly begin to turn toward your thoughts.

Try to quietly observe them.

Simply look at them – then, let them go.

Take all the time you need to do this.

Now take a few deep relaxing breaths, feel your body, and move your hands and feet a bit before opening your eyes.

The focus of the Eye can be compared to a beam of light. Through proper training and exercises this beam can become like a laser. It can be intensely focused or more widely diffused. The focus can penetrate something or remain gently at its border. However, one feature remains the same: wherever the focus is directed a relationship is formed with whatever is illuminated. The inherent intensity of the focus directed to view thought structures, emotional patterns, physical pain, the past, and unconscious material energizes what it views and establishes a relationship with it.

Since the “Self” of the human psyche is both immanent and transcendent, its Eye is able to illuminate contents of the unconscious and, through that illumination, to make them visible. For example, we can retrieve traumatic incidents in our past which form and determine our behavioral patterns in the present.

The “Eye of the Self” can see, which means observe, but it can also choose to establish distance from powerful emotions or patterns. The “Eye of the Self” can also identify with strong emotions or psychodynamic structures of the personality and allow itself to live these fully and totally. This aids our becoming aware of the often limiting behavioral patterns of such structures.

In brief, then, through both identification and disidentification, the “Eye of the Self” can experience areas of the psyche and the human consciousness, transform them, and ultimately bring them into attunement with the flow of life energy. Since the “Eye” is a function of the “Self,” the “Self” as a spiritual center is fully aware of how, when, and where life energy wishes to flow!

THE PERSONALITY: AN EXPRESSION OF THE “SELF”

What is a personality? Most simply put, personality is that part of the individual psyche which expresses through the body, the emotions, and the thoughts in daily life. Much like the tip of an iceberg, most of it is invisible, below the surface. The personality is rooted in the unconscious and, therefore, carried by it, the result of its contents. The power of the spiritual center expresses through the personality which is composed of various psychodynamic structures or subpersonalities which constellate around the spiritual center and its interrelational field. The life energy (LoveWill) of the “Self” carries those impulses which permit experience, growth, and transformation of the personality.

The strength and power of our spiritual center flow more or less freely, depending on the structure of the various components which comprise the personality. The components of psychodynamic structures express themselves in the here and now through the body, the emotions, and the thoughts. The personality is held in the centripetal power of the “Self,” the spiritual center. At the same time the spiritual center seeks to express its potential through the personality centrifugally.

A psychodynamic structure is something alive and energetic in the psyche, reacting to impulse. It may be a character trait, a quality which expresses through us, and may be more or less complex, more or less flexible, more or less rigid and crystallized. A structure may be contradictory or harmonious. The combination of structures, rooted in the unconscious and constellated around the “Self,” creates the wholeness and integrity of our personality.

The system of the individual psyche is a vital and ever-changing energetic field in which the psychodynamic structures are bound. They have their own urges, characteristic traits, and needs to live and fulfill their wishes through the personality.

As energetic psychodynamic structures, they search for fulfillment, i.e., their form of expression from the inner to the outer world. Becoming aware of how these psychodynamic structures express themselves offers access to the psyche and can help to clarify which psychodynamic structures are most powerful and dominant. They embody our inner and outer role play and influence each other.

The personality structure is based on the experiences of the past. This means that each part, each subpersonality or system of the psychodynamic structures of the personality, is related largely to early childhood development. In early youth psychological structures are formed which eventually express themselves as characteristic behaviors, related to needs and wants. They become increasingly complex with time depending on the individual’s experience. They serve as instruments of expression of the personality in its present reality and are lenses through which reality can be seen and lived. Certain personality structures can be traced back to parents and grandparents. Often behavioral patterns which form the personality are our psychological inheritance and are rooted in centuries of religious and cultural background.

Personality transformation can take place within the field of consciousness. In order for this to occur, though, the actions and reactions of the subpersonality need to become conscious. Illuminated by the focus of the Observer, these patterns can be recognized and transformed through loving acceptance. Life energy held within conflicting psychodynamic structures or patterns which are destructive and war with each other can be changed and effect a qualitative transformation in the character of the personality itself and its quality of life.

In other words, the present day personality contains the potential to transform, here and now, the patterns which grew out of the past and which are currently determining the present and future quality of life.

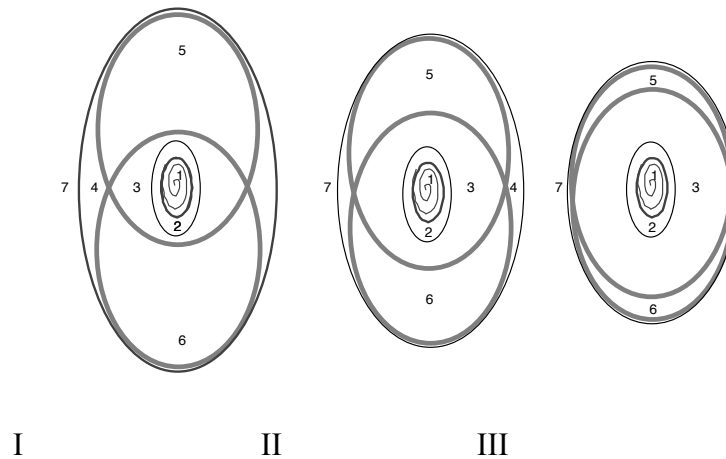
Each change of a psychodynamic structure influences both the personality and the whole field of the individual psyche. Both are interwoven with each other and embedded in the conscious and in the unconscious.

The individual psyche as a system of psychodynamic structures is a focal point which, in turn, is embedded in the larger field of the collective psyche. Mirroring the relationship between subpersonalities and the individual psyche as a whole, the individual and collective psyche are similarly intertwined. So, too, each change of a part of one's personality influences the individual psyche as a whole and, simultaneously, the larger collective in which it is embedded. Therefore, each transformation of a part of the personality's psyche influences the entire collective. This influence, according to the development of the individual consciousness and the faculty of choice, can be used constructively or destructively. **Each one of us, consciously or unconsciously, influences the collective and its development!**

By becoming consciously aware of psychodynamic structures which hamper individual creative expression, their potential can be recognized: Different psychodynamic structures can organically support the flow of life energy (the expression of creative potential) or they can hinder it. Their content, often related to deep pain, thought structures, emotional burdens, and bodily symptoms which accumulate through many repetitions and in time become rigid, can be made flexible again. This flexibility allows the "Self" to let its potential flow into daily life.

Experiencing the "Self" deeply transforms the way the content of the psyche and the personality is experienced. Once recognized, psychological patterns, structures, and their interactions can be altered and transformed through conscious choice.

THE UNCONSCIOUS: THE EXPERIENTIAL FIELD OF THE “SELF”



1. *The Self and Life Energy*
2. *Personality*
3. *Field of Consciousness*
4. *Immediate Unconscious*
5. *Superconscious*
6. *Lower Unconscious*
7. *Collective Unconscious*

The diagram above has been divided into several fields to help visualize the unconscious, particularly the immediate unconscious (4), the superconscious (5), the lower unconscious (6), and the collective unconscious (7) as an electromagnetic field with different qualities and content, incessantly interacting with each other.

LoveWill, the life energy of the “Self” which, again, is both immanent and transcendent, energizes and carries this energy field.

The unconscious [here, immediate unconscious (4), superconscious (5), lower unconscious (6), and collective unconscious (7)] is connected with the Field of Consciousness (3) through a veil. The personality (2), as indicated, is embedded in the field of consciousness (3).

This diagram shows form, content, and potential for growth. Assuming that growth equals evolution it follows logically that the treasures which are hidden in the superconscious and lower unconscious are waiting to be made conscious in order to stimulate transformational processes. These processes in turn will produce changes within the electromagnetic energy field of the psyche and thereby in our daily life.

The “Eye of the Self” as a tool can illuminate the various contents. These can be brought into consciousness and aligned with the flow of life energy. Since the “Self” with its life energy of LoveWill is present within, throughout, and beyond the psyche, these

unconscious contents can be made available to the “Eye of the Self” once it directs its focus there.

The unconscious is considered the learning field of the “Self” which can transform the psyche and the personality as a whole and allow it to enter a different vibrational frequency, a different quality of being.

The unconscious is shown as two fields of different electromagnetic vibrational frequencies, the superconscious and the lower unconscious.

The “Self,” (1) indivisibly one with its life energy or LoveWill, constitutes the spiritual vortex around which the personality (2) is constellated. The personality is embedded within the Field of Consciousness. Events in this area which are conscious and visible are readily recognized by the personality.

One could compare the immediate unconscious (4) to the part of an iceberg which is submerged under water. If you look closely, you can recognize the structures. The contents are close to the Field of Consciousness and relatively easy to access, for example, Aunt Clara’s birthday last week. I have to think a bit to remember it and to bring it back to consciousness. The further events, incidents, or formations of a psychodynamic structure are in the past, however, the more deeply they sink into the immediate unconscious. Childhood abuse, for example, is deeply buried and often inaccessible to conscious recall.

Since the lower unconscious and the superconscious are electromagnetic energy fields in which the personality is anchored, it is logical that their contents can be made available and accessible to the personality. The lower unconscious contains the wisdom of our evolutionary consciousness (from the “big bang” and the formation of the planet to the first cell, cell division, the evolution of the amoeba, coral, complex plants and animals right on up to the human being) as well as the individual psychological inheritance of our ancestors, race, culture, and religion.

