

# Life 101

## Introduction

As we come into human embodiment through the birth process, virtually all of our early life experiences are in the context of our human self. Most profound is our relationship with our mother, from whom we derive our physical and emotional nourishment.

And as we grow from infancy into the toddler years we continue to relate to others in our life, such as siblings or other relatives and friends, as human beings that we experience mostly through our five senses. And as we go through our developmental and educational years, the goals and values upon which our emerging life is based tend to be in human terms . . . obtaining a good education to support our career choices, finding a delightful and compatible mate, planning for a nice home and financial security . . . virtually all from the perspective of our human life.

But somewhere along the way, many of us begin to look deeper . . . to begin to explore feelings from somewhere deep within that there must be something more to life than that which we can see and touch. For some, this may be inspired by a religious experience. Others may be dealing disappointments over plans that didn't work out the way that had been anticipated. For others it may be a personal injury or illness, or perhaps the death of a friend or family member that drives us to a deeper search for what life is *really* all about.



In some cases, the “wake-up” call may be of a different form . . . perhaps an inner experience such as a dream or vision that gets our attention . . . or maybe an intuitive hunch or premonition that later proves to be accurate. Synchronicities can also play an important role . . . perhaps we are driving along the highway while in a quandary about an issue in our life, and then suddenly we pass a billboard with words or images that seem to speak directly to our situation. Or perhaps we have been thinking about a friend that we have not been in touch with for a few years, and then suddenly “out of the blue” we receive a telephone call or e-mail from them.

Such experiences seem to reach beyond our rational mind . . . to bring into play aspects of life that can't be explained or understood in simply *human* terms. If we are fortunate, a book that offers relevant insights may show up in our life. Or perhaps we unexpectedly meet someone who is having similar experiences. Or maybe we see a flyer on a bulletin board that describes an upcoming workshop that seems to speak to our issues or questions. Of one thing we can be certain, once our mind begins to open to new perspectives and possibilities, we will draw to us the insights and guidance we seek.

## Our Higher Self

The reality is that we are, indeed, much more than the human form that we see in the mirror. We are, in fact, a “spiritual” being that is here on Earth in a body having a “human” experience. At our essence level, we are an individualization of the essence of our Creator. Sometimes this is referred to as a “Divine Spark” of our Creator, or in esoteric terms our “I AM” Presence or “Monad”. Regardless of the label we use, it is an individualized aspect of our Creator that is eternal and One with all of Creation. For now, we will simply refer to it as our “Higher Self”.

Although our Higher Self is all-Loving and all-Wise, it is continually evolving through experience within various realms of Creation. It guides our human life, but like a loving parent, allows us free will so that we may make choices and then learn from our experiences.

The picture at the right provides imagery of the relationship between our human self and our Higher Self, with our Higher Self eternally radiant, emanating Light and Love. In the module of this website that is entitled “Life – Multidimensional”, we will discuss our “Soul” and “Oversoul”, which are, in effect, intermediary level of our beingness that exist between our Higher Self and our human self. But for now, let’s keep it simple, and as the imagery in the picture portrays, just think in terms of our Higher Self and human self.



As we move into this expanded awareness of the being that we are, our life begins to take on new meaning and purpose. We realize that our current human life is a relatively short segment in the totality of our Life’s evolutionary journey. And our values and goals in life begin to shift accordingly.

Before we come into a human life, a Life Plan is developed. The purpose of this plan is to provide us opportunities for the lessons that will be of benefit to us in the greater scheme of things as we continue our long evolutionary journey. Memory of this Life Plan does not exist within our conscious human mind. However, it is held within the consciousness of our Higher Self, and is available to us as we learn to develop closer linkages between our human self and our Higher Self.

The essence of spiritual transformation involves 3 basic elements:

- The first step is to shift our focus from our head to our heart, and to live our life based on what we feel within our heart.
- Secondly, it is important to learn to use our creative power to bring forth that which we desire in our life.
- And finally, we need to learn to access the wisdom of our Higher Self, and gradually integrate our Higher Self with our human self so that we seamlessly express the consciousness of our Higher Self in every aspect of our human life.

