PERSONAL RE-INVENTION

The world is going through global change. Every human being is a part of this process of change, and some of us are beginning to realise the level of responsibility we share for the direction and outcome of this evolutionary process. Recognition of your part in this global change, and responding to this recognition in thought, communication and action can lead to a vastly different approach to life, and to different results in circumstances, feelings, relationships, health, and your understanding of spirituality. James Redfield puts it this way: "Remembering What you are – the existence of the spiritual dimension – while in physical form is the ultimate goal of the evolutionary spiral." This expansion of consciousness while in the waking state is what I mean by personal re-invention: your life is turned inside out, and you begin, and continue, to be aware of the Source of your life, that your life is not your own. This internal process of re-union creates a vastly different experience on the outside as well. Personal re-invention is not a cure for external problems. It is a conscious healing of the mind-body-spirit split that results in unparalleled peace and joy by the extension of love to all. This is leadership at its best because it invites a turn to a new direction – to lead from within, and from the unlimited, the highest source of inspiration, not from the limited outer, or from reaction to physical circumstances.

You are not a body. You are a spiritual being. The stuff you are made of is spirit, or energy, depending on whether you follow the viewpoint of religion or science. Religion will tell you that everything is created by God, that God always was and always is and always will be, that God is everywhere, in everything, and that must include you and me. Science will tell you that energy is neither created nor destroyed, and that it is the stuff the universe is made of, and that it is everywhere, in everything. Science and religion are talking about the same thing. You are a spiritual being having a human experience, not the other way around. You have made this body/mind you think is you to express yourself in human terms and to experience the human dimension of life, the life of the material. It only appears to be true that you are a human being having occasional spiritual experiences.

You have an intellect, a mind. Mind is difficult to characterise, especially because there is no image readily available that describes it. Mind is not the brain. Mind is not physical in any way. Mind is activity, the activity of spirit, of energy. The energy we spoke of earlier becomes a form in the mind which is experienced as a thought or an emotion. Stated another way, a thought or an emotion is an energy state that we experience in our bodies in one way or another. Ultimately, there is nothing wrong with any of these energy states – they simply are – and our task as humans is to expand our ability to be aware of these energy states and to master them, not to be mastered by them.

You have the power to choose through your conscious mind. Free will is what distinguishes humans from animals and inanimate objects. A horse can know it is in a paddock, but it will not know that it knows, nor will it choose what to think about itself. This is one of the most significant understandings to reach in one's life: that the defining characteristic of humanity is the power to choose one's own thoughts and feelings and that this is a tremendous power indeed. No person or circumstance can force you to choose your thoughts or ideas. This is especially important for those of us who aspire to leadership, or find leadership thrust upon us. Keep in mind the example of Mahatma Ghandi, who reputedly stated, "I will not let anyone walk through my mind with their dirty feet." And Victor Frankl, a Jewish psychiatrist who spent much of World War II in a Nazi concentration camp said that regardless of the physical atrocities they were subjected to in the camp, no one could tell him what to think or feel <u>unless he let them</u>.

Sub-conscious mind most often functions below the the level of awareness we experience in the waking state, and it functions in every cell of the body, and even outside the body. Ideas that are implanted in the sub-conscious mind with repetition, energy, and emotion become fixed and continue to express themselves unconsciously. This is often very functional, such as in performing intricate tasks like driving a car because we don't have to think about every move we make. This part of the mind holds beliefs, attitudes, and the self-image, and is very powerful in determining what we actually experience in our lives. This part of the mind has no power to choose and it accepts what is given it. All the conditioning, raw experience, habits, beliefs, and attitudes that a person holds are deposited in the sub-conscious mind and automatically express themselves in that person's choice of actions and decisions, and therefore, the results they experience in life as well. Another way of expressing this is to say that you don't get what you want in life, you get what you believe you are. No person can think (consciously) themselves into significant change in life without changing the beliefs, images, and attitudes that are held in the sub-conscious mind.

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The physical body, circumstances, and results follow automatically from the ideas fixed in the sub-conscious, and the body is the most obvious part of you. For example, stored optical images actually effect bio-chemical reactions in the cells of your body – a dream image vividly experienced can have you waking in a cold sweat! In a perhaps more significant study, Cheryl Ridardson describes some experiments involving the immune system in which a control group was asked to watch a horror movie for one hour. Researchers then discovered that the viewer's immune systems were suppressed for the next thirty days. In other studies, researchers found that subjects who spent five minutes thinking about something that made them angry and the same group spent five minutes thinking about an experience of being cared for found corresponding changes in their immune functioning as well. The results of the thinking about anger suppressed immune functioning for up to six hours, while the results of the thinking about being cared for increased immune functioning for more than six hours.

