

INTRODUCTION

Consider that we are much more than what we appear to be and that we chose who we are and who we become. Every moment is a CHOICE POINT of creation!

When emotional pitfalls prevail, overwhelming our clarity, we too often lose the connection to who we really are and become reactive. Just like an amoeba contracts from external stimuli, we react to a challenging environment. Learning to be the calm, clear “I” in the emotional hurricane of this reality is paramount to owning our own creative nature and to creating joy. Since few people are born with the skills to navigate this complex and contradictory environment we live in, the *Explorer’s Mind* provides a systematic map to help us gain the clarity to consciously manifest our highest good.

This book is written for people who want deep personal health, self-knowledge, and the ability to feel joy even in times of darkness. It is also written for healing and mental health professionals who want to expand their current way of working with clients and embrace a new multi-dimensional system that accelerates healing as it unravels faulty perception of self, illness, negative beliefs, trauma and emotional pain. As we detach (not disassociate) from difficulty, pain and challenge, we can regain enough presence to learn how to use the energy of challenge as fuel to create peace, wholeness and understanding.

Faulty perception keeps us from wisdom. Wisdom can turn difficulty into wholeness.

In this book, you will learn the about the *3-Rings of Healing* to Shape Shift your Emotions by following the *5-Step Mindfulness Process* for self-mastery. It uses aligned intention, advanced mindfulness techniques, cultivated presence and subtle energy awareness to work our mind, energy and body (Me-B) systems together. Energy, chi or whatever you wish to call it, is consciousness and is the medium that connects our mind with our body. As we learn how to sense, feel and convert energy’s low vibrational consciousness (LVC) into high vibrational consciousness (HVC) we give ourselves the power and skills to return to the deeper truth.

We can’t always stay connected to the HVC of wholeness, true self, Jesus, god or source-use the name that works best for you. **In Mind Energy Body (Me-B) Transformation, we call this HVC, our Core Being.**

Negative feelings and thoughts in our mind and body eventually invade any peace or calm we have temporarily mastered. As a result, the LVC grows and can spiral us into despair and overwhelm. But as our mindfulness and subtle energy skills advance, we can engage our Explorer’s State of Mind to master these 5-Steps which provide us with the ability to shift, transform and return to Core Being.

The Explorer's State of Mind Leads to Mastery

What is the Explorer's State of Mind and why is it an essential ingredient for personal transformation? The Explorer's State of Mind allows us to examine situations and ourselves with honesty and openness. If we engage life from the view of an explorer, we can view challenges as adventures to be overcome and as riddles to solve. From the Explorer's State of Mind, we more easily move out of our negative ego and programmed personality and back to our bigger more whole spiritual truth. Next is an example of a client using their Explorer's State of mind to release pain and trauma and reconnect to their wholeness.

Explorer's State of Mind Case Example

Roselyn called me in distress. Apparently her partner had just come home from a trip to confess that he was in love with another woman. He was moving out of their apartment as soon as possible.

Her world crashed down. He was everything to her. Not only did he pay most of the rent, she felt that his love for her proved to the world that she mattered. He was successful, good-looking and he validated her net worth.

As we worked together, Roselyn gained a broader perspective on her situation. She opened to the energetic frequency and expanded consciousness of the interconnectedness of all. As her consciousness expanded, she moved out of her small, wounded self and into a more accurate and whole perspective. It was as if she was part of an Apollo flight and she looked down on the tiny dot called earth. From this vantage point, she gained a clear view of her inner and outer world.

She experienced herself as a light body that traveled to earth so she could experience loss but not become lost. She remembered that her soul was meant to journey and visit the emotion of rejection and abandonment just so she could learn not to abandon herself.

When she left my office, she was grateful she no longer needed Rick to love her in order for her to feel worthy. Roselyn had gone into the pain of her negative ego and negative programmed personality and returned back home.

This is the journey of the true explorer—one who investigates difficulty in a manner that helps them anchor into their light! *As we travel through this book, we will practice the following 5-Mindfulness Steps over and over again until they become an automatic positive reaction to a negative circumstance.* When we do this, we lead ourselves back to our Core Being.

Later you will learn how the 5-Step Mindfulness process will help you move through the 3-Rings of Healing. In the 3-Rings of Healing the center ring is our Core Being. The outer

ring represents our negative defenses, and the middle ring represents our trauma and false sense of self.

Examples of HVC and LVC

Energy is Consciousness and holds both high and low vibrations

High Vibrational Consciousness (HVC) = Core Being, Presence, Positive Intention, Balance

Low Vibrational Consciousness (LVC) = negative beliefs & images, depression, anxiety, false self, illness

5-Step Mindfulness Process Helps Us Move Through the 3-Rings of Healing toward Mastery

There are 5 Mindfulness Steps we use in Me-B Transformation to lead ourselves and help guide others to self-mastery. Step 1 is self-awareness. This is beginning (Level 1) Me-B Process. Specifically it is the ability to experience Core Being in all mind, energy and body (Me-B) systems and then to know when we have been triggered out of our center. As we develop centered awareness, we are more able to have choice. In Me-B Transformation, we call this creating **Choice Points for Change**. As more of us create Choice Points, the more we help foster peace and harmony.