Each of these three elements of spiritual transformation involve aspects of our human heart. So before we discuss these in more detail, it would first be helpful to consider in more depth the nature of our heart . . . especially some of the more recent discoveries related to the human heart.

## **New Insights about the Human Heart**

### **Heart “Brain”**

In the past few years, several new discoveries have been made about our human heart. Perhaps the most profound of these is that within the fatty tissue surrounding our heart, especially at the base of our heart, are neural networks that are virtually identical to the neural networks within our brain. This has given rise to the realization that our heart essentially has its

own “brain”. And we are learning that some of the important functions which previously had been thought to be performed by the brain in our head, actually are directed from within our “heart-brain”. This has given rise to an entirely new field of research . . . “neurocardiology”.

One of the organizations that has been actively involved in this new area of research is the HeartMath Institute, located in Boulder Creek, California. Central to their work has been an effort to better understand the functional relationship between our heart-brain and the brain in our head . . . and also to explore the role that our emotions play in these interactions.

The traditional perspective has been that as sensory information comes to us through our 5 senses, it goes first to the thalamus, which then directs it to the appropriate sensory cortex within our brain, where the sensory impulses are then interpreted through our cognitive processes. But one of the important realizations that has emerged is that there is a “short-cut” path from the thalamus to the amygdala, which is involved with our emotional nature. And because of this short-cut path, we actually respond to sensory information emotionally before that same information can be processed through our cognitive brain.

It has long been known that the heart is the only organ in the body that seems to “march to its own drummer”. . . it has its own pacemaker cells which control the rate at which our heart beats. Because of this, a common saying among researchers has historically been that the heart seems to have a “mind of its own”. But now, with the discovery that the heart does, indeed, have its own “brain”, this reference to a “mind of its own” takes on a new and more profound meaning.

Researchers are coming to realize that it is the heart, more specifically the heart-brain, that synchronizes the functioning of the brain in our head. Much of the research at HeartMath Institute has centered on this synchronization role, and the manner in which our emotions and various other factors enhance, or inhibit, this process.

### Heart Rate Variability (HRV)



Virtually all of us are familiar the idea of measuring the rate at which our heart beats. It is represented by the visual display of an electrocardiograph (ECG) machine that is usually so prominent in a hospital emergency room setting . . . the familiar *bleep – bleep – bleep* sounds that correlate with the “peaks” on the visual display. Heart Rate Variability (HRV) is a measure of the time (usually measured in milliseconds) between each beat. If the time between beats is relatively consistent, then the Heart Rate Variability would be low. Or, if the time between beats tends to vary from beat to beat, then the Heart Rate Variability (HRV) would be high.

We know that our heart tends to beat faster (less time between beats) during periods of physical exercise or excitement. Up until a decade or so ago it was believed that except for such periods of stimulation, a *regular* heart beat (low HRV) was a “good” thing . . . that it was an indicator or good health. More recently however, just the opposite has been shown to be true . . . that a

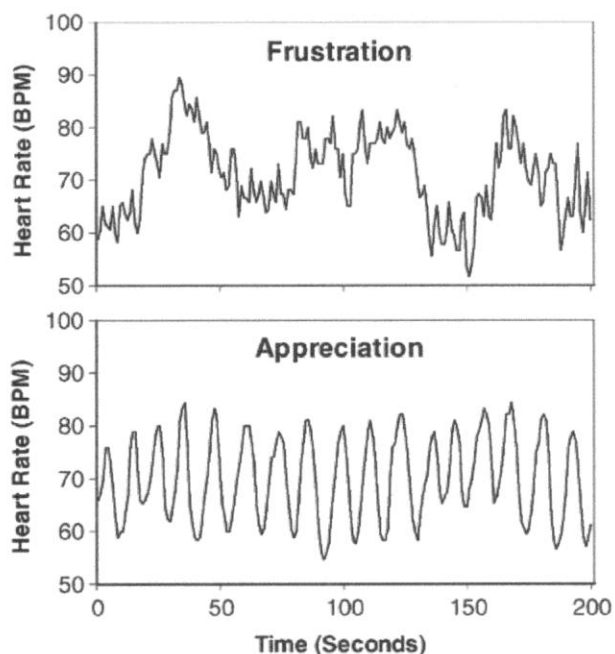
variation in the time between beats (high HRV) is an indicator of good health, and that a *regular* heart rate (low HRV) is a predictor of eventual cardiac problems.