The lower unconscious has a complementary part: the superconscious (5) which houses such qualities as altruism and humanitarian impulses and simultaneously allows access to a different quality of vibration, a refinement of the quality of life, and an expansion of consciousness in which the future possibilities of human evolutionary development are potentially present.

Once a past trauma and its influence on our present behavior are illuminated in the lower unconscious, or made conscious and lovingly accepted and transformed, the potential of the corresponding future probability is automatically activated in the superconscious.

If one has a deep expansion of consciousness in the area of the superconscious and contact with one’s possible potential, the corresponding contents which prevent realization of this potential are automatically awakened in the lower unconscious.

Both the qualities of the superconscious and the lower unconscious are present. Their potential can be made conscious through the “Eye of the Self,” explored, and integrated into the experience of the personality.

A balanced and integrated life in the **here and now** is a combination of the growth potential contained in both fields. If the “Self” with its “Eye” does not illuminate and experience both the lower and the superconscious, this can not happen.

The “Self” with its spiritual gravity through the “Eye of the Self” recognizes, transforms, and integrates the content of both fields into conscious expression in daily life through the body, mind, and emotions (II).

Life energy in alignment with the spiritual source expresses through the field of consciousness which expands and becomes larger. This does not mean that you must be aware of all its contents at any given time. It simply means that depending on where you turn the focus of the “Eye of the Self” that content will be illuminated (III). This allows the veil

which connects the personality with the lower unconscious and the superconscious to become more translucent.

Living in the present, the energy of the “Self” allows access to the psychodynamic structures of the past which simultaneously determine the future. In actuality, psychotherapeutic work with an abused “Inner Child” heals an old wound and transforms a psychodynamic structure which, in turn, affects the system of the psyche as a whole. This inner transformation opens new and different perspectives on the future. The new psychodynamic structure can allow more life energy to flow through it. A traumatic past can be transformed consciously and will automatically activate a different way of life from that moment on. Both the lower unconscious and the superconscious fields complement each other and are used in the present as learning fields. Though veiled, they contain the unlimited possibilities of our evolutionary potential waiting to be awakened. These unlimited possibilities can be consciously discovered by the personality and their directions of development can be influenced. These directions determine the qualitative refinement of the personality and the ability to attune to the “Self” and life’s direction (life’s quality) through becoming aware of the “Self.” In this sense to-be-in-tune-with-the-“Self” means to live fully and totally the intense quality of the present moment.

It is important to recognize that the goal is not to reach from the qualities of lower unconscious into the vibration of the superconscious, but, rather, to experience and integrate the potential for growth offered by both in the **here and now**.

LOVEWILL: THE LIFE ENERGY OF THE “SELF”

One could compare the “Self” – the spiritual vortex of human consciousness, with the eye of a hurricane. Without this Eye, a hurricane can not exist. Similarly, the “Self” is intimately intertwined with LoveWill, its life energy, which creates its contracting and expanding electromagnetic fields. Again, compa-ring it with a hurricane, the field is analogous to the various storms, their density, size, and speed.

As the storms are dependent on the eye of the hurricane, so is the “Self” inseparably one with LoveWill. The expanding force of LoveWill is the means by which the “Self” expresses itself. LoveWill represents qualitative **expansion** and **contraction**. Through its field the “Self” can experience itself. This field contains a large variety of vibrations. The creative force of the “Self” is expressed in the electromagnetic field of LoveWill, consisting of various terms and structures with their content. This vital life energy is expansive and contractive simultaneously, and creates form and structure with its qualitative content.

Once the individual becomes conscious of aligning with the expressive potential of the “Self,” the expanding life energy will be complemented by an inner expansion, which determines one’s quality of life.

The “Self” creates the field of LoveWill, which, in its outer expansion accentuates the Will, in its inner qualitative expansion, Love. Once the individual focuses inward, allowing the heart to unfold its compassion and love, an approach to make fuller use of the LoveWill potential becomes possible. This is a straight path leading to the “Self.” The spiritual focal point, the “Self” which is expanding by its LoveWill and at the same time is contained within

this expansion, is able, through a skilled observer and the unfolding of compassion, to become consciously aware of its creation (expansion, form, structures, and contents). Once quantity and quality of love are magnified and intensified, the vibrational frequency increases to approach the vibrational frequency of the “Self.” Through conscious cooperation with the “Self” and alignment with LoveWill, the individual can experience and realize itself.

LoveWill or life energy is the basis of our existence. We are alive, and therefore lovewilled. The love of the “Self” or soul has willed us into physical manifestation. Every human becomes alive through love.

Different frequencies and vibrations are contained within the electromagnetic field of LoveWill. For example, it is life energy, i.e., LoveWill, which is the material or basis for the personality, its structures and subpersonalities. By conscious or unconscious choice (i.e., will) each individual develops its forms, structures, and contents. Different even contradictory contents and belief structures are more or less helpful in expressing one’s life energy in daily life. Through loving acceptance (conscious choice connected to the quality of the heart), these structures can be transformed to allow for a fuller expression of life energy.

Life energy is often used destructively both in inner and outer conflicts. Love experienced separately from will is powerless and weak, and will isolated from love devolves into abuse of power and is therefore destructive. Understanding these dynamics awakens the desire to open the heart to allow love to flow more freely. The intensity of the love flow determines the quality of life energy. To be truly in the flow of life energy or LoveWill is an empowering experience of tremendous intensity and unimaginable quality.

Motivation, Choice, Love and Will

Life energy’s inherent desire is to flow and express itself. The original spark communicating this is **motivation**. To say that something motivating me means something moves me. At this point I am a co-creator of how to use my life energy. In which direction and with what depth and intensity will I express myself or my life energy (i.e., events, thoughts, emotions, actions, projects, etc.)?

The first step is to question:

What is motivating me to do this?

Is this motivation in alignment with the voice of my heart?

Can I back it fully?

Consciously exploring and questioning my motivation allows for an intensified quality of life energy. The goal in question becomes secondary and is a byproduct of the intense quality of life energy LoveWill experienced fully in the moment. The quality of the goal is contained within the quality of each single step, each moment of natural flow of life energy.

Motivation is followed by conscious **choice**. A conscious choice is largely unrelated to what my head thinks. It is an aligning of the heart with the soul. This enables the “Self,” soul, to let its energy flow and create through the individual. I am a co-creator. LoveWill can be translated into daily action through my alignment. The faculty of free choice, which is a birth right, can direct the power of LoveWill in either a constructive or a destructive way. I can use free choice to dam up or to allow the river of life energy to flow freely and fully.

The quality of life energy is determined by the intensity and depth of the **love** I experience. It is closely related to self acceptance and acceptance of one’s inner battles, as

well as the unloved and repressed parts of the personality. The depth of compassion and acceptance influences the quality of LoveWill expressing itself. The intensity of my liberated quality of love determines the vibration, amount, depth, and content of my life energy. A deep love will choose consciously where to direct the flow of life energy. Love, then, determines the quality of both the content and structure.

Love is quality oriented: it extends in depth and width, expands vertically, exists in the present, is timeless, and has unlimited growth potential.

Will expands horizontally, giving direction and influencing form. It flows and extends. Will separated from love and conscious choice becomes rigid and often manifests in abuse of power. The will needs its complement, love, and conscious choice to flow creatively.

In summary, then, **motivation and choice** are interwoven with the quality of the moment, the here and now. As a human being, I have the choice to align with my life energy. My conscious or unconscious choice directs the flow of love energy into the structures and contents of my personality. These structures and contents can be supportive of or can hinder the flow. Once I become aware of the “Self,” and its electromagnetic field of LoveWill, I can choose freely. This means that I can assume conscious responsibility for myself and, therefore, for my surroundings and environment.

GROWTH, MELODY, AND RHYTHM

The recurring song which supports the approaching shift of growth is one of love, acceptance, and compassion for myself and others. The unfolding of the heart’s qualities allows me to honor the soul and with it creation, matter, and all creatures.

The rhythm in which the song is played depends on personal responsibility. I can consciously choose to influence these changes. Taking responsibility means aligning with the flow of life energy, LoveWill, in order to live the potential of the “Self” in daily action. The growth which determines the song, is related to the shift from past-present-future-thinking to “the here and now.” The quality of my life depends on the intensity of the moment.

The most common motives determining my personal life rhythm are

forcing,
must do,
control,
attachment,
acting.

All these motives demand a lot of will power to be applied. In a world where the fight for survival and continuous battle are predominant they are necessary for existence. They belong to the old, and they determine my life energy flow in a certain direction, ignoring its natural

creative flow. Yet this particular way of steering the flow of life energy does not allow for the great potential of LoveWill to manifest. The river is dammed, unable to stream freely. To allow for a freer flow, the realization is needed that to “to force, to must to, to control, to attach, to act” determine my life’s quality.

The next step is recognition and gratitude that these qualities have enabled me to survive. There is no need for conflict or battle; all that is needed is a loving acceptance which allows for holding these old qualities in a gentle embrace. But now it is time to return to a deeper inner rhythm. To align with this rhythm, active choice is needed. It is a rhythm of

*allowing,
I may,
surrender,
flowing,
being.*

It is a dynamic experience to align through conscious choice with LoveWill. It allows me to flow with it. LoveWill may flow, it has permission. I surrender to my innate wisdom and have permission simply to be. This, in turn, allows access to the timeless quality of the moment, the deepening of the experience in the moment. Aligning with the inner rhythm allows me to be at ease with never ending changes. Each moment is rich, intensive, and different.