Intermediate (Level II) Me-B advocates master Mindfulness Steps 2 and 3. In these steps we examine and label what negative beliefs and emotions triggered us and why. We do this in all Mind, Energy, Body (Me-B) systems. Advanced Me-B Guides (Level III) master Steps 4 and 5. In Step 4 we sense where in the Me-B Systems the LVC is being held and listen to any wisdom or lessons held there.

During these mindfulness steps, we endeavor to use our **Enlightened Observer**. Our Enlightened Observer is the part of our mind that is connected to our Core Being. It holds enough HVC to enable us to move through the 5-Step Mindfulness Process with compassion, kindness and ease.

Step 5 is when we allow the energy of our LVC to transform to HVC and Core Being in our Me-B Systems. This last step of transformation is essential for the deepest healing to happen. Some mental health professionals negate this last step and tell clients it is important to just feel and understand an emotion. However, I have found that simply feeling an emotion rarely creates the deepest healing. In fact, the latest in neuropsychology seems to demonstrate that catharsis is not healing.

As we develop our ability to sense subtle energies and consciousness we can also learn

how to feel an emotion or difficult life pattern in a way that reconnects us to Core Being and cultivates HVC. Eventually we can all learn how to follow this 5-Step process, and reclaim our center and deeper truth. It takes time to cultivate these skills. Remember that being kind and gentle to yourself is essential to developing a higher level of consciousness.

Mindfulness Example

I felt the front of my third chakra begin to spin backwards. I stopped, connected to the energy and consciousness in my body that created that backwards spin and asked why this distortion arose. Fear was held there and it reminded me of the fear that arose when I told my father I was going to study energy work. I knew he wouldn't be pleased and I was afraid to reveal myself in such a vulnerable manner. Letting my mind connect to my Enlightened Observer, I send myself compassion. As a result, I feel able to move through the Mindfulness process of letting this LVC transform to HVC. By moving through all 5 Steps, I self-regulate back to Core Being.

Explorer's 5-Step Mindfulness Practice to Self-Mastery

Step 1: Awareness of when we are in Core Being and when we are not in Core Being.

Step one is the ability to experience Core Being in all mind, energy and body (Me-B) systems and then to know when we have been triggered out of our Core Being. As we have awareness we are more able to have choice. Awareness is the first step.

Step 2: Detachment (versus disassociation) comes from an aligned Manifest Energy field. Manifest Energy lets us feel the difficult emotion (LVC) yet not merge our identity with the negative feelings. This helps us know we are more than the energy and challenging emotions that run through us. As we become detached from our pain, it helps us reconnect to Core Being. This is because detachment helps us assess what is happening without collapsing or defending against it. It also prevents us from over-identifying with the pain and the challenge we are experiencing. As our subtle energy skills advance, this process becomes easier.

Step 3: Naming and owning the LVC. The process of placing a label on our particular trauma, pain, and Core Distortion helps us own it. For instance, is the LVC anger, collapse, hopelessness, sadness, fear or insecurity? Owning it is essential and is very different from being over-identified with the trigger. We are not our unhealthy defenses or distortions; they are just energy moving through us. We use them as ineffective methods to protect ourselves. If we name them, versus identifying with them, we are self-compassionate and centered. If we identify with a defense or trigger, it activates our ego and we can collapse back to the negative programmed personality.

Also, in this step, we learn to connect to the energy and consciousness in the body to identify the difficulty.

This is because we can't always trust what our mind tells us. For instance, when I notice my belly fat with my mind, at the cognitive level, I am ready to let it go. However, subconsciously, when I actually feel the energy in my belly, I get a different response. The energy there does not want to leave. It says it holds loving protection. This is an example of how our mind might give us one answer, but the actual consciousness in the body may hold a different vibration and perspective. This is why we move toward unifying all three mind, energy and body systems.

Step 4: Insight - Linking the trigger to our past negative programming in all three Me-B Systems. For most people, insight into what is happening is helpful in supporting change and transformation. If what we named in Step 3 is anger or hopelessness, how might this reflect back into our past negative programming?

For example, Roselyn learned that Rick was leaving her for another woman. As Roselyn worked through these 5-steps, she noticed that the feelings she experienced reminded her of when her own father left his marriage for another woman. It felt to her as if the trauma of the past was replaying again in the present and as a result, it felt even more painful.

We can gain insight into our present day triggers to see if they have any roots to our past. We can learn to assess what past trauma or negative belief is supporting the core distortion and misaligned energy in our mind and body. As Roselyn could feel grief in her chest and heart chakra and in her stomach and 3rd chakra she noticed the negative belief that she would never be good enough to be loved.

It can take time to master the skill of feeling the energy of the trigger in the mind and body and then to uncover what LVC is held there. The exercises in each chapter build upon the skills of previous chapters. As we focus on what we can do, our skills grow and soon we succeed.

Step 5: Transformation - shift the energy in the mind and body and return to Core Being. We do this by bringing in HVC into the dense LVC of the negative programmed personality. An advanced energetic technique called the Enlightened Observer is used throughout this 5-step process. It is especially important during the transformation phase. This is because in Step 5, we allow and invite the HVC of our Enlightened Observer to fill our Me-B Systems. As a result, we reconnect to our Core Being. As we learn to return to Core Being, transformation is complete. In any one-day, we may need to follow this process numerous times.

