



## Step 3: Is there a Problem here

*“...for one human being to love another ... is perhaps the most difficult of all our tasks ... the work for which all other work is but preparation.” - Joseph Campbell/Rainer Maria Rilke*

Why does the moth bump incessantly into the artificial light when it can be eaten by the dragonfly, which can be eaten by the birds which poop it as fertilizer along with seeds ingested.

Such a problem can be pondered and questioned with heart yet no decision can be made, for the heart is incapable of making a decision, even if its life depended on it though fully capable to follow through in what it takes to feed the Holy in Nature. From birth, the heart is inscribed by the Divine with Love, enough to drain our Despair - our isolating pools of misery flowered with ideals that we so loathe to come out of. In the discovery of our love for what loves us by dying to feed us, we learn to love this more than we love our hate. For does the end to Despair come in understanding Nature's constant Grief assimilated into Beauty, how she makes life of her losses. In the language of Nature, to *feed* is to cause to remember that living things on the earth live only because of the generosity of other living things. And so She gave us seeds, and Generosity as a value to live by.

And here the importance of will as the motivating force for Love to come us. When one aligns their will with the will of Creator, it is such values given us by Love that prevent that connection from being broken or tainted. It is these values that keep your will from falling into the despair, the problem, of being yours alone. It is these values that keep your will *free* from isolation.

*You can be alone in the midst of people or you can be alone and join with the other one's aloneness. There can be a real meeting between two people at the point where they always felt marooned. Right at the edge. - Kahlil Gibran*

For some, the problem with meeting in the heart-field is that at some point your heart has most likely been broken, stomped on, disregarded, ridiculed, refused, laughed at, misjudged, misunderstood, neglected and abandoned and you don't want others to see the messy state it is in. And you would rather not see that you were most likely the one who made the mess.

Though one may feel it is your fault, you most likely blame others for it, for which there is no remorse. Either way, if you blame yourself or others for the fault, there is a feeling that you are immune to remorse. And indeed this may be so but remorse is clever and will readily call upon shame, for only shame can grant one remorse and only forgiveness tolerate it. But the Heart knows nothing of this tweedle-dee and tweedle-dum pair of blame and shame that have you love and get hurt, cause hurt, put yourself back together and love again like the fools you are believing this to be Happiness until we learn from our mistakes, our misunderstandings as to be the magician, who knows better. Besides, the heart ever bounces back, for it cannot choose to do otherwise. Only you can choose, guided by the values inscribed on the heart.

One of the first wheels we come to upon this Course after you cross the threshold is the Wheel of Mistakes, which we enter from the South then head straight Northward, the same route taken on this Course. In the South, you give yourself permission to make as many mistakes as needed to learn a new behavior, a new myth. And fear not, for in the South, all feelings you required to make the mistake are acceptable, even shame. And as we make our way through the Wheel of Mistakes one becomes determined to learn from mistakes then learn to learn without them and eventually come to “knowing” without the learning you previously did. This “unlearning” process alone is a repellent for problems associated with the childhood myth that hang upon you like ticks. But for those that occur in the meantime, we give you these teachings to work with them.

Problems like claustrophobia and many other phobias come of not learning from our mistakes, from not seeing our one-sidedness and so bring imbalance, the clinging to the behaviors we adopted as a Child in the South to grow *at that time* rather than continuing to explore all aspects of necessary for our developing Self, which plays out in the World as the depletion of finite resources. As an Adult, one must put away such childish things and so *move through time*, initiated by the Ordeal or “shamanic death”. One of the sacrifices one must make in this putting away is exchanging your dependency on your human parents for What Is and I Am. This does not infer that you “get rid of them”, or anything else you are dependent on, only your *dependence* on them. For things and people are not the problem, yet your unconscious dependence on them.

Imbalance flourishes in one who negates their negative traits, those relinquished into darkness for they do not fit in with our ideal Persona. In the Sundance there is a prayer:

*“Let my shadow fall at my feet always.”*

With your shadow at your feet, small, not making long and drawn out projections, it is manageable; not to be stomped upon like grapes but *seen*, acknowledged and invited to become a part of us for Integration to have a chance to make any problem transparent. The first thing that becomes clear here is that the Child IS your shadow, and must be kept close. It

does indeed take a village to raise a child yet the Inner Child relies solely on you as an Adult to integrate, just as the wolf relies on the alpha. The shadow is next to impossible to see by the Adolescent, for they live in the place where the sun goes down. In the over-aged adolescent, the Inner Child begins to believe that no one will ever come for them, and as a child does, be captivated by that belief as to become despondent, or disruptive, which greatly influences ones ability to respond.

Many believe that Integration is some kind of post-awakening rest stop. Yet too often one has become so intent on polishing the diamond within that they lose sight of the diamond itself. As such Integration comes as the eye of the storm that takes the Child to the Elder where it is nurtured into the Wise Child. Referring to map in [Induction](#) this spiraling Integration occurs in the centre of the wheel, the place of absolute power, where the sun is directly overhead, leaving no shadows, partly because you have taken it in sufficiently for it to trust you to leave it with the Elders and partly because it has been done. Likewise, Integration comes of first giving something up, which in these early days as you prepare to reunite with your beguiled Child requires laying yourself upon the altar of Learning, which costs everything you have.

So striped you are ready to meet the **Art of Integration**, the real heart of this Step, which not only allows one to work with problems without breeding more of them, without “making a mess” but in the climate of Love, brings one into their own essence, their Life. It is often the mess we have gotten ourselves into that has one feel they are not ready or worthy to make their Rite of Passage. Yet as the old ones say, you have to make a mess before you can clean it up.

Problems in general are much like a broken heart, in that you would not go in and rip it out, get rid of it, just because it is poses a problem, just because it stands up to your closed mind, betrays your perceived entitlement to be isolated. You would not blow up the moon because it shines light into your darkness. If you did, you would condemn yourself to being a heartless sorcerer, one who operates from the head without heart, worshipping only the Sun and not the Moon, too. And that would be a real problem. We imbue you with coming to understand the usefulness of problems for once understood, they are converted into the challenges or trials that will strengthen you and show you the way to go.

Like ego, personality has been indicted as a problem in the knowledge that humanity has gone to the moon and back but can't seem to get along with our neighbours. As it is, your outer limit, the hardened shell of Personality that reflects the existing culture is the closest neighbour or, relative you have to the true individuated One, that which is indigenous to the deeper spiritual landscape that creates culture. So as not to disturb the waxing and waning of that which is indigenous, Consciousness will reveal itself through the Personality, particularly in one who stubbornly refuses to Know Thy Self willingly. Indeed, Stubbornness is a problem for due to its rebellious ego driven spirit and incapacity to listen to others, those who behave

like goats will indeed have to endure the samsara force of their innate rebellious consciousness.

*An advanced civilization is fundamentally spiritual,  
that is, concerned with the well being of the group instead of the individual.*

Do you notice how you can be buttered up by any one sentence, as if it and it alone was the truth? Yet the truth ever walks with facts as for one to see both ways. The fact or "toast" of the buttery statement above is that the physical is better suited to care for the individual where the spiritual is more concerned with the group. Yet like butter and toast, they are better together, in the equanimity of Right Place, which knows which things go together and which don't.

Let me tell you a story about a girl with a problem, which contains some things that are true, and some that are fact. A yoga teacher in contact with people daily, often in sweaty closed spaces, came to me overwhelmed by her inability to cope with smells that other people carry such as detergents, tobacco, perfumes and essential oils. This challenge led to acknowledging her inability to cope with other people's energy in general. In coming to know this of her self, a sign was posted that her own precious sensitivity was disabled; the cause of her insensitivity to others. These are the facts. What is true is that if you cannot smell other people, the real smell that comes from their scent glands, you cannot intimately know them. Scent also triggers chemical responses in the brain that add to the already busy traffic going on there.

She asked for my help and I told her this: "You can't easily change the world around you, but you can change your response to it." I encouraged her to work WITH, bring the shadow to her feet rather than "*get rid of it*", abandon her child. If there is such a thing as getting rid of annoyance, stress, pain and discomfort, it is to change your mind about them, becoming Conscious rather than condemning. Furthermore, energy is a signature of people's values or qualities we can also work with, even if they are not aligned with our own. To do this one must be aware of your tools of creativity, your thoughts, which can inflict damage or hurt to others and yourself (for they will always come back to you) or be helpful. Ask, in your prayers, for relief from any thought which is contrary to true unconditional love. According to the power of your prayer and the sincere faith in which you raise your mind to Divine Consciousness, your thoughts will be imbued with new love and life. Some days later she admitted that my words of reckoning pissed her off. "Good", said I. "Yes," she replied. "It helped me come around." Just as Nature makes life of her losses, as they roll in, so can one learn not to be buried alive in Regret. And that Compassion has a scent none can resist.