As a consequence

*Being open and present for change in each moment,
deepening the quality of the moment through awareness, and frequent pausing relate
the inner with the outer world.*

The exercises which follow were created to familiarize us with “being in the moment.” They allow awareness of the difference in quality between the old and new mind set, lead, when done in proper sequence, to a new experience of our life energy.

<i>From forcing</i>	<i>to allowing,</i>
<i>from “I must do”</i>	<i>to “I may,”</i>
<i>from control</i>	<i>to surrender,</i>
<i>from attachment</i>	<i>to flowing,</i>
<i>from acting</i>	<i>to being.</i>

FORCING VERSUS ALLOWING

The step from forcing and making it happen to allowing begins with devotion to the heart (see “Turning Inward,” page 14)

Exercise

What emotions, feelings, and bodily sensations are evoked by the words which follow?

Old paradigm: making things happen, forcing
To push through resistances, I have to win.

New awareness: allowing things to happen
I don't need to work so hard, I can relax, something can grow organically.

Example One: Marilyn

Making things happen, forcing
 Contracting.
 A lot of energy.
 Control.
 I make it happen.

Allowing things to happen
 It flows.
 To allow it to happen.
 My Self tries to express itself.
 I am a channel and I give.

Example Two: Carol

Making things happen, forcing
 Muscles become hard and tense.
 Separated from the whole.
 Determined.

Allowing things to happen
 Relaxed.
 Having received, touched.
 Soft.

Example Three: Diana

Making things happen, forcing

Felt my head strongly, close to a headache, body energy feels contracted.

The heart contracts.

Allowing things to happen

The body's energy flows throughout.

The heart expands.

Example Four: Marian

Making things happen, forcing

Spiked, iron defense.

Battle.

Tension.

Allowing things to happen

Quietude, being sheltered.

Expansion, flow.

Repose within.

More energy

Example Five: Sam

Making things happen, forcing

If I try to make it happen, a wall appears in front of me.

I feel the resistance, I fear being crashed by the wall, I have to exert myself.

Allowing things to happen

Moving into allowing, I feel carried from behind, supported, and guided.

I join a larger flow.

Allowing is intimately connected with turning toward something. To enter a love relationship with one's heart or another person can not be **made to happen** or **forced**. The very moment I try to make it happen, it will disappear and the heart retreats. The slightest pressure or desire to have one's way closes the heart. **Allowing** is connected with listening very carefully, turning toward one's heart, to allow it to be exactly as it is in the present moment, hurt, happy, etc. This unconditional acceptance provides space and deepens the quality of love which enables one to accept the initial impulse to "make it happen" and "force it" and to transform it to allowing.

FROM “I MUST DO” TO “I MAY”

The shift from to must do to I may can be supported by the exercise “Befriending the Heart” (page 18).

Exercise

Which emotions, feelings, and bodily sensations are evoked by the words which follow?

Old paradigm: I must do

Time pressures, cultural norms.

To fulfill other’s expectations.

New awareness: I may

The pressure disappears, it may take all the time it needs.

To become aware and follow my own rhythm.

Example One: Ann

I must do

Feels like I am totally in control.

A horse tightly reigned.

I may

Riding a horse without saddle and reins,

I become one with the horse.

Example Two: Olivia

I must do

Physical resistance.

Disgust.

I may

Space, tolerance.

Acceptance without judgments.

More freedom in life.

Example Three: Kia***I must do***

Pressure in my head.
Nausea.

I may

Unity with the whole.
To be in the moment.
Pulsation throughout my body.
Fatigue.

Example Four: Kim***I must do***

Energy expense.
Tightness.
Reaction of my head.
Forced behavior.
My body regresses into a well-known age old pattern.
Holding on to the energy.

I may

Observing the rhythm.
Caring with love and attention.
Design.
Experience of the senses.
My body begins to relax. It is opening up. My energy resources are unlimited and interconnected.

Example Four: George***I must do***

I experience myself like a tied up horse, having to pull a heavy car.

I may

I feel like the king, enjoying the view of his castle's gardens from an elevated terrace.
I feel tuned into the larger whole which allowed all this to exist.

I may respects and honors the desire of the heart. **I must do** gives no time. Everything has to be fast. Respite is unacceptable. From "you may be as you are" grows trust and openness. The **I may** incorporates the acceptance of the time it needs to allow an organic connection to the inner world.

FROM CONTROL TO SURRENDER

To let go of control and surrender to the “Self” creates trust in one’s inner strength (see “The Heart is the Way,” page 21).

Exercise

Which emotions, feelings, and bodily sensations are evoked by the words which follow?

Old paradigm: Control

To control.

New awareness: Surrender

To surrender.

To take responsibility to turn toward my innermost being. To invite the “Deeper, Higher, Innermost Self” to take residence in the heart.

Example One: Mary Lou

Control

Biting my teeth.
I am responsible.
I am guilty.
I am bound.

Surrender

Trust.
Consolation and grace.

Example Two: Tom

Control

Power.
Fear.
Guilt.
My body is tight. My heart tightens.

Surrender

Erotic, exciting.
Soft and light.
I become conscious of the body and its beauty.
I surrender to the beauty.
Being alert, joy of being.
Synthesis of man and woman.

Example Three: Lewis***Control***

I feel pressure, overtaxed.
 I carry the whole load, neck pain.
 I hold my breath, feel small and cramped.

Surrender

A huge load releases.
 I breathe deeply and relax.
 I may hand over responsibility, which allows me space
 and freedom.
 I grow and feel safe.
 I am intuitive.
 I am guided.

Example Four: Catherine***Control***

Pressure.
 I feel narrow, everything contracts inside.
 I have a feeling of distrust, wanting to “have a handle” on everything that develops.
 Strong sense of responsibility and worries.
 I am in my head and develop strategies and borders.

Surrender

Lightness develops.
 I can delegate responsibilities.
 The inside expands, there’s more play.
 There is trust, deep trust. I feel like a child, trusting it will be guided and everything
 will come all right. No worries. To be guided by something, by something higher
 and to trust this.

Example Five: Bonney***Control***

My heart aches physically. I feel it all the way to the left in my chest.
 Tightness up to the neck, pressure in the head, tension in the jaws.
 Hardness.
 My emotions freeze.

Surrender

My physical awareness centers. My heart fills my chest.
 Dizziness.
 A sense of belonging.

Control allows for an apparent safety and security in a situation. In reality, though, it is extremely strenuous to be in control. There is a deep rooted fear of loss of control. This fear can be lovingly accepted and eventually surrendered through the heart to the “Deeper, Higher, Innermost Self.” Such **surrender** deepens trust in the wisdom and love of the “Self.”

FROM ATTACHMENT TO FLOWING

To hold on to, to possess, creates limitations and is exclusive. Transformed into flowing, love flows neverendingly and inexhaustibly from the inner source (see “Embracing the Way of the Heart,” page 26).

Exercise

Which emotions, feelings, and bodily sensations are evoked by the words which follow?

Old paradigm: Attachment

To hold on to the old.

New awareness: Flowing

To let go of the old. To flow in the new, ever changing. To trust in the relationships with heart and “Self.”

Example One: Elizabeth

Attachment

I perceive strong tensions around the nose. The skin around the upper cheek bones is pulled toward the nose. An image of the head of a bull, with a ring through its nose, the ring pulled upward to cause pain when the animal moves.

Flowing

I feel warmth and energy flowing through my arms and legs, distributing throughout my body. I am still aware of the tension around the holes of the nose and in the nose; however, it is less pronounced now.

Example Two: Charles***Attachment***

I become aware of the following body sensations: The upper body feels linked in a strait jacket. The larynx tightens between my belly and neck. My breathing is inhibited. The energy seems to stick in my throat and less air can enter or exit.

Flowing

The tightness relaxes immediately and a feeling of space pervades. I feel no resistance to expand. A sensation of peace, tranquility, and calmness spreads and it is all right.

Example Three: Tanya***Attachment***

Static, fixed, high tension, low potential, high energy loss. Effects on the body: Tiring, hindering growth, making ill, creating dis-ease.

To flow

Dynamic, open, great potential, no loss of energy. Effects on the body: Sponsoring growth, balanced effects.

Example Four: David***Attachment***

Both my hands move to the heart to protect it from being stolen. I am bent forward to hold its contents with both hands. The heart is separated into two dark halves. It is tight and dark in the chest.

Flowing

Arms and legs relax downward. The heart knows of its limitless content. The more the energy flows through the hands, the more will come from the heart. More space in the body, it becomes brighter and lighter.

Example Five: Amy***Attachment***

I feel narrowed in. The body surface tightens. My energy needs to break through a wall to express. The more time it takes, the stronger the need to break through.

Flowing

The surface of my body is in movement. Many mini parts, moving and protecting my inside. Simultaneously translucent. I feel alive and wide. I take my space and fill it out. Inside I feel supported and straight through my life energy connecting heaven and earth.

Again, **attachment** to the old motivations can be transformed through loving acceptance. Attachment is intimately connected with the fear of losing. **Flowing** is connected with trust in the unlimited life energy. To allow the potential of the “Self” to flow is the key to the unimaginable wealth of this river.

FROM ACTING TO BEING

True acceptance of the “Self” shifts the outer activities of acting to the quality of being in the present moment (see “True Acceptance,” page 31).

Exercise

Which emotions, feelings, and bodily sensations are evoked by the words which follow?

Old paradigm: Acting

New awareness: Being

Example One: Yvette

Acting

Inner restlessness, running in place, third eye aching. I feel somehow outside of everything, separated and fighting.