In life, we all disconnect from our wholeness-yet, as we gain the ability to (1) notice this disconnect and (2) understand why it happened, we then are closer to transformation and reconnection.

Further details of this 5-Step Mindfulness process are outlined in later Chapters.

Using this 5-Step Mindfulness process, along with the other techniques taught in this book, we develop the ability to use the energy in our negative programmed personality that holds LVC and transform it into the energy of our Core Being that holds HVC. Self-mastery happens as we learn to self-regulate our Me-B Systems and cultivate this high vibrational shift back to Core Being. Just as silt rises to the surface when the bottom of a lake is disturbed, our Explorer's Mind helps us uncover our next personal growth work so our Enlightened Observer can use the silt to create HVC, happiness, and peace.

No Self, No Ego-Emptiness

Different spiritual philosophies discuss the concept of evolving our consciousness so we become egoless and transcend all concepts of self. To describe this experience, some use the words wholeness, emptiness, unity and oneness. Nirvana, or spiritual enlightenment is another term to describe this state of being. *In Me-B Transformation, we use the term Core Being.*

Words fail to adequately describe these expanded states of consciousness. When I am there, I notice no sense of self and no separation. To me, it feels like pure presence and

clear acceptance of what is here now. The practices in this book can help us develop skills to raise our vibrational consciousness. *Ultimately, we can be just as present, content and balanced whether the energy of anger or sadness runs through us or the energy of Core Being runs through us. This is the ideal. This is freedom.*

Any time we have an ego, we also have a self. Our ego can hold negative or positive feelings about us. The battle of not letting our ego tell us we are bad can feel intimidating and overwhelming. This is why in Me-B transformation we let Core Being become a healthy and tangible resource. I have found that to get even near the ideal of no ego and no self, some of us need a transitional object. Just as a child will use their blanket for comfort when their mother leaves, we need to connect to a concept of Core Being. To date, I don't know anyone that maintains an egoless state 24/7. Yet it is an ideal I still hold possible for all of us. Until this happens, hopefully, we can at least experience Core Being more and more throughout the day.

The 5-Step Mindfulness process and various positive resourcing meditations and exercises are included throughout the book to facilitate and experience *some level of Core Being*.

So what do I mean by "some level" of Core Being? We can examine to what extent are we connected to Core Being. For instance, the level of Core Being I experience today holds a much higher vibration than the level of Core Being I was able to experience 5 years ago. In fact, when I look back upon who I was just 5 years ago, I am slightly embarrassed by my lack of awareness. And, five years from now as I look back upon who I am today, I too hope I have advanced so much that I am "embarrassed" again. So the deeper we connect to Core Being, the deeper we can connect. The process continues and is never ending because there will always be higher vibrations of light we can allow within us.

What Is the Negative Programmed Personality and LVC/HVC?

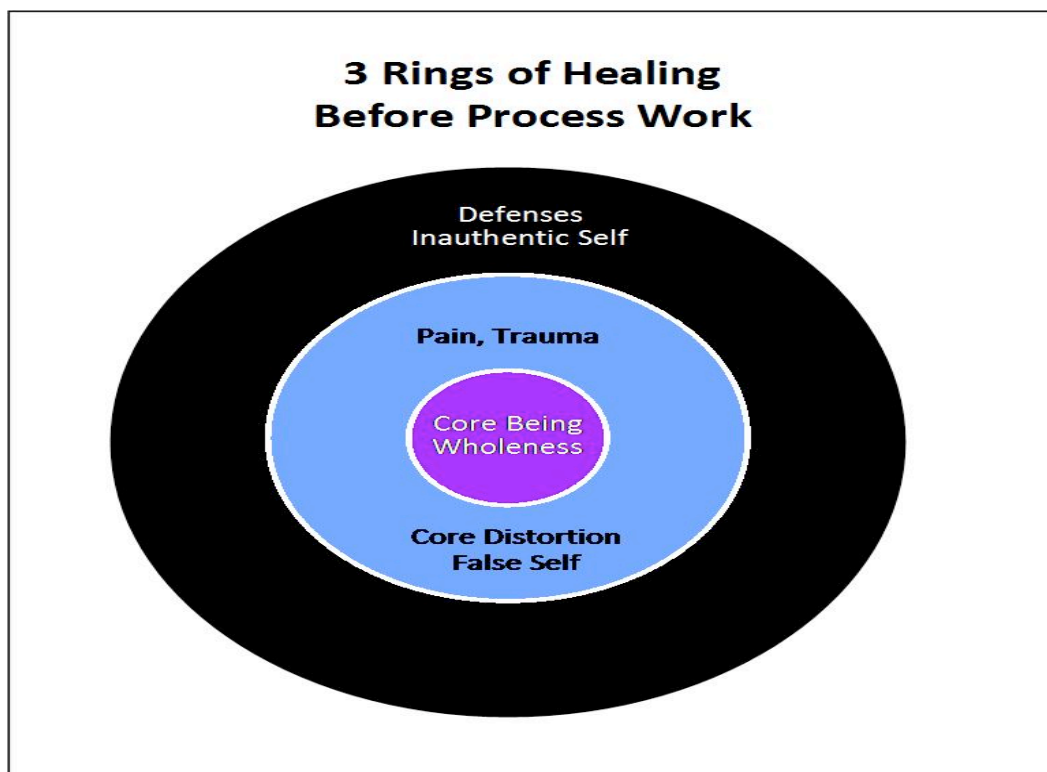
Our negative programmed personality is a false sense of self and occurs when our identification is linked to our negative past. Life experiences, trauma, prenatal experiences, birth and childhood experiences can create false images and beliefs. As a result, we adopt unhealthy defenses and a false sense of self. This false sense of self can limit us from achieving our life's passions and joys. It also creates LVC.

