Spirit

We are spiritual beings having a physical human experience, not human beings having a spiritual experience.

Samuel Hahnemann (the founding father of Homeopathy) stated that human beings first miasm was our itch due to forgetting our absolute connection to God (also known as Allah, Goddess, Great Mystery, Great Spirit, All That IS, I AM). Call our ultimate creator whatever you want… it is merely symantics.

There are many stories about our beginnings on this planet, but in every tradition is a story of the great flood that caused our planet to shift on its axis and start precession of the seasons as we know them now. This great trauma that humans experienced over 11,500 years ago may have been our leaving from the garden of Eden, or not…

However, according to cosmic astrologer, Barbara Hand Clow, (THE MAYAN CODE: TIME ACCELERATION AND AWAKENING THE WORLD MIND) this trauma set our planet and the humans upon it into a time frame that we decided to separate ourselves from our creator and perceive ourselves to be alone. Over the eons that have followed, we humans have become so convinced that we are separate, we have forgotten that we are not small, insignificant beings. We have forgotten that we incarnate time and time again to grow ourselves in recognizing our Divinity in form, in practicing good will toward our brothers and sisters, and in choosing to participate in creation of our reality. Over time we have began to believe that we have no options to change from small, petty, violent, destructive beings that we have collectively become. We protect our separateness. We celebrate our separateness, and feel we are better than others that have different beliefs, cultures, ethnicity, religions, genders, sexual preferences…

Trauma and the effects of trauma have now reached epidemic status in our physical, mental/emotional, and spiritual health. We spend vast amounts of money on doctors, drugs, therapy, etc, trying to fix ourselves in piecemeal fashion without understanding that without attending to our spiritual essence first, we are only treating symptoms, not the causal issue, which is…

*WE ARE SPIRITUAL BEINGS HAVING A HUMAN EXPERIENCE... NOT HUMAN BEINGS HAVING A SPIRITUAL EXPERIENCE!*

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be brilliant,
gorgeous, talented, fabulous?
Actually, who are you not to be?

You are a child of God.
Your playing small does not serve the world.
There is nothing enlightened about shrinking
so that other people won't feel insecure around you.
We are all meant to shine, as children do.
We were born to make manifest the glory of God that is within us.
It is not just in some of us; it is in everyone.
And as we let our own light shine, we unconsciously
give other people permission to do the same.
As we are liberated from our own fear,
our presence automatically liberates others.

a return to love - marianne williamson

It is vital that we understand that it is up to us individually to expand our consciousness,
reclaim our power, and create a world of unlimited possibilities.

You might ask, how do we do that? We do that through developing a personal spiritual
practice that helps us to let go of limited beliefs. Such practices might include:
meditation, visualization, Tai Chi, yoga, Qi gong, chanting, sweat lodges, breathing
exercises that teach us to breath slowly and deeply, Sufi dancing, listening to spiritual
music… and possibly many other practices. Zen Buddhism suggests that by
concentrating on the essence of doing even a mundane task, such as, raking leaves or
washing dishes can achieve a meditative space… if we maintain total attention to the
task. I have done this while jogging or hiking, which helps to regulate breath and
conserve energy.

There is considerable information being disseminated on the Mayan Calendar and the end
date of the current calendar, 12/21/2012. While many would jump to fear of the end of
the world, that is not what the Mayan predicted. What they predicted was the next
evolutionary leap in consciousness for humanity. A fabulous website for more
information on the meaning of the Mayan Calendar can be found at: www.mayan-
calendar-code.com. Andy Mac and her husband Jag Steward have put together a core
training in the Evolution of Consciousness based on the Mayan Calendar Code.