This illustrates the importance of conscious choice. The conscious choice in itself has no power to create circumstances or results, but you are created with the power to choose what ideas to focus on, what to believe, and what attitudes and habits you implant in the sub-conscious mind. Spirit, or energy, will always bring into form what you focus on, especially when you implant these ideas or thoughts in the sub-conscious with repetition, energy, emotion, and imagery. This makes you a co-creative being, not a victim of circumstance. Spirit is always trying to experience itself by moving from unmanifest energy to manifest form. Spirit creates <u>you</u> to do this. You are a work in progress, and you are unfolding perfectly at every moment. Spirit is moulding you by giving you conscious choice to implant ideas in the sub-conscious to experience the results of these ideas to create in you learning and wisdom, and thus to make better choices and become more and more conscious of what you really are. What you experience in life is really a way of dispelling ignorance.

One of my teachers gave me an excellent metaphor for this when he said that this is like throwing pebbles in a pond. This action always creates ripples, and the ripples extend to the edge of the pond. Keep in mind that you have the choice of which pebbles to throw in! To work with the power of the mind and effect change, you must focus on the idea you want, not on the results you are getting. Most of us focus on what we <u>don't</u> want -- we focus on the ripples instead of the pebbles. Focus on the pebbles and the ripples will automatically follow. The results you are currently experiencing in life are the results of the thinking and believing and attitudes you have been tossing in the sub-conscious mind up until now. Most of us focus on things like bank accounts, pain, illness, relationship problems, and numerous other physical and circumstantial experiences. This then creates more of the same and reinforces in our minds that this must be reality.

Thinking alone will not change results. A wish is a desire with no energy. You must also use feeling, passion, emotion, repetition, imagery, and language, since all these are the various forms of energy that when implanted in the sub-conscious mind produce automatic results. An image has more energy than a sentence and a sentence has more energy than a word. An image is a thought expressed in three-dimensional space, often with colour and sound, and is a conglomerate of many sentences and words. Affirmations in the conscious mind, on their own and repeated for a short time, are not enough to orchestrate significant change.

You must learn to use the results you are getting to indicate your state of mind, not as the truth or reality, but as a reflection of the image of who you believe you are and how you see yourself and the world. You must learn from that so you can make better choices, choose a higher state of being or vibration, and become more conscious of what you really are. The truth is that you are everything and can experience anything you choose.

One explanation why so many of us accept limited lives is that we are conditioned before consciousness fully develops. You are taught to focus on the physical – see this, touch that, listen to me, don't touch. Of course, much of this is necessary to function in the physical world, but we are often conditioned to ignore the awareness of our source, our spiritual or energetic being. You are conditioned to live in ignorance.

However, you are no longer an infant. You have control over what you accept into your sub-conscious mind. You may or may not be exercising this control. It is essential to practise mindfulness and mental awareness to discipline the mind. To become aware of the power of choice and the power of spirit to manifest your choices is to wake up spiritually. Consciousness is causal – it creates attitudes that create actions that create results by the power of the creator moving from unmanifest energy to manifest form through you. The creator wants to create, to manifest, to experience itself while

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in physical form. We swim in God or energy. All physical stuff is God in form, manifested by spirit. The *Course in Miracles* states that all things are echoes of the Voice for God.

Doubt, worry, and anxiety do not reduce or shut down the creative power of spirit to manifest through you. The power of spirit always works perfectly. It merely produces the results as a reflection of the doubt or the worry, not the ideal or desires you really want. This is so because the doubt has emotional energy and this itself is implanted in the sub-conscious mind. As an example, think of a variety of stereo sound reproduction systems – portable, ghetto blasters, state-of-the-art electronics. They are all powered by the same source – the electrical current accessed from the outlet on the wall – yet the results are vastly different. The difference is not in the power source. The difference is in the way that power is used by the device. In the same way, you have the exact same source of power as anyone living or dead has ever had or ever will have.

What then do you choose to focus on? Anything you want! As a guide to help you choose you might try asking yourself these suggestions from Deepak Chopra:

What are the consequences of this choice?
Will this choice bring fulfilment and happiness to me and to those who are affected by this choice?
Consciously ask your heart for clear guidance and be guided by the feelings of comfort or discomfort you receive.