Let us turn now to the mystical skill of clarifying problems without breaking into Overthinking for Depression is sure to meet you there. In African language the closest term they have to describe Depression is "thinking too much". Overthinking causes stress in the Soul that over time is pronounced, manifested, as illness. Firstly, 95% of problems are man-made, clever

delay tactics one thinks up to side step their one-sidedness. A major contributor to this is the dark art of Overthinking, which fertilizes problems such as Depression. Yet and still this artful dodger can be considered the lead, without which the Art of Alchemy would have nothing to work with. In fact, in Nirvana there is no need for such things as Alchemy, yet does it blaze the golden path towards its Realization.

Realization is a precept that leads one to the fullness of the 8-fold path that fills the 4<sup>th</sup> Noble Truth. What is generally unknown is that the 3<sup>rd</sup> Noble Truth is the realization of Nirvana, and the 4<sup>th</sup>, the way to get there, just as the River shows us how to come and go through Death to Life once we have realized the existence of the River. Though dependence on Logic will run one in infernal circles, chasing your tail so to speak, receiving drops from it now and again via The Word, and the Truth that it holds, is healthy. The mind is highly adaptable yet prefers not to be flooded. Once it “gets” the drop it is most happy to do it again and again like a hummingbird going from flower to flower, or a plant collecting dewdrops. If you don’t “get” something in these readings the first time, read it once again, perhaps a third time. If still there is confusion, move on. When you were at the Western Front, you became used to banging your head against it. But this is no longer how you operate. Furthermore, this Course is carefully designed to bamboozle you at times, a test of your Faith and also to purposely “scramble” your brain for discrepancies to become apparent to the “readers” of the Spirit World that they may be tended to. This may seem like a whack of information, but at the same time your brain is having experiences of the linear meeting the spiral that broaden your bandwidth of Intelligence. All you have to do is keeping moving through the material, dense as it may seem at times.

Logic, also referred to as Logos, is useful in leading the lead towards Critical Thinking, which propagates ones ability to objectively follow instructions in order to stay on track with Truth via the fact seeking masculine aspect of the Mind that often requires straight lines to follow where the feminine prefers spirals, both of which make up the Spiders Web. So it is said, all good stories contain some things that are True and some that are fact, ever travelling together promoting the Radical Interdependence of seeing both ways, fueled by the power of And.

In academic terms, Critical thinking is the intellectually disciplined process of actively and skillfully conceptualizing, applying, analyzing, synthesizing, and/or evaluating information gathered from, or generated by observation, experience, reflection, reasoning, or communication, as a guide to belief and action. In its exemplary form, it is based on universal intellectual values that transcend subjectivity. Is your head hurting yet? Perhaps you can see here how it is that Critical Thinking can easily become confused with Overthinking. But there is a difference; one leads the right way and one the wrong. Yet and still, there is no wrong way to get it right. The wrong way just takes more our of precious time and in doing so, deviates about 95% of your attention toward problems where some of this attention could be devoted to the Holy in Nature. Fortunately, the right way naturally comes to one with Know-How.

It is said that the human eye is able to perceive only 5% the spectrum of light that exists in our world, often mistakenly perceived as the entirety of our existence that results in misunderstanding with Reality which brings about all sorts of distortions. In Truth, anything that is created is not Creator but an image or "fact" of it that contains It; thus the paradoxical "hollowness" of manifestation. Anything material that is worshipped as God is likewise considered *hollow*, as with the interior of the circle of Peace that has the densely physical at one end and the wispy spiritual the other. One might say that the 5% is image and the 95% the hollowness.

Thinking is one of the 6 undeveloped human senses. Let us now put this critical sense to the rather blind faith in that which the mind has created to date. How did Steve Jobs, creator of the Apple computer, turn the symbol for the fall of humanity, the bite out of the apple into the seed symbol for creativity? How did he take an established myth, a belief, backed by the minions of Opinion and dream a new one?

Firstly, he put aside the social network that held this symbol culpable, that is to say, responsible for all our problems and in doing so charged his own natural response ability to think critically, rather than criticize or condemn, and in doing so changed his mind, and in doing so changed ours. In short, he became the change he wished to see. He came round; actualized. The extinguishing of beliefs is also known as the 6<sup>th</sup> Extinction. Humanity need not face full extinction, only old beliefs, as for the heritage seed of Believe to broadcast the pollen of Faith. When what you believe in, have faith and conviction in, meets with Know-How, it is much easier to survive any crisis. Indeed, you too may find yourself saying, "Crisis? What crisis?"

Jobs then aptly broadcast the Intelligence come of it virally, the result of which is that you are likely staring at a symbol of the bitten apple on the upper left hand corner of mans new best friend at this very moment. Yet be not stuck in the corner. For what is happening has broader range and the Viral a force to be reckoned with. "Going viral" can be used for all sorts of things but more important than this is that you remember Intelligence comes of YOUR RESPONSE to the thoughts you entertain, host and nurture, a response that affects not only the individual but the interdependent.

Response has a migratory nature as with animals and plants through the seasons, governed by the Moon, as is the Medicine Wheel. For the Moon, there are 13 seasons, each corresponding to the activity of the plants and birds in any given physical location. The 13<sup>th</sup> moon or month is Remember, so often so left out of calendric time after December. Response can be reduced in places to 4 seasons and for those closer to the Equator, the equilateral, as 2 seasons; that which is dry and that which is wet, also the theoretical basis for Chinese Medicine.

For humans who tend to stay in relatively one place, the responses to our inner landscape is the spark that Spirit uses to move us right along. The progeny of the marriage of a thought with one of the two basic seasons, the emotion of Love (wet) and Fear (dry) as they are known

in humans, produces a feeling. A response connecting a thought to Love produces a feeling containing positive energy that raises Intelligence and propagates Peace. In connecting a thought to Fear a negative feeling is produced, created, which lowers Intelligence and propagates Conflict/War. Simple as that; you are a creator being and your response to thoughts are directly related to the Intelligence of Life and reality of your world.

*The Quantum state of thoughts and feelings*

*is to be in constant motion via Emotion.*

*This movement guides Destiny.*

Thoughts are creative “power tools” that do not come from you yet pass through you. As an individual it is your responsibility to the group to learn how to work with them for humanity to advance spiritually. We present you now with a map, a set of instructions for navigating thoughts through the Quantum Territory of Emotions. You will come to know all parts as you come to see them, for the map is not the territory.

*Love (wet season)*

*Fear (dry season)*

*Positive Feeling (move forward)*

*Negative Feeling (move back)*

*Increase in Intelligence*

*Decrease in Intelligence*

*Propagates Peace*

*Propagates Conflict and War*

*Produces Oxygen*

*Sucks out oxygen*

*Ability to stay in touch with Faith*

*No contact with Faith*

*Able to alter Reality*

*Able to propagate Illusion*

A older name for marriage is *gamos*. Note that not all problems in the Game are necessarily conceived of negative feelings. Certainly love has presented many with such problems as wanting someone who is already married, unplanned pregnancy and loosing something or someone that you love. For the rules of this game are directly related to the Cosmic Law that you must integrate and experience each level of Truth in order to move to the next, more advanced level. This marriage also counsels with the Law of Physics, which states that the total amount of matter and energy in a system must stay the same as does the Law of the Circle proclaim that negative and positive energies be balanced. For example, when one succumbs to negative energies, speaking loudly, being argumentative or using angry words, excessive negative energies are drawn into your system adding another brick to your mental prison. The brain must then access its energy conservation “short-cuts” or escape routes of Emotion, which use less energy than figuring things out yet can be nonetheless become exhaustive. These short-cuts can also reroute insights meant to stored in Memory that they be medicine as needed.

What short-circuits Insight from Memory is also that your memory is filled with misunderstanding. For instance, Negative energy is not drawn to children who are loud, for

Spirit knows they don't know what to do with it. And so when our parents spoke, *sit still and be quiet*, they might have been talking to themselves or due to misunderstanding, were unprepared for what you might attract. Or, due to an undeveloped sense of Balance of their own, required a still and quiet place to make their prayers, to do their duty. For when an Adult is loud, negative energy readily comes to them. Yet must this one know not only what he or she is doing, but know how to work with it or all is lost in the Noise and will enter any available house, usually unknown its keeper. As such, one must know how to approach the unknown. Here Permission is essential, as for one to see that which they have not been permitted to see, that which separates one from their own reality.

Just as you are wed, so do you continuously shed your past, as in finished, wished, relinquished, established on your way to growing up, putting such childish things as short-cuts and instant gratification away. This growing up is the process of honing talents, confronting realities, finding love and living life. And instead of letting ones fire go out, to fan it with each thought and action until it takes the form of a glowing star, your very own reality where everything is about you. Here we come to the Work imbued by the Values of Love, also known as "coherent emotions". A thought carried by a Value of Love such as Compassion, Patience, Generosity or Gratitude will birth an event of the same frequency. If that very same value or thought is carried by Fear it will birth an event with a different frequency. Reality is the frequency of Love and Illusion the frequency of Fear. Embodying Values with Love also heals and teaches the Inner Child to live again, as the Wise Child rather than the wounded. And the Responsibility of the Adult to "give birth, give life".

