

## Self-Discovery

As a general rule, my life has been focused on left brain thinking and activities, with ego firmly in control most of the time. Spiritual pursuits, philosophy, and family needs helped modify the obsessive focus on logic and ego-driven pursuits.

When I have been able to quiet my monkey-mind long enough to access right brain insight, I discovered long ago that were I to label my thoughts and emotions outside business and left brain pursuits, it would be as a **Mystic Philosopher**. Where Mystic is defined as one who seeks direct, personal knowledge or union with the divine, ultimate reality, or spiritual truth, often through meditation, contemplation, or spiritual insights. And Philosopher as defined as one who studies, writes about, or researches the fundamental truths and meaning of life, ethics, logic, and existence. These two definitions together are very close to what I become when my left brain chatter is suspended, and my right brain comes to the forefront.

Over time I have come to a number of mystic-driven philosophical and spiritual conclusions. These are summarized in my list of 40 **Personal Statements of Understanding**. Whereas I hold these concepts to be true, I hesitate to call them “beliefs” because when we say we believe this or that, we tend to end further exploration and suspend deeper thinking.

A lifetime of external research coupled with internal examination has brought me to a conclusion that I have generally feared to share, (other than with my sister and eventually with Maureen before her passing). I knew full well that were my conclusions to become known, I would be the subject of instant criticism, shaming, etc., as one particular belief is generally considered to be anti-Christian. Although it was clearly part of early Christianity for the first 300 years until the Roman church made it taboo. So, I learned to skirt this fundamental conclusion about **Who We Are**, and **Why We Are Here**, on this planet, in this space and this time.

I have written around the subject for years but never dared to state it succinctly in writing. It is now time to embrace my understanding more fully and share my conclusions. To begin with let me say, I believe in God. I believe that I am a child of God. I am immortal and in training. I am trusted, good, honored and loved. God is over all, the total of totality, the Source of all there is. Universal hierarchy is not domination, it is order. Spirit is consciousness, eternal love, the resonance and energy of all life and creation. The Soul is our individual spiritual self,

energized and illuminated by spirit. Soul is who I am. Spirit is the life energy of the soul. Spirit is pure love. Each soul, or the “I am” retains the record of its sojourn in mortality, and its preexistent state. The soul retains individuality beyond the veil of mortality, yet it may be intimately connected with all things. In mortality, the soul has its own individual biological body. Ego is the soul's physical function in temporary mortality. Ego is a powerful program; it adapts to physical reality as it perceives it to be. It is driven by subconscious programming and designed to protect and promote the individual.

The ego's mission is primarily to protect and make safe, physically, emotionally, psychologically, etc. Ego is not bad; it is simply a human program that needs to be subject to soul. When soul, (the higher self) is ignored, ego reigns supreme. Ego is essentially a protective system; therefore, it views everything as a potential threat. If left unchecked, ego will down-regulate the human body and the soul within, based upon its determination to protect.

Matter and all physicality evolves from the universal field of consciousness, enliven by spirit, powered by universal love. Intention shapes and defines personal experience and therefore the reality we perceive. Thus, we do not get what we say we want, we get what we subconsciously are, which is the sum and total of our feelings, beliefs, and intentions. What we are, and what we claim we want, are usually different things. Therefore, it is needful to seek internal clarity and control ego programming.

I am convinced, both through extensive external research and internal contemplation, that reincarnation is the essence of what our planet has been designed around. We are eternal souls. We are literally children of God, who is our very Source. We are in training to become more evolved and experienced as creators. We see a beautiful, inspiring, supportive world, or a dark, angry, dangerous place, or something in between, depending upon the way we view things at any given moment. So, generally speaking, whatever it is we are and we remain focused upon, is what will be mirrored into our physical reality. If you want your physical reality to change it requires you first change within.

On a personal level, I have experienced a wide range of thoughts and feelings from the depths of despair and suffering to the heights of love and joy. Both were my truth at specific times. It seems they were a part of my course study for character evolution. Extremes may continue to be experienced, at least to some degree, while yet on earth, and until I step back out of the human training module and return to our spiritual home. The Birth we call Death. The release of the soul

back to its spiritual home from our temporary 3 dimensional density in biological form.

After our passing, and at some point after a careful life review, and likely considerable input from an array of counselors on the other side of the veil, we may decide to return to a specific time and place, to a specific family unit, to work on various aspects of our spiritual growth to enhance our experiential evolution. I suspect that the major events of our life are all pre-planned as guideposts for our experience and learning. However, as independent souls, we have Free Will and the absolute right to be as wrong as we want to be. And even though we may have purposefully designed the major struggles and elements of our human lives before we are reduced into the density of mortal existence, we have the right to ignore our mission objectives once here.