Let us look a bit more closely at one of the images held in the sub-conscious mind, the self-concept. An infant is not born with a self-concept. (An infant is born with a life plan or a Birth Vision (James Redfield) or Dreaming, and we will address that later.) Conditioning, and the life plan you are born with, determines your self-concept. You are taught what you believe, and you accept that, at least until you reach a certain age when you start to make your own choices about what to believe. It is useful here to think of this in terms of the tribal experience. A tribe has it's own rules for what is acceptable and what is not, even for what is real and what is not There are rules about social contact, ways of thinking and believing, art and other forms of expression, education, fun, religious expression, family interactions, parenting, economics, and so on. Tribal life is structured along tribal systems and beliefs, and as a member of a tribe, you accept these structures, including very much of what you believe is true about yourself and your place in life, and others and their place(s) in life. In this way you are conditioned to see the results you are getting in your life as "reality" and allow that picture of "reality" to dominate your thoughts, ideas, and belief patterns, and thus your actions. This in turn produces more of the same results in your life, thereby "confirming" that your conditioning is "real".

Be very clear about this: you have choice about which pebbles to throw in the pond, or, which pictures to hold in your mind. Understand this and you have the key to breaking out of limiting patterns.

There may come a time however, when you decide you no longer want to live within the structure of the tribe. You may realise you are not your conditioning, limiting beliefs, and old habit patterns. You may choose these to remain in your life, and these patterns will influence your thoughts, attitudes, and behaviours, and thus the experiences you have. Or, you may decide to step outside the boundaries of the tribe, or any other self-imposed boundaries, to generate different experiences. This may also bring experiences of doubt, anxiety, and fear. These emotions are NOT who/what you are; they are only the result of your old conditioning letting you know you have crossed the line, the boundary, that has been put there, by your previous experience, tribal or otherwise. You may go back into the behaviours or thought patterns where you feel more comfortable, regardless of affirmations, prayers, and efforts to the contrary. Remaining within the boundaries is an attempt to find a sense of security or certainty in your experience, even if it is from a made-up concept or illusory system of thinking and believing. You may realise it is important at this point not to rationalise yourself back into your old conditioning, and that your security and certainty is to be found from a higher and better source. You can move past these negative emotions by simply accepting them, feeling them in your body, and breathing into the emotion in the body and lettting it teach you what is there for you to learn. The willingness to experience whatever you must experience to come to understanding is the key to successful re-invention, and successful leadership.

To experience personal re-invention, you must change your concept of self. There are many examples of the limiting boundaries of the self-concept. For instance, you may have been raised in the lower or middle class of society and find it difficult to think of yourself as a wealthy person. Or you may have suffered a chronic illness and find yourself thinking that you are a sickly person. Or perhaps you see yourself as incapable of some skill such as writing, or visual art, or cooking. Be careful of the thought, "That's not me; I can't do that." In many ways it is a lie that you tell yourself, with

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repetition, emotion, imagery, and often much tribal support. The power to choose is your own and you don't have to give it away. You can choose a self-concept that is liberating beyond what you now think is possible, a self-concept of greatness and immense value. This is especially true if you will open yourself to receive the inspiration and guidance of your God/Self.

Your God/Self has a plan for you, in co-operation with you. This plan is your Dreaming or Birth Vision. If you are open to it, it will be revealed to you with utmost clarity. Open yourself to the truth about your self, about your life, about your purpose, and know that your experiences are for your benefit. Do not defend yourself against the truth of who you are by believing the circumstances in your life – you made them up anyway! Accept what is as it is because it is a reflection of your past thinking and believing, and be alert to the opportunities for learning and growth that abide in every adversity or problem. It is beneficial to have the attitude that all things are lessons God would have you learn (*A Course in Miracles*). Your God/Self has a plan for you if you will step out of the way and allow it to manifest – and you will when you are ready. It will make itself known to you when you are willing to experience it., and you will love it because it is made from love for you. It will bring you great joy and peace.

You are two intelligences and these can work together and become one. Conscious mind/self has the power of choice and these choices direct the sub-conscious mind producing results. The God/Self is also present in your mind and is waiting to be recognised by you. It is waiting to be experienced by you. And this direct experience of the God/Self is the essence of personal re-invention. Working together you create new results, experiences, synchronicities, which support a new self-concept and take you to a new level of life and awareness – a truly extraordinary life. The direct experience of the re-union of the self with the God/Self is an experience that defies description, and is an experience that can become perpetual and universal.