Low Vibrational Consciousness is the unbalanced energy of our negative programmed personality that holds negative beliefs, trauma, ego, false sense of self, illness, and difficult emotions. High Vibrational Consciousness is defined as the energy of our Core Being when it is felt as a sensation in the body and a thought and concept in the mind. *Of course there is a continuum of frequencies between high and low vibrational consciousnesses.* It is not as if we always perfectly switch off LVC and then switch on HVC. It can take a day, week or more to fully return back to our average baseline of energy and consciousness.

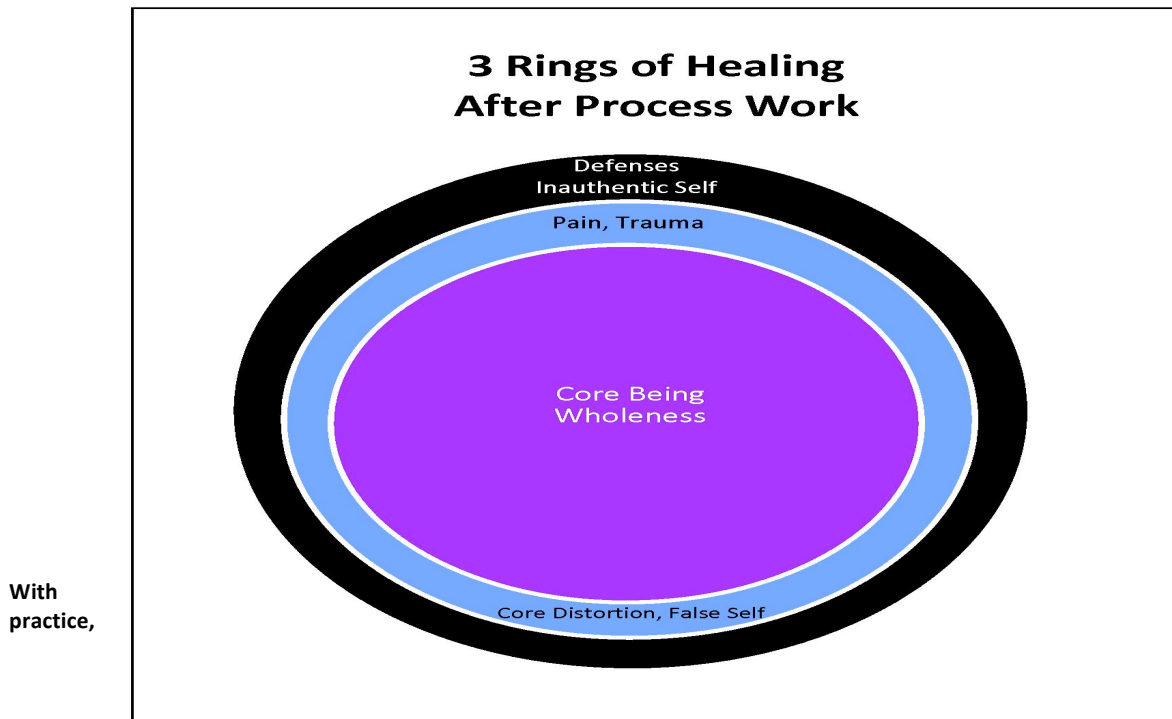
For instance, there are *10 Stages of Consciousness* in Me-B Transformation. Although most days, my baseline is Stage 6, during times of intense stress, I may fall to Stage 4. During more expansive times, I tap into Stage 8. (Benchmarks for each stage and a self-assessment test is provided. As we advance our consciousness and our skills, we more quickly regulate our Me-B Systems back to Core Being.

The baseline Core Being vibration I can currently achieve is much higher than the baseline Core Being vibration I could achieve 5 years ago. For most of us, as we grow and progress, so does our ability to reach and maintain a higher vibration of Core Being. I believe this opportunity to continually grow and reach higher states of consciousness never ends.

However, any need to be in a particular vibration in order to feel whole and content can prevent us from mastering higher states of consciousness. I find when people reach at least Stage 4 of Me-B Transformation, they become more able to feel whole and content, even when the energy of pain and hardship run through them. This is when we are somewhat able to be our own life preserver on an ocean of challenge.



NOTICE THE CENTER RING-CORE BEING-GROWS STRONGER THE MORE PERSONAL GROWTH WORK WE DO IN Me-B TRANSFORMATION



cultivated wisdom, self-love, and compassion, we move from the outer rings to the center ring and master higher stages of consciousness

What are the 3 Rings of Healing and the 10 Stages of Consciousness?

