

The Process of Meditation PL 182

Minutes from July Teleconferences

Defining the Voices

While Voice Dialogue works with a wide cast of internal character elements, we will only be working with the Higher Self, Unconscious Child / Child Consciousness, and the Adult Ego.

Higher Self: The voice of the Higher Self is never demanding, fearful, anxious or aggressive. There might be a hint of sadness or joy, as feelings are a manifestation of a spiritual reality, a movement of the soul.

The Higher Self speaks with the energy and understanding that ‘we are all one’. The Higher Self aligns with the ‘50/50’ or ‘Universal Self Sphere’ perspective (see attached worksheet). Any identification with the individual personality indicates that another voice is trying to speak, through a ‘higher self mask

Child Consciousness: The energy of Child Consciousness – whether enlightened, wounded, or destructive – is what the words imply. This voice speaks as if the individual is the center of the universe and deserves to be the center of attention. It embodies the ‘100/100’ duality of the ‘Individualized Self Sphere’. Like an infant, it perceives others as if they should be an extension of itself, or dualistically as ‘you versus me’ rather than ‘we are all one’ energy.

Child consciousness is the source of our creativity, joy, and passion; its self-will can evolve into inner will, inner authority. Like human children, it desires a strong and loving parent completely dedicated to its development and pleasure. The destructive child has been hurt, disappointed, frightened, and betrayed. The enlightened child feels loved, supported, and able to navigate through difficult circumstances and situations because it feels it can rely upon its inner parent, the Adult Ego.

Adult Ego: The Adult Ego is the arbiter of how we interact with the world. It acts as intermediary for Child Consciousness, and interprets (or translates) the voices of Child and the Higher Self. The Adult Ego refers to the decision-maker within the personality, so the term ‘Adult’ covers a long range of developmental stages from childhood onward. It can range from 100/100 dualistic thinking in the Individualized Self Sphere to 50/50 recognition of the unitive principle in the Universal Self Sphere depending upon its level of development. An enlightened Ego is hard to distinguish from the Higher Self.

Minutes from July 6th:

We did some demonstrations of the three voices prior to the general sharing, with two volunteers. Then we shared our experience with the three voices that we are able to distinguish in ourselves.

1a. Adult Ego: wants to explain and control.

1b. Higher Self: hard to discern, after asking it to come forward its presence is superseded by the Ego.

1c. Child Consciousness: Not given much chance for self-expression.

2a. Child Consciousness: I hate my boss! He’s not fair! I don’t like any of it.

2b. Adult Ego: the child is a problem.

2c. Higher Self: Accessible, but non-verbal.

- I am aware of these voices because of other studies; the lectures filled in some gaps in my understanding. I heard a cat in the background during one of the demonstrations, and it brought memories of my cat (who died) and of making friends with the neighbor’s cat. [Emotions welled up, and these are handled during teleconferences by asking the speaker to stop talking and take a few breaths. Sometimes the greatest benefit of such a meeting is the chance to bring up feelings that don’t seem to belong anywhere in particulate but which are troubling us.

- I want to be more childish; it feels more honest and free. Before, I was acting as a child even at work. The lectures and energy work help me be less childish. I don't like it! The Adult Ego follows rules, cares about others, and tries to be nice with masks. I have to do it, especially at work.

- I feel that my adult part is active. I have wanted to speak from the child's perspective, but it feels as if there is nothing constructive there. Now I realize, to let the child come out and tell me... I can't. I fear finding excuses not to listen. This child wants to talk. Higher Self: I have more difficulty allowing. The child feels more present. HS takes more effort. I just got a meditation tape from the Internet to help me here. [Ask your HS to come forward. (reaction observed) You felt it, but you would not respond. It doesn't take any effort to ask or receive, only to repress it.]

- I wanted to skip this entire July series. I don't like my child's voice. It hears you invite the other 'children' to speak, and they do. She's right here on the tip of my tongue. I keep her down. I know the technique: I don't want to let the child speak.

- My father was mentally ill and my mother operated in a somewhat surreal environment, did well raising her kids. Yet I feel some blame towards her. [Blame comes from the Individual Self Sphere / ISS, where we think dualistically – someone is wrong and someone is right.]

