

## Week 4 Day 2

### Merging with Consciousness.

Here we are. Over the past 3 weeks we have successfully become aware of all the sensations and embodied our intuition by tuning into our environments within and around us. We have become experts at consciously cleansing, clearing, and purging our inner and outer surroundings. So, what more can we do to embody our conscious intuitive nature completely and fully? Essentially, how do we become conscious and intuitive in every moment?

Only in the awakening, can we become the consciousness that resides intuitively within us.

As we become conscious and intuitive in nature, we recognize that our true power comes from the sensations of the body, which naturally tunes us into this knowing. This is the self-connected internal knowing recognized as the triad of consciousness spoken about earlier. It is not necessary to have all our energy systems in our body perfectly aligned nor must we be well versed in metaphysical concepts. Rather it is more helpful to NOT have any type of metaphysical or spiritual background. When we have studied and become well versed in metaphysical, religious, or spiritual concepts we run the risk of 'knowing it all'. We run the risk of already knowing everything and having all the answers. We stop believing. This is the mind keeping us limited. This work is not for the mind. The minute we 'know it all' we lose our connection with consciousness. In this work we know nothing with the mind and the sensations of our body become the keys to our release.

Through sensation we can resolve and release that which is unknown to us, which keeps us where we are. In essence the key is to sense that things are already 'taken care of' because we are tuned into and tapped into something greater than us. Even if we do not know what that is or believe that there is something greater, we still receive help and we still receive our shift in consciousness. Conscious intuition is without the mind. It is guidance felt through the heart and opening us to an expansion unidentified by form. It surprises us with humble confirmation that as we follow our 'knowing' we come across answers to dilemmas that are beyond our rational mind.

For example, some very important information came to me for over a month about 'narcissistic' personality traits. I did not know why I was receiving this information, nor did I understand the connections at first. I simply found myself very aware that I kept receiving this information from various sources. Simultaneously, there was a certain person in my life I felt was not completely genuine and I understood I did not need to judge. Instead, I remained present with an open heart. Later, I began to realize, before a 'partnership' advanced with this person, that I was dealing with a narcissist personality. Throughout this experience, I sat with myself in the not knowing of what was unfolding before me, and allowed the experience to happen. There were many instances that felt confusing during our interactions. Why was it that in some situations this person felt life affirming and in other situations it felt consuming and depleting? Why was it that my ears heard what they were saying but the energy behind their words was of a different intention? I continued to sit with myself, breathe through these confusing moments of fear, and allowed my insecurities and feelings of instability to rise up to the surface of my being. I never asserted myself from a place of needing to be right no matter how I felt. I remained neutral and unreactive. I waited and sensed within what was next before going forward. Through simply confirming the conscious intuitive knowing from within and following through with 'NO' action I received answers and found the solutions to my dilemma.

I affirmed 'no action' by not going further with a partnership. What this person was promising verbally was not truthful and conscious intuition was clearly guiding me to walk away; no matter what resistance I

encountered. My resistance was the clearing that needed to happen of a learned belief stored away in my past and no longer serving my world today. My heart felt contracted and tight. My guides showed me nothing every time I asked for them to show me the next steps to take. I received nothing and therefore was to do nothing. Believe me...this was a true test of my ability to allow the embodied 6<sup>th</sup> sense to reveal the reality of the situation. This 'spiritually enlightened person' was not to be trusted. Things are not always what they appear to be. I later learned that if I had gone forward with a partnership there would have been much deception and financial strain. Our intuition knows the truth behind all actions and senses this through the heart of consciousness. It is sometimes very quiet, and it is always there in truth.

Ultimately, we may begin to understand our outer experiences are a representation of our subconscious beliefs. When we finally realize and wake up to our awareness, we begin to embrace a powerful part of ourselves. As we practice, the illusion of searching falls away. We are no longer unconsciously searching to confirm our old beliefs and conform to the outside. In essence we are being where we are with our truest intentions because we are more in line with our authentic self. We are the being. It is in here that we embrace our soul's purpose.

The person who is sweeping streets may be more consciously alive and in tune with their purpose than the person who is working the stock market and making millions of dollars. It all depends on where we are and if we are in alignment with our truth. Do we need confirmation and conformity or can we exist in our current relationships with our own awakened connection?