As we advance our level of consciousness, negative life experiences become gifts whereas when we are locked into the energy of LVC, we can feel trapped and stuck in the negative aspects of our ego and personality.

As we engage our Explorer's State of Mind, we discover more about ourselves.

- **The black outer-ring represents our unhealthy defenses.** In future chapters you will examine your idealized self-image, your tendency to minimize the reality before you, or your tendency to disassociate, judge others or yourself. We do all these things. In Me-B Transformation we simply notice when they arise and discover how to move out of these unhealthy defenses.

This means we must feel and move through the emotional pain and challenge that the unhealthy defense is trying to protect. Emotional pain, illness and trauma is what is held in the second, blue ring. As we learn to feel the challenge as energy, we can then transform its LVC and return to Core Being-the purple center ring.

- **The middle blue-ring represents our Core Distortions and traumas in life.** Trauma can be a physical illness, the result of a car accident or the pain we feel

when another is hurtful or judgmental. Often it is when our ego feels attacked or damaged. It also includes developmental trauma, and unresolved challenges that happen in our childhood.

- **The center-middle ring is Core Being (purple ring).** As we use aligned intention, to be mindful of the wisdom needed to transform the LVC, we can move through the outer two rings and back to the center ring, Core Being.

Throughout the day we travel back and forth through these 3-rings. The more skillful we are at following the 5-Step Mindfulness Process, the easier it is to move through the outer 2 rings and into the center Ring of Core Being.

Learning to track our energy field to notice when it becomes unbalanced and then be able to self-regulate our Me-B Systems throughout our day is a vital life skill. This is because if we are aware of our negative defenses and distortions, we then have choice. **Choice Points** are found when we are aware we are out of balance. We then can choose to develop and use our skills to return to balance. This is essential in creating our map to freedom and self-mastery.

The 10 Stages of Me-B Transformation map our journey from being imprisoned and ruled by our negative programmed personality to being free of its influence over us. *As we have aligned intention to follow the wisdom we gain from our Mindfulness skills, we become more present to follow that wisdom. The more present we are, the more connected to Core Being and we progress to higher stages of Me-B Transformation.* A brief summary of each stage follows.

Me-B Transformation Skill Levels for the 10 Me-B Stages

Skill Level I – Me-B Stages 1-3 (Step 1)

Skill Level II- Me-B Stage 4 (Steps 2 and 3)

Skill Level III- Me-B Stages 5-7 (Steps 4 and 5)

Skill Level IV- Me-B Stages 8-10 and represents various degrees of Enlightenment.

(Rarely does anyone get above Stage 7 of Me-B Transformation.)

Stage 1: Digging in the Dirt.

Stage One is when we begin “digging in the dirt” to understand—at the mental level—our unhealthy defenses, Core Being, and negative programming. We know Core Being exists, but we cannot yet experience it. In Me-B Stage 1, Core Being is simply an ideal or concept of the mind. This is when a part of us feels, “How can it possibly exist, and how can defenses/emotions be in the body and energy system? I want to believe, but is it all true/real?”

Stage 2: Where are we digging?

At this stage, we are beginning to label the outer and middle rings of the 3-rings of healing. We are not yet sure where they are held energetically in our body. Also, at this stage of Me-B Transformation, we are not yet convinced this “stuff” works, so we are “faking it to make it.” We are focused on knowing the answer to the Zen Koan, “Who Am I?” in all 3 Rings—the outer ring (unhealthy defenses); middle ring (trauma, false self) and center ring (Core Being). (In Stage 2, we develop the gifts of the 4th chakra, compassion for self and others.)

Stage 3: Transformation Finally, at this Me-B Stage, we have enough HVC to begin to transform LVC. This is because we can finally experience, feel, and sense all 3-Rings. We can feel Core Being, notice our Trauma and Core Distortions in the blue middle ring, and identify our negative defenses in the black outer ring. At Stage 3, we are just beginning to be able to titrate back and forth between experiencing our HVC and then experiencing our emotional pain. We go back and forth because we can’t yet keep our HVC of Core Being strong when we feel emotional pain.

Transformation Choice Points happen more often at this stage, because we have a stronger awareness of our Core Being and we have stronger Mindfulness skills so we also are more present to follow the wisdom the mindfulness brings. Our ego still over-identifies with the pain, but we are starting to believe/experience and move beyond faking it to make it. We are much closer to knowing the answer to “Who am I?” (At this stage we are developing gifts of the 3rd chakra—a positive ego/sense of self.)

Stage 4: Holding Two Places At Once. Holding Two Places At Once means we can somewhat maintain the Level II Mindfulness Skills of detachment and naming the LVC. This means we are learning **not to** identify with the energy of the negative emotions/thoughts/beliefs flowing through us. For instance, if we are feeling grief, we are not merging our identity with the grief. Instead, we feel the energy of grief moving through us. If we are feeling insecure, we know it is the energy of insecurity that is running through us and we don’t completely merge our identity with the insecurity.

Stage 5: Ego Death Process. In this stage of Me-B Transformation—who we thought we were is now changing. At Stage 5, there is a conscious death of our old self-identity. Yes, once we finally answer the question, “Who am I?” that ego-based understanding of self must die and eventually be reborn. I find this process is a continuum. Just as a snake must shed its skin, as we grow we must shed our concept of self. This is why snakes are such a strong symbol of transformation.