Research has also shown that HRV tends to be highest during our youth, and that it tends to diminish as we age. This has given rise to the concept of using HRV as an indicator of *physiological* aging in contrast to *chronological* aging.

## Effects of Our Emotional State on the Synchronization Process

As indicated earlier, there has been considerable interest in determining the affect that our emotions have on the process of synchronizing our brain and nervous system. Not surprisingly, research has shown that emotional states of frustration or anxiety introduce chaos into the synchronization process, and thus inhibit our cognitive thinking ability. On the other hand, it has been demonstrated that harmonious emotional states tend to optimize the synchronization process, thus maximizing our cognitive abilities. This is illustrated in the graph at the right. One of the most powerful emotions affecting synchronization is that of “appreciation”.

The HeartMath researchers have adopted the term “coherence” to indicate an emotional state of being that enhances the synchronization process. And they have developed numerous techniques and processes for helping people learn to maintain a state of coherence. Information is available at [www.heartmath.com](http://www.heartmath.com) or [www.heartmath.org](http://www.heartmath.org).



## Insights Gained Through Heart Transplants

One of the more fascinating aspects of these new discoveries related to the heart-brain involve the experiences of people who have undergone heart transplants. Let's consider a few.

In her 1998 book, *A Change of Heart*, author Claire Sylvia describes how after a successful heart-lung transplant, she found herself craving new foods and beverages, experiencing a significantly enhanced libido, and generally feeling as though a new personality had somehow fused with her own. She also began to have recurring dreams about a young man named Tim, who she believed to be the organ donor. In spite of medical confidentiality rules, Claire eventually was able to discover the identity of the donor, and made contact with the donor's family. They confirmed that her new cravings and personality characteristics were reminiscent of the deceased young donor, an 18-year old man named Tim, who had been killed in a motorcycle accident.

Gaea Shaw had been a school teacher for 27 years when her health began to fade. Her condition was diagnosed as a heart condition, and for 6 years, in spite of efforts to treat her medically, she felt her life force continue to diminish. In her book, *Dying to Live*, she describes how time seemed to be running out for her when she was finally listed for a heart transplant. Good fortune was in her favor, and a heart became available. The operation was successful, but she needed to embark on an exercise program to begin to rebuild her strength and stamina. She had never been a swimmer, but felt strongly guided to be in the water. Her first efforts were excruciating, but with help from the lifeguard, her swimming ability soon improved remarkably. The lifeguard became her coach, and she went on to win gold medals at subsequent special Olympics.

She later had an opportunity to meet the parents of the heart donor . . . a 15-year old boy named Christopher who had been struck and killed by an automobile. As she had an opportunity to learn about Christopher's life, she was told by his parents that among other things, he had always had a passion for swimming.

Other heart recipients have reported similar experiences. Paul Pearsall is a psychologist, and in his book, *The Heart's Code*, he describes some of the experiences of people who have undergone organ transplants. One particularly interesting case involves what he refers to as "domino transplantation". Doctors have found that in certain cases, a person who is in need of a lung transplant has a much better chance of survival if both the heart and lung from the donor are transplanted simultaneously. In such cases, the heart of the transplant recipient is then available for transplantation into a patient needing a heart transplant.

