

Response-ibility = Freedom = Your Power to Create Life

By Patricia Davis

If you see Life as divided into 2 camps, as a war, you will be divided within yourself, at war within yourself. Your Life will reflect this. *Contradictions are not contradictory but complementary.* Polarities are not opposing each other but complementary. Your perception is your Being. If you look for polarities you will find them; if you look for the One, you will see The One.

We each have all aspects of the One within us, reflected in the outer world as apparently separated units – which is an illusion of the prism of the Mind, of the Holographic Tool of the Brain. The God of Light is also the God of Darkness. In this realm of duality, you cannot have one without the other. Black and white are not opposites but when meeting together, produce One spectrum of colour (Goethe and Steiner).

Karma is caused by the emotional and perceptual separative judgmental labelling of 'bad and good', and is still held in this way in the Astral emotional / psychological energy body after the physical body is deceased and causes an energetic compulsion to 'return' to rebalance the polarities.

We 'DO' Karma to ourselves by misunderstanding, miss-managing of emotional energy. We spend aeons bouncing from / to bodies, our unconscious, but powerful, beliefs causing the 'Game' to continue, like impressions upon plastic or jelly.

There is a 2nd death from the Astral energy body (like a shell) to the Spiritual level where all distinctions / dualities disappear into the One-ness, like a mist when the sun comes out, hence no Karma return. We become deceived in the / Physical Astral level by our learned divisions, labels, roles and names, which are useful but illusionary, not the Truth; *'The optical delusion of our consciousness'* in the words of Albert Einstein. Re-member / re-embody what is Truth. As babies we knew this, saw the world as ourselves, as One our cultures here began the illusion. There is no cause / effect where Time is still, in the vertical 'Now' axis, only in the linear past-future axis.

Wisdom is acknowledging that the Unknown cannot be known (with the rational Mind) – only Be Itself, discovered by experience. Definitions define the definer not the defined. Perceptions can only be personal and selective and confining, rejected? as an integral part of the Whole. Be simply a Witness to your experience by being open and you will receive Wisdom that comes from a deep / high level. Saints have sinner aspects and sinners have saint aspects. Do not be fooled by your own Head-Mind. Relax into your ignorance – there is no effort to be made. We can only surrender for help to a Higher Power / Field, as we recognise that we are a temporary (time-related) energy unit within that Higher Field; Knowledge of it can

only be danced or sung. Is linear, analytical thinking blocking 'miraculous' happenings that vertical opening-up invites? When we 'help' another in the usual cause and effect manner, are we really helping, or are we hindering the progress of that person towards surrender?

Who can analyse or dissect Love – it is Life – it cannot be understood by the Head-Mind, only experienced by the Heart - Mind (see research by 'HeartMath' organisation). The senses are bridges to / from the outer reality not Reality Itself. The bridge leads within you; this is where Reality is. Every 'thing' is external. The past is merely a dead recording, the present is: Aliveness, the Point of Power, Awareness, Intelligence; the future outflows from this Present, you cannot go back in linear 'arrow' time. The future is only a Dream; the Now is where Life is, so allow it to be alive, vibrant, flowing.

Your brain is an interface central processing unit (CPU) and creates your 'reality' at least 5 seconds before you are conscious of it, (via the 'adaptive unconscious'), changing waves into particles by the brain's observation and your senses project that reality and initiate an emotional and physical reaction. (Quantum Physics research) The brain takes binary codes (polarity 0 / 1) and projects the results onto a mental screen; the 'concreteness' of our world is a secondary reality. Consciousness makes the choice (with the 'adaptive un-conscious'). (See work of psychologists Timothy D. Watson and Nalini Ambady and experiments done by scientists at University of Iowa) (The Adaptive unconscious seems to work through the ventromedial prefrontal cortex which lies behind the nose (see work of neurologist Antonin Damasio at University of Iowa book: Descartes' Error)

The unconscious works in milli-seconds in high stake, fast-moving situations where the conscious mind takes a million times longer to calculate, for example in a situation of a possible car accident). What we believe to be 'freewill' is largely an illusion; most of the time we are on this automatic pilot which makes the decisions and tells the conscious afterwards, to the warm glow of the ego which takes the credit. Adaptive unconscious sees patterns, recognises clues of tones, scents, textures etc so quickly that we could call it – instantly, and disregards what does not fit the overall pattern. It is not always correct – refer to the 'Warren Hastings' mistake (mistaken assumptions from appearances). Try the IAT tests at www.implicit.harvard.edu.to see how your unconscious makes decisions that are often 180deg different to your conscious choices.