Being

The third eye is painless now. A calmness and feeling that everything is within, no longer separated. The music I hear also takes place within. My body holds everything with open arms. Lots of inner space, contentment and aliveness, and tingling on the surface of the skin.

Example Two: Whitney

Acting

I feel on overload, the next and many other duties waiting for me. It is stressful and my body feels pressured and tightens. A restlessness which pushes me into doing, action.

Being

Learning to be in the here and now allows for all the space it needs to focus my energy on what is next. The pressure is less, disappearing. The calmness permits to make a proper choice, which feels good.

Example Three: Joel

Acting

I am beside my body, my thoughts turn in my head. I am unable to become aware of my feelings. Always doing something is very tiring and requires lots of energy. I have to control and hold on to everything.

Being

I feel my heart beat, my thoughts quiet down, and I can allow things to happen. I am. And I have the space to grow. There is a deep trust in life.

Example Four: Pattie

Acting

I see in ages of quiet artistic activities given from out of quietly being (here doing and being seem to complement each other). Other images, in daily life, under pressure, hasty and breathless functioning, losing the connection to myself, especially to my belly, my feet, to the earth and to my heart.

Being

The heart space enlarges and opens, a strong awareness and presence, an awareness of strength and warmth in my body, expanding outward. Contact with the earth.

Example Five: Lawrence

Acting

I am tensed. My movements are fast and edgy. I feel stressed. I am straining my muscles. The more I do the more I tire. My muscles move, yet I feel a different movement and rhythm inside. When I do, my inner reality is not in tune with my muscular energy.

Being

My movements correspond with my energy. I feel quiet and calm even in the strongest movement. My muscles are fed new strength by being connected to the inside. I feel connected and alert (physically and spiritually).

Being is the movement from **acting**, the exterior activities, to the potential, the quality of the moment. Forcing, I must do, shoulds, controlling, and being attached to can be lovingly accepted, and, by the act of acceptance, create the new space in which allowing, I may, surrendering, and flowing awaken the quality of being. To be in the moment indicates a never-ending change.

ALIGNMENT WITH LOVEWILL, OUR LIFE ENERGY

To bring in alignment with, is to go with the natural flow of things. Beginning with the basic assumption that the “Self” needs to express its potential through the individual, the natural flow of energy is from the inner to the outer. Am I aligned with it?

In our culture and environment, we practice the opposite. Our actions are determined by exterior influences, fears, inner and outer battles, self doubts, etc. This means that our general belief systems do not allow for a natural flow of expression. Life energy is caught up, unable to flow freely.

The series of thought patterns involved (some are described below) are deeply rooted in the human psyche. At the same time they can be seen in the collective, existing over many centuries. It is these basic patterns which need transformation.

In order to support a shift to the new, the inevitable has to take place. These thought patterns or psychodynamic structures in the individual and collective psyche need to be seen and lovingly accepted and, simultaneously, the new need permission to develop. The shift into the new is necessary to allow the individual, and human kind to heal in attunement with nature and the earth.

PROBLEMS: OUR CHANCES FOR GROWTH

In order to accept the perspective of problems being the opportunity for growth a major shift in thought is required. From the old perspective, problems are undesirable, obstacles to be removed. Viewed from the principles of the new, however, the “Self” wants to express itself through each individual with its respective thought patterns. Any obstacles hindering the organic flow will be brought to awareness and can therefore be transformed consciously. Problems then turn into possibilities for growth.

All so-called obstacles in life contain the growth potential. Problems are mostly seen as something annoying. They offer, though, learning and growth. By attending to and loving acceptance of these problems, the qualities of the heart unfold.

Spiritual growth then means refining the frequencies of the physical, emotional, and mental vibrations by using free choice to determine the quality of their content. It is my inherent birth right to flow with the river of life energy and to refine myself, to grow.

Changes in the psyche caused by loving acceptance of the chances for growth and being in the flow of life energy influence decisively the quality of life I lead. It effects a qualitative change of the vibrational frequency of both the individual and the collective electromagnetic field of consciousness.

This perspective allows life to become a series of growth opportunities. Life is no longer an unending series of problems and obstacles to be surmounted. Once life can be seen as a series of possibilities for growth, I am taking responsibility to change the quality of my consciousness and my life.

FROM FEAR TO LOVE AND TRUST

Fear interrupts the natural flow of energy. Fear is the major factor influencing the quality of life of the individual and the collective.

Our schools of psychology teach that fear of existence is a given in our psychological makeup. This fear of existence permeates all our life's actions. It pushes us to war, creates dependencies, innumerable sufferings, power, and powerlessness. The belief pattern of the fear of existence, on which our Western culture and religion are based, has tremendous consequences on individual and social behavior. The fear of loss, of insufficiency, creates the foundation for all conflicts.

Looking back over thousands of years of our history shows humanity living this reality of fear of existence and survival in its various forms.

Is this reality real? Maybe it is time to closely inspect this particular belief pattern in order to recognize its non-sense. Maybe it is an old psychological heritage, an old program in desperate need of change. Could it be seen and accepted as something which has served well for a long time, but its time is now over?

What is fear? Thoughts and emotions are impulses which influence the individual and collective electromagnetic field. Thoughts, according to their content, each carry their own vibrational frequency, which searches for a field vibrating on the same wave length. For example: Thinking a lot about violence creates fear, and this fear and violence will be drawn into my life.

Imagine the collective psyche as a sea of electromagnetic energy, in which the individual psyche (each constellated around its spiritual center) is embedded. Thoughts and emotional vibrations of the same frequency attract each other. Reading about fear, talking about it, even watching it in the movies or on t.v., creates fear within. Is it my own fear? Or do I attract it by thinking about it?

If it is true, that the focus of the observer turns the beam on and amplifies an energy field, then it makes sense that whatever I turn my attention to is similarly amplified! This is also valid for fear. Fear closes up and renders its victim powerless. Fear is caused by something which I perceive to be more powerful than I. Fear disempowers and creates dependencies. How can I deal with this fear, both my own inner and outer fears and those of others?

I can learn to observe my own fear and then connect to my center and my heart energy. This will change my vibrational frequency and in turn allow me to turn toward the inner or outer fear to accept it and hold it lovingly. By respecting and accepting personal fear and the suffering it causes, love can permeate the fear with its "love molecules"; the fear can relax and rest.

In order to be able to hold the fear lovingly, the ever-present, all-carrying life energy, LoveWill, needs to be awakened. It can accept and transform the fear.

The following exercise is designed to awaken and familiarize you with the love in which the fear can rest.

Exercise One

May I invite you to close your eyes and breathe deeply in and out a few times?

Could you imagine your life, if love would be its basis: To become alive is an act of love, the love which is the expression of the "Self" in this world.

*Give yourself as much time as you need to allow this to sink in deeply.
How does it feel?*

How would it change your life?

How would it influence your environment?

When you are ready, breathe deeply in and out, feel your body, and move your hands and feet before opening your eyes.

Example 1: Rita

All tension in my body relaxes, fears disappear. Nothing is standing in the way of my expressing and living my innermost needs. The fences in the neighborhood become superfluous. The material world becomes secondary. Instead of competition, there is cooperation and partnership. I am in the flow of life, receiving and giving.

Example 2: Esther

I am allowed to be as I am. My being is not opposed. No resistance. It is self-evident to move and live. I have all the space I need. A comfortable, soft atmosphere surrounds me. A deep feeling of aliveness wells up and through me, making my boundaries translucent. No need to defend. Peace and aliveness.

Example 3: Sam

My soul knows it. It knows that the longing and yearning would end. The longing pulls me, makes me react, take positions, protect opinions, change opinions, resist. With the longing gone, I am everywhere and at the same time within. To feel the earth without weight. To fly the heavens without wings, both within. I would be interrelated and free, unique and yet a part of the larger whole. I could surf without fear the depths and heights of my emotions.

Example 4: Robert

What would be, if love were the basis of my life? It causes joy, a feeling of being worthy. The energy surges through my body and distributes itself. I have the image of a Roman fountain of C. F. Meyer. Sensations, feelings of abundance and wealth. It flows, causing happiness. Life has plenty in store for me and I am ready to enter it. Communication and interrelatedness with others. To be in relation with, instead of an enemy of and battling for property. I can take my space, others too.

Example 5: Cheryl

I am in touch with myself. This contact and relationship is food for my soul. I am no longer dependent on nourishment from outside. I walk my path with confidence, which is granted. I don't even think about confidence, it simply is. Competition fighting for self-worth makes no sense any more. It no longer exists. I am content and replenished as it is.

It seems, when reading the descriptions of the participants, that love as the foundation of life is both accessible and familiar. It allows for the inner and outer to be related and to trust life. It grants the trust and confidence needed to turn toward the fear pattern and, eventually, to lovingly embrace it.

FROM BATTLE TO LIVING COOPERATION

Fear leads to fight for survival. In a fight there are winners and losers. There are no wars, business successes, sports, or education without winners and losers. I have to win, otherwise I lose the right to exist. Being first brings applause and recognition, which in turn justify my existence.

Our culture is based on competition and battle, being superior and victorious. The fight for survival is a powerful motivation to move into battle. It seems that there is not enough for everyone to go around, I need to fight for it. It is a saddening state of affairs in our so-called civilized world how much of humanity remains the perpetual loser. Our societies are societies of losers! There are very few winners. To be a winner, losers are needed. To become a loser, winners are needed. Clearly, this is not a very constructive or empowering concept for the individual and humanity as a whole.