- Thought this session was fabulous. I've done lots of work on my adult; I need to work with my wounded inner child. I thought I'd moved on from that.

- I have been considering whether to try to have a relationship with my mother, for the sake of my kids... [My suggestion is that, if you are having difficulty on a personality / human level, see if you can discern what the spiritual contract between the two of you might have been about. By completing that contract – or at very least, honouring it, you may realize some changes on the human level.]

There was only one round of sharing this week, as the demonstrations took up some time and each sharing was longer than usual. We will continue next week with discerning our own voices and their perspectives.

July 13th: Learning to discern our own voices.

Child Consciousness is often irrational and reactive; the Adult Ego, which is translating this voice, may feel shame or embarrassment, and try to cover up or modify what is spoken. It is crucial to this process that Child Consciousness be allowed to speak without interfering or applying 'political correctness'. Let the kid speak! Only then can we know what previously unconscious or unaware currents have been influencing us.

The following exercise can take less than 15 minutes.

1. Using an example of disharmony from your current life, invite the Higher Self in. You may or may not feel it; just have faith that it always accepts such an invitation!
2. Let the Adult Ego explain and outline its view of what is going on / what happened. Keep it short – just a headline and a brief summary. This exercise is about hearing from your kid, and learning to distinguish the voices and energies.
3. Let your kid speak! Invite it to answer the following questions about the disharmony or incident: encourage the irrational, emotionally reactive answers — act them out a bit to support the kid, shake your fist and make faces. Let it move to the side. If working with someone else, suggest a childhood nickname so that it can be called upon directly.
 - What do I want?
 - Why does getting this feel so important?
 - Is it really that important, or is there something else bothering me?
 - What would happen to me if I don't get it?
4. As the Adult Ego, sit and reflect on what you have heard.

- What are the grains of truth in your kid's perspective?
 - Have you avoided any and all compromises, frustrating the child so that it becomes even more active — or worse, goes underground and tries to steal what feels like a real need?
 - If you accepted your Child Consciousness as an aspect of your real self (instead of a nuisance or an embarrassment), how might your attitude change?
5. Pause again.
- Notice how the Child Consciousness reacts to the possibility of partnership, without making any promises to it.

Based upon Moira Shaw's Exercises for PL77

Minutes:

The meeting time was spent working with 5 people individually. For clarity, minutes reflect all of each person's comments throughout the meeting in a single grouping.

Person A

1. HS – feeling of peace.
2. AE - I don't like when people are wrong, I can't tolerate it.
3. CC –The adult felt overwhelming. They never knew how to take care of me right, and I'm afraid... when they don't know what they are doing... [Have you told your adult how you feel?] She lets them go too long before she intervenes. She doesn't hear what I'm saying, so I keep bothering her.
4. AE – I could hear her. She has a legitimate fear, at some point something bad could happen. Sounds like she couldn't wait. I give them some time, she jumps in too quickly and I get in trouble. Now that I'm thinking about it, it's her impatience. [Any middle ground?] I'm not addressing her concerns. If I addressed her, she says 'you're saying it wrong'.

That felt good. I had a strong sense to move to the left, now have this wild feeling that the child is still to my left and my Higher Self is to my right. Feels good to have my kid. She's relaxed, playing in grass. [Ask her why] She says, 'well, I am with you. I'm happy that you saw me.'

Person B

Reading the material was difficult. Hearing the exercise helped.

1. HS – sense of being relaxed.
2. AE – Have difficulties when people justify or hide hard decisions. Am impatient.
3. CC – I don't know how to act right all the time, be a good girl. I've just been told 'that's wrong'. [Do you ever talk to your adult?] She doesn't like me. Denies what I have been through. [B was flooded with feelings. Despite our eagerness, feelings need to be honored and allowed to run their course. The lectures describe intense feelings that have not been allowed to flow as 'frozen time conglomerates', a form of constipated energy. As young children, being overwhelmed with emotion can feel like being suffocated. Shutting them down feels like the only way to survive; yet the result is that a chronic pattern can result: whenever we feel even a twinge of such intense feelings, we run away from them and therefore never learn to process them.