When we consciously make decisions, it needs a longer time to deliberate, and too much information can 'cloud' the mental screen. Awareness on the emotional, personal level of an individual works better in actual living situations, than over-many facts and figures UNLESS we use a computer for facts and statistics. The human mind is more subtle and sensory-based, uses information that a computer has no

access to, and needs to become aware of its own processes to gain some control over the outcome i.e. the living experience.

Discomfort of some kind – bodily, emotional, thought....? Go deeply INTO it, EXPERIENCE it fully, read its message, reclaim your Power, EMBRACE your experience....>it changes automatically (what we resist...persists)....as it flows>look at the underlying dualistic judgment...bad / good, accept/resist....>underlying opinion....>ego defence system...>base belief....>filters...>our biology... (see: Dr Bruce Oldfield's 'New Biology') >life pattern...>childhood experience....> cultural / family teaching...> suffering / pleasure, either/or outcome. Shine a light and the situation switches. We have false beliefs about who we are. The stronger the emotion = the more 'power' we have invested in our personal 'truth' which we guard with our ego.

Express appreciation, gratitude - to all involved in the situation resulting in your discomfort; no need to ask 'why' - just change your automatic reaction with a conscious choice. All play their chosen roles in this illusion so convincingly, so that you can play yours. Laughter and humour about self/life illusions are the mark of the Enlightened.

*The sense data, emotion energy response and the thoughts about the former are a vicious circle which makes the experience of Human Beings in this physical domain. They reinforce each other and this circle can only be released by awareness and attention, then chosen new action.

*Observation...>Awareness...>Vigilance...>Wakefulness...>Honesty...>Practise...>Neutrality in response...> way through Detachment from Illusion...>Karma is void. Discomfort? = Observe your judgmental thoughts and their outcome.

There are no positive or negative emotions – these are concepts of duality – there is only Emotion, which is a neutral energy produced by the Body to MOVE you into an action. It is when this energy is suppressed, denied, hidden / dark – that is becomes harmful. Dark, rejected energies cause us trouble as they seek attention, in ever more material ways. Allow the emotion to FLOW with Attention and Awareness direct from the Body Sensations; they carry information for you, which if not listened to with respect, become symptoms of illness, as they cry out for your attention, with ever more strong messages. If listened to and the message read, then the emotion will guide you, flow you, into Alchemical Transmutation.

Emotions are the link of Information between the Body (cellular membrane response) plus its environment and the Mind with its beliefs and concepts. The suppression and denial which causes a downward contracting spiral and deadening of the Body-Mind System can be replaced with a rising expanding spiral and aliveness, into the 'otherness' of the World and 'Oneness' of the Spiritual realm. The word 'shaman' means "to see in the dark" and we need to be willing to go into our own dark / hidden

emotions of our 'animal-body' nature, to find the 'Other World'. The darkness, we will find, has its own Light (of another frequency), light = information.

We need to FEEL it to HEAL it. To get close to, not run away from emotions and what our ego fears – grief, despair, pain, confusion, fear (which covers all the other aspects of 'negativity'), we just need to be WILLING to EXPERIENCE the Pain, Sadness, Doubt, Un-knowingness etc, so that when we let go of our ego's fears, we can let FLOW the energy, which will be gone, as it is transformed by the Alchemical Process.