Is it possible to allow a new perspective – one, where there are no losers and winners?

Everyone can become a winner. This is possible only by experiencing the power of my heart as the foundation of life, not, as inherited throughout the last millenia, the battle for survival. It implies the realization and loving acceptance of the fact that being alive, born, constitutes my right of existence. Everything I need to grow and develop, exists in abundance. Battle and competition become superfluous and everyone is a winner.

The following exercise allows you to create an inner space in which the possibility of a life without battle might be. A new perspective emerges, which opens the mind to the possibility of a world without battle.

Exercise Two

May I invite you to close your eyes and breathe deeply in and out a few times?

Could you imagine what would happen when the inner and outer battles cease to be.

Take as much time as you need to allow this thought to sink in deeply.

Where in your body are you aware of it?

How does it feel?

How would it change your life?

How would it influence your environment?

When you are ready, breathe deeply in and out, feel your body, and move your hands and feet before opening your eyes.

Example 1: Marilyn

Ceasing the battle, I experience tranquility, quietude. All tightness and limitation drops off. I feel big and liberated. Freedom. A sense of being in my center, having a wide angle view. I no longer react, I act. The either/or changes into as well as. Qualities of relationships change. They become deeper and truthful. Games are no longer necessary. I live authentically.

Example 2: Molly

The energy liberated could be used for the healing of our environmental and ecological situation in the world. Power and possession no longer count. There could be honoring of the human, natural, and animal worlds. One need not subdue nature any longer, but turn toward it and cooperate. The discrepancies between male and female would be less pronounced and children would have more rights. Religions focused on right and wrong would no longer be valid. The feminine principle could be incorporated in science, etc.

Example 3: Kim

The creative potential expands. No inner and outer wars to stop it. Earth could heal and become whole. Destructive energies dissolve and creative energy takes their place. Love can unfold and expand. Everything will be lighter and brighter. Acceptance grows. Instead of competition, there is friendship and supportive competition. There is a lot more constructive energy available. Depressions dissolve, disease dwindles. There is a lot more walking toward each other than fighting against each other. Manipulation has less energy. It will be a constructive energy.

Example 4: Betty

Energetic thrusts coming in waves, available to be used for creative problem solving for the individual and society. Endurance to allow for long term resolutions: Evolution.

Example 5: Madeleine

People could allow their creative energy to flow and to focus on living their potential. They would know that each one is interrelated to the other and be supportive: I am well when you are well too. Material differences and possession would be less gross. Male and female join focus and power to create a new society in which children, families, and individuals can truly develop and grow, where the heart energy can flow.

Am I capable of believing that the fact that I am alive is an act of love? If so, then the fear of survival, of not possessing enough can no longer entangle me in an unceasing battle. Once involved in battle, though, it becomes impossible to allow loving acceptance. Life as an act of love, a realization that there is enough for everyone in this universe. This is reinforced by the act of loving acceptance of my inner and outer battles. This perspective allows the space for trust to grow and battle, any battle, becomes unnecessary. Loving acceptance of our inner conflicts, respect and knowledge of these old patterns allow them to relax their grip a bit. All the energy used in the past for these battles becomes available and can be channeled into constructive cooperation. This constructive cooperation is in alignment with the flow of life energy. The huge ecological problems humanity faces as a whole could be resolved through simple fear-free cooperation.

FROM GUILT TO TAKING RESPONSIBILITY

Once while describing guilt as unnecessary to our existence, I was told that without feelings of guilt, anyone could kill everyone. Feelings of guilt are supposed to prevent injustice. This is a big mistake! Feeling guilt never prevented anyone from committing an injustice. Guilt feelings are there to make me feel small and uncomfortable. Basically, they occur when I think, that I am not living up to the expectation of others. Guilt feelings create dependencies on others and are disempowering. They are paralyzing since they are a heavy burden to carry. Blaming others, prevents me from taking responsibility for my actions. Being guilty means being punished and the ones who are guilty are not held responsible for their actions. They are incarcerated and can feel guilt. However, they do not face the responsibility for their actions. Guilt can be pardoned by God and the church. This indicates the level of responsibility relegated to the individual.

Guilt can be projected onto others. Guilt is paralysis. Taking responsibility is taking action. Not content with the results of my action, I can reassess, take responsibility for it, and allow the space for additional or complementary action. To take responsibility for oneself and one's actions demands staying power and courage. It means looking at the consequences of each action, facing them and accepting them as chances for growth.

Feelings of guilt are deeply rooted in the emotional and physical body. It is of great importance to recognize them as a part of the program of the old paradigm. By the practice of loving acceptance, though, they can be held in love and slowly dissolved.

LOVE AND LIFE'S QUALITY SCALE

If it is a given that life comes into existence out of love, the basis of all creation, then love permeates and transcends all creation. Each dimension of creation is imbued with love. The spiritual, mental, emotional, and physical (all matter) are created by love and have no existence without it. All creatures – animal, human, rocks, earth, plants, trees, nature, water, moon, sun, and the universe – are love's creations.

Unfortunately, we are rarely conscious of it. Very few people are aware of love permeating everything and anything. During the last few centuries individual great beings have always been aware of and lived this insight and understanding. However, for the majority of humankind, this kind of love is unconscious, deeply hidden somewhere in the collective, repressed by the programmed belief systems which disempower and disallow for its full expression.

Everything described in this book, text as well as the developed exercises, is focused on becoming aware and conscious of the all-pervasive love of the “Self” with its ability to reclaim this birth right, to re-awaken it to use for the shift into an unknown, totally different sense of being human. This leads to a new sense of humanity as a whole.

Based on this all-pervasive love, the idiosyncrasies of our culture, religion, and collective suffering can be recognized, accepted, and transformed.

Even our suffering, despair, fear, conflicts, disempowerments, and dependencies need love as the basis of their existence. However, I would like to point to a fundamental difference: While the new lives by principles of love which flow and empower, the old uses love's energy by disempowering the individual, stealing its life energy by guiding it through fear into conflicts and, therefore, suffering.

It is important to note that the old and the new are not opposites or polarities. They are a continuum. The new is the result of an organic process of growth and development, based on recognition of the old and learning from it. Since the old fears for its existence, the old is unable to accept the new; it battles it with all its might. The new does not need to do battle. It is able to see the old for what it is, accept its lessons, and turn fully toward the new as an organic continuity of our evolution.

I do have free choice as to where to direct my life energy, my LoveWill. I can choose to disempower myself and others, to abuse my power and create suffering, or to empower myself and others and create true joy of living.

The choice is mine – to embrace the new, the unknown, or to keep holding on to the false security of the old, the known. It seems far more interesting and challenging to experience the new. The old way of suffering is well known and familiar having been experienced innumerable times. Embracing the new requires courage and claiming responsibility and is definitely more challenging. During the present time, the possibility exists, to see all this, recognize it and lovingly accept it, and turn to the deep inner knowledge of a new reality without fear, conflicts, and suffering, a reality of personal responsibility, dynamic cooperation, and joy.

The old belief patterns are deeply engrained in the spiritual, mental, emotional, and cellular levels, impregnated and reinforced in the individual and the collective through thousands of years of living. Each belief pattern is a psychodynamic structure in the psyche which needs to be accepted and transformed.

As an individual and as a whole we are at a turning point of human consciousness and spiritual evolution. The new consciousness needs to integrate the old experiences, i.e., accept and transform the old belief structures. This will allow the new to unfold. The old can be embraced lovingly, for the new is inclusive of the old.

The scale of our love and life qualities is based on the principle belief systems held in the collective (and reinforced through culture and religion) which are in the path of the new. At the same time, once recognized, they contain our opportunities for growth.

THE OLD AND THE NEW QUALITIES

To allow an overview, the main collective patterns lived and experienced by the individual are limited to seven. The number seven also determines the spectrum of light. Seven colors – red, orange, yellow, green, blue, indigo, and violet – are represented in our color system and part of our reality.

These seven principal patterns pervade our culture and our daily life and form our behaviors and values. They underpin relationships, politics, education, economy, etc., and determine our individual behavior and quality of life.

My personal way of life reinforces these patterns in the collective. The old collective patterns in turn influence the way in which I, as an individual, live. Steady and constant repetition of behavior deepens and strengthens the patterns.

The setup and structure of old psychological patterns do not allow the potential of the “Self” or “soul” to flow in creativity and joy. Causing contradictory emotions, they lead to suffering. The old psychological patterns are systematically set up to guide the precious life energy, LoveWill, into suffering. Life energy, meant to express itself creatively through the personality, is used for suffering instead. Looking from the viewpoint of the old, the new can not be perceived; it creates fear and becomes the enemy to be fought at all cost.

The sequence of these basic patterns is such that each subsequent pattern more or less veils the previous one. With each step, the complexity of patterns and their combination increases the tendency of suffering contained within.

Beneath all these old patterns of suffering, however, remains a deep memory of something different, new, and at the same time familiar, waiting to be re-awakened: The desire of the “Self” to express through me creatively in daily life.

The quality or vibrational frequencies of the new follow different laws and principles. Love permeating life allows the life energy or LoveWill to flow and express joy in life.

Love permits us to see life as a gift, since it is the base of the sense of self and self worth. Love brings joy and growth. The capacity to see and live the qualities of the new assists us to see the old patterns and eventually allows us to look at them with love, as something of the past, having taught us.