In the particular case that he describes, he identifies the recipient of the heart and lung transplant as Jim, and the subsequent recipient of Jim's heart as Fred. Dr. Pearsall had an opportunity to interview both Jim and Fred, along with their respective wives, Sandra and Karen, several months after the transplants took place. During the interview, Fred told Jim of new food cravings he had experienced since receiving Jim's heart, and Jim verified that these had, indeed, been some of his favorite foods. The two men and their wives also talked about changes in personality temperaments that both had experienced since the transplants. Prior to the transplants, Jim had been a "Type A" personality -- very intense and temperamental. Since the heart and lung transplant (from an unknown donor), Jim had become much calmer, but also frequently depressed. On the other hand, Fred, who had always been easy going and carefree, had become much more hyperactive and temperamental since receiving Jim's heart. Sometime after the interview, Dr. Pearsall was able to trace the identity of the donor of the heart and lungs that Jim had received - a young woman. Her family said that she had always been shy and soft-spoken, and that she frequently suffered from depression. In fact, she had taken her own life in despair over a lost love.

But there is more to the story. As the two couples became more comfortable with each other during the interview, Karen talked about another change she experienced in Fred after the heart transplant. She said that Fred would often call her "Sandy" during the intensity of their lovemaking. Understandably, Karen was disturbed by this, but when she would question Fred about it, he would always deny having called her by that name. Somewhat embarrassed at this point, Jim's wife, Sandra, acknowledged that although Jim normally called her "Sandra", he had a habit of calling her "Sandy" during their lovemaking.

## What do these Stories Suggest about the Human Heart?

With this very limited anecdotal evidence, it would be naïve to draw any specific conclusions. It is an area in which credible research could prove to be very insightful. However, these stories do suggest some interesting possibilities as to the role of the heart-brain related to:

- Personality characteristics
- Feelings about people
- Food preferences
- Activity preferences



They also suggest that when we make reference to the “desires of the heart”, we may well be referring information and/or feelings that are stored within our heart-brain. Sometimes common sayings carry wisdom that goes unnoticed by our cognitive mind. For example when we say “I love you from the bottom of my heart”, are we really referring to our heart-brain which resides primarily in the fatty tissue at the base of the heart? These are interesting possibilities to ponder.

## Our Personal Electromagnetic Generator

The heart is by far the most powerful electromagnetic generator in our body. The electromagnetic field as measured by an electrocardiogram (ECG) is about 60 times greater in amplitude than *brain waves* recorder by an electroencephalogram (EEG). And, the *magnetic component* of the hearts field is approximately 5,000 times stronger than that produced by the brain. This electromagnetic field is not impeded by tissue, and can be measured several feet away from the body. This has significant implications as to how we draw into our life that which we desire . . . it will be discussed in greater detail later.

## Spiritual Transformation

### Shifting from Our Head to Our Heart

Let’s resume our exploration of the elements of “spiritual transformation”. As indicated earlier, the first step is to shift our focus from our *head* to our *heart* . . . to learn to rely on the *feelings* within our heart when we are faced with important life decisions.

Virtually all of us have experienced “intuition” . . . that *inner sense* or *inner knowingness*. For many of us, our intuition seems to be most available to us as we are awakening from sleep . . . when our conscious mind is not yet cluttered with a lot of thoughts.

A few decades ago there was a lot of interest in deepening our understanding of the two hemispheres of our brain . . . the so-called *left-brain* and *right-brain*. Through a process of brain mapping, it was determined that the left-brain tended to be more structured and more *analytical* in nature. Whereas the right-brain seems to be less structured and function more as a *synthesizer*. Another way of viewing the respective functions is that the left brain starts with something that “is”, and then proceeds to examine the related pieces. On the other hand, the



right-brain starts with seemingly unrelated pieces and explores ways to assemble them into a “meaningful whole”.

In those studies, intuition was generally assumed to be associated with the functions of the *right-brain*. However, with the emergence of our awareness of the ‘heart-brain’, it seems much more likely that intuition is related to our *heart-brain* rather than of either of the hemispheres of the brain in our head. And in fact, as we later explore ways to access the consciousness of our Higher Self, it will become evident that the source of much of our intuition lies within this higher consciousness. But intuition seems to flow into our *human* consciousness through the facility of our heart-brain.