During meetings, when feelings begin to flow, the process is to ask the participant to breathe in and out, with gusto if that helps, and allow the feelings to dissipate naturally. Continuing to speak leaves them frozen, and leads to superficial process work because we aren't fully present. This takes a few moments -- far less time than we imagine – and leads to a sense of peace and inner spaciousness. It may have to be repeated hundreds of times before the entire pattern is dissolved, but each time – if lovingly managed – the process will take less and less time and result in a stronger and stronger sense of freeing one's life force.

When the CC re-experiences wounding and such feelings come to the surface, the AE often attempts to cover this up if it has never learned to manage feelings. This leads to the CC distrusting the AE, and shutting down rather than participating.]

Person C

1. Sense of HS

2. AE – Why am I so obsessed with finding a partner?
3. CC – I want to be with a man. [That’s not CC.] I want to have a boyfriend and hold his hand and play in the park. Or I’ll be on my own, and that’s not fun. It would be better if we could play together.
4. AE – It’s not the end of the world, being on your own. (CC came back with, ‘I don’t believe you’. I still experience an emptiness in my gut). AE: Just accept what is. [There is a CC in the AE here. Both have decided that the solution to the pain that is felt is to find a partner, whether expressed as a playmate or as a more adult justification. The obsession is the result of both energies seeking to stop the pain, rather than uncover its truth and seek to heal. The partner is a pseudo-solution for a deeper issue.] What is the deeper issue? [That’s beyond the scope of this type of meeting. However, I suggest that there is tremendous potential for self-discovery now that there is conscious awareness, even of a small portion of the real issue. There is an energy here to push on, rather than appreciate new information and apply it.

Person D

When I saw your email about watching the movie [The Kid 2000] I got excited. It was helpful to hear the exercise.

1. HS energy.
2. AE - I am not given a chance. My opinion is not valued. I can’t make my position clear, am not given my space.
3. CC – I don’t like to feel that I’m stupid if I don’t say something. I want to appear smart and wise. [Why?] It’s how I felt valued by my family, something that will make me stand out and feel important. [So that’s also a kind of pseudo-solution. Is there anything deeper going on here?] I feel that I don’t belong. [What does your adult say to that?] The adult says I should just get over it. I want to have fun and play, have my share of the time!
4. AE – The grain of truth here is the concept of allowing her to express herself is new. I thought it was wrong. [Did the world end because she was given a few moments to speak?] No!

Person E

1. HS Energy.
2. AE – Issue is healthy boundaries.
3. CC – I want people to love me. Boundaries are just mean. [Does your adult love you?] I hate you because you don’t listen! (CC then laughs inexplicably). [Is the chair you are sitting in mean to you? It’s a boundary. It defines how high you sit.] ... [Give your adult a big shove, like a baby does when in utero. What happened?] Nothing... [Can you feel the difference between you and her?] Yes. [That’s a boundary. It may not be precise, but it works. And it doesn’t hit back. Things are neutral; it’s people who give them emotional history and weight. What happened to you then was then; this is now, and your adult isn’t mean.]
[This process is what the lecture describes as ‘re-education’. Once you get the ‘parties’ separated and identified, and find out what their stories are, some aspect of the Adult Ego (or another person who is helping) can facilitate misunderstandings, separate mashed-together feelings, distinguish past versus present environments.]

Overall observations:

The Higher Self energy becomes conscious instantaneously when we express the positive intention to experience it. While people describe the effect differently, it tends to be universally understood.