When my child throws a tantrum on the floor of the grocery store is my love for them dependent on their behavior or does it always exist. Am I able to hold myself in that love and come from a place of consciousness to help them or am I troubled and caught up in the situation trying to control their behaviors? We do this in relationships. When there is a discussion between two people. Can we be in our conscious knowing that what is happening within us has nothing to do with the other person but rather something of our own that is bubbling up to be revealed. If we remain conscious, we connect in moments of fear and love without judgment and with invested interest that we are working towards a greater cause. The light of our consciousness never fails. It does not control, and it does not judge. It holds no grudges, nor does it resent and place itself in a form of self-defense. It shines in complete acceptance of itself and the world around.

A flower that grows in the forest does not dwell on the idea that it may be the only flower for miles in a sea of trees and tall grasses. It grows where it is in a state of unconditioned reverence for its existence where it is. We are the experience. Our state of being determines nothing and everything at the same time. Our desire for consciousness determines nothing. When we are being, we realize that all that is happening has nothing to do and no way to control. It just is.

Here is your practice...

With every situation, which arises, and every condition that happens...be. Just be. Offer no advice or try to determine the best outcome to take. Just allow things to unfold on their own with a state of conscious peace. If a business partner is unraveling frustration over a situation and is looking for approval from you to make a decision to go in a direction that is unclear...then just pause.

Pause...breathe...excuse yourself...and take a walk. This is possible. In a moment that one must make a decision because it is a life-threatening situation we need to act without hesitation, for sure. This is NOT what I am referring to. In these cases, our survivor instincts kick in and we are to follow through for sure. I am speaking of the idea that we do not need to make decisions when someone else is pressuring us to do so

because of their perceived time frame. We must sense our way and feel what is happening within us. Connect in our triad of super consciousness and become our purpose in every moment. Ask yourself, “Am I living my purpose in this moment? How can I be in this moment and be aligned with my highest purpose? How do I remain aligned right now? How do I become more in tune with the true purpose in my life? Who am I in this moment? Who am I truly? Who am I?”

One may continue to wonder, “Why we ask so many questions directed at the self and our own actions?” Well, the only thing we have control over in our life is ourselves. Even our own self-perceived control is a mystery. When we come to this level of consciousness, we come to the realization we control nothing and the only power we have is in a triad with all that is. We are connecting and being in every moment. No matter what. When we pause to ask ourselves the questions, we also find that our heartbeat slows down, our vision opens up, our ears keenly become aware of our surroundings and our digestion rests where we are. We become one with timelessness and understand that the perception of urgency is not based on anything but human creation. That in the realm of space and time there really is no space and time. It is here that we have access to all possibility. It is in this moment that the connections are happening all around us and our new reality lines up.

When we realize there is a human unconsciousness that is always trying to figure things out, we are in that state, always. We never allow for miracles, and we never allow for any other possibilities because we are energetically sending out the message to the universe that ‘we’ve got this all figured out already’ and ‘we don’t need the help’. Thus, we have intentionally cut off the supply of miracles, which now has no room to show up. When we pause and respond in a new way of being that is heart centered, we detach from the collective unconscious. In that detachment we automatically begin to realign with something greater, conscious, and intuitive.

Imagine unplugging from the collective unconscious of the business entity **on purpose**. We unplug ourselves so that we can **lead in a higher way**. When we unplug, we are allowing ourselves to fly above situations and see from the bird’s eye view. If we are so attached to the collective unconscious of that entity we can never actually see from outside the picture. We are always inside the framework of what we perceive to be happening and thus remain in the box full of ideas that are only available where we are. When we unplug and allow ourselves to breathe, walk, tune in, and separate in a way that connects us to our intuitive consciousness, we are tuning into something bigger than all of us. We are aligned with consciousness that has the highest and best interest for everyone and everything and then we allow for the highest and best possible outcome to be available to us. We may not understand ‘how’ or know ‘why’, at first. But this is the process of opening and becoming reconnected. Remember, the journey always unfolds exactly as it is supposed to. As we reconnect to ourselves, we reconnect to allowing flow back into our live. We are guided and directed. We lead others as we are led in a new way. We are that which we seek, as we trust, the path will unfold. It’s in the attempt to find, that we keep searching. When we cease from searching, we finally realize we were already there.