So learning to be more aware of, and trusting in our intuition, is really an important first step in opening our channels of communication with our Higher Self. And opening our channels of intuition requires that we learn how to shift from our dependence on the cerebral functioning of our head as the primary decision-maker in our life, to the intuitive functioning of our heart.

An analogy may be helpful. Let’s consider the functioning of a symphony orchestra. As we know there are various sections of an orchestra . . . the strings . . . the brass . . . the woodwinds . . . the percussion section . . . and so on. Each section is absolutely essential to the harmonious functioning of the orchestra. However, the orchestra is capable of creating the glorious sounds of a symphonic masterpiece only if each section of instruments responds precisely to the direction of the conductor.

Relating this to our human thought processes, we could think of each aspect as like a section of an orchestra . . . the left brain corresponding to the brass section . . . the right brain like the strings . . . the cerebellum like the woodwinds . . . the hindbrain like the percussion section . . . and so on. The big question is, where does the director reside?

Many people, before their spiritual awakening, allow their life to be directed by the brass section (left-brain), hoping that the other section will follow along. But in too many cases, the brass section is so loud and so dominant that it drowns out the contribution of the other sections of the orchestra. Or if the string section (right-brain) attempts to be the director of one’s life, the direction may be a bit scattered at times, and the other sections may not fully participate in creating the music.

So when we talk about shifting our focus from our head to our heart, we are talking about firmly locating the *director* of our life within the realm of our heart.

Lifelong habits are not easily changed. It requires effort and attention. A good way to start is to set aside a few minutes at the beginning of each day to focus on your heart. Close your eyes, draw in a deep breath and then let it flow out slowly. And then another breath . . . and another. And as you continue to hold your focus on your heart, set forth your intention to be guided throughout the coming day by the intuitive knowingness within your heart. Then as you move through your day, if you feel yourself getting stuck in your cognitive thoughts, or caught up in emotions, close your eyes, take a deep breath, and focus on your heart. With practice, it only takes about 10 seconds. But you may be amazed how dramatically it begins to change your life.

There is one other step that is absolutely essential. Within the unseen dimensions are guardian angels, guides, mentors and other beings who are in service to humankind that are eager to

assist us in our life. But there is a principle in force throughout our Universe that is referred to as the “Principle of Non-Interference”. Simply stated, it says that beings in a higher realm are not permitted to *interfere* or *intervene* in the affairs of beings within a lower realm unless they are *invited* to do so. So as we go through life . . . especially as we go through the process of spiritual transformation . . . it is critically important that we regularly **ask for assistance**. This permits the beings in the higher realms to respond to our request, and provide assistance to us. It is not necessary to direct the request to any particular being, although we may certainly do so. But if we simply put forth the request, the beings in the higher realms will decide which one or ones are best suited to respond to our request. And equally important, when we receive help, take a few moments to express our gratitude for the assistance provided.

## **Learning to Use Our Creative Power Wisely**

We are constantly creating the circumstances of our life . . . the experiences and situations that show up day by day. But since most people do not understand how the process of creation works, the experiences that arrive at their doorstep tend to be a hodgepodge . . . all too often mixture of experiences that they would prefer not to have had. So the tendency is to blame their life situation on “bad luck” . . . or worse yet, they eventually perceive themselves “unworthy” of goodness in their life.

Learning to use our creative power wisely is an important step in our spiritual transformation. Once again it is our heart that is at the center of this creative process, and it is our *intentions* that are the key.

The spiritual principle that is involved is sometimes referred to as the “Law of Attraction”. Simply stated this law says that we attract into our life that which *resonates* with our thoughts and emotions. If we are constantly focusing on the problems in our life, we attract more of the same. If we are constantly focusing on “lack” . . . lack of money . . . lack of a good job . . . lack of a love relationship . . . lack of good health . . . we will draw to us more of the same . . . the law of attraction assures it.

So the key to changing our life experiences is to learn to focus on what we *want* in our life, rather than on what we *don't want*.