We are each created as a Thought of God, a bit of the energy of all that is. We have a program to fulfil, a pattern to evolve, a purpose to realise, eventually fully conscious of this purpose and of what we really are, and what everything else is too. Spontaneous insights, events, and intuitive awarenesses and dreams can guide us, and we can intentionally learn to open the doors to new perceptions and to real knowledge, beyond belief. In building a new concept of self, I suggest you go beyond exchanging one tribe for a bigger and better tribe. I suggest you go beyond ridding yourself of one set of boundaries for another set of boundaries. You may think life is better in a bigger shinier cage, but you are still in a cage. In building a new concept of self, ask your God/Self for the highest and best experience for you and for all. State your intention that your will is in perfect alignment with Divine Will, and that you are aware of your role in life with utmost clarity and direction. In this way you are accessing the unlimited and allowing it to direct your life, and you are then truly open to all life has to offer you. Commit yourself to living with no cage whatsoever.

Your conditioned mind is limited to the experiences it has had, be they tribal or outside the boundaries of the tribe. The books it has been exposed to, the experiences, the thoughts, the language(s), and so on. Universal Mind is not limited by any of these. Why not allow yourself to access all that is available to you? Why not access all the intelligence in the universe? Our problem as humans is that we think of ourselves as body/mind and deny our own reality as God/energy, and our mission in life is to regain consciousness of our reality and to allow God/Self to live His/Her life through us, rather than struggling to live our own lives as separate limited beings. God/Self knows no death and no frailty of physical form, and this knowledge is available to you when you will allow it and surrender to it.

Caroline Myss reports that "Quantum physicists have confirmed the reality of the basic vibratory essence of life, which is what intuitives sense. Human DNA vibrates at a rate of 52 to 78 gigahertz (billions of cycles per second)…life energy is not static; it is kinetic."
Kenny Werner puts it this way: "Music is derived from sound and sound is composed of vibration. Now we get to the heart of the matter, for all matter is made up of vibrations…man was created so that God could behold himself (or herself). This concept presents a magnificent image of humans as empty moulds for God to pour consciousness into."

Everything is energy or spirit and we can change only its form. We can change water to steam, wood to paper, fuel to heat. Everything that is, ever was, or ever will be is already here, as energy, and has its own particular rate of vibration. Light, for instance, can be broken into the vibrational levels of the rainbow, and each level blends into the next. There are distinctions in colour, but it is all the same light. All persons are the same, albeit there are distinctions in the illusions of form and presentation made by different ways of thinking. Thoughts, feelings, words, and things are particular bits of

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energy vibrating at specific speeds and amplitudes. Energy takes on form as a thought or activity of mind and then changes form again into a word or phrase or image or emotion and eventually an action or behaviour and a result.

Resonance of vibration refers to the harmony of certain vibrational levels. Thoughts are vibrating energy in brain cells and these can be magnified in amplitude by concentration, repetition, emotion, and imagery. These vibratory rates automatically create changes in the biochemistry of the cells of your body, which create the actions that bring about the physical results inherent in the thought or idea. Things that are vibrating in resonance are attractive to each other. Thus, the ideas you focus on create the patterns of vibration in the cells of the brain and body which create the actions and attract events and things that are in resonance with that vibratory level. This creates the results and circumstances you experience. Plants and animals and bodies manifest in certain patterns of vibration and produce patterns of instinct, germination sequence, habitat, etc. Ideas are like seeds that are planted and attract the things in resonance with them to manifest the idea after a certain period of gestation. The manifestation of an idea adequately energised is certain; the period of gestation is up to universe. Make sure you choose a good environment – conducive to growth – for the ideas you want to realise.

A higher level of vibration always destroys a lower vibration. To re-invent yourself, choose a higher vibrational level, invest energy into it through thought, repetition, imagery, emotion, art, music, meditation, and stay with it until it happens in your physical results, regardless of the results you are experiencing now. Expansion of consciousness is the universal key to freedom from the past. You will not know how your idea or image will manifest itself. Just know that it will, and watch for the signs and ask for clues, dreams, direction, omens, and direction. Change the focus of your mind to a higher idea and watch it unfold before your very eyes. As long as you maintain your vision and act on the synchronicities as they occur you will move in the direction of your idea, and you will effortlessly attract the things and events that are in resonance with that idea. The energy itself is always the same; only the vehicle – your choice – can change. You can choose higher or lower vibrational levels and your choice will manifest. Your task is to choose a higher vibrational level in your mind and heart, attend to it with as much energy as possible, intend it, allow the process to happen, and surrender to that process.