Child Consciousness is NOT child-like or childish; this work is about spiritual growth, and terms are used generally to better identify an energetic reality. The CC that came forward during this meeting were optimistic about themselves (even when expressing their pain, there was a quality of universality in their beauty and their gifts). They were brutally honest about the shortcomings of their Adult. **The Child is not afraid of truth, but knows that others are. The Child has experienced emotional violence intended to shut it up, and will test to see if its voice is welcome. Any Adult who seeks to hear truth must ‘pass’ such tests, or the Child will continue to honor its sacred task of protecting its truth -- and defend itself.**

The Child is almost always BRIEF in their comments! Fears that the Child will ‘take over’ are more about the Child upsetting the ‘game’ that the Adult has created to cover up developmental and spiritual distortions. Once heard, the Child energy was happy to listen -- an incredible exhibition of optimism, trusting its Adult to ‘do the right thing’. The Child may suffer from misconceptions and images, but it is less attached to them than the Adult and responds well – with eagerness, if led gently – to re-education.

The Adult Ego is where there is complexity, distortion, false belief, and even negative intentionality. There is also more fear, because there is an unconscious knowing of truth (see PL 77, Self-Confidence). It blames itself for not being able to manifest, or even to admit, the truth on a conscious level.

This format was designed to foster and support positive intentionality and encourage self-study. The Pathwork lectures address the Adult Ego’s positive intention for self-development, growth, and transformation. Along the way, aspects of negative intentionality will surface. There is a natural, organic progression to this process. A well-developed Ego (see PL 132 on The Function of the Ego) is needed to directly address negative intentionality. Such work also requires a more conscious commitment and a safer container than these open meetings. The underdeveloped Ego says ‘I can’t!’ out of fear that it might fail. Negative intentionality says ‘I won’t’ and welcomes failure.

The under-developed Adult Ego may sound like Child Consciousness and even try to compete with the Child. It can sound literally underdeveloped, with the voice of an adolescent. An under-developed Adult may have abdicated its responsibilities and let the Child lead because it doesn’t know how and feels blamed for past failures (versus a negative intention to fail). Listen for ‘I can’t’ or the equivalent of ‘the Child makes me do x,y,z’. Often it tries to ‘fake it’ and act like it is in charge (to avoid being criticized). This looks like bullying; listen for an Adult that tries to prevent the Child from speaking by interrupting or constantly talking. It is the Adult Ego who is afraid of the truth, because it knows that it bears responsibility for addressing it. Trying to make others responsible violates spiritual law, and creates an illusion of dependency that can cripple the Adult Ego.

The over-developed Adult is convinced that its solutions are working and sees the Child as a threat. It is actually an under-developed Adult holding onto an Idealized Self Image (PL 83).

In the story ‘The Emperor’s New Clothes’, the tailor who creates the lie about the invisible clothes is an example of negative intentionality: he knows he is lying for profit, and he doesn’t care. The King represents an overdeveloped Adult; he wants to be special, and decides to believe in a self-serving lie rather than in his own inner knowing. The king’s subjects represent under-developed Adults; they play along with the King’s illusions because they don’t know how to address the reality without incurring consequences. If the King were truly open to hearing the truth, many would offer it. It is the Child that sees the truth, laughs at the absurdity of the situation, and shouts ‘the King is naked!’

The truth our Child wants to speak is already known to us. It is not the truth that we are afraid of, rather the shame and embarrassment of having to admit how we have covered it up and denied it. The excuses of childhood were clung to, way past their ‘use-by’ date.

Film Suggestions:

The study guide was updated July 13th to include film suggestions. 2 shorts are included below for convenience, with added comments for viewing.

Several participants shared that it was very useful to ‘hear the kids come out’ so clearly. Films can be a useful way to study human behavior, easily shared with others and discussed without needing to also share Pathwork concepts. Once the energies of Child Consciousness, Adult Ego and Higher Self (HS is rare but findable in film) can be distinguished in others, it can be easier to see in ourselves. In real life, these always overlap so it’s not easy to name them at first.

Granny O’Grimm’s Sleeping Beauty (2009) 6 mins

In this computer animated short film, Granny O’Grimm, a seemingly sweet old lady loses the plot as she tells her version of Sleeping Beauty to her terrified grandchild.

<http://www.youtube.com/watch?v=cIDv1jJhoxY>

Notice how the child knows what is coming. She has been repeatedly traumatized by this adult, and defends by ‘freezing’ against the onslaught of energy. While the child is developed enough to see the adult as separate, it doesn’t have many resources (maturity, self-confidence, the support of another Adult who might encourage her to lovingly enjoy the absurdity of the overwrought Granny). Spiritually, this child already sees others and herself as distinct (the perspective of the Universal Self Sphere).