Recognizing the patterns of the old and the awareness of the new indicate the qualitative refinement contained in the vibrational frequencies of the new. It can be looked at as continued development of humanity experiencing the old through thousands of years, leading from fear and battle to the honoring of the soul, the qualities of the heart, and the “here and now.”

OLD ENERGY FLOW AND BELIEF PATTERNS

First pattern

Separation from “Self”

Fear of existence, matter is enemy

To have to survive, unable to survive

Fear of life

Fear of death

Suffering

Second pattern

Body is matter, therefore the enemy

Procreate to survive

To enjoy the body is sin, sexuality is bad

Worthlessness

Guilt

Suffering

Third pattern

Loss of sense of self

To prove myself to be someone

Battle

Abuse of power

Suffering

Fourth pattern

Love is suffering

To fight to find love

To possess the object of love

Winner

Loser

Suffering

NEW ENERGY FLOW AND REALIZATIONS

First realization

To return to the “Self”

Love permeates life

I am embraced by love

Trust

Joy

Second realization

I am a “Self”

You are a “Self”

Honoring

Joy

*Third realization***The potential of the “Self” expresses through me**

I am co-creator

Responsibility

Joy

*Fourth realization***My body is the expression of the soul in matter**

The joy of existing expresses itself through the act of love making

Vitality

Joy

Old energy flow and belief patterns*Fifth pattern***Distrust your own voice**

Creative expression is competition and battle

Dependencies

Manipulation

Despair

Suffering

*Sixth pattern***Fear of God’s punishment**

To fight for God’s grace

Sacrifice

Renunciation

Suffering

*Seventh pattern***To be a God**

To be the greatest and most powerful

Others are subjects and of no worth

To rule

Life is inferior

Suffering

New energy flow and realizations

Fifth realization

To offer the vitality and joy of lovemaking to the creator

Connection to God

Gratefulness

Joy

Sixth realization

To become one with God

“Self” realization

Infinite intelligence

Joy

Seventh realization

Everything is be-souled

Matter and nature are an expression of the creator

I am the keeper of the earth

Deep knowing

Joy

The individual energy flow is determined by the sequence of the old patterns. The energy here moves from the roots, earth (fear of existence) via procreation (sexuality) to self worth, the heart to expression (the word), from the search for God, to wanting to be a God which leads to absolute separation from God.

The new flow of energy differs widely from the old. Here it starts with the realization of the heart as the seat of love. Love, then, is the basis of self esteem, the “I am a Self” allowing the potential of the soul to express creatively. One way of expression is through matter, the physical body during the act of love. The joy of this experience is then offered to God, which opens the possibility of becoming one with it. The realization of the “Self” includes the knowledge that matter is of God and a gift of God.

Both sequences, the old and the new, contain widely differing qualities of life. To allow the new to unfold, the old needs to be recognized and transformed. The new with its inherent love can embrace the old fears lovingly. This would allow them to finally relax. The new includes a loving acceptance of all of the old patterns. All these old psychodynamic structures are searching for love, yearning for it. However, their search leads in a direction where it is not to be found.

The new, our next evolutionary step of human consciousness, sees the old structures and chooses consciously to accept their limitations, to integrate the knowledge of the experience of the old within the new, and, finally, to let go of the old fully and embrace the new.

THE SEVEN VIBRATIONAL FREQUENCIES

The sequence of presentation follows the new order. The heart, love, determines self esteem, which is the basis for the expression of the “Self” potential. This expression is expanded to include the physical. The act of love experienced as the gratitude and joy of union of the inner and outer female and male as an expression of the “Self” returned to God and offered as a gift. This allows for a conscious connection with God and the possibility of “Self” realization. In turn, this leads to a deeper recognition of matter as God’s expression. The sequence of the old patterns is taken out of its old pathway and adapted to the order of the new energy flow. Patterns and realization both follow the flow of the new.

The old patterns and the new realizations are looked at more closely in their various combinations and compositions, experienced as an exercise with case examples.

FIRST VIBRATIONAL FREQUENCY

Exercise

What feelings, emotions, and bodily sensations are evoked by the following words?

Separation from “Self”:

Belief patterns

Fear of existence, fear of
life and death, fear of love

results in
Violence,
abuse of power,
feelings of guilt,
fight for survival,
competition for love.
Suffering.

Return to the “Self”:

Realization

Love is the foundation of
life and life is love

results in
I have the right to be,
I am,
I am loved,
I am held in love.
The mere fact that I am born is
an act of LoveWill.

Life is abundant and full of
wealth.
Trust and joy.

Example One: Nicole

Separation from the “Self”

The old paradigm pulls the energy away, gives me a bad conscience and guilt feelings. It is a dark, gloomy energy.

Return to the “Self”

The new invokes trust. During the exercise I felt a strong trust, and strength and energy to create something. I felt assurance and love.

Example Two: Lawrence

Separation from the “Self”

The old is leading the energy flow away from me. It comes up my back and pulls away from me.

Return to the “Self”

The new leads to me. I sense the energy from the crown of my head to my forehead and heart to the Hara. The love produces a comfortable warmth in my heart. I become quiet.

Example Three: Mary

Separation from the “Self”

The old pattern pressures. Compassion for other people creates helplessness.

Return to the “Self”

The new thinking, a light beam allows me to breath more easily. The old wise beings used to say that love is stronger than anything else. Now it can reach me as well as the others. It becomes believable.

Example Four: Daniel

Separation from the “Self”

The old renders my body to lead, my blood becomes a dark sticky syrup.

Return to the “Self”

I deeply experience a profound impulse to live in this new permissive space, based on love. The awareness of no more judgments is expanding my perception. I physically perceive it as an expansion, a stretching of my vertebra.

Example Five: Martha***Separation from the “Self”***

I experience tightness, rigidity, joylessness, heartlessness, cold, contraction, isolation, loneliness, imprisonment, moving away from myself.

Return to the “Self”

I experience openness, warmth, trust. I am welcomed and wanted, you are wanted, all are wanted. I am, you are, flowing. Touching, moving, moving tranquility, soft, round and straight, strength, compassion, freedom.

SECOND VIBRATIONAL FREQUENCY**Exercise**

What feelings, emotions, and bodily sensations are evoked by the following words?

Fear of existence leads to loss of self esteem:**Belief patterns**

Loss of self esteem

results in

Having to prove myself,
not being good enough,
abuse of power,
dependencies,
not taking responsibility.

Love as the foundation of life:**Realization**

I am a “Self” and you are a
“Self”

results in

Honoring myself and others,
acceptance.
Trust and joy.
I have a center, you have a
center too, this relates us with
each other.
I have a choice.

Example One: Tom***Fear of existence***

The fear contracts my left side, especially my left eye.

Love as the foundation of life

I am a “Self,” you are a “Self.” This image allows me to get in touch with my inner depth in my body. A very short burst of wanting to remain attached to the outside. Then I realize that once anchored within, there’s no need to grab onto anything. I can let go and trust the “Self.”

Example Two: Marlene***Fear of existence***

Remembrances of childhood, feeling of dependencies, anxiety, the idea I have to deserve love, to be a good girl, to deliver. I fear not being good enough.

Love as the foundation of life

I have permission to be. From here on I can continue to accept myself. Only then can I truly accept others. I still can not accept myself yet. This, too, I can accept.

Example Three: Olivia***Fear of existence***

I feel locked in, limited, held back, blocked. The energies can not move, I am uptight. I take on duties and feel victimized. Experience pain in the neck and tightness in the chest, tummy aching.

Love as the foundation of life

I am aware of my power and potential, it moves. Feel the necessary strength to face my duties. I choose my duties myself. I can step forward and let myself be seen. My chest area expands, my back straightens.

Example Five: Maya***Fear of existence***

In the old I lose the grounding under my feet. The basis of life is not given to me.

Love as the foundation of life

The new allows the experience of protection and motivation from inside. I transcend the limitations. The creative force works through me.

Example Five: Esther***Fear of existence***

I perceive myself as rigid, no ground under my feet. My point of reference is outside of me. I am taken with external happenings. Jealousy, possessive thinking. I need love and acceptance from outside.

Love as the foundation of life

I am resting within. The point of reference is my own center. I see the "You" as having clear boundaries, and yet I feel connected. I let be, honor, I am. The creative energy can express itself.

THIRD VIBRATIONAL FREQUENCY

Exercise

What feelings, emotions, and bodily sensations are evoked by the following words?

Lack of sense of "Self":

Belief patterns

Loss of confidence in my
own voice, my own
expression

results in
Abuse of power,
distrust,
envy,
feelings of superiority,
manipulation.

I am a "Self" and you are a "Self":

Realization

I am a co-creator

results in
Taking responsibility,
being an active creator,
trust, joy.
The unlimited potential of
the "Self" can express through
my voice and creatively and
realize itself in action.

Example One: Simon

Lack of sense of "Self"

No answer.

I am a "Self" and you are a "Self"

I take responsibility for allowing the creativity to flow. I experience the demand from within to do so. It is my life, my work, to allow the space for this creative energy. It is not dependant on becoming an artist. Each moment I need to make room for it. It is not a question of being gifted, or going public with this creativity. No, it is within as the basis of my life.

Example Two: Peter

Lack of sense of “Self”

A dot in my throat, locked jaws, repressed voice. Creativity has to be forced, creativity in winning over others. My creativity is locked up.

I am a “Self” and you are a “Self”

The dot in my throat dissolves. As the jaw loosens, a screaming and singing are born. Creativity unfolds from the inside, in cooperation, inspiring each other. Improvisation. Co-creativity.