Today. Our mission is to continue to merge with consciousness. Walk amongst nature. Sit with a flower. Be with the Earth. Feel the sensations of consciousness all around. In the wind, the trees, the grass, the flowers, the smells, etc. Be with the aliveness all around. It is in the fish within the fishbowl, the dog near you, and the plant by your bedside table. It is the aliveness that is the living consciousness in everything. If you can take some time to sit with a tree...close your eyes and imagine yourself merging with her. Be in the tree...imagine yourself being the tree trunk and expanding your arms up to the sun and your legs running deep into the Earth. Be. Be the grass. Be a blade of grass... reaching high to the sky and rooted within the dirt below. Wave

with the wind. Feel the expansion. The aliveness of nature is the aliveness of consciousness. It is all around us.

Bring nature into your home. Have potted plants in the office to remind you of who you are. Find rocks to place around, these are the elements of this great universe, and decorate the computer screen with mountains, and streams, and organic materials. Be connected to all that is and allow reminders all around the environment. This fosters connection to the world within and subtly fosters the knowing that everything that is in this world is not of this world. You are not of this world and certainly we all will be going to another place when we are gone. Ask yourself, "What is my purpose? Who am I meant to be and am I becoming what I am? What is this? Who am I? How do I know this?" In asking these questions...don't wait for answers just sense the aliveness within and around you. Continue to ask, 'Do posing these questions arise any unsatisfied emotions? In posing these questions do I feel a shift in how I relate to others? Has my perception as to what is important and non-important changed? In asking these questions do I feel any different about life? Am I able to connect with the world around me in a new light?'

In posing these fundamental questions of existence we are in essence acknowledging the action in non-action. This is how conscious intuition can help us be more productive than the mind alone. When we merge with consciousness we are disconnecting from the collective unconscious, and we then can lead guide and direct from a far greater evolutionary position than anyone has ever been able to do before.

People begin to look at us differently because they can feel a shift. Those that are beginning waking up to their own consciousness may be very inquisitive. They may ask what we have been doing and how come we look so much better. We may not notice the shifts in ourselves, but they will. Some that are fear based will wonder if we are ok and if we need to talk to someone about what is going on in our life. Just smile and thank them for their concern and assure them you have never felt clearer about your life and the purpose of your work. Most people will be curious of your newfound strength and peace. Your openness to creativity will produce inspired answers to problems that came from something outside of the unconsciousness that was residing in the current institution that you work. Your contributions will be conscious and different. Consciousness is in everyone and everything and when it begins to wake up it spreads easily and fast as if you turned a light on in a room. Remember, you are not shifting anyone, and it is not your job to preach what they should do. Your path is your own and theirs is their path. We spread the inspiration and intuitive consciousness by being this ourselves and connecting at heart-to-heart levels with everyone around us no matter what. We accept everyone for who they are, and we attempt to change no one. This is truly conscious and heart full living. This is living without ego and without the form-based perception that most of humanity is attached to. We are formless. When we leave the Earth, we do not take our bodies with us. The aliveness is no longer in the body that we left but that does not mean we are not alive.

Today, just for now. Be. Merge with your consciousness by purposefully being in nature to merge with nature and practice in the most complex situations that may emerge in relationships throughout your day. Practice many of the techniques we have learned the past 3 weeks. Keep merging with your life as an intuitive tapped in and tuned into 'being'. IN-Joy life. In-Joy-Ing life is the being of joy. So, In-joy today.

When complex situations emerge... take care of yourself...take a breath, excuse yourself, walk, give yourself space and a moment to allow yourself to merge again with your spirit. Then come back without an answer. There is no need to force, and everyone has the right to moments. It is one of the greatest gifts to give our self and our emergence into a conscious life.

Today is about merging. Tomorrow we will practice how to be one with this newfound awareness and we will practice opening to more enlightened ways of listening and tuning into our connection.

**Today's Mantra**

**Just for now, in this now moment, I merge with consciousness.**

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