To be willing for the ego not to be in control; to acknowledge that Life and The World is bigger, grander, more beautiful, more powerful than we, as individuals, can possibly imagine. This surrender, paradoxically, gives us the Power that the little ego self craved. By listening to the emotion throughout the body, it will give us its Truth. We need, (and the do the same when we are with others in this fulcrum state), to be willing to SIT WITH the emotion with respect, without trying to control and 'fix' it. It knows where it wants to go and is eager to be brought to the creative 'mincer' so that it can become Joy, Peace and the Queen – which is Love.

Our culture teaches us to feel shame and guilt if we FEEL; "feelings should be controlled"; we develop 'emotion-phobia' and we are punished if we dare to express the Life-force, which is what emotions are. We psychically 'numb' ourselves by mentalising our feelings and sensations; 'No Pain = No Gain' is the truth.

Pain / Grief has a purpose, a meaning and leads (if not blocked / denied) to Gratitude, Fear leads to Joy and Despair leads to Faith. For all these transformations, we need to allow their flow into / of Spiritual Alchemy: of lead into Gold.

All these Gifts come in their own time through Grace but need our emotional Surrender before Grace can supercede Karma. We are taught by our Jewish-Christian-Muslim paternalistic culture that we must abort emotions to be strong, to have dignity, to be courageous, when the opposite is the Truth.

Emotions plus directed Intention / Will is our Power, the base of Magism. Metamorphosis is not for the faint-hearted. From grub to butterfly is a testing process. We have to accept, not fight, the idea that the sun shines on the just and the unjust, with the flower being open / accepting both the sun and the rain; that All Is Well, despite appearances.

We need to befriend our selves, be kind to ourselves, or these damaged energies become violent to ourselves or others. We become confused, numb, depressed, anxious and lonely with retreating into our heads and leaving our hearts alone. The head-ego-mind is a useful tool but a poor master, as it becomes vicious in its attempt

to defend its position. Its quests for answers bring no long-term comfort, as all the answers are proved to be lies.

Life has unexpected twists and turns as we believe that all our plans are in order and we are secure; life suddenly shatters us into helpless/hopeless chaos, loss of meaning and vanished identity, into grief, fear, pain and despair. We believe that we have 'failed', done something 'wrong', 'deserved' some punishment – all these are cultural teachings. We tell ourselves a story of 'why' this has happened to us and shrink away inside, in resentment, anger, fear, shame and guilt. We learn to locate our emotions through our heads instead of our hearts, acquire the 'stiff upper stoic lip' of the 'civilised' Victorians and Edwardians. At its extreme, the compartmentalisation of reason and emotion/body gives us the psychopath. Sensitivity is the 'enemy' bringing vulnerability.

We need to allow ourselves to be sensitive and to feel the pain, not only of ourselves, but the World. The Truth is – we are being given a Gift, an opportunity which we asked for and which we have only to be brave enough to claim. Our story can never be in isolation.

We carry ancestral emotions too in our DNA (epigenetic family experiences), family energy patterns of behaviour and are part of world eco-conditions, which all contribute to our experience. We need to be open to the larger picture not shrunk into our navels. Our ego needs to be humbled to the point that it submits to not being able to know the 'whys'. It is not necessary for the healing process to know 'why'; we only need to surrender, ask to be taken, lifted, filtered, 'pulverised' to see the wider, deeper perspective and the Wisdom is given to us, by an act of Grace, not our own efforts, at a time and in a situation not of our own choosing.

Banishing emotional energies does not make them vanish, only change form. We might not choose these life challenges but we can choose our life responses and therefore claim our responsibility and our Power. We are only victims if that is the role we wish to identify with and to negate our power.

We are here in this Life to have our hearts broken, to experience that life hurts; we are here to learn how to live with vulnerability and to turn Pain into Love. The open, vulnerable, fragile Heart is the Doorway inviting the Angels in, and this makes us whole / Holy. Even the depths of Hell are charged with The Sacred, when the Angels are invited in.

A Heart of tears is necessary to be pure enough to defeat the 'evil' of this physical domain. Where the Inner and Outer worlds meet is in the tears of the Heart, when we are sensitive enough to feel another's Pain, and only a willingness to bear our own Pain qualifies us.