For me, this process happens every few years. I shed my old concept of self and a new one is reborn. *And, as long as we still have an ego, this process will continue to take place until one day, we notice no concept of self or ego is found.*

So, in Me-B Transformation, we constantly discover who we are—and then let it go, so we can discover the next deeper truth. Then again we ask, “Who am I?” Then we let it

go. Enter the void. Come through the other side and once again discover who we are. Let it go. Enter the void. Come through the other side and once again . . . over and over again. This is how we grow, change and transform.

The experience of the void occurs when the ego's old self-identification is gone, and the new one has not yet been put in place. At Stage 5: Ego Death Process, often we can notice and take responsibility when our ego is activated. And at Stage 5, our Mindfulness Skills are advanced, Level III. This means we can maintain HVC, and we don't over-identify with emotional triggers. (This happens about 60 percent of the time.) The void still feels difficult, like climbing Mt. Everest without oxygen. (At this stage, we are developing the gifts of the 2nd Chakra-Personal Power).

Stage 6: Through the Void. At Stage 6, we have come through the void and are deeply anchored into Core Being. We understand that the Ego Death Process will happen again and again throughout our lifetime. We know it will always feel painful and difficult-like climbing Mt. Everest without oxygen.

It can be okay because we have already walked that path and know we can succeed. At this stage, 70 percent of the time, we can own our ego activation and be in Core Being. We can also confidently transform anger, anxiety, and sadness into personal strength. (We are starting to use the 2nd Chakra's gifts.)

Stage 7: Self-Mirroring, Loneliness Mastered—Joy and Bliss Multiply. Self-authority is strong in this stage. Even when we are alone, we are never lonely, because we are anchored so deeply into ourselves. When someone negatively projects upon us, we know the truth of what is ours and what is not us—because we define who we are in the world. The statement “no one can abandon me but myself” now feels true. Existential fear is still difficult to transform, but we are not over-identified with it. Our ego gets activated and we still live from our programmed personality, but 80 percent of the time we are in Core Being. (At this stage we are mastering skills of the 5th Chakra-self authority. We feel whole even when someone of authority issues harsh judgments about us.)

Even if we are able to master all the skills of Stage 7 of Me-B Transformation, it doesn't necessarily mean we have enough HVC to stay at Stage 7. At this stage we know our unhealthy defenses, and have worked through much of our childhood wounding. We are proficient at transforming LVC and HVC and we are proficient at the 5-Step Mindfulness Process. We easily sense subtle energies and can effortlessly connect to our body and assess where there are Core Distortions. Most of our personal process work is devoted to uncovering our subconscious (*shadow*) aspects that were previously hidden from our conscious awareness.

As we master all of the skills in the book, if we find ourselves at Stage 7 but later discover we have dropped back down to Stage 4, just know we are exploring our

shadow aspects. We are still human. We are human, and, as humans, there will always be LVC to transform into HVC. It is very important to continue looking for those difficult Choice Points where we own our past negative programming, chose a different reaction, and create a different reality. This process may not be easy-so we can at least be kind and patient with ourselves as we develop the skills outlined in this book.

Stage 8-10: Degrees of Enlightenment. Very few people can consistently maintain Stages 8-10. These states represent varying degrees of Enlightenment. When we are at Stages 8-10, we use all the gifts of all the Chakras and all the Dimensions.

(Even though few people evolve past Me-B Stage 4, think of how much more joy and peace would spread if we all mastered at least Stage 4.)

How I Developed This System

I developed this system after I graduated from college and began to investigate how to overcome my own pain and insecurities. In 1984 I began my professional career as a Community Organizer in Washington, D.C. helping out in low-income neighborhoods. Then I worked in national organizations as a policy advocate on Capitol Hill for the disenfranchised. Later my work expanded to Bangladesh, Nepal and Cambodia where I developed woman empowerment programs, and began to study healing. I became a Licensed Professional Counselor (LPC), learned body-centered psychotherapeutic approaches, studied advanced trauma strategies, meditation, and energetic practices such as Reiki, healing touch, Barbara Brennan Healing Science, Chi Kung and others.

Each system I learned had valuable components and life skills but none felt complete and comprehensive so I began to look for the missing pieces.

The missing pieces I found include the need to master subtle energy awareness, Core Being and the Enlightened Observer skills. It is also important to incorporate all 3 mind, energy and bodily systems together in a coordinated manner.

Next is a summary of why people get stuck in negative cycles and how subtle energy awareness, advance mindfulness and presence of Core Being helps us overcome personal challenges such as: chronic illness, depression, loneliness, and repetitive negative cycles.

*Each task has a tool to help us: **Aligned Intention, Mindfulness** (from the Enlightened Observer to gain wisdom) and **Presence** of Core Being to follow the message mindfulness delivers. (More will be discussed on these three tools in the next chapter.)*

3 TASKS TO SELF-MASTERY: OVERCOMING NEGATIVE CYCLES

As a healer and psychotherapist, I began to notice three reasons why people get stuck in the same negative life challenges and three tasks we can master so we move forward.