All manifestation is based on frequency, or level of Consciousness that you are transmitting and all matter energy or qualities made manifest. For the uninitiated, simply noticing and releasing a thought with a spark of feeling, but no more polluting intoxication or wallowing, is sufficient RESPONSE to act as an environmental marker for the Higher Order to gage how things are going down here as the climate changes from Greed to Love. When feelings latch on to you, as if they were you, it is of utmost importance to give them "up" in full Surrender lest they become a big hairy deal, monster-like even. One way to send your feelings up is prayer, another through song. These may sound like thoughts but due to your Intention, are not. Prayers and song are connected to the Higher Realms of the 5<sup>th</sup> Dimension via Faith. Therefore, one must never pray for what you do not want and keep the mind in positive thoughts when doing so. Furthermore, it is scientifically proven that Change is more motivated at low levels of stimulus intensity (prayer) than at higher levels of stimulus intensity (emotion), also the basis of *Ho'oponopono* and the water healing of Dr. Emoto. Meditation is the very lowest level of stimulus intensity.

Indeed we are experiencing climate change but not how you have been led to believe in it. Yet the thoughts those beliefs provoke are important to move feelings right along as with the "call and response" way of singing a song in Kirtan. Imagine now, living in a world whose climate is governed equally by Love and Fear as One, connected to All That Is. Imagine your guides

knowing exactly how you feel as you are feeling it and so sending just the right experience, just the thing you need before the idea of need or problem even occurs to you, just as you experienced in the womb.

Now, you might be wondering, haven't we been living in a climate of Fear? No, for Fear has no oxygen in it. Fear sucks away oxygen and so impossible to live in. Love, the breath of Creator, contains oxygen. Fear is the container for Love, the ozone layer at the outer limits that protects us from the Void. What we have been immersed in for some thousands of years, known also as the age of Kali Yuga, is the climate of Greed which contains high levels of Argon, a gaseous element that makes one "inert" or sleepy and inhibits change. This element is used in museums and archives to preserve what are considered important documents like the Magna Carta. It is the same Noble gas used in fluorescent lighting, including the new spiral energy saving kind we are warned are dangerous when broken. That this element is in our environment is simply a part of the Earth's evolution. In fact, research has found that Argon could one day be used to limit brain damage after traumatic injuries or oxygen deprivation.

There are times one may fear taking on more than they can handle, which is most often something that is simply new to them, something "out of the ordinary". Here doubts and conflicts may arise which externalize as emotion and impulses that contravene the Cosmic Law of Love, and so set one back. Yet the essence of Balance comes of mastering our negative responses to Life and in doing so you bring forth the positive qualities in all forces, just as one must learn from their mistakes. Again, in the language of Alchemy, without the lead, there can be no gold. And again, in Nirvana, there is no need for Alchemy. But this mastery comes in steps and stages, with specific instructions that must be adhered to by your Understanding as for Awareness to grow.

As said earlier, yours is the ability to choose, the ability to choose how you wish to live in the future, enabling Destiny to flow into your body and mind in direct response to prayer, protecting you from all ailments of human (collective) consciousness, the climate of Greed many find themselves immersed in. This collective is not the same as interdependent, indeed as different as Greed is to Love. Yet through prayer, one can "keep their head above the water". One may also choose the way you will live by changing your consciousness from antagonism to love and acceptance of every one equally. In acceptance, the qualities of one's energy reveal themselves. No longer blind, you are more adept at working with them.

The way we have so far mapped out navigating thoughts via emotion is one route, one set of instructions for the relief of problems without breaking into their volatile solution. Values are another and here yet another fairly direct though advanced route given by Mahatma Gandhi:

*Your beliefs become your thoughts,  
Your thoughts become your words,*

*Your words become your actions,  
 Your actions become your habits,  
 Your habits become your values,  
 Your values become your destiny.*

And so you see here that Destiny, though influenced by Prayer, follows Values, which are maintained by well-navigated Emotion. Yet and still, when the Heart is your primary organ of perception, the meaning that it makes of coherence and connection replaces feeling. You will notice indeed that the map of Mahatma does not address feelings or emotions yet for the initiate are they an important "cog" of the Wheel and all work together for the world of Reason is a lonely place without feelings and emotion, and feeling and emotion lonely without Prayer. In the words of Dr. Emoto, "The blue print for our reality can change with a single positive thought. All it takes is faith, if you're open to it." For Faith is the conduit for channeling your feelings to the Higher Realms without being taken in by them just as Peace is the communicative umbilical cord between the Physical and Spiritual.

Some of the Quantum Mechanics of a word such as Faith begin to come clear to you now: positive feelings have the ability to alter Reality when in contact with Faith. Negative feelings are incapable of coming into contact with Faith and so impotent at altering reality, able only to propagate Illusion, that which is not whole, the lone wolf quarterback running Interference in the game which at the least produces illness and problems and at its greatest, world war and catastrophic natural disasters. As such, one can safely conclude that the time of the lone wolf is over when we cease to create Interference.

One way to do so is understanding that when we share our feelings with others, either positive feelings not connected to Faith, or negative feelings incapable of it, they may well begin to act as if they were lone wolves. As such it is important for sharing your feelings to be held in Awareness, the container of Alchemy. Just as sharing "your truth" before you fully understand it can bring harm, so it can be with sharing "uncontained" thoughts and feelings. We will come to know more of healthy sharing later on as we work with the Art of Non-Interference.

Many inquire about the nature of the "game", which comes from the Greek word for marriage, *gamos*. The name of the game, so to speak, of being human is to heal the "3D" aspects of our Being known as Self, Soul and Ego that we may return Home, light as a feather or hollow bone of Spirit. If we do not, we are too "heavy" for the journey and must return to lighten up. Again, simple as that. But this healing takes Know-How, which is being given to you in this Course.

At times one feels trapped in the game. So let us speak again to "containment". Love is the container of Life, contained by Fear. In the spirit world, every spirit has a spirit helper which has a helper which has a helper and on and on. Each helper is a container for the one that comes before it. A big fish eat little fish kind of thing of the world-feeding inner nature that

acknowledges matter as energy. The human body is a container for alchemically reducing negativity, *your medicine bag*, given life by the breath of Creator. It is the Law of Existence that what has been created in Consciousness by means of aggression, violence, greed must be drawn into the human materialized form before Peace, Prosperity and Harmony can prevail. It is for this that the First Noble Truth states, "there is suffering".

The moon time in women aids humanity in passing this through and so highly revered as a potent Ceremony. Unfortunately this very clear law was misinterpreted and misunderstood as repenting for sins as to produce mass amounts of guilt and shame, more than the women in moon time combined with the escalating climate of Greed could bear. The result has been self-hate and aggression, hostility and anger, presented as PMS or mood swings, the result of a problem (the misunderstanding) not well handled. This also radically affects a woman's Precious Sensitivity. For all, so long as we do not hoard, become intoxicated or wallow in negative energy, things will go well under the governing force of the Law of Existence. Understanding the power and responsibility of the moon time, by men, women and children will also aid women in their work so essential to all our relations.

Furthermore, as Michael Franti stated, *the exhale is the name of the game*. Each time we sacrifice our precious "knowing" to the breath, to Creator with the exhale, or exaltation of prayer, we gain back a piece of our Precious Sensitivity, our KA body, that which contains the physical organism. In surrendering your feelings and sacrificing what you think you know, you are released of the burden of figuring things out, of thinking you have to do it all on your own, that it is your duty, right and privilege to struggle in this way. Indeed, Struggle is a Right of the Adolescent, and you have already had a good long turn with that. To move into the place of Adult one must give up Struggle, remove it from your vocabulary and attitude. When you sacrifice Struggle, as regularly as you exhale, you begin to breath life into another of the 6 dormant senses of the Adult, of which Understanding is one. Often the first awareness that comes of an awakened Understanding is that you are not alone, yet solely responsible for your Self. Yet depend not wholly on Understanding. Only Creator can truly understand. Ours is to wonder and obey lest Understanding be subjugated by Control, at this time locked in the tower of the childhood myth.

As said, the thoughts you have do not come from you. Only inspiration comes from you yet is generally blocked by what one thinks they know. Where humans cannot fathom this on their own, are there solar eclipses, which serve to wipe the slate clean from time to time. At this time one can better understand that God is Everything, not Everything is God, and knowing the difference imperative to the development of your Inspiration. Let us now move thoughts towards their Right Place, which is transpersonal by nature. Thoughts drift in from the realm that exists between the 3<sup>rd</sup> and 5<sup>th</sup> dimension, a rather putrid, cloudy grey matter known as the Collective or Human Consciousness that seduces the inexperienced little mind on a regular basis grounding both our senses of Imagination and Inspiration to soar no higher than your last experience. Troublesome thoughts enter through the Personality, the Identity or "idea" of

your self-image for they have not such velocity, power or audacity upon the True Self, the I Am presence. Indeed to say who am I differs greatly from Who I Am. This also for why dependence on Identity as anything other than One is contraindicated. A debilitating thought form that currently dominates the 4<sup>th</sup> Dimension is Paranoia, which will have one stay neither here nor there. There is no healing power in paranoia, no movement, yet a strong signal that Inertia has taken a room in your Guest House. Inertia carries coyote medicine in that it can have one stay put and also exert its influence well upon that which is inert in you, the unchanging living essence.

