

Tools for Transformation: Remembering Our Divine Essence

by Mark Clymer

“At age thirty-two, I jettisoned all that I had ever been taught to believe and proceeded thereafter to reason and act only on the basis of direct personal experience. Exploring, experiencing, feeling, and - to the best of my ability - acting strictly and only on my individual intuition ...”

Buckminster Fuller¹

When setting a goal as lofty as “Remembering Our Divine Essence”, it is often helpful to look for inspiration close to home and remember those that have successfully met challenges on their own journeys. The journey we are embarking on can be viewed as a process of recognizing and naming our patterns of fear based reactions, and then learning to choose and demonstrate responses based on love.

The first step on our journey is to be *willing* to leave the past behind, be open to receive a limitless future, and fully presence our Divine Essence in every eternal moment. If we choose to center-Self, rather than be self-centered, we set the stage for more of our essence to be revealed and expressed in what we do. Change is inevitable and it is our choices in life that create fulfillment from the inside out, and not from the outside in.

To guide us along the way, our intuition is available 24/7. When confronted with situations, feelings, or anything limiting our progress, look inside to our heart’s desire. “What is here now?” Inner guidance, based on feelings rather than reason or instinct, brings forth Truth to light our way.

George Gurdjieff described humans as “three brained beings”, each brain in competition to be in charge. Our “spinal brain” controls our instinctual reactions, our “head brain” controls our intellectual reactions, and our “heart brain” controls our emotional reactions. He felt man was “asleep at the wheel” while our three brains took turns controlling our lives.²

Who is in charge of our lives? Sometimes life can seem confusing and chaotic, and it is easy for us to fall into the trap of labeling ourselves as victims. This is often just the precursor to a welcome change when we look back with 20/20 hindsight. A simplistic way to picture our choice to react or respond in each moment of our lives, is the game of Scissors, Rock, and Paper. Do we feel threatened and react by attacking? How often do we witness ourselves using scissors to cut others to ribbons, or crushing opponents with a rock, or smothering them with love? How often do we feel welcomed, and respond with mindfulness, gentleness, and generosity?

The secret is that we are empowered to make a choice, and take personal responsibility for each and every event in our lives. We can create and manifest our Vision every moment using a balanced combination of Reason, Will, and Emotion. If we are willing to take an impartial look at our lives, how often have we felt truly fulfilled by our actions? Have the results of our actions matched our goals? Is there a **Behavior to Purpose³** Mismatch? Do we still desire more? If so, more of what and how can we receive it?

“If you do not change direction, you may end up where you are headed.” *Chinese Proverb*

If we are willing to follow our passion, fulfillment has an opportunity to replace resentment. Miracles often present themselves just when we get out of our own way. Every time we choose not to allow the full expression of what we are feeling in the moment, and block those feelings, by whatever means, we are only postponing that experience, not stopping it! Every time we have chosen duty in life, we made a sacrifice, and sacrifice leads to resentment, which leads to anger, which then leads to revenge. It’s a cycle we can evolve beyond just by being able to tolerate our feelings all the time, in every situation life confronts us with.

A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.
John 13:34

The "Golden Rule" expresses the goal here: hold everyone guiltless. It is only by finding others guilty that we feel a need to defend or attack. When everyone is innocent, and we are willing to share everything, then we'll be at peace with ourselves and have peace on earth. So, another version of the Golden Rule might be this: Release others from guilt as we would be released from guilt.

What do our defenses protect us from? What is the real threat here? Do we want to be loved or punished? In condemning others, we ultimately are condemning ourselves.

The second step in our journey then is to *find forgiveness*, and view mistakes as something to correct, not punish. This is the basis of the idea of Sin. In Greek, Sin means "to miss the mark". If we are unable to reach what we aim for, are we guilty and deserving only of punishment? Do we follow Ego to our crucifixion, or follow our Divine Essence to Ascension?

Healing is essentially release from the past, and making the choice to set goals for ourselves that reflect our passions – what we love, rather than focusing on defending ourselves from what we don't want – our worst fears. Spirit exists in a dimension of unity and doesn't know good from bad. When our minds are filled with fears based on the past, or

anxieties based on the future, that is what is manifested in our lives. When we are filled with love and joy, our lives will reflect it.

*A Course in Miracles*⁴ makes the statement that: "Spirit can't perceive and Ego can't know". As children we were not in control of our destiny, and the development of an Ego was a survival tool that buffered the intensity of our feelings of rejection, abandonment, invasion, betrayal, and isolation. As adults we no longer have to armor ourselves and mask our Divine Essence. Our Ego knows nothing, and therefore is not a reliable guide.

If you don't run your own life someone else will.