If you have complete freedom of choice as to what vibrational level you will attend to, why wouldn't you choose the highest and best? Love is the highest vibration and the most powerful in attraction, since everything in the universe resonates with love. Your mission in life, and as a leader, is then to perfect your ability to love, not just to experience the richness of physical life. God/energy is love; denying this is fear, and we fear love and God more than anything in life because we fear it will consume our body/mind and all the things that support it! But staying in a more loving and accepting vibration attracts coincidences and opportunities in physical form, and intuitions and dreams in mental form. Watch and wait for these and be aware as they happen. Practise the states of appreciation, gratitude, forgiveness, detachment, humour, love, and positive expectancy, and the intuitions and synchronicities will happen faster and more powerfully. Your task is to learn to open your heart in each and every circumstance and relationship life presents to you. When you do, there is a gift for you. When these happen, you MUST ACT on them as prompted and guided by your higher Self. ACT! This in turn will create more belief, help you stay in the higher state, and create more positive results. Eventually you will have direct experience of your Self as Love and you will move beyond the need for belief, and beyond the need for a separate body/mind. You will have knowledge, not ignorance, and freedom.

This takes courage, faith, confidence, belief, awareness, and the willingness to get past fear. Sri Chimnoy says there are only two things that every human being must take seriously: self-mastery and God-discovery. All else can be taken lightly. How much courage does it take to authentically live with this attitude? You will know your own answer to this question. The quality of your life, and mine and everyone's, is dependent on your answer. You really are free! Free to let go of physical illusions and unreality and suffering; free to go past old (ancient) tribal conditioning; free to experience an extraordinary quality of life unbound by physical limitations and frailties of any kind. This requires faith in your God/Self, not in your personality or body/mind, conditioned self. The personality body/mind is simply the vehicle for the learning to occur. The body has absolutely no power. The mind has only one power – to choose the vibrational level it wants to manifest at any given moment.

Conflict or pain in any area of life is always there to lead you to a realisation of the truth of what you really are, and of a higher way of living. You have conflict, illness, lack, and loss because you believe you can. Insecurity, lack of faith and understanding of what you really are can make you put faith in money, job, family, body, or any physical form of defence

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against your true Self. Understand who you are, and work with the power of your mind and heart, and you create the circumstances that teach you unparalleled Peace. You create these circumstances by attraction and creating, not by effort. Physical illusionary circumstances come and go in life. They are not real. You are Real. Remember that it is not necessary to understand as much as it is necessary to be willing to experience whatever it takes to get to understanding and wisdom.

Slight changes in imagination, self-concept, belief, vision, attitude – vibrational level – can be more powerful than any action, tool, or major effort at change. A change in your mind is more powerful than a perfect resume, business plan, or departmental restructuring. Continue to free yourself of long standing rigid ideas or habits of thought and you will rid yourself of what you do not want in your life. Continue to offer your life to extending only Love, and continue to envision that and act on things in resonance with your visioning and you will wake up and see who you have become, or, who you always have been. Do not let your mind go free – it must be trained to allow the thoughts of God/Self to use it for the purpose of the evolutionary spiral. Let your mind be the servant of spirit, not the other way around. This is personal re-invention.

If you were willing to realise you are unfolding perfectly in every moment, as a perfect expression of God/Love, is there at least one thing that would change in your daily life? The entire universe is a conspiracy (we are all working together on this) dedicated to your ongrowing unfolding of God/Self into total peace and love, filled with passion and power, willing to grow and expand and extend only Love. The world you think you see is only a reflection of how you have already decided to look upon yourself. As you come to see yourself clearly through the eyes of Love, you will come to look out upon only a loving world. This is the essence of leadership, and it is the very leadership that is required in our world today.

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SELECTED READING LIST

Hands of Light, Barbara Ann Brennan
The Possible Human, Jean Houston
You Were Born Rich, Bob Proctor
The Seven Laws of Spiritual Success, Deepak Chopra
The Celestine Prophecy & Experiential Guide, James Redfield
The Tenth Insight & Experiential Guide, James Redfield
The Course in Miracles, Foundation for Inner Peace
The Life We Are Given, Michael Murphy & George Leonard
As a Man Thinketh, James Allan
Why People Heal and How They Can, Caroline Myss
Anatomy of Spirit, Caroline Myss
Effortless Mastery, Liberating the Master Musician Within, Kenny Werner
Life Makeovers, Cheryl Richardson
The Journey, Brandon Bays
Your Sacred Self, Making the Decision to be Free, Dr. Wayne Dyer

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