Marijuana, also referred to as Karma Coma by the Rastafarian, too can be used to step out of Karma when met with Realization or lock it in via Paranoia. A true Rastafarian believes they are a Self-realized being, a being that realizes there is no Self, and Marijuana useful to maintain this state. But if one has not truly come to that place, it will keep you from it. As a true Medicine, Marijuana is excellent in sedating and moving swarms of bees and can also be used to isolate Fear that appears as Pain. If that Fear is not promptly and efficiently handled and shipped back to Right Place or, if there is no pain, Marijuana can make one highly susceptible to Paranoia which, preventing movement, keeps Fear isolated in the body and its related Pain ever dependent on this plant for relief. Whenever Fear is successfully put in its Right Place, most often achieved by giving something up, Integration may bring the temporary feeling of emptiness as the I Am fills the hollow bone, the Ancestors penetrating you softly with their songs as to dissolve the Pain completely. By now you have also read Stone A, which has broadened your Understanding of Pain and how to work WITH it.

And here now you have been formally introduced to the **Art of Integration**, one of the first arts the Master encounters as to flourish in the neutral field upon which all other Arts develop one to be empty, a “hollow” container for Spirit to dwell in that it might “incarnate” the Soul, also known as catching the big fish, or Resurrection. This Art requires great amounts of Trust in ones central nervous system, the one that has been here long before we arrived. We do not ask the body to make choices or decisions for us, yet coax it to teach us about Cooperation and Coordination and to apply these in all that we do. As you come to bear the Art of Integration you will conceive of the skills that impart one with the ability to discern and communicate whether housekeeping for the big fish requires an act of destructive creativity (an eviction notice to move in with the Unknown) or constructive creativity (snuggling up with a good habit). And sometimes, a Thing just wants to refresh itself in the bathhouse of your Understanding.

Many consider the Ancestors something of the past, yet as Life is full circle and time not linear are these the awakened ones that come before us, needing our help to keep their light bodies moving into “higher” dimensions that they may feed them to us. Unknown to most, when an Ancestor gets stuck in a wormhole, by the law of Physics, the only energy that can free them is negative energy. As said, Humans naturally gather or “harvest” negative energy in the 3D realm but becomes a burden to them if not regularly “given up” as to be harvested by the

Spirits and feed to the Ancestors, again done with prayer and commonly the Sweat Lodge. The Spirits indeed need us to do this for them, for the spirits need to help us that all might “serve it right”. The Mayans speak of this as the time of the Sheaf, and that there many “are bent on the harvest and so few to actually harvest.” Right here is a major lesson for the Practical Mystic in Know-How as to keep all things moving Right Along. One way to help the spirits help us is this prayer while using sage smudge to send all that does not serve *you* to feed the Ancestors that they might remember the Kingdom of Heaven to Earth. And in doing so, you do your part, serve your Purpose here as a human and also reduce the Greed that comes of holding onto to negative energy for yourself.

*Into this smoke does release all that does not serve me  
 all negativity that surrounded me  
 all fear that limited me.  
 I walk anew with light in my heart  
 and Hope for better things to come.*

Smoke has the ability to carry energy between dimensions via the element of Air, though any plant carries Intelligence even if not burned. The use of smoke in a cleansing is more so to dislodge the blocked energy from the density of the physical. In ceremony we pray to the element of Air to teach us how to speak respectfully and make beautiful music as medicine for a song or eloquent words are most able to carry that energy all the way to Creator. Air also teaches us the value of being silent together. A friend recently told me he and his friends have Rest Parties. They all get together and just rest. No talking, just laying around together, like a pride of lions in the cool shade of a great tree nurturing the restful alertness of our sense Nothingness that is beyond being awake, asleep, dreaming or even meditation in which the Universal Mind can be felt. In the words of Christ: “Be still and know that I Am God.”

From Nothingness comes devout Listening, the integral component of Council for listening is what enables a speaker to be authentic. Authenticity opens ones sense of Inspiration that has the ability to emancipate the mental slavery that binds us to the 4<sup>th</sup> Dimension and so impedes our progress with the 5<sup>th</sup> Dimension. Borrowing on the words of Dagara Elder, Malidoma Some, the greatest problem of mankind is that we have broken our chains to family, to community and to our ancestors because we have forgotten the Way of Council, leaving us slaves to the heavy metals of the Collective Consciousness, the sound of our own wheels that make us crazy. Yes and, of our own creation are we fully capable of cleaning it up, which can begin with being conscious of what rolls off your tongue.

*“I am beyond the finite. I am the vast body of Nature.”*

The tongue is a big muscle much like the heart and both have a great capacity for Memory. Once you bit your tongue, which the tongue remembers, and so for the most part lingers in the cave of the mostly breathless mouth, tucked away from the sharp-toothed kind. It is believed the tongue is irreplaceable in forming speech. Yet when one lets it rest over the lower jaw, stuck out as to get some air, as is normal in those with what is called Downs Syndrome, we are more likely to hear what is on the wind for the vestibular pathways of your container are less constricted, more open to Oral Communication, the wordless language used by plants, animals and elders.

In the climate of Love a being is Happy, and so one can hear what is alive in you, in the world, just as you would taste the air to determine the season. Here the inhalation fills you with the living essence of Peace and the exhale sounds out the Joy released as disbelief dissolves. And of this airborne or “viral” exchange with the climate of Love, a precious new gas is formed that you dare not waste by talking incessantly with your fellow human beings as a way to cover up your discomfort of being with them. The overriding word for this hissing gaseous element might be Yes, which transliterated through Hebrew expresses Honesty. Indeed, in Love, most speech is reserved for the Holy in Nature.

In the words of Chief Dan George:

*"Love is something you and I must have, we must have it because our spirit feeds upon it, we must have it because without it we become weak and faint. Without love our self-esteem weakens, without it our courage fails. Without love we can no longer look out confidently at the world. With love we are creative. With love we march tirelessly, with love, and with love alone, we are able to sacrifice for others."*

I suggest taking a breather here, as we have migrated perhaps only 1/3 of the sticky territory that Problems cover. At this point in a traditional Vision Quest you are still scouting your “spot” in the Spirit World that you will rest in for the next 4 nights and 5 days (10 weeks of virtual time) upon this moving Mountain, this Rolling Stone called the Course of Changing Mind. When your understanding has absorbed (or pooped out) what has been uncovered thus far as for all the assessments you are making as to where your right place is, we can jump into the flash that keeps you from being Here.

Perhaps a song to give you the strength to do so; maybe even a little shake of your booty with your tongue hanging out.

[https://www.youtube.com/watch?v=eQSGw0hMd\\_I](https://www.youtube.com/watch?v=eQSGw0hMd_I)

As one approaches the Threshold, the territory can become problematic due largely to being fraught with what appear to be personal goals attached to identity, most of which is adopted anyways and hence not truly who you are at your roots. As is said, a rolling stone gathers no

moss, that which has no roots. Once over the Threshold these goals are fair game for the Spiritual, which is concerned more with the group than the individual. A part of this Course is to cleanse the individual entirely of your dependency on the struggle and independence indicative of the West that has in fact forced you to take an extended “leave of absence” from your Life and deliver you into your place as an Adult, one who gives Life, which can only be done by one who is so fully in it, IS life itself.

Your Inspiration to do so may be rather “dry” at the moment, which left to itself, can soar no higher than your previous experiences. In fact most “inspiration” travelling solo comes from the Childhood Myth in the South, overtones of convictions derived by a 7 year old. This is for why we head South upon this Journey from the West to the North, to meet with this Child and let it know that everything little thing will be alright for while you, the initiate Adult leaves the Child to make this Journey North, the Genius in you will pass the Child to the Elders along the way, where it feels safe in your absence. Then each step brings you closer to the Vision of what can be achieved, based on the simple Truths of What Is, that moves to the forefront in your spiritual development. Here you exchange your Independence for working with Devotion to cleanse yourself of the contaminating influences (defilements) of the bonding-rejection impulses of your earthly existence. And step by step, transcend your ego for the Conscious “Ego” attuned to Divine Consciousness, its reality within you, your life and your environment. Then, and only then, are you a “good” parent or match for your Child, who also has become Wise and so both able to live in Interdependence over co-dependence with one another and all beings. When the Child and Adult are not aligned, all other relationships are exposed to their imbalance, virally.

As a sense, Inspiration cannot take the place of the values of Diligence and Discipline, even for the Good and Wise. Yet when in Right Place, that is to say awakened, Inspiration assists Values to produce the Effort necessary for the work of keeping your “marriage” together, the Mystical Union that comes at Resurrection. To simply stay in the *game*, exhale - another way of saying, don’t hold your breath that things will get better without your due diligence and discipline. Certainly it is good and wise to put your attention to your “dowry” of Values for the upcoming event, be you woman or man. In this course you will meet and perhaps interview many Values but only upon completion, assign them seats in your Inner Council. Until then, Saturn, known largely as the Father of Time, governs the development and formation of your relationship to values and duty.