In discussing some of the recent discoveries related to the human heart, we indicated that the heart is a very powerful generator of electromagnetic energy. We are constantly radiating out into our environment our thoughts and our emotions. And thus, through the law of attraction, we attract to us the experiences, the people, the situations which resonate with the thoughts and emotions that we are sending out.

An analogy may be helpful. Consider a radio broadcasting station. The radio wave that is broadcast out from the antenna at the top of the tower is electromagnetic energy. But before the radio wave is sent to the antenna, it is *modulated* (encoded) with the programming being created in the radio studio. It may be a news broadcast, it may be music, or it may be a wide range of other programming with which we are all generally familiar.

At the receiving end is a radio receiver that is able to *demodulate* (decode) the radio wave and retrieve the programming information that originated in the studio. Additionally, as we know, a radio receiver can be tuned to a particular radio station. So the person with the radio receiver



can select the radio station that has the type of programming that they are attracted to. The people who are attracted to a radio station that is broadcasting a radical talk-show host are going to be quite different from the people who are attracted to a station that is broadcasting an orchestral rendition of Grieg's "Morning", from the Peer Gynt suite. In the first case the people who are attracted will be people who resonate with hatred and bigotry, whereas in the second case the people who are attracted will be people who resonate with joy and inspiration.

Returning now to a consideration of our "personal broadcasting station" (our heart), the people and the related experiences that will be drawn to us all depends on the "programming" that we are broadcasting out from our heart. If we are angry, then more anger is what will be attracted to us. If we are judgmental toward others, then judgmental people will be drawn to us. If we are fearful, then fearful situations will find us. But on the other hand, if we are joyful and upbeat, then we will attract people who also are joyful and upbeat. If we are kind and generous to others, then kindness and generosity will be attracted into our life.

## Intentions

It is through our *intentions* that we create the "program content" that is modulated into the electromagnetic wave that is radiated out to the world by our heart. This may seem like a simple statement, but it is profound in its implications.

Intentions have both a *thought* and an *emotional* component. *Thought* energy is *electric* in nature, whereas *emotional* energy is *magnetic*. So the combining of thoughts and emotions creates a "hybrid" that we call "intention", just as the combining of electric energy with magnetic energy creates a hybrid field that we call "electromagnetic". To summarize this for clarity sake:

Electric energy + Magnetic energy = Electromagnetic energy

Thought + Emotion = Intention

Since the awareness of the existence of a heart-brain is quite recent, researchers are only at the very early stages of understanding the various ways in which it functions. But based on what we know so far, we can intuit a functional model as to how we go about forming our intentions, and then modulating those intentions into the powerful electromagnetic wave that is broadcast out to the world by our heart.

## Creating and Sending Out an Intention

Let's walk through an example of how to create and sent out an intention. Let's say that an intention that you want to create at the beginning of a day is as follows:

**"It is my intention to be kind to each person whom I encounter this day."**

You would begin by focusing your attention on your heart, especially your heart-brain.

Next, it would be helpful to take in a deep breath . . . hold it for a moment . . . and then relax and let the breath flow out. Take a couple more deep breaths in the same way. This helps to still the conscious mind, and bring one's self into alignment.

Now, holding your focus on your heart-brain, repeat the intention statement that is highlighted above. [Note: The limited anecdotal evidence from heart transplant recipients seems to imply that within our heart-brain are our fundamental “desires” . . . such as the desire for certain foods, types of activities, and so on. So we could relate to the above intention . . . ”to be kind” . . . as a “desire” of our heart.]

Next, shift the focus of your attention to the brain in your head and form the thought that is reflected in the intention.

Then bring your attention back to your heart-brain, and feel the resonant alignment (coherence) between the thought in your head and the desire in your heart.

Next, move your focus to your solar plexus, which is the *emotional* center of the body. The solar plexus is located in the area just above the navel. While holding your focus in this area, get in touch with the *feeling* of kindness . . . what it feels like when someone is kind to you, and what it feels like when you are kind to someone else.