As we master these tasks, we are also more able to follow the *5-Step Mindfulness*

Practice, move through the 3-rings of healing, and anchor back into Core Being.

TASK ONE: Don't Merge and identify with the pain.

We get stuck any time we merge and over-identify with pain, illness, trauma and difficult emotions. What do you mean I am not the fear, anger, anguish and insecurity that runs through me? If I am not my pain, what am I?

Too often we identify our sense of self with what we are feeling about ourselves in the moment. If we are happy and others act loving, we feel good about ourselves. If we are sad, make mistakes and others are judging us then we can feel bad about ourselves.

Manifest Energy helps align our intention so we are able to be in relation to the pain and difficulty-yet detached enough so we can listen to its wisdom. Pain and difficulty always has a gift-can we be wise enough to discover the gift. Manifest Energy also helps us be present enough to follow through with the wisdom Mindfulness provides us. Learn to let the energy of pain and challenge be energy not a self-identification of who we are. Then learn to let the energy of pain and challenge run through our Me-B system. Don't hold on to it!

I believe freedom comes when our wholeness is a consistent force we can tap into for support. This promotes long-term positive change and healing. So, learning not to merge with the negative energy, emotions, trauma and false sense of self is pivotal if we are to create our map to freedom. I feel free when I am so deeply anchored into my Core Being that I feel complete, even when in pain. Freedom is also when I no longer feel alone because I am deeply connected to the oneness within me. This book is devoted to helping us achieve this goal of freedom.

TASK TWO: Discover the negative aspects of our personality that sabotage us.

The second reason people stay stuck is when a subconscious harmful intention toward healing and self-mastery takes charge of our actions. For instance, we all have positive aspects of our personality that help us. But we also have negative aspects of our personality that can sabotage us. If we are committed to healing and growth, we must learn to see how our internal saboteur thwarts our forward movement.

A saboteur might make us feel frozen-as if we are waiting for someone or something to come to our rescue. Sometimes we wait for years to be rescued. For instance, a talented writer I know attended a workshop to get support on her new book. At the workshop, she was ostracized and shamed by the other participants. She hasn't written a word since. She so wanted the external support but didn't receive it. Sometimes we must move forward even when there is no external support. (This does not mean we can't get external support to augment our internal light. In fact, asking for help is often an indicator of strength. The problem comes when we can't move forward without it.)

Trauma actually programs this freeze (saboteur) into our body's nervous system.

Polyvagal Theory explains (in part) our immobilization and is discussed more in the trauma and chronic healing chapters.

Another way our saboteur can limit us is when it makes us stay in pain and darkness. The saying “the devil we know is better than the devil we don’t know” is an example of this. It can feel safer to stay in the pain than to leave it and move into the unknown. In fact, the latest advances in neuropsychology suggest we all become programmed to stay in the same patterns by our brain and body systems. This is why it takes relentless, strong and focused intention to reprogram.

TASK THREE: Master subtle energy awareness and the ability to transformation Me-B Systems.

The final reason we stay stuck is lack of self-awareness at a subtle enough level to change. Too many of our problems cannot be solved through cognitive reasoning alone. Many of our negative patterns are held at such a subtle level in the body and energy system that it can be hard to find the distortions and heal.

For instance, trauma wires our brain to repeat its negative patterns. It is a physiological programming that happens in both the body and brain. Because it gets so deeply wired within us, it is rarely solved only through talk therapy. Therefore, it is vital we learn to tap into the body and energy systems and reveal the subconscious core distortions and negative programming held there. (A core distortion is anything that keeps us from Core Being. It can be an emotion, negative belief, trauma or pain.)

Carl Jung suggests that it is the unknown that has the most power over us. Arguably, our subconscious is 99.9 percent of total awareness. Or, we are only 0.1 percent aware. Because the subconscious can conspire against us, it can be a reason we get stuck. As we learn to use subtle energy awareness to reveal what is hidden in our subconscious- we can discover the parts of us that need support and the parts of us that can support us.

Growing up, I suffered from a haze I now know was depression and Post Traumatic Stress Disorder. As an adoptee I worked to heal abandonment issues, prenatal trauma and overcome the challenges of growing up with an emotionally abusive alcoholic father and a distant mother. At the time, I never felt I belonged anywhere. The harsh treatment people inflicted upon one another made no sense to me. I wondered what was I doing on this crazy, harsh planet?

As I grew older, I had a sense that there was something important I was supposed to do. I believe the Science of Me-B Transformation is the important work I came to do and I couldn’t have developed it without all the very difficult challenges I encountered in my life. Every time I am grateful that something bad happened to me, I know I received the

gift the difficulty was meant to deliver to me. Wisdom and self-awareness can sometimes only be born from hardship.

One of the best-known proverbs from Buddhism is: life is suffering. My interpretation is that life has suffering and pain in it. This cannot change and will not change. **But, we can learn to not be the suffering and-we can look for the gifts difficulty can bring.**

Just as a diamond needs polishing before it shines, we need to remember our shine. So as we move through the challenges before us but not merge with the pain and negative identification, we learn to use the energy of pain, illness, depression and difficulty as a raw material that will reconnect us to our wholeness and light. Just as splitting an atom creates a burst of energy, I find if we have:

- (1) aligned intention,
- (2) our mind has a high enough vibrational frequency as we connect to the center of the painful emotions in our body and,
- (3) we don't merge with the difficulty but bring light into it, a burst of energy moves through us too. As a result, healing and wholeness happens.