Your mere attention to values is sufficient at this time to relieve the insistence of personal goals tugging at your shirtsleeves so we can focus on the problems inherent in them in Peace. At this point you may indeed be asking, “Is there a problem here? Why are we talking about problems again?” And this is good, for it signals that you have stepped out of the territory of Problems sufficiently that we might address them bravely, that is, without being caught by them, a “self-sufficient” act, solicited by Voluntary Simplicity.

Ok. Let us get on our game....you could set half a dozen goals right now without exerting more than a couple brain cells in the process. The problem is getting to those goals for every goal has a complicated sequence swirling beneath it like the vortex of a whirlpool. Take your first step towards that goal and instantly you are sucked into that vortex, swirled downward endlessly farther and farther away from your goal until you've forgotten what the goal was, and your only concern how to get out of the vortex. It's kind of scary when you think of it, reaching goals on your own. Especially when your original contract with Soul already laid out so much for you to "do" that you keep unconsciously sidestepping in search of your Purpose, the one inside your feet.

This sidestepping of your Sacred Contract is the true "original sin", which also causes a break in the Sacred Hoop, just as a stain breaks up the pattern on a fabric, or pure white sheet. The Hoop has been torn farther and farther apart by the social conditioning and artificial intelligence that tailor your fabricated personal identity and feed it Desire as for you to become attached or *dependent* on it, the cause of Suffering as given in the Second Noble Truth. It is important to note here that to Desire, humans are like flies to swat; that is how powerful it is. For this there is The Serpent of the mind that will "bite" you every time when you are in personal identity, yet that bite carries the venom of Guilt, worthlessness, not enough, which if not countered feed Desire attachment. The Serpent so does us a favour; if these feelings come to you, you have been bitten where you have been entrenched in personal identity, the manufactured person made in the climate of Greed that you took yourself to be. And the common plant Basil is available to clean any wounds and antidote the venom, simply by being in its presence as you get closer to the True Self which is not only immune to the venom, there is not even anyone to bite. Remember again in the words of Alan Watts: you are under no obligation to be the same person you were 5 minutes, days, years, decades ago.

In the climate of Love where the Heart is the primary organ of Perception, when ego is perceived to be seeking goals in order to prove beliefs that are not ours, the complex and uncontrollable mechanism of the Universe, that fluid spiraling, swirling essence in all things, washes your vestibular system out, dissolving all conceptual boundaries of the primary 5 senses to bring you infinite Balance, the well-being and health of constant motion you so wish to experience but had no idea it is one of your senses, that which *experiences*. Here Restlessness shows up, a wanting of something but not really knowing what, due to an imbalance in your sense of Balance yet also the call of the Great Attractor. Here does Rest, the guard of your own Peace, remind you to keep your Peace as you come back to your senses, all of them, as to be the one experiencing the precious nature of Life.

At times Love will unapologetically utilize Fear where deemed necessary to bring Balance back as the integral and intimate sense that excels in the **Art of Integration** expressed simply as: *Not getting stuck in what you're stuck on*. The experience of this "rebalancing" might come with dizziness, tinnitus, feeling off-balance or simply overwhelmed by the tasks at hand, clear symptoms that you are adapting to Spirit, your most ancient ancestor, as the marrow of your

bones and, hearing the call from the ultimate in Understanding. This call no longer echoes off the Western Front but comes from the Centre, that which all are entitled to.

Like thoughts, Experience is not a personal matter; it is Transpersonal, something that works with you on behalf of the whole, just as the Healer does. The Healer can feel no Fear. Read this again. The healer can feel “no fear”. The warrior feels Fear but does it anyway, an act of self-healing. The Healer is ineffective when there is fear in the patient and so self-healing is the act of the Warrior. The Vision is a form of self-healing in that it wraps around you as a protective meningeal coating, not unlike a womb, to gestate the growth of the Third Eye. In the shamanic field we use a stringed musical instrument called an Arco to activate communication between the sonic cavities of the vestibular system and Third Eye of what is needed to heal all aspects of your Self, which rarely has much to do with what you think you want, need or desire, yet nothing is ignored.

Perhaps you've had a go with what may be called the body-mind, the dissolving of the boundary between the two, particularly those invested in the early western yoga styles which points to ones limited flexibility, due largely to the differences of language between the body and mind, between thought and action which ever produces Drama. Yet learning other languages gives one a greater understanding of what you spoke in the first place, often come of the original wounds the heart and tongue never forgot that have one speak awkwardly, in a “tongue” that makes it hard to hear ones Self let alone eloquent enough for Creator, the Holy in Nature to hear. This greater Understanding too is a living thing that acts as a two-way bridge between the Mundane and the Sacred, fueled by an earnest desire to know and a slight disengagement for it a long, long bridge with no pillars others than those of the four directions.

This development in Understanding keeps the heart connected to its very own outlet of Wisdom, with its own rhythm and its own cycles of growth. One could even say that each heart has its own pattern language, yet all connected to the one Source. In story of the tower of Babel it was said that man would be cursed with not being able to understand one another, that each would speak a different language. What this calls us to do now is listen to the Source, the All One, which in the end, will speak to each one differently, in a way that only that one can understand, a blessing rather than a curse, once clear of misunderstanding. Of course, you will want to take this in bit by bit at first, beat by beat, as to eventually turn the beat around, upside down even, as to hear the percussion of your Purpose, the sound of your feet upon the ground as your own drum beating with the One from head to toe. In fact, there is no other Way upon the hydrological Path of Power, which drips “drops” of Pure Perfection in increments. This is very important to remember. Just when you think, “Eureka, I've got it!” another drop sends the clarity of your pool into a swirl. And just so, for perfection can easily erode Love and Clarity is a limitation, not somewhere one can live but a thing that will eventually become one of your dearest friends.

*free and rich is the one who wants nothing*

We will touch now on Passion, for it is a hot topic. Just as one would not want to be in a room with a drummer pounding senselessly on the skin, so must one mind their Passion lest the Desire it has been fed on overtake it. Think of the “body-snatchers” for a moment, or a governmental coup. So is it possible for Desire to overtake Passion and use its flame for autonomous purposes. Desire is a fog, a smokescreen in the play of Passion. Here, the outer activities of Life, the Personality, may bring you pokes and prods, some colder and harsher than others yet always their points face inward. Consider now, did Christ wear a crown of thorns or a crown of stars? Both are pokey. The death of Christ, that part of the story, is known as The Passion. For the light of Passion is most bright when we are pushed to our limits. If Passion is consumed by your Desire to get somewhere or achieve something, this great resource will be depleted if and when you really need it. Desire is best left to function on its own, with no attachments. Let us put a cap on Desire now, that we might better recognize it when it appears. Peace of Mind is not attaining your desire, it is being empty of Desire and Gratitude the most direct route to Peace of Mind that the little fly may completely bypass Desire.

One who has not been spiritually initiated into their Understanding can easily be misguided by their misunderstanding of things, or worse, lost in the milky vastness of the Spiritual territory of Bliss without proper guidance. There are those ones who might seek the state of Bliss as a refugee camp, leaving the body in times of crisis, which is an error in Judgment. When the body experiences being left in Crisis for Bliss, it gets hurt by the feelings of neglect and abandon left lurking in the corners and will seek safety in the strangely comforting habit of Ignorance, which will often masquerade as Bliss but is not it. The body then becomes sore, tired, dis-eased or in some other way engages more deeply with Crisis. Not a pretty sight, for in Crisis is the Dark Lords court of Conflict that keeps Illusion as entertainment for its own benefit employing Confusion as its jester. Yet too do you incomprehensibly, transcendentally remember where there is Dark there is Light. Hurt feelings only occur when one attempts to enter Bliss from Crisis. So must one be centred, grounded before making such attempts. For As it is, Crisis drops the “heavens” more deeply into the Earth which takes in its seed and under the right conditions, Pure Bliss waters them. If this water is polluted by Ignorance, the seeds suffer and so produce more suffering. As such this task must only be undertaken by Pure Bliss.

In Right Place, that is to say Pure, Bliss comes after Enlightenment, just as the realization of Nirvana must come before the directions for getting there. Experiencing your enlightenment as an Adult is both a peaceful and destructive process for it requires one to drop its heavenly light into the body more completely as to put aside, displace, Ignorance like mud in a cup under the tap. In the absence of enlightened Adults and excess of over-aged Adolescents sucking on prosthetics inserted into the milky Bliss, must many of our elders endure chronic pain and our children must do most of the Remembering while their teen-aged

parents attempt to get high on Bliss. Where there are concerns about injustice and abuse, might one look no further than right under your nose for evidence of it.