Example Three: Amy

Lack of sense of “Self”

My throat closes, a feeling of an infection, choking. An endless exertion to express myself, not being able to, stops me. I express what the others like. It is for the others. Judgments.

I am a “Self” and you are a “Self”

Light and supple neck. I express for myself, feel joy and contentment. The others don't exist. Space is created in which each one can decide to accept or refuse what is expressed. No judgment whatsoever.

Example Four: Curtis

Lack of sense of “Self”

Limitation, tightness. Fear of being held in reins. Remembering the strong effect of the hit song, “Don't Fence Me In”!

I am a “Self” and you are a “Self”

Being co-creative opens new perspectives. Being carried, carrying, joining forces, being co-responsible, bringing in my share, and being entitled to my share.

Example Five: Beth

Lack of sense of “Self”

Fear, no self esteem. My heart beats in my belly. My head is bloodless. My heart experiences fear of existence.

I am a “Self” and you are a “Self”

The heart is jubilant. It beats in waves from head to toe. My skull bones expand, creating space for sound. I resonate in alignment with it and have my own sound.

FOURTH VIBRATIONAL FREQUENCY

Exercise

What feelings, emotions, and bodily sensations are evoked by the following words?

Lack of trust:

Belief patterns

Physical joy, matter, and sexuality are bad

results in
Guilt feelings,
distortions/addictions,
abuse of power,
despair.
Seduction of the other,
conquest of the other,
possession of the other.
I am better in bed than ...

I am a co-creator:

Realization

My body is the expression
of the soul in matter

results in
Celebration of life,
honoring and respecting
the body.
The joy of existence is expressed
through the body in the act of
love making.
The masculine and feminine
within me join in the act of
love making.

Example One: Vera

Lack of trust

Much pain, jealousy, freezing.

I am a co-creator

My body is alive, the energy can flow, deep joy of life. Gratitude and joy to be and to be with my partner. A deep intensity, everything is alive, I am fully awake.

Example Two: John

Lack of trust

No answer.

I am a co-creator

This way of experiencing sexuality could be a means to connect myself through my body with everything. To manifest love through the body. To experience union, the Godly. To dissolve the limitations of the body.

Example Three: Chrissy

Lack of trust

The old is in my pelvis. A power, a strong power, raging, desperate, hurt. It feels like a battle. It demands all my attention to remove myself from this energy. It possesses me and is insatiable.

I am a co-creator

At this point I can sense it through a curtain. A vague knowing, a remembrance awakens. But it is preceded by a deep, deep fatigue, weakness, no strength. I feel the need to rest, to hold myself and be there for myself. The other will come. My heart is with me and accompanies me. I know it.

Example Four: Yolanda

Lack of trust

Pushing on one side, giving in on the other side. Aligning myself with the normed "being attractive." Fear and exertion. Complying with the expectations of lust.

I am a co-creator

Approaching each other with respect. Intensity and rhythm develop through listening to each other and resonating with each other. Knowing my own beauty. Trusting and flowing. Courage and confidence in my own joy.

Example Five: Selma

Lack of trust

Brings oppression and complexes.

I am a co-creator

No judgments about my body. I honor it. Publicity for the perfect body no longer threatens me. The body, as the expression of the soul lets me look at it more lovingly and see why the body is bloated or has varicose veins. I observe the body of others

without judgment. I am not stressed by competition. I feel pulsating energy in my body.

FIFTH VIBRATIONAL FREQUENCY

Exercise

What feelings, emotions, and bodily sensations are evoked by the following words?

Joy in the physical body is not allowed, this leads to fear of God's punishment:

Belief patterns

The need to fight for the
grace of God

results in
Fanaticism,
fear of annihilation,
I am worthless, not respected.
I have to sacrifice (life and
love),
I have to renounce (body is sin).
Joy is punishable.

The joy of existence and joy of life in the act of love making:

Realization

To offer the joy of the act
of love making as a gift to
the creator

results in
Returning to the abundance of
life and love, joy of creation to
the universe.
Gratitude.
Connection with infinite
intelligence.

Example One: Sybil

Joy in the physical body is not allowed

Pressure, feelings of guilt, shame, wanting to disappear into the ground.

The joy of existence in the act of love making

Joy, expansion, cosmic orgasm – I am godly, very deep gratitude.

Example Two: Theo***Joy in the physical body is not allowed***

Fury, I experience naked fury.

The joy of existence in the act of love making

Joy in my sexuality. Yet I have problems returning it to the creator. My body does not feel well. I want to keep it within and then expand it from within. This seems ok and feels all right. The awareness that I am my own God feels good in my body, and I experience joy and gratitude. I want to keep it and share it. To return it, though, creates a strange feeling.

Example Three: Wally***Joy in the physical body is not allowed***

No answer.

The joy of existence in the act of love making

The heart energy is connected to the sexual energy: expansion, fixations dissolve. My eyes begin to see inner and outer worlds. They are fed by the expanded energy.

Example Four: Walther***Joy in the physical body is not allowed***

No answer.

The joy of existence in the act of love making

The joy of spending myself in love creates the fear that I might not exist anymore, dissolving in love. To the contrary, I remember the fairy tale of the bowl which is ever-filled, giving away its content. The more I give the loved one, the world, humanity, the creator, my gratitude increases and my energy is ever renewed.

Example Five: Jeannie***Joy in the physical body is not allowed***

The split between the experience of joy in the body and the belief that the body is sinful leads to a fundamental confusion. Hiding from God.

The joy of existence in the act of love making

Alignment, joy being in my body, joy seeing its godliness. Dancing for God, in God.

SIXTH VIBRATIONAL FREQUENCY

Exercise

What feelings, emotions, and bodily sensations are evoked by the following words?

Fear of God's punishment:

Belief pattern

The wish to be as powerful
as a God

results in
Exertion of power,
to be the strongest, most
powerful.
I want to dominate nature and
others.

To offer the joy in the act of love making as a gift to the creator:

Realization

Becoming one with God

results in
Self realization,
knowing,
return to the source,
infinite intelligence.

Example One: Janet

Fear of God's punishment

I battle for life.

To offer the joy in the act of love making as a gift to the creator

I expand and perceive the endless chain of becoming and dying, the stream of life energy expressing in its multiple forms. Everything is ok as it is. No more polarities, judgments. It is as it is, like a spell. The love shines and radiates. Deep compassion for all beings.

Example Two: Helen

Fear of God's punishment

Emptiness.

To offer the joy in the act of love making as a gift to the creator

Heaven dances in me, I in it. Union in the you, in me.

Example Three: Eugene***Fear of God's punishment***

No answer.

To offer the joy in the act of love making as a gift to the creator

New! I can not find the words at this moment, maybe there are no matching words for this state of being.

Example Four: Alex***Fear of God's punishment***

No answer.

To offer the joy in the act of love making as a gift to the creator

The act of love making is taken out of its limited, person to person related context. The feelings and joy are no longer of an individual. There is a pulsation happening between humans, and they do not need to seduce and possess.

Example Five: Ingrid***Fear of God's punishment***

No answer.

To offer the joy in the act of love making as a gift to the creator

I experience freedom in my heart. A huge load is gone. My purpose is fulfilled. Healing, transformation.

Example Six: Margareth***Fear of God's punishment***

A woman has to work very hard to deserve a bitter joy. Life is a hassle, I don't want it. I am a hassle and an imposition on life and eternally tiresome.

To offer the joy in the act of love making as a gift to the creator

To begin the day joyful, experiencing joy with each other, myself, my body, my work is normal. The ones still suffering are lovingly accepted. I am a gift to life. Life makes me gifts. God is love, I am love.

Example Seven: Vera

Fear of God's punishment

No answer.

To offer the joy in the act of love making as a gift to the creator

To return the gift to God. I am the gift and I am returning, I am God. Absolute security and safety, inseparable, yet able to act, alive with and without a body.

SEVENTH VIBRATIONAL FREQUENCY

Exercise

What feelings, emotions, and bodily sensations are evoked by the following words?

The desire to be as powerful as God:

Belief patterns

Absolute power and
absolute abuse of power

results in

Disempowerment of others,
life on earth and matter are
inferior.

I can exploit.

Suffering of others.

To be one with God:

Realization

All is be-souled,
I am the caretaker of earth
and nature

results in

Knowing, honoring, equality,
taking responsibility.

Matter and nature are an
expression of the creator
(infinite intelligence).

Example One: Amy***The desire to be as powerful as God***

No answer.

To be one with God

Humility in front of creation, God and myself. Love of all beings and nature, gratitude for the abundance. Experiencing the wealth.

Example Two: Peter***The desire to be as powerful as God***

No answer.

To be one with God

Radiating while being. Humility, gratitude, greatness, power of action.

Example Three: Fredrick***The desire to be as powerful as God***

No answer.

To be one with God

Being the caretaker of the earth I am very careful since I am responsible to create continuously my own basis of existence from matter, and, of course, because I love my life.

Example Four: Heddy***The desire to be as powerful as God***

No answer.

To be one with God

I feel very close to everything. My love of nature and every thing surrounding me unfolds. I honor myself and my environment in a totally new way.

Example Five: Vera***The desire to be as powerful as God***

No answer.

To be one with God

A loving, careful permission to be in touch. To be embedded, part of a kind of large family. To become open to the suffering of creatures. Their beauty gives me joy. It is a part of being alive.