Granny is an example of a narcissist, an extreme example of an over-developed Adult. Everything is about her! She is completely unaware of anyone else or any other reality. The Universe consists of what is within her own Individual Self Sphere.

Bluebeard’s Wife (2005) 5 mins

When faced with evidence that her husband may have committed a terrible crime, a woman is forced to make a choice. Will she risk the stability of her suburban life to find the truth, or is ignorance truly bliss? Director:Writer: Bobby Webster Stars: Joan Barber, Norm Golden, Isabel Irene Bass

<http://www.talktalk.co.uk/video/2419/film/short-film-bluebeards-wife.html#2419>

A masterful example of ‘the banality of evil’, and the drastic consequences of both over-developed and under-developed Adult Egos. Spiritually, she is complicit the moment she has suspects and does not seek out the truth. Socially and legally, she can deny that moment ever existed. Such a lie allows her to avoid the devastating truth of her moral failure (=death). Yet ‘life’ comes at a high price: she must forget the truth -- and she must forget she forgot it (Principle 7 from PC10 “*Lack of Awareness of One Area of Your Human Personality Prohibits Awareness of Another*”).

July 20: Demonstrating the Three Chair/Voice Process

The conscious ego must reach down and say, "Whatever is in me, whatever is hidden that I ought to know at myself, whatever negativity and destructiveness it is, it should be out in the open. I want to see it. I commit myself seeing it, regardless of the hurt vanity that may result from it. Wherever I am stuck in doing so, I want to be aware how I deliberately refuse to see it and how I therefore overconcentrate on the wrongs of others." This is the direction of meditation. PL 182

Q: What is your experience of the lecture / three voice process so far?

- My child was not allowed to speak. I had thought, ‘I have to be...’, forcing that side not to express itself. That’s something I need to focus on the ‘hidden’ prayer, not allowing it to express. Seeing it is the only way for me to grow, describe. I don’t think my child is destructive or disruptive.
- I can’t identify myself per the lecture, ‘being upset with someone else’. It feels like I am fighting myself. Have not been looking at myself like this. Haven’t seen the Higher Self (HS) like I do now. I have thought ‘other people can do that’. Now I understand it’s up to me, my HS is with me. I am afraid of what the child wants. I would like to trust that the child is there for a reason.
- The lecture is very beautiful, and I try to use it. Sometimes I get really tired – seems like it will take a long time. Yesterday, I felt tired, awful. It’s difficult... Last night I felt everything with Pathwork is useless, a waste of time, I don’t have the energy to do it. I still try, make a clear intention to make it happen.
- I also feel resistance, overwhelm. When I first started I worked on loving myself and honoring my limitations, felt so guilty for not achieving goals. Overall, I have an optimism, and some days I feel guilty.

[Jan shared that she does not align with the emphasis in this lecture on the destructive aspects of child consciousness (CC). She aligns with other teachings in the lectures, where child consciousness has access to feelings in both the spiritual reality and in the human experience. The difficulty of understanding the pain of the human experience leads the child to form conclusions and seek solutions (escape from pain) long before

it can understand what is actually going on. CC manifests the soul's distortions, false beliefs, and misconceptions. The destructive / deconstructive aspect of child consciousness is the result of lack of support and understanding, first by its own parents and other adult role models, then by its own Adult Ego.]

Process with one of the participants:

HS – brought in

Adult Ego (AE) – Last night was the second day of my holiday. Tried to read lectures but I couldn't do it. Took a long nap. I was tired. When I woke up, I felt awful, my neck and back were stiff. Then I felt everything was useless, a waster of time.

Child Consciousness (CC) – I feel say, going to cry. I wanted to play more, and have more fun. [Why wouldn't Akiko let you play?]

AE - Why are you asking my kid? [Noted that the Adult Ego is nervous about hearing the child speak]

CC – I wanted to play, have more fun. [Is this the first time she hasn't let you play?] She's always angry.