Christianity was developed on the belief that Love is all there is. Jesus and Mary
Magdalene assimilated the core truth of all the great religious traditions of the time and
brought love and compassion to the world through their truth. What has happened in the
name of religion or the name of God has nothing to do with the message of the Christos.
Books I recommend for expanding consciousness, reducing attachment, and developing
compassion:

A COURSE IN MIRACLES
THE NINE FACES OF CHRIST
THE SECRET TEACHINGS OF MARY MAGDALENE
EAT, PRAY, LOVE
THE IMPERSONAL LIFE

To name a few…
Consciousness implies being aware. Consciousness in humanity has changed via our evolution. However, a broad description of the term is that consciousness is an awareness of our subjective and objective experience perceived through our sensations, feelings, and thoughts. As an example of differing views on the subject, we see that Farthing (1992) linked consciousness with aspects of awareness, attention, and memory, while Pekala (1991) described the quality of consciousness as “positive and negative affect, altered experience, imagery, attention, self-awareness, alertness, internal dialogue, memory, body image, meaning, perception, time sense, and volitional control” (Krippner, 2002, p.9).

Jungian theory states that the conscious mind maintains a relationship to the ego, while the unconscious mind retains information not available to the ego. At the same time, the ‘personal unconscious’ holds repressed memories, and the ‘collective unconscious’ contains the dreams, visions, religious experiences, and myths of all cultures throughout the ages (Jones, 1999). These conscious and unconscious aspects of our minds can be equated with the duality of our minds. Jung suggested that the unconscious is inaccessible to the observing consciousness, while another perspective asserts that the unconscious mind possesses infinite wisdom, power, and supply that is available to the conscious mind, when it is open and receptive to it (Murphy, 1963). Murphy declared that “the unconscious, subjective mind works according to the law of belief,” and that all “experiences, events, conditions, and acts are the reactions of your conscious mind to your thoughts” (Murphy, 1963, p. 22). This is a familiar, spiritual concept to me that is present in metaphysics, spiritism, and Eastern philosophy, and may explain why some people are able to experience spontaneous and/or miraculous healings from terminal illnesses (Dossey, 1993; Page, 2003; Shealy & Myss, 1988; Shealy, 1999).

J. Gebser (1949/1986) developed a series of structures of consciousness that express different ways of understanding and experiencing reality through the span of human culture (Combs and Krippner, 2007, p. 136). *Archaic consciousness* is what Gerber considered to be the most primitive structure of consciousness that emerged from the pre-human hominid to the earliest human mind, and is associated with pre-linguistic communication (p. 136).

*Magical consciousness* is the structure of consciousness that attempts to understand the phenomena of life through magical terms, such as is seen in Piaget’s preoperational period with children. This form of consciousness has been found in indigenous cultures, and while Gebser felt that a magical consciousness provided a disregard of time and space, he did not feel that this form of thinking was of less value than later forms of consciousness (pp. 137-138). Magical consciousness is associated with the development of music and rhythm, art found in ancient caves, and explanations of the natural world including living spirits that embodied all of nature. Fantasy in young children is associated with magical thinking, yet, according to Gebser, those individuals that experience magical consciousness have access to such abilities as “putative synchronicity, telepathy, and clairvoyance” (p. 137).

*Mythic consciousness* represents “humanity’s ability to understand the world and our place within it, through mythological stories and allegorical narratives. This idea was most prominent during the “early horticultural and agricultural civilizations of the*
Mediterranean and Middle East, when the world was sustained by great gods and goddesses” (p. 139).

In Piaget’s model, mental consciousness is associated with formal operations, and has provided the rational approach to understanding the world, while “introducing the mental tools for logical problem-solving giving rise to philosophy, mathematics, engineering, Western science,” and an experience of time as a “linear Newtonian dimension” (p. 140). Lastly, integral consciousness is characterized by a capacity for fluid thinking and a perception that multiple perspectives can be experienced simultaneously. According to Gebser, toward the end of the 19th century it was believed that, humans were able to move back and forth between the different structures of consciousness, and integral consciousness that “released the free play of all the structures of consciousness” (p. 141). The great advances in engineering, science, art, music, dance, literature, and architecture, made within the construct of mental consciousness, could not have occurred without the partnering of both mythic imagination and mental consciousness.

(a section of my candidacy essay on consciousness and creativity in healing).