Does this feel like a threat to you? If so, the words have hit a chord. When I feel "caught" in my act or trapped I know my Conscience is tugging at me. Conscience does not live with Ignorance, for Ignorance lives in its own filth and Conscience is highly fastidious. Yet as with the Pig that symbolizes Ignorance in the Buddhist Texts, the Pig is also very smart just as Ignorance has figured out it can make filth, move on as if it never happened, and leave it for others to clean up. Everywhere Ignorance goes, there is filth, even if the "pig" that created it is not there. We see this clearly in the piles of computer parts in India, islands of plastic in the Oceans and other such monuments of Ignorance at large. Rather than feel victimized or blocked by your choices and beliefs, one can be truly Victorious, that is to say, *not have things go your way*.

Be not discouraged nor fall into unnecessarily into Inertia either. Many indigenous people say that one cannot become enlightened. It is true. Just as you cannot become broccoli or potato, yet can you taste it, have it inside of you, assimilate it and even pass it along. No one can be more enlightened than another. No one can chase enlightenment, yet when one swims in it, it is absorbed, catching you up in it.

It used to be that one was initiated into their enlightened Adulthood when they could run in the sand without kicking it up. And just when you thought it was a joke, that it was impossible, there came a brother or sister running beside you without kicking up the sand. No fuss, no muss. Then, once you caught on to this, you had to learn to do it backwards. In the course of taking this course, there will be days you wish you could have done it that way, those times when your attention is fading into tired, bored, hungry or frustrated. Perhaps this is one of those times, for we are now at the epicenter of Problem, where such feelings often arise.

So here you are, in a Problem, allegorically. Consider now a problem as something horribly bound in misconception and at the same time containing a vile substance, which if released, serves only to perpetuate the problem. It is important that you understand that every problem is conceivably hooped or caught in its solution. As such one must become attuned to disarming a problem without breaking into its volatile internal sac of "solution" as said in Martin Prechtel's brilliant story, the Toe Bone and the Tooth:

*"...it is the continual implementation of solutions  
that give birth to the next litter of problems, demanding solutions."*

This solution is the basis of addiction, the quick fix so hard to resist. As you may have already deemed, this Course is not a quick fix, not a solvent to your problems yet a source of Know-How for YOU to work WITH them and all things that come to you. Approaching a problem

without rupturing the hymen of the solution is a sticky business indeed, not one for the uninitiated magician. Do you recall Mickey Mouse as the apprentice wizard with the broom? He thought chopping up the pestering broom would solve his pesky problem but the solvent in problems can only divide and multiply. Eventually one learns when to apply swords and when Wisdom, or at the least a good dose of its Common Sense as the monkey chases the weasel round the Mulberry Tree.

A common sense approach to problems comes of the teachings of the Buddha: either accept it, change it or leave it. And if you can't accept it, change it. If you can't change it, leave it - words from the Guard of your own Peace that serenely lays the pathway to it with hardships. It is important here, just as we make a point that the correct and full words from Gandhi are "you Must" be the change, do we present the Whole of the Serenity Prayer, for the first paragraph is not enough to overcome hardship, just as one must also learn to run backwards, full of Faith into the arms of Creator.

*God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.*

*Living one day at a time;  
enjoying one moment at a time;  
accepting hardships as the pathway to peace;  
taking, as He did, this sinful world  
as it is, not as I would have it;  
trusting that He will make all things right  
if I surrender to His Will;  
that I may be reasonably happy in this life  
and supremely happy with Him  
forever in the next.  
Amen.*

We come to sit in the dappled shade of the Tree and watch the shadows and light play. Forever is a very dark place that only the shadow can navigate in one who is not Happy. And does the "supreme" simply come with the Territory of *Him*, a genderless pronoun for Sound in the Universal language.

Peace walks with Prosperity and taken lightly here, enlightenment is both salve and digestive aid for Understanding ones true nature as well as ones natural state, and thirdly, your part in the whole. For me, when that part presents apparent problems or technical difficulties, I remind myself that as an Initiated Adult, struggle has been banished from my attitude and vocabulary, which generally repels them for problems are fairly docile without Struggle. With struggle no longer in my bag of tricks, I dig into my medicine pouch of Values, such as Discipline and Devotion with which to address the difficulty. Yet and still there is occasion for an apparent problem to pop up for Problems know I know how to work WITH them, how to

free them without being propagated by their own convoluted solution. My primary modus apparatus is to always be well rested. For if I am busily running around my Spirit has a hard time keeping up with me and I dare not approach a Problem without Spirit in the house. We then bring the problem to Enlightenment to be run through quickly, with mercy, ease and grace, just as lightening flashes across the sky. Sometimes this looks like ignoring the words or actions of others intended to "get my goat", taking time instead to understand their medicine sent by Wisdom and allow the problem to naturally ripen in the subtleness of Experience necessary for one to Learn, to develop Spiritually. Most simply stated, always wait for the chemical responses in the brain to subside before you act. As said, at some point you will stop learning, for your Spirit has been sufficiently developed by it. Yet Learning can be had at any time if your Spirit weakens, simply by laying yourself on its altar.

As it is, focusing on the "faults" or Unconscious parts of people of things breeds more of the same which enforces Blame to be our "neighbourhood watch". If a problem comes to you, do not look to your neighbour to see where it is coming from. Look into your own heart for the last time you were at odds with someone destructively – by slander, argument, gossip, rejection, criticism, the last point of contact you had with your present grief, which your undeveloped Conscience will readily add to the grievous pile under the bed. Here the scent of the volatile solution that is *phobia* may arise, which is the fear of being that thing you are most frightened of, the thing you wish with all your heart you could just make go away and not bother you anymore. Yet here too, the unmistakable scent of Truth may also arouse you.

Psychologically speaking, one of the two strongest phobias are the Anima and the Animus, as termed by Carl Jung. Anima is the totality of the unconscious feminine psychological qualities that a man possesses and Animus the unconscious masculine ones possessed by a woman. In other words, a man fears he is a woman and a woman fears she is a man. In the Western Mind these further developed "warts" of idealism that make viral the very faults we perceive in others. And where fear is not addressed, anger and hate are never far behind. Indeed, it difficult, troublesome, desperate and even dangerous to love someone you hate. I have to tell you here that the other day, in the ladies bathroom in a Sikh temple, I saw a woman with a full beard. And did it wipe my slate clean. Imagine all those "bearded ladies" in the circus during the time of snake oil, antimony and potion sellers. This experience alone did not make the unconscious fully conscious in me but did serve to dilute Phobia. And then there is the regularity of the eclipses of the Sun and the Moon, which keep the Tabula Rasa clean, even if your slate isn't.

Phobia is a moon of Mars, the Warrior, and so where the Warrior goes, fear goes. The warrior feels fear, faces it, but does it anyway. For the earthly this is also true of ego; where there is ego, there is fear. And must ego be clearly differentiated from the Warrior or you'll find yourself in another fine mess you've gotten yourself into. Where Phobia comes of separation rather than differentiation its primary focus in humans is Death, which is the only thing in life that is certain and certainly a part of the experience of all living beings. And the primary cause

of separation is trying to keep your counter clean rather than removing the counter you put between yourself and others. Here, Phobia reaches out as Projection, a moonbeam in your hand that wields the aspects of the personal unconscious which can influence for good or ill, make problems and messes or clean things up, as a means to get around the counter one stubbornly refused to give up. Surely you have seen the trouble come of it yet without problem - something to improve, fix or figure out, phobia is incapable of projection. As such one can only rest in the mantra of "*my life is perfect*", at least for a gestalt moment, as for an increment of the highly erosive Perfection to overwhelm the problem into stunned silence yet not break into its sac of solution.

With approximately 95% of the neural landscape being fraught with cleverly constructed Problems, it is wise for the initiate to be aware of the many ways to free the problem without puncturing the sac of solution. Being aware of these ways described in this step does not require you memorize them or make notes. Because this is Ceremony, just by reading the words, you are now aware of them, as they are you and will come for you as the need-to-know system deems necessary so long as you harbour Faith rather than Resentment.

Problems contain varying degrees of Risk, and so must be looked at from many angles that the Risk might be assessed as necessary or unnecessary. An unnecessary risk is only taken by one stuck in autonomic reaction, a slave to their own flight or fight mechanism without regard that all things are connected in that your actions in taking that risk may not actually present you with hardship but someone else, and so, unnecessary. The fight or flight system is largely governed by common cold variety of Phobia known as "the fear of missing out", which is governed by the notion that you will not survive if you don't do, eat or take that thing to satiate yourself or improve your circumstances. A necessary risk, on the other hand, requires one to step up to the Difficulty right under your nose courageously before Trouble gets a hold if it, let alone wander unconsciously into the territory of Danger.

We give you now another map, a final set of instructions in regards to working with problems and their associated risk. It is not enough to anaesthetize a problem. It must be humanely euthanized. Yet just as the hive or anthill has many designated workers, so it is with Problems, which may swarm its associated risks at your feet in this order as a tempt to keep you from your Purpose:

1. Difficulty
2. Trouble
3. Desperation
4. Danger

It is a grave error to confuse Difficulty with Danger, as a reactionary autonomic system often does, for in doing so you throw yourself (or others) upon its ticking bomb. Here it is good to be centred, keep your shadow at your feet for then it has direct access to your Purpose, which always knows way through tricky terrain.