My mother was always angry, she took care of her son. There was no one to play with me. I feel lonely. It sucks. [What did you do about it?] Sit still. Try to be good girl. [Did you make Akiko go to sleep?] I try to have a good time.]

AE – If I don't do that (be a good girl) my parents get angry, so I have to.

[There is a conflict here between the AE and CC. Similar to the effect of depression, when we try to suppress feelings (=voices) it takes so much energy that we may have no energy left for other activities. Being tired all the time is the result of trying to suppress this conflict. The belief is that there is no solution, and that allowing feelings will create more problems. This is the solution the 3-4 year old child came up with, and the AE has unconsciously accepted it as the only way to salvage any joy or pleasure.

[In addition, the AE has made decisions that may now need to be re-visited. There are consequences when we make changes in our lives. An underdeveloped AE may not feel able or willing to accept criticism or consequences.]

AE – I kind of knew the time is coming to change, but I am afraid to change.

[This is awareness of a profound knowing, which is coming into consciousness. There is an inevitability to spiritual growth than can both support development, and also create tremendous conflict if we try to suppress it. As outlined in The Spiritual Meaning of Crisis PL 193 – the very next lecture.]

Q – Where are the rest of the meeting participants in their understanding after this process?

- Relevant. Similar issues... my mother used to say that I was forced to grow up, I was never able to be a child. Not knowing what being a good girl meant... [pause here so that feelings can be processed. During these meetings, participants are encouraged to be present with any feelings that come up, without needing to verbalize or explain, by taking a few breaths and allowing the energy / feelings to flow. The process can be analogized to the excruciating 'pins and needles' sensation when a limb re-awakens. Being flooded with feelings in an emotionally difficult situation can feel similar.]
- I also identify with this process, it is useful to hear the interaction. I have felt exhausted, useful. Having fun – I don't want to take the time to think about it, because I'm not sure I can do anything about it. I see where I need to give my child time, to listen. Feels like such a big weight, I feel resistance. The weight is to find a way, to accept and transition. It helps to hear that feelings need to be felt – the analogy of an arm falling asleep, that pain is the result of part of myself coming back to life... When we become emotional or upset, helps to hear how breathing helps.
- I am just listening right now.
- It's helpful. I tried to go through my own analysis while listening.
- I came in late, see how important it is to give my child enough time, how it can become destructive without that chance.
- It's getting clearer how to do the three voices.
- Sometimes I read a lecture 'by itself' versus having a context with other descriptions of how these aspects are expressed in other lectures.