When you are deeply in touch with that feeling, bring your focus back to your heart. While holding the *feeling* and the *thought* of kindness, speak the intention statement slowly and clearly.

And then say, “**So it is.**” And as you say, “So it is.”, release the intention through your heart and envision your heart broadcasting it out to the world.

As you move through your day and are “intentionally” kind to each person you encounter, it will reinforce your awareness, and add energy to the intention.



As with anything new, the process of creating and sending forth an intention may seem a bit awkward or cumbersome the first few times you do it. But it will soon become second nature. And then you can more easily focus on the power of the thought and feeling of the intention that you are creating and sending out.

The principle is quite simple. It is learning to be *consistently* aware of the *programming* that we are sending out into the world that requires some work . . . especially because our heart doesn't just broadcast only when we are consciously thinking about it . . . it broadcasts ALL OF THE TIME . . . 24/7 . . . every day of the year!

## Attitudes

On a human personality level, we are familiar with the concept of having an “attitude”. We say that ‘Joe’ has a *bad attitude* or ‘Suzie’ has a *good attitude*. These are, of course, patterns of thinking and emotional behavior. And these patterns, good or bad, are constantly being broadcast out into the world around us.

Regardless as to where we are on the scale, we can begin to improve or transform our attitude through the use of intentions. As we create and use statements of intention . . . “I intend to be helpful and courteous to people that I meet” . . . “I intend to experience and express joy in my

life” . . . “I intend to be generous to others” . . . we will find our attitude toward life beginning to shift. And we also will become more consciously aware of those moments or incidents in which we were out of alignment with our intentions.

Through such a process, the nature of the thoughts and feelings that we broadcast out into the world will become more consistently positive. And consequently, we will find that the people, the experiences, and the situations that we attract into our life will shift accordingly. And as we begin to experience these positive shifts, it will provide encouragement and reinforcement to a growing awareness that no matter what our situations or behavior patterns have been in the past, we can indeed take positive control, and create our life the way we want it to be.

There are various resources available that focus on re-creating one’s life in this way. We believe that one of the best is the teachings of ‘Abraham’, through Esther and Jerry Hicks. Their website is located at: [www.abraham-hicks.com](http://www.abraham-hicks.com)

Also, an interesting and effective process for using intentions in a group setting, called “Intenders Circles”, has been developed by Tony Burroughs. Their website may be found at: [www.intenders.com](http://www.intenders.com)

## **Accessing the Wisdom of Our Higher Self**

We may think of our Higher Self as that aspect of our Creator that watches over and guides our human life. As we indicated earlier, the Life Plan that was prepared before we came into physical human form is well known to our Higher Self.



However, an important part of our human learning experience in this world of duality is the exercise of “free will” . . . to make choices in life, and then experience the outcomes and repercussions that resulted from those choices. This is referred to as the law of ‘Cause and Effect’.

If, in this process, we begin to stray too far from our Life Plan, our Higher Self will guide us back into alignment with the plan. At first, it may be a gentle “nudge” . . . something to get our attention so that we begin to re-examine the direction we are headed. If we ignore the nudge, and continue wandering “off course”, our Higher Self will arrange for something a bit more dramatic. And if need be, the escalation process continues.

As we begin to awaken spiritually, we soon learn that our life goes a lot more smoothly if we pay attention to the gentle “nudges”, and shift the course of our life accordingly.

## **Intuition**

We discussed intuition earlier, at the beginning of this section on Spiritual Transformation. It is the most common way that our Higher Self “nudges” us, especially in the early stages of our awakening.

As we become increasingly sensitive to our intuition . . . to the intuitive “flashes” that come to us . . . we will gradually learn when, and under what circumstances our intuition seems to be most

accessible to us. Following are some of the situations in which intuition seems to flow most easily:

- As we are awakening from sleep, in quietness and before our conscious mind becomes active.
- While we are taking a shower or bath. There seems to be something about water flowing over us that stimulates our intuition.
- When we are doing something repetitive that does not require much conscious thought, such as washing dishes, driving a car on an un-crowded highway, or going for a walk.
- When we are “day-dreaming” and our conscious mind is quiet and unfocused.
- When we are writing, either by hand or using a word processor.