In this book we use a combination of positive intention, advanced mindfulness techniques and subtle energy awareness to convert LVC into HVC. Through our Explorer's State of Mind, we also learn to listen to any wisdom and lessons that difficulty and LVC brings. From wisdom, we facilitate connection to our wholeness. As a result, the HVC of Core Being is felt in the thoughts of our mind, in the sensations in our body and in our energy system. It is truly a map to wholeness and freedom.

3 Tasks to Overcome Negative Cycles

TASK ONE

Don't merge and over-identify with pain, illness, trauma and difficult emotions. Manifest Energy helps with this by fostering the energetic alignment to achieve a balanced level of detachment from the challenge. Learn to let the energy of pain and challenge run through you and then reconnect to Core Being.

TASKS TWO

Discover the negative aspects of our personality that can sabotage us. If we are committed to healing and growth, we must see how our internal saboteur thwarts our forward movement.

TASK THREE

We must master subtle energy awareness and transformation in all three Me-B Systems. Too many of our problems cannot be solved through cognitive reasoning alone. Many of our negative patterns are held at such a subtle level in the brain, body and energy system that it can be hard to find the distortions and heal.

So, we can think of Me-B Transformation as a form of spiritual alchemy. This is because we connect to the metaphorical lead of our past negative programming (trauma, negative beliefs and emotional pain). We then surrender into the center of it with high enough consciousness and wisdom (advanced mindfulness) to allow it to transform into the gold of our Core Being.

Since we are human, we all move in and out of our negative personality aspects throughout the day. *Wouldn't it be nice if we were to notice how we do this and then have the skill and aligned intention to return to the truth of our Core Being?* As we learn to consciously cultivate the energy of our Core Being, we can use its HVC to heal the LVC of the negative aspects of our out of balance programmed personality.

Then, from the clear and whole perspective of Core Being, wisdom can be gained and our path more easily revealed. In addition, the energy of Core Being's HVC can be used to change our cells, our thoughts and our concepts of self so we can overcome illness, depression, anxiety and manifest our dreams. So when I am asked, what is my definition of empowerment and enlightenment? The answer I now give is simply the ability within to know when we are out of our center and wholeness and then return quicker and quicker back to Core Being. For most of us who do this diligently throughout the day, it is a rewarding yet difficult challenge.

Skills To Develop

When we connect to difficulty and challenge with the LVC of our negative programmed personality, we create more negativity. As we learn to align our intention, use mindfulness to receive wisdom and develop the presence to follow that wisdom, we are more able to self-regulate back to the wholeness of our Core Being in our Me-B System. As a result, we cultivate HVC and foster health, happiness and abundance. I call it learning to be the light in the darkness and the metaphorical "I" in the hurricane.

Happily, we can learn how to notice when we are creating and running LVC within us and we can learn the techniques taught in this book to reconnect to our wholeness and live more often from the HVC of our Core Being. So, although we can't control if the energy of HVC or LVC is going to run through us anymore than we can control the weather...as our skills increase, we are more able to:

- * self-regulate our mind-energy-body system so we can
- * transform the energy of the LVC,
- * see what lessons or wisdom it holds, and
- * through the power of subtle energy awareness, positive intention and advanced mindfulness techniques, we become present enough so we can return back to the HVC of Core Being.

To be successful in this process, it is vital we cultivate a connection to our wholeness or Core Being and not base our identity on the negative aspects of our personality that have been programmed into us throughout our life. In this book, we learn how to move out of our negative programmed personality and deepen our connection to Core Being in our Me-B System. This book serves as a year's training in Me-B Transformation; it is a guide and workbook in one. Take your time to master the skills and set goals to do a little bit every week. (If you need help, seek guidance from Me-B trained practitioners, and/or organize classes in your area.)

INTRODUCTION REVIEW and PERSONAL MASTERY QUESTIONS

1. Explain HVC and LVC.
2. Explain your programmed personality – both the positive aspects and the saboteur aspects.
3. List 5-steps to use mindfulness and self-regulate our Me-B System back to Core Being.
4. What is easy for you in mastering these steps and where might you need additional support?
5. How might you organize your life to get that support (or have you already done this-explain)?
6. Just as splitting an atom creates a burst of energy, I find if we have (1) _____ (2) _____ and, (3) _____ As a result, healing and wholeness happens.
7. What keeps us from wisdom?
8. Explain Choice Points for Peace.
9. Draw the 3 rings of healing before and after process work. Explain the difference.
10. List three reasons why we get stuck. Now relate these reasons to you and your life challenges.
11. To be successful in self-mastery, it is vital we cultivate _____ based on _____.
12. Explain why life is suffering and that is the good news.
13. Explain why Me-B Transformation is a form of spiritual alchemy.
14. Look at your life and explore what gifts you gained from past hardship.
15. For the next two weeks, look for Choice Points. You don't have to change any behaviors, just notice them.
16. What is your identity based on? How might that need to be deepened into a more universal support system of Core Being?