If meeting the Difficulty head on doesn't do the trick, you have the opportunity to learn how to "trouble shoot". If you miss, Trouble will come at you again and without the skill of the

Archer, the seeker of Truth, continue until it is taken down. This is often the case after one has attended a “healing workshop” or casual circle/ceremony that has buried the Trouble rather than nip the shooting invasive bud of it. Indeed it is said, the sign of a Good ceremony is that everyone feels a wreck afterwards. This is not a difficulty yet a sign that the Problem or discrepancy has indeed been focused on and is being corrected. Perhaps see this as a shipwreck, the keel of your Soul run aground and so its sails luffing in the wind, a signal to the spirits that help is called for. This too can be risky business that may court Desperation if one does not attend to Integration as to weave the help in to Complexity, the surest antidote for solutions. At this time the best course of action may be a good giggle, which may be difficult to conjure up but necessary, for does a good giggle, like those often heard in speeches by the Dalai Lama, not only tap into the true nature of reality (which is really quite a hoot) but powers the lighthouse that reminds Fear of its place upon the outer limits, as you will come to understand after this step upon Stone C, that the warrior may proceed. And where the warrior feels fear but does it anyway, is the motto of the Warrior, *problem? What problem?* Yet the Warrior is not always available, and indeed not to be used as a crutch. As such it is good to understand not only how to work with problems, but see how they work, particularly in the uninitiated.

What at times may seem like Trouble for the uninitiated is really just two things that are hard to distinguish, for which you take the Art of Differentiation, and each time you practice this mystical art, you digest and metabolize it that it be inserted into your autonomic system. For most it is difficult to distinguishing glaring errors from illuminated truths, mountains from molehills, reality from illusion and even discerning which feelings are trustworthy and which distorted by conditioning, illness, the effects of scent or pharmaceuticals. Glaring errors tend to be backed by poor judgment while the truth is backed by fact. For any difficulty it is important for the initiate to look “behind” things, yet not into the past, where imagination is still trapped in the limited linear consciousness of the mind. Here too one can cut off Difficulty from the linear path of Problems before it appears to be Trouble while giving your budding sense of Imagination a breath of fresh air.

Poor judgment is derived from the Superiority Tactics of the Victim doctrine delivered by the Conditioned State that encourages politics and top down hierarchy. Generally, if one tactic doesn’t work, the indoctrinated will proceed to the next, though not necessarily in this order: -Pity, Disgust, Resentment, Competition, Bullying, Politeness (PC/socially acceptable behaviour) and Trauma (the trump card to keep their wound more important than anything else) In the climate of Love, one can also see that these are all clear signs of Conditioning purging for which the best response to keep your course out of troubled waters is Compassion, readily available through Prayer.

If we do not consciously act to stay out of or “duck” the Trouble that the purging of Conditions produces we find ourselves goosed in the complicated sequences of Desperation, which thrives in the absence of parsimony, clarity and brevity and fosters Delusion. The most common calling card of Desperation in man is Loneliness, indicative that there may indeed be

a problem here. Loneliness can keep you out of Trouble you may have gotten yourself into, which in the case of travel or a big move comes simply of being between worlds. As a Problem, Loneliness is roots itself in those not feeling at home in this world or the next, the shore of the seen nor that of the unseen.

If Desperation gets a hold of Loneliness deeply set into a Place and its people, it may court the catastrophic aspects of War, and if this does not bring forth the Right conditions in the people (the teachings), call upon Mother Nature, for she alone can distill the Fear of Death from Danger. This may come as disease or mass destruction. In the story of First Mother and First Father the drought had only reached the point of Desperation when it was intercepted, bringing the gifts of plants for the people to alleviate their loneliness. It is also said that Black Elk, the great Medicine Man, shot himself in the foot running back from the forest when he heard gunfire coming from Wounded Knee. As such was he unable to stop the massacre, yet arrived with his medicine bag full.

Again, the best medicine for Trouble is this: *Better to stay out of Trouble than to get out of Trouble.* I will give a direct example here. A male friend recently separated from his partner and child spoke of how well they all got along, how grateful he was for this woman and child and how he and the woman honoured and supported one another as co-parents. But the longing in his voice betrayed what appeared to be him speaking his truth, particularly when he spoke, "may the wound of separation not affect our daughter." Ok, right here. This is a wound so BIG, so collective, that one cannot pretend they can step into it without tracking its blood all around. And so I consulted to just STAY OUT OF IT, to not remain separated and keep working to evolve the natural relationship that had been borne with the conception of a child, which does require the mastery of Solitude, yet not separation. And better still, drop the "let's pretend" conditions conjured up by the childhood myth. Furthermore, Fantasy is no place to raise a child.

Begin the "drop" in this way: when faced with argumentative people, stay out of it. Do not take the bait for it is saturated in the volatile solution seeking to replicate itself. If you engage with someone who is deluded, then there are two deluded people, and one is quite enough. Here the right condition to exercise is Compassion, not Inference. For only Creator can Interfere and Compassion a clear signal for it do so. These tactics loosely follow the law of parsimony, which is excellent at reducing a problem into its manageable essence (Wisdom), which is then reduced into the inert living essence, also known as the Great Solution. Parsimony is a kind of eloquence that courts voluntary simplicity by making the fewest assumptions about any given thing or event. Assumptions are the primary producer of Problems in the first place and voluntary simplicity gives Spirit space to speak of the Abundance of Peace and Joy that it is. And what is born of Spirit is what the inner life recognizes as true.

Acting with Simplicity (and your best) are you strengthened to work with the challenge of the experience that is now before you while you come to your senses, that which experiences. It is true that everything you receive you have asked for. It just may not look like you assumed it would. As one becomes more attuned with the Spirit-Mind the ways of voluntary simplicity come naturally, if not wholly unexpected. As naturally as the breath flows in and comes out.

*Humans are made of plant Intelligence and an animal body.*

The instructions were given to us, perhaps even before Time, on how to co-exist with our animal and plant brethren. This clear and simply set instruction was/is also a Sacred Agreement, made by forces too great for you or I to comprehend, yet perfectly capable of following for Life to carry on. This included asking permission before taking anything of the plant, animal or mineral kingdoms, giving thanks for the offering and taking no more than needed. Awareness of this Agreement fertilizes your understanding of from where all things come. Understanding the origin of things gestates the Beauty of what you are and do. This knowledge belongs to the people and we must properly educate ourselves to help each other walk in Beauty. Sometimes Life holds your hand, sometimes it lets you stumble around. But always, there is help. This is the way of Life in the Spirit World.

People who *know* these things are not left feeling life is something they don't belong to, fit in with; they know that being alive and human is not a disgrace, a problem, but an obligation to live well inside the mothers ribcage while the universe dances on our bones, welcomed, knowledgeable of what things are, where they come from and what they are for and that all things can be used for good or evil and for this we are given Choice. And in exercising our Choice for the good of all, we are able to praise altogether a human worth descending from, a spiritually advanced civilization. And in doing so is the alleviation of Grief. Now, as we move out from the shade of this Tree, your enlightenment nurtured by Rest, consider this:

*Let happiness be your companion rather than your goal.*

In the video entitled, ***I'd Rather Be*** you get a glimpse at the humour of Truth and learn that Happiness is the base of all existence; the state when all your spiritual needs have been met so that your words and actions can benefit yourself and others. If at first you don't succeed, follow the instructions. You may feel sad, frustrated or angry as difficulty lays itself before you time and again and still have happiness. And at the same time, be happy for what you have, what has been given to you by the maker of Breath which knows all your needs. For the Spirits do respond to whining, but only to a point.

*A human need is simply that which voluntarily wishes to be met by its creator.*

A need about to be met can get very nervous, anxious even, like the bride awaiting her groom in the bedchamber of the Wilderness wondering if she'd made the right choice, which is similar to experiencing anxiety, which becomes ever heightened as one comes towards the climax of Self-Realization. Needs get nervous because they live in the autonomic nervous system, like plants in pots. Yet are we transplanting this system to wider pastures. In the meantime, many people will want to smoke, tobacco or marijuana, as to quell the nervousness. This can be useful for a time while the mirror disengages but at some point these too must be given up in order for the need to be clearly met, once and for all. Be clear, the need is not to smoke, it is for something much deeper, much smaller and finer. Smoking can "cure" a need, which is to say, preserve it until it is ready to be met. But inevitably it must be voluntarily given over to Progress, which cannot be stopped. Once you resign your needs to Creator, all desires, addictions that bring suffering, will be alleviated in being happy with what you have, which gives your Spirit permission to come closer in.

*May all beings be Happy. Come what may.*

Progress is the final stage of reducing problems into the Great Solution so as not to breed more problems. Progress also reduces Process peaceably and completely by dissolving the outer shell of Trauma without a thought, silently absorbing its hugely tiny worlds into the course of Destiny, that it might meet our Values. This is not the kind of Progress of the Western World, but of the East, fueled by the Four Noble Truths rather than the oily remains of the past.