The descriptions and examples of participants allowing themselves to open to the experiences of the old and new speak for themselves. Of course, the old belief patterns are often experienced as a mixture of the old and new, fear and love. Yet, the old patterns do not allow the experience of loving fully and continue to feed the old sufferings.

The new, however, offers an expansion of awareness and consciousness, a stretching of what it means to be fully human, the possibilities of growth to experience myself differently, new and more multidimensionally.

RESONATING WITH HEART AND SOUL

THE "I AM" PRESENCE

To be able to resonate in harmony with heart and soul, the old, which seemed safe and secure, has to be left behind.

The only constant is that everything is changing uninterruptedly. Change and transformation open the access to the present moment, living in the here and now, trusting fully the heart-soul relationship within me.

The new awareness, properly understood, implies a shift in inner values which will be seen manifested in a new quality of life for the individual and the collective.

Liberating the love quality of the heart, honoring the soul as the center of the human being, allows us to align with the inner wisdom inherent in each. The personality, then, can also flow in alignment with the current of life energy.

To be able to fully enjoy "being in the moment," a movement to another vibrational frequency is required.

The heart exercises allow the personality, through practicing loving acceptance, to open the path to the "Self." The potential of the "Self" can flow and express through the personality. This can occur when **forcing** is dissolved and the current of love **allowed**.

The **I must do** can transform into **I may**. It creates space for love to be. To **control** is **surrendered** through the heart to the "Self."

Attachment to old security thinking may then be replaced by the **flowing** of life energy. All these activities are contained in the movement from **acting** to **being**.

In the final analysis this movement is a turning into the undercurrent of the heart's and soul's vibration to live them fully through being here and now. This includes letting go of all old belief patterns separating me from the love of the "Self." Then I am allowed to turn toward heart and soul. Growth and evolution can take place now.

Growth is a change of a vibrational frequency expressing itself through a new quality of life and daily actions.

The deeply rooted fear pattern in our psyche can be transformed into deep trust by loving acceptance. The never-ending, exhausting fight for survival, has an end in sight through loving acceptance. Through loving acceptance addictions and dependencies can

become tools to find the “Self.” The love which creates suffering can, through compassion for myself and others, be transformed.

My speech, connected to my heart, becomes an instrument of communication and creativity. The fear of punishment can be transformed into a direct connection with infinite intelligence. The desire to be the greatest, to be like a God, can turn into a deep knowing that matter and soul are of God and, therefore, Godly. It can lead to becoming one with God.

To resonate in alignment with heart and soul anticipates the multidimensionality of soul and therefore of human being.

Being in alignment with heart and soul, being in the moment, includes a conscious experience of the body, emotions, thoughts, and spirit simultaneously.

The following exercise assists the experience of this multidimensionality of the “Self” and its “I am” Presence.

Exercise

Maybe you would like to close your eyes and turn your focus inward toward your body and physical sensations:

If it feels right for you, become aware of your emotions.

Now, try to observe your thoughts.

If it feels appropriate, focus on your heart, linger there for a while. Give your heart permission to connect with the “Deeper, Higher, Innermost Self” and the heart of the Earth.

Realize that you can not do this, but the heart knows exactly how to. Now become aware of your “I am” Presence which permeates, includes, and is the foundation of the physical, emotional, mental, and spiritual dimension.

“I am” in all these dimensions and, simultaneously, I am these dimensions and more. Give yourself permission to experience your “I am” Presence fully through your body, emotions, and thoughts.

Breathe deeply in and out a few times, feel your body, and move your hands and feet before you slowly open your eyes.

Example One: Susan

I am here, in the Presence. I am such, in body, emotions, thoughts. In utero, original feeling, original trust, I always was, I wanted to live, I lived, I live, I am, all is well.

Example Two: Eve

The fact that I am in a physical body on this earth entitles me to be. I am born of love. Neither belonging nor color nor creed play a role in this.
I am, I allow, unconditionally, totally, newly born.

Example Three: Margaret

I am total fullness and simultaneously absolute emptiness. I am nothing and all. It simply means being. There is neither space nor time. It is the eternal presence in being awake, love.

Example Four: Tom

I am my own radiating star, the eternal rhythm of a beating heart which gives and takes. In deep interconnectedness with my innermost core, eternity, and the cosmos. The deep connection with Mother Earth and my higher “Self” allows for an unending feeling of being carried and resting in safety and of being well sheltered. The eternal now is fullness in the emptiness. No more dualities.

Example Five: Nina

I am flexible and stable, connected to everyone and everything, full of deep joy, in the here and now and everywhere. Stronger in the here, a rock in the surf, a body with a head, alive and filled with pulsating energy.

Example Six: Mary Lou

I am my cells, their consciousness, a huge expansion into the universe, a space filled with intensity, density, abundance. I am a minute particle within a vast, huge, immensely rich whole and I carry the whole within. I feel, I think, I breathe, the miracle and secret of the I am. My body is the space given to me to realize the yearning for the source of all being.

Example Sven: Barbara

A strong pulsating energy, like a purple flame. A purple flame blazing and flaming high and then dissolving. For a moment, my belly turns into light. Then the next flame flames up. I feel strong and sheltered in this movement. The power seems unending. All happens in a deep quietude.

The more I live in the moment, the more fully the unlimited potential of the “I am” Presence can show itself and express itself through the personality. The moment becomes timeless. This way of life allows the multidimensional reality of the “Self” or soul to flow through me in my daily actions. They become more spontaneous, intense, and profound.

The new contains the spontaneous expression in the moment, living the multidimensional soul potential and experiencing never ending change as being truly alive.

ACKNOWLEDGMENTS

I would like to express a heart felt thank you to all participants of the training programs during the past years for their openness and receptivity in daring to venture from the old paradigm into the new awareness.

REMARKS CONCERNING THE EXERCISES

The exercises described in this book are a result of many years of practical application and experience by a multitude of course participants and clients.

Growth, melody, and rhythm

The exercises are a further development to augment “Unfolding the heart qualities.”

“I am” presence

Based on an exercise of Roberto Assagioli, this exercise was adapted and expanded.

The inner eye

A basic exercise to become familiar with identification and disidentification.

Love and life’s quality scale

These realizations and exercises grew and were developed during the past two years.

Unfolding the heart qualities

The sequence and organic structure of these exercises grew through the last ten years and are part of the regular training program at the PsychoPolitical Peace Institute.

You, too, are a “Self”

This exercise was developed complementary to experience the diagram of the “Self.” The exercises were created and developed based on the personal healing and transformation process of Margret Rueffler.

GLOSSARY

Disidentification

To disidentify from a feeling or psychodynamic structure means to step out of it in order to observe it clearly.

The Eye of the “Self”

Is also called the inner observer.

Identification

To become one, to identify with a feeling, structure or subpersonality, in order to experience it fully.

Life energy

The energy of the “Self” expressing fully through the personality in daily life, actions, thoughts, and events.

LoveWill

This term was coined in June 1995 by Angelika Reutter as part of her thesis for a M.A. degree at Antioch University, USA.

Paradigm

Thought and belief patterns based on collective interdependencies.

Psychodynamic structures

Parts of the personality, composed of thought patterns.

The “Self”

The “Self” or soul is the spiritual center of the human being, and is both immanent and transcendent.

Superconscious

The complementary part of the lower unconscious, which contains the unlimited potential for growth and evolution.

Unconscious

The realm of the human psyche is connected to the personality by a veil.

Lower unconscious

This houses the unconscious frequencies in which our roots or our psychological heritage is contained.

Other Publications by Margret Rueffler, Ph.D.

In English

Book Our Inner Actors
Theory and Practice of Subpersonality Work in Psychosynthesis
1996, 165 pages, PPPPress, ISBN 3-9521260-0-4

Re-membering
Book The Story of SheSoul
2001, 119 pages, Clarity - PPPPress, ISBN 3-9522112-1-4

Psychology of Nations
Article Healing a Collective
Report and In Depth Psychological Assessment of the Psychopolitical Action Project 1994-1997 in Bakuriani, Republic of Georgia, 1998, 80 pages, PPPPress

In Russian

Book Our Inner Actors
Theory and Practice of Subpersonality Work in Psychosynthesis
1996, 165 pages, PPPPress, ISBN 3-9521260-0-4

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In Georgian

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Margret Rueffler, a German-American, holds a Ph.D. in Transpersonal Psychology and is a psychotherapist and acupuncturist. She is also

the founder of the PsychoPolitical Peace Institute in Staefa, Switzerland and New York.

Dr. Rueffler's international projects focus on the „Prevention of Collective Violence.“ Her vision is to introduce and teach internationally the inner values of consciousness of joy, empowerment, choice, and self-help which lead to a deep change in the quality of life.

„Psychology of the Heart“ emerged through many years of working with groups and individuals and is taught regularly at the PsychoPolitical Peace Institute in Switzerland.

Through the Heart to the Soul, a new awareness, presents a new inner attitude, leading the reader from the old limiting way of life to new values, allowing a new, more expansive and liberating perspective.

This inner attitude honors the „Self,“ the soul, as the spiritual center of the human being and the personality. This allows the „Self“ to reoccupy its rightful place in psychology. As a result, its unlimited potential becomes available.

Carefully sequenced structured exercises lead the reader to his/her „Self“ and to experience a quality shift.

Turning inward, connecting with the heart, unfolds compassion and the capacity to love, and ultimately leads to deep acceptance of inner conflicts. Problems turn into chances for growth.

Such insights and the accompanying exercises allow the reader to move into the unknown, to venture from the old paradigm into the new awareness.

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