July 27: Recap of the Three Voices

1. Where are you in your understanding of the process?

- I am hopeful for clarity. Does this process work for general life style questions, such as goals? [PL182 describes a technique for becoming conscious about inner conflicts that sabotage our efforts to attain such goals.]
- I have been interacting for a long time with someone. I think I know them, and have an image of them, even what they are going to say in a given situation. I start to tense up, see myself doing it. How can I become more conscious instead of making a snap decision? [Find some way to create a pause, and then insert your intention to do things differently. Go to the bathroom, start to sneeze, get thirsty – anything to give yourself a few moments. Use that pause to bring in your Higher Self. Then try something new, even a declaration that the argument feels like its going in the same direction it has gone in before, and you don't want to do that. The other person may not know the jargon of 'vicious circle', but the term is intuitive and the reality it describes is common and easy to identify. See what happens when you declare your intention to behave differently.]
- I heard you say that this process won't 'eliminate the disharmony and sweep it under the rug' – and THAT's what I wanted! Just needed to say that. I'm doing well under controlled circumstances but the child seems to jump out of nowhere. It takes a long time for me to recognize it. [Why?] It feels like a surprise attack.
- This has helped me recognize when the child takes control. My adult ego takes charge a little more often.
- Present conflict may have some wishful thinking and some resentment that I should have to do anything at all. It's a silly game. [What voice is that?] The adult is speaking, it's the child's voice. [And does the adult think it 'shouldn't have to do anything at all?] Um... yeah. [Then the adult isn't on board with your sense that this is wishful thinking, What voice wants change to happen?] It sounds like another voice. [The suggestions in the study guide to look up YouTube videos may help here. There are actually many adult voices. Each voice represents a script that you learned from an authority figure, that you integrated. Then there is your adult ego voice, which may not be well developed yet.]
- My tension is about the inevitability of the argument, about what will happen. It's always one way or the other – get tense, shut up, shut down, or blow up and start a vicious circle. [What is the 'middle way?'] Reflecting why I react, tense up. [Again, do something that creates a pause, gives you a chance to bring forward your Higher Self, and some potential for change.] There seem to be other adult voices; one wants things done 'this way', it's rigid. Another has a different attitude. [Find your Higher Self first, then see if you can indentify these voices. Sometimes our work is completely with the adult ego(s).
- I was driving in the country, it was a part time job on Saturday, my only day off. I got lost in the woods, then along a corn field. My child made a sneak attack – You don't know what you're doing, I can't do this anymore, I'm afraid some nut will hurt us out here, I don't want to keep doing this part time job, or home visits anymore. [Can you hear how the child is actually talking about much bigger issues? It's a sneak attack only because you have not dealt with its feelings – this has gone on for a long time.] Yes. She wants to have fun. [What about stopping the car, taking a few moments to play hide and seek between the corn stalks.] Really? [Sure. Why not? Wouldn't it be a moment of fun, break the tension?] I just wasn't thinking about anything but driving. It's only obvious now, that I might 'pull the plug', create a gap, change gears.
- I've also had a sensation of being lost. I've been seeing how my child depended upon my partner. I used to get lost driving in the city – that I know relatively well – and it always felt like it was the middle of the night. I also see how I only now understand the concept of the mask. I thought I was brave, independent. Now I see that I was only a good actress, how I had developed a mask and I should not have. [The knowledge you have today is what allows you to see what you were doing. I invite you to lovingly accept what you had to do to get to this moment, instead of berating yourself

and demeaning your process.]

- I discovered that I have an intention that is really good, despite the kinds of experiences I have drawn to myself. [Again, this awareness is a direct result of your experiences – you can't assume that you would have the awareness if you had not had the experience.] Yes, I am trying to control what I can't control, be selective and not be negatively affected. [The lectures teach that there are no accidents, no mistakes, no co-incidences.] Like yesterday, when I was late, and the people tried very hard to reassure me that it was okay. [Sometimes it can be important for others to give to you.]

I suggest the following exercise: for one week, write down 5 things that happened the day before that you judge as a mistake, an accident, or a coincidence. Then write a new 'script' (ignoring the old one that made you select the incident) that presents what happened as having happened for your highest good. It's an exercise in shifting perspective, in seeing things from other points of view. Personally, I almost got run over by a bus one time, and for over a year would say 'I almost got killed!' Finally, I began to consider that my guidance team might only have wanted to scare me a bit, to get me to be more careful about my personal safety. From that perspective, they were successful. And I no longer felt that I had escaped death, and might not escape next time!

- My mistakes feel so overpowering. [It feels like you are still attached to the interpretation you made before hearing the last sharing.] When I do something for me, I might be considered rude if I don't express gratitude to others 20 times. [That sounds like a 'monster under the bed' story. You haven't tried doing something for yourself and simply being courteous about it, have you?] No. [We often feel trapped by the rituals that we learn as children, designed to teach us the energy but within a particular style and manifestation. The ritual creates an energy, and we never realize that it is the energy that matters, not the ritual steps it was 'wrapped' in. Such as when 'your heart's in the right place' even though you were rude or brusque. The only way to find out what is true for you today is to explore, try things out. Otherwise, you become a prisoner of what might be (... under the bed...)]
- I appreciate hearing that there might be other adult voices, like Voice Dialogue teaches, rather than only one as the lecture described.
- I like the explanation of keeping the energy versus keeping the ritual, and that others might be able to catch the overall energy.
- I am even grateful to US TV. Watching the comedies as a child, they gave me the sense that life could be better. Even though the father and mother always seemed perfect, there was something deeper that impacted me positively

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