The Tree of Knowledge produced shame, guilt and illusion and we exited The Garden of Heaven, only to return Home when we battle with ourselves to 'rise above', turn around (adversity is from the Latin root 'vertere' – 'to turn' / 'to pay attention') these harmful personal choices and eat from the other tree in The Garden of Heaven...the Tree of Life.

Tears are the most powerful form of prayer, guaranteed to open the Gates of Heaven. Part of us will have to be sacrificed, to die, so that it can be re-born anew.

We can have preferences without having opinions and become a conscious Player in Life. Our role becomes active not passive. We reclaim our Power in every moment and our future is Power-Full and Free. We understand that our suffering has been self-inflicted and by becoming self-aware become 'Life Creators'.

We are given a small 'packet' of energy when we incarnate and The Source stands back to see what we (Its 'children') will create with it. If we create well, then we are next given a larger 'packet' and in this way learn how Creation / Existence works in a 'practical module' here on planet Earth. Eventually we (the incarnate aspects of our Soul) shall join the group that are responsible for example: whole planets and then galaxies – BIG energy 'packets'.

So close your eyes relax; go INTO your breaths, longer and deeper and slower: relax your body and mind. Ask the right questions of the information laden energies that make up 'you'.

Observe your body senses data with a full body scan, part by part, toes through to fingers and then top of the head (scalp), noting any tensions or places of discomfort; then focus on the results one by one: What is this sensation? Can you give it a colour, shape, number, note, sound, texture, image? What is its message to you? What does it want you to notice in the outer world and to DO? Am I holding this body sensation within my body long-term, or can I release this sensation, as it is no longer required? Change nothing, accept, just observe, and then talk to your body. Maybe ask it if it needs to change, and if so - to what. (Just note information). Breathe IN and OUT with deep breaths to soothe the body.

What inner state is this outer situation indicating? What outer state information does my inner state tell me? They reflect each other. We are what we feel, this is the truth, and our body never lies.

What e-motions are going through your body (hormone chemicals), they are with us to MOVE us. What emotion is this, a colour maybe, or a shape, an image, a sound, a texture, a note? Can you name it? (Names are power). What is it saying to you; want me to notice, to do? What is it saying about me, AT THIS MOMENT? What information is it giving you? What would it prefer to be? If I fully allowed myself to feel this emotion, would I feel more alive? Change nothing, just observe, accept and

note the information, and allow the emotions to freely flow through and away from your body.

Observe your thoughts floating across your 'head-mind' screen. What are you THINKING about these emotions? What beliefs and concepts do they indicate, what judgments? What story is the mind starting to spin? What judgmental beliefs and concepts are harming your life - shown in the story you tell yourself about 'reasons' for emotions, body sensations? How can you 're-frame' this situation so that you gain another, healthier, wider, more wholistic perspective? Thoughts can be deleted X and replaced; most of our thoughts were inherited from family, culture, others' thoughts that we have read, heard etc. Thoughts can come to us through our energy body from others around us that we do not even hear 'out -loud' but that others are thinking: psychic attachments, that we then believe belong to us, that come from our own heads. If they are harmful, judgmental then we can replace them. For now, relax, observe, allow the flow, and accept.

ASK FOR HELP FROM HIGHER POWER / UNIVERSE / GOD / SOURCE.
Surrender your present position – Let It Be!

The suggested changes can be implemented AS AND WHEN YOU PAY ATTENTION IN YOUR DAILY LIFE: AS & WHEN THEY 'POP' INTO YOUR FOCUS, in everyday situations, as events happen, to change your experiences. It takes time and a lot of patience work.

We are in The World, and The World is in us. The Inner and Outer Worlds are the 2 sides to Life – always a resonating, conducting, transforming duo. Recognising this will bring alchemical healing to our Planet through individual transformations, unit by unit. As we are so - we perceive; we perceive - as we are (but usually this is in unconscious DARKNESS), we need to bring this out into our conscious LIGHT and experience Freedom at last.

For further information about Patricia's work visit www.psychic-sanctum.co.uk