By paying attention to your own daily activities and rhythms, you will soon learn when intuition is most active for you.

## **Meditation**

Meditation is another important way to access the wisdom and guidance of our Higher Self. Workshops and training on meditation are available in most areas. There are many different forms and techniques of meditation. But there are common elements . . . closing the eyes to reduce sensory stimulation . . . conscious use of the breath . . . quieting the conscious mind . . . placing the body in an appropriate position.

Most forms of meditation focus of various aspects of the ‘chakra’ system. If you are not familiar with the “chakras”, some basic information is available **here**.

Different people seem to have different experiences in meditation. Some “see” images with their inner vision. Some hear a “voice” with their inner hearing. However, many people, perhaps the majority, have only a quiet, peaceful experience. If no “messages” come to you during meditation, don’t despair. At the very least, the regular practice of meditation will deepen your relationship with your Higher Self, and will stimulate the flow of intuition in whatever ways you most easily tune into it.

## **Consciousness**

The “language” of the Higher Self is *consciousness*. It is beyond words . . . beyond thoughts. As we deepen our relationship with our Higher Self, we enhance our ability to tune into the consciousness of our Higher Self . . . and eventually the consciousness of the ‘ALL THAT IS’. At that point, there is nothing . . . no conscious anywhere in Creation that is beyond our ability to access. The consciousness of a tree, or of a bird, or even the consciousness of a rock is available to us. So also is the consciousness of anyone who has ever lived accessible to us. Life then becomes more expansive than we can imagine.

## **Integrating Our Higher Self and Our Human Self**

As we progress in our spiritual transformation, our goal is to integrate the consciousness and the virtues of our Higher Self into our human self, so that they function as a seamless unit. In reality, there has never been separation between our Higher Self and our human self . . . it is only in our human mind that we have perceived separateness. So what we are talking about here is bringing the 'Oneness' that has always existed, into our human conscious awareness.

With this shift in our perspective, we begin to perceive our human life as a projection of the virtues and consciousness of our Higher Self into the human realm. And with this comes the realization that that anything that is not in alignment with the virtues of our Higher Self has no place in our human life. Understanding this within our human mind is an important first step. The next, and most important step is to bring this into expression in our daily human life.

The foundation upon which we can bring this awareness into expression involve the virtues of "Gratitude" and "Love".

A powerful way to begin to integrate the attributes of Gratitude into our life is to set aside a few minutes at the beginning of each day . . . sit quietly and thank your Higher Self for the things in your life for which you are grateful. You could start with the basics . . . life itself . . . the air we breathe . . . the water . . . the sun that lights and warms our days . . . the stars in the night sky . . . the beauty of the Earth. And then there is your family . . . your friends . . . a place to live . . . food to eat . . . and so it goes. And then again at night, before you go to sleep, take a few minutes to reflect back on the experiences of our day . . . all that you have for which to be grateful.

As we deliberately take time to do this each day, it is amazing how our life will begin to change. Increasingly we will find our thoughts and feelings to be in a place of gratitude. And as we automatically broadcast these out into the world through our heart, we will attract more and more into our life for which to be grateful.

And we can work with "Love" in a similar way. Set aside a few minutes each day to move into a place of quietness, and one by one envision people who are significantly involved in your life. As you envision each person, send Love to them from your heart . . . visualize the Love as a soft energy that enfolds them. Don't limit this process to just those people with whom you have a harmonious relationship . . . include people who you may not be particularly fond of on a personality level. Then, as you move through the experiences of your day, if you encounter a situation in which you are not sure what would be the best course of action, ask yourself the question, "What would Love guide me to do?" As a Divine Being, Gratitude and Love are aspects of our natural state of being. So as we bring these qualities into expression in our human life, we enable a merging of the consciousness of our Higher Self with the consciousness of our human self. And those become the vibrations that our heart is constantly radiating out into the world around us.