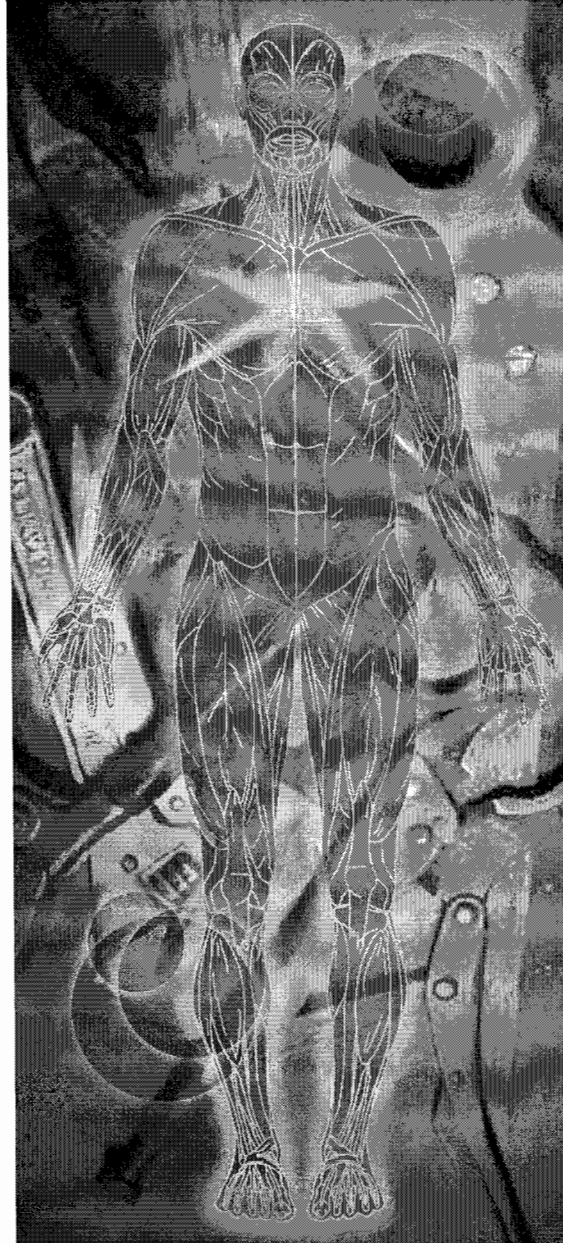
*John Atkinson*⁵

F.E.A.R. -
False Evidence Appearing Real⁶

The third step is to Act – *take the risk*. Psychologist Susan Jeffers suggests that we take a risk a day. Begin by recognizing that we are more than our physical bodies, and reaching inside to our Core, our Divine Essence. Enable the Vision of our deepest eternal nature to descend into our physical experience. The

tools available for this come in many varieties, but basically all are forms of Meditation, Prayer, and Centering.

Once our Vision is clear, then we focus our Intent to invite, manifest, and receive it. This level is typically referred to as Hara⁷. It is the level of our intentionality, where our vision is easily displaced if



we are focused on more than one goal at a time – at crossed purposes. To strengthen our Hara requires grounding, by focusing on our Lower Tan Tien and strongly connecting to the earth, and aligning with our Hara line rising up through our spine and above to the Godhead⁸. Qi Gong, Tensegrity (Magical Passes), Tai Chi, Yoga, and other forms of movement are available to help us align and strengthen our Intentionality.

Next, our vision faces the greatest threat of distortion as it flows through our Auric Field on its way to physical reality. This dimension includes our Chakra System, and is composed of over seven distinct layers (levels) of energy that surround our bodies. When our Vision flows effortlessly into our experience, we know that we are in harmony with our Divine Essence. When “everything thing seems to go wrong”, then there is something blocking or deflecting our Vision away from our original Intent. Here the tools of Personal Process Therapy⁹, Hands on Healing¹⁰, and Therapeutic Massage¹¹ are some of the best tools we have for support during our journey. They also can assist us in bringing to Light, and integrating, those unloved portions of our Shadow side that we often project on to others.

Finally, once our vision reaches the physical, it is time to rejoice when our dreams are realized, or return to “the drawing board” if they don’t. Either way, it’s all about the experience, and not necessarily about the result.

The Hero/Heroine’s Journey of our own personal process has been depicted by many authors in many stories and myths, as well as the Native American Medicine Wheel. Depicting these steps on an enneagram brings interesting results too. One of my favorite characterizations is Dorothy’s journey through Oz. After all the trials and tribulations, all she had to do was click her heels together three times and affirm that “there’s no place like home...”¹²

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REFERENCES:

- 1 *Critical Path*, Buckminster Fuller, 1981
- 2 “To possess the right to the name ‘man’, one must be one. And to be such, one must first of all, with an indefatigable persistence and an unquenchable impulse of desire, issuing from all the separate independent parts constituting one’s entire common presence, that is to say, with a desire issuing simultaneously from thought, feeling, and organic instinct, work on an all-round knowledge of oneself – at the same time struggling unceasingly with one’s subjective weaknesses – and then afterwards, taking one’s stand upon the results obtained by one’s consciousness alone, concerning the defects in one’s subjectivity as well as the elucidated means for the possibility of combatting them, strive for their eradication without mercy towards oneself.” *Beelzebub’s Tales to His Grandson, An Objectively Impartial Criticism of the Life of Man*, George Gurdjieff, 1950.
- 3 Bill Livingston, author of *Friends in High Places*, 1990
- 4 *A Course in Miracles*, Helen Schucman, 1992.
- 5 *A Deep Breath of Life*, Alan Cohen, 1996.
- 6 *A Deep Breath of Life*, Alan Cohen, 1996.
- 7 *Hara in Japan and the Tai Chi Pole in China*
- 8 Barbara Brennan (*Hands of Light*, Barbara Brennan, 1988) suggests visualizing an “individuation point, or ID Point” about 3 feet above our head, and also teaches a Hara Healing Technique at her school (Barbara Brennan School of Healing, www.barbarabrennan.com). In both *Chi Nei Tsang* (Chi Nei Tsang, Mantak & Maneewan Chia, 1990), and the *Mer-Ka-Ba Meditation* (as taught by Drunvalo Melchizedek, *The Ancient Secret of the Flower of Life, Volume 2*, Drunvalo Melchizedek, 2000), the North Star is used as a point of reference.
- 9 e.g., *Bioenergetics, Core Energetics, Pathwork, Breath Integration, Hakomi, etc.*
- 10 e.g., *Brennan Healing Science, Reiki, EMF Balancing, Crystal Healing, Polarity Therapy, Therapeutic Touch, Craniosacral Therapy, Myofascial Release, etc.*
- 11 e.g., *Qi Gong, Rolfing, Swedish, Sports, Shiatsu, Reflexology, Trigger Point, Infant Massage, etc.*
- 12 *Wizard of Oz*