When we exit a human life, we are in essence exiting a training module. No matter the decisions made in this life, they become experiential learning and we apparently have all of eternity to learn and experience anything and everything we want. The overriding and undergirding purpose of all human life is to enhance our spiritual evolution towards greater godliness so as to become evolved co-creators of all that is. We are gods in embryo. A point Jesus of Nazareth made clear when speaking as the Messiah.

***"Is it not written in your Law, 'I said, you are gods'?"*** John 10:34

And from the Old Testament,

***"I said, 'You are "gods"; you are all sons of the Most High.*** Psalm 82:6

My remarkable sister, a highly educated woman about 7 years my senior, began doing life regression hypnosis in the 1960's. She discovered to her great surprise that she had lived many lifetimes prior to the current one. Although I listened with interest as a young man, I did not actually believe what she was sharing was true, at least for me. My own experience was ultra focused on the here and now. What I perceived to be the "real" reality. I did not disbelieve her experiences, as much as I could not integrate what she was sharing with what I believed was true at the time.

This sense of things would change, and dramatically so, with personal experiences, including OBEs, (Out of Body Experience) vivid dreams, telepathic communication, etc. My few experiences were so overwhelmingly powerful when

they took place that I simply could not deny them. Nevertheless, cultural acceptance was such a powerful force that I dared not speak of these ephemeral experiences without putting them into a context more acceptable to others. But at this point, I am quite certain that each of us is eternal. And, that each of us will live many different experiences on the pathway towards godliness. Assuming that is ultimately our intention. Free Will allows us to choose whatever it is we want. We are not free to choose the result of our choices. Simply because we become what we think, we feel and we believe is true.

Here on earth we live in fluctuating middle ground between love and fear. Yet, the prevailing and dominant characteristic of the world is fear. Governments, and virtually all institutions, even the majority of religious organizations, are based on compliance through fear. Many religious disciplines that preach love as a first principal, actually control their organizations by preaching fear compliance. Governmental institutions are fear-based to a large degree. Estonia made a dramatic attempt for government through love and pure population consensus, but that has largely collapsed due to the fear of Russian invasion. Thus they are now preparing for war, rather than focused upon their original intentions of loving kindness to all.

As individuals we can decide to focus on forgiveness. Forgiveness is essentially foundational love. In addition we can decide to practice some form of continuing gratitude. With these two commitments firmly in place we are able to live in a happy and joyful state much of the time, notwithstanding being surrounded by a predominantly fear-based society. Whereas it is true, we cannot control what others may do and say, we can decide and control the way we respond to negative talk and actions. So again, **the formula for happiness is to forgive everyone, including ourselves, for everything, whether real or imagined, coupled with a serious and continuing effort to be grateful.** That's as simple and complicated as it is. No need to search for happiness, it is a decision each of us must make. Either decide to be happy, forgive everyone of everything, and count your blessings, or live in a fluctuating state between suffering and temporary pleasure. To the gratitude point, a hymn written in 1856 speaks a deep truth. It begins...

“When upon life's billows you are tempest tossed,  
When you are discouraged, thinking all is lost,  
Count your many blessings, name them one by one,  
And it will surprise you what the Lord hath done.”

**Refrain:**

“Count your blessings, name them one by one;  
Count your blessings, see what God hath done;  
Count your blessings, name them one by one;  
Count your many blessings, see what God hath done.”

It may sound trite and simple-minded, but it is the answer hidden in plain sight.

I surmise that Earthlife is a fast-track university for spiritual growth. And that makes our planet a very important place! The constant pressure of the negative is a much faster teacher than being protected from having to deal with negative influence. A life of perpetual ease is not evolving, it is coasting. It seems we are now privileged to live within a time of great change. There is a shift in energy, vibration, and frequency occurring. This is the time prophesied for thousands of years. Monumental shifts will eventually result in a new world elevated by love. In the meantime there will be significant turmoil. Governments and institutions will be shaken to their core. Some may survive; most will not unless significantly modified. In order for us to rise in frequency to a place where love becomes the pervasive force on the earth, much will need to collapse under its own fear-based weight. We can see this happening right now, all over the world.

In an effort to assess how I might personally contribute to the greater good, I have evolved something of a communication channel with my higher self or spirit guides, call them what you may. It seems they do exist even though I spent a lifetime not believing that they did. To me it was all so much nonsense. Yet, once more, it seems I was wrong. In these last years of life I have been privileged to discover that these guardian souls help us through the pressure-cooker we call life experience. So realizing I had greater spiritual help I named my spirit guides my Spiritual Advisory Guide Conclave, SAGC. (I treat the “G” as silent and pronounce it Say Ce) I am now in the habit of calling upon my Say Ce when exploring various ideas. One can call this nothing more than me playing mental tricks on myself, and that may be correct, but Say Ce responds with good counsel when I quiet the monkey-mind sufficiently to hear and receive the counsel being sought.