All right, your Awareness is tweaked towards being in Right Relation with problems so you may surrender your attempt to memorize these instructions yet devote them to your Understanding. Surrender and Devotion come of a realm not subject to polarity that has little or nothing to do with the mental realm. What keeps the mental realm impoverished in slavery is the bond-reject impulse that has not merged with the transcendent stream of Non-Duality. Your Awareness also sees that which is unjust as undoubtedly directed by the Great Doubt, which nudges one to take the position of the Witness, which understands that the Universe is in Harmony though the world may present as Chaos. In this state lives the peaceful warrior.

There is a Buddhist prayer, *Eh Ma Ho*, which suggests all things eat and are eaten in the Continuum of the All One represented in the word Enlightenment. In the Continuum you will become more and more adept and adapted to how things work in radical interdependence with the Quantum and Physical and how Life is more than happy to work for you as its servant in the two worlds, that of Yuk and this of Yum, which you must learn to do. This is the Mastery born of the union of opposites, the Realization that  $1+1=3$ .

Many people have the wrong idea about Mastery, which is somewhat of a problem. Many people have the wrong idea about lots of things but this does not change the nature of those things, it just makes them difficult to work with, like a moonbeam in your hand. Yet the Inner

Shaman is in all, and in Sincerity, opens ones heart to the Universe. We offer some last words on Difficulty that arises from a needling need unmet - which if not attended to courts Stress, which will kill you without blinking an eye. What if you have no needs? What if nothing is wrong with you despite constantly seeking evidence of the contrary? We will address the Contrary and Needs in the bigger picture later in the course and how Wrong works. But suffice it to say for now, that in the Village, there is no *need* for Self-Actualization, the glowing eye in the sawed off top of the pyramid. It simply Is. Which leaves much space and time to become acquainted with your own Inner Shaman, the mystical practitioner of Mastery.

We will now prepare to leave this territory, this step in working with Problems, which requires the stripping of your autonomic suit, just a seed must shed its shell to grow. Many people take refuge in solitude and isolation, seeking safety in Autonomy, the silvery sword that cuts the one who holds it but can never cut itself. Indeed one can forget who they are if they spend too much time alone in Autonomy for Purpose can only be experienced in relationship. It is said that where there are 2 or more, God is there. And when there are 10 or more, Community is there. To clear any misunderstandings, Relationship can be with a plant or stone, and Community not the action of living together or gathering under a particular intention, event, convenience or comfort. Like Relationship, Community too is a living entity of itself that builds immunity to viral infections of the wounded while at the same time opening one to the beneficial broadcasts of the healer. It is then Ceremony that marries the "healer" and the wounded to Love in the powerful circle of Medicine People, a marriage where there can be no separation. This is so due to the maverick mischief making subversive tendencies of what has collectively been termed, the wounded healer, governed by sarcastic trickster Chiron. And so the Medicine People deemed it best to marry them off to Love, for the benefit of the group. For there can be no fear in Community, the true healer in a spiritually advanced civilization.

As you we come closer to the South once you [cross the Threshold](#), your own true nature and the true nature of all things is being revealed to you. Once we reach the North, the home of the enlightened Adult, the view of The Great Mystery is very clear. One can even see both ways, that of Great Spirit too.

Be clear now, enlightenment does not remove you from reality but rather embeds you in What Is Real. If you want to dream and astral travel, go to bed, rest. The average human sleeps up to 1/3 of their lives, a generous gift from the Eternal for your intrepid devotion to being Awake. The more we are Awake, the more the 4<sup>th</sup> dimension becomes stripped bit by bit of its black goo, until finally the Emperor is naked, the slavery of Time as we have known it freed to serve as our greatest resource, that which governs the development and formation of relationship to values and duty. I suggest that you place "time" in your search box to see how many times it appears in this step. And absorb each of these *times* as opportunity for your

values to be strengthened, even if you are not yet sure what they are. For as they become stronger, they too shall be revealed to you, and your Devotion to them grow.

It is said that the hugging guru, Amma Gee sleeps only 2 hours a day, which is to say, she is maintained by high levels of Devotion in the temple of the body that is the Earth and the temple of Mind that is the Sky, supported by the pillars of Creation, the Four Directions. Sleep as you sleep, but as you are awake, share yourself with the great gift of Life you have been given. Being asleep and awake can also happen simultaneously. This state is commonly known as Samadhi, when the mind expands like a lotus in summer and the body its deep roots.

Let the words of this step you have taken unfold now as we come to the canoe awaiting us at the far edge of the problematic territory to paddle downstream to the South. And as you dip the paddle in the water, you release negativity with each stroke. Just as the Universe simultaneously expands and contracts do alternating stages of Consciousness and Unconsciousness greatly deplete your reserves of Struggle so you can funnel more of your time to Devotion, which is adept at calling upon the option of suffering in good measure, not sacrificing others that we may feel love for them. Happiness is also optional which, when you come to this choice, suffering seems so crude.

Once your stubbornly engrained stain of struggle is removed, Ease and Grace move in. Did you know that the word "sin" originates from the word stain? It also communicates "without" in Spanish and in Hebrew is related to Shin as the dark spot in the flame of the candle.

Now, you may say, you are pulling the card of "semantics". I don't know about you, but I can certainly feel the dynamic tension of the house of cards, and that a good wind is coming. Do you remember the last words of the ancient medicine people of the Amazon?

*"The Word is and will Ever Be."*

What would have an ancient culture steeped in oral Wisdom say such a thing? Notice now how the inquiry here is focused by the key word "what", for does *why* create the most stationary bicycle imaginable. It is good to question things, as taught by the Toltec, for one who asks, learns. And as said on the website, *if there is a problem it is due to your unquestioned thinking*. Yet to only exercise *why* will get one nowhere whereas engaging how, what, when, who and where forms a revolutionary movement in Understanding. So is was said by Lord Tennyson, and understood by Arjuna, "Ours is not to reason why, Ours is but to do and die." This is a surefire antidote to the ego-mind, the epicenter of linear reason, which will readily omit duty, privilege or right from the essence of Our.

As we come to a close I remind you that as every question is impregnated with the answer, the Immaculate Concept already within you, do you also have a fire within you. That fire is your Spirit and also your Passion; it can burn and it can warm. Be a wild animal, a universal traveler, lion hunter or superhero when you dream at night, in the day a candlelit star. Know

your Right Place, Right Action and Right Thoughts. Take your cues and consciously deliver your lines in submitting to this journey, not as hero, but peaceful warrior. When one engages life consciously and fearlessly, the intelligence of Rudra, the state of full Ego-hood, possesses you with a 1000 medicines, able to move mountains. But of course, make this not your goal. For such a one Respects the Sacred Mountains as they are, the peaks of medicine that they possess for purification, liberation as to be the mountain.

It is of interest to realize that the proverbial “higher mind” of spiritual traditions is the heart, which being of spiritual origin, is more concerned with the group than the individual. Esoteric tradition teaches that the heart centre, or chakra, is directly connected with heart-field, or aura, which is made up of many layers of consciousness and also understood to constitute our subconscious mind. Of interest too is that in the Amazon, a chakra is a garden amidst the jungle, and to reconstitute it is to add water. This understanding is a feature of enlightenment upon the territory.

Once again, enlightenment can help you through some of the toughest challenges and technical difficulties Life can dish out as to strengthen you, not a means of escape from Life. No matter who you think you are, you still have to do the dishes. You are both puppet and master.

This will require hard work, sweat and perhaps tears to understand your part. Yet all in all, in doing so, you will find the Peace growing in your heart-field that is your untouchable connection with Spirit. If this feels confusing or overwhelming, take comfort from the dark in this:

*One day you won't understand what it was you didn't understand.*

And celebrate that you made it through this swirling eddy today with your catch of fish. Now that you understand the nature of problems you are that much closer to playing with a full deck. We will take leave with this audio video that well describes the true light-hearted nature of problems, if you like.

**<http://www.youtube.com/watch?v=M1HwVmY28Pk>**

And afterwards, clear your palette with the Word Song by the Young Spirit singers. As you ask, what do the words mean, allow them to speak to your heart, which they incurably will. For real meaning comes not from the mind but the Heart. I asked an elder once who was teaching me a song, what was the meaning of the words, and he told me, “just keep singing it until your heart tells you.”

**[https://www.youtube.com/watch?v=rTu3bJ\\_55vE](https://www.youtube.com/watch?v=rTu3bJ_55vE)**

Kindly reread the inquiry posed at the beginning of this step, then proceed from here to  
**Stone C – Fear .**

**Resources:**

Anais Nin

The problem of having a heart - chaninicholas.com

Nature's constant Grief, The Agreement – Martin Prechtel, The Unlikely Peace at Chucumaquic  
World-feeding inner life – Stephen Jenkinson, Orphan Wisdom

Whirlpool of goals – The Night the Bear ate Goombaw, Patrick E. McManus

Question everything - The 5<sup>th</sup> agreement, Don Miguel Ruiz

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