

Personal Transformation Guide



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Accept as Truth only that which you comprehend with both your heart and mind. There is within you a built-in intuitive response mechanism that is placed there by your Soul. This is not your built-in emotional response mechanism; it is a higher correspondence of that, which is responsible for the *inner guidance* known and experienced by many. It produces a resonance of instantaneous inner knowing that supersedes ordinary thinking and reasoning.

PATH TO SELF-MASTERY

“...to fly as fast as thought, you must begin by knowing that you have already arrived. You must stop seeing yourself as trapped inside a limited body.”

~Johnathon Livingston Seagull, ~Richard Bach

The purpose of this Personal Transformation Guide is to expedite your Self-Mastery. The Guide reveals a process that transforms the consciousness of those who apply it in their lives. Utilization of the Guide assists you in creating repeatable and predictable experiences that can be used effectively as the basis for your personal growth and spiritual development. The Guide reveals a process that not only supports your transformations in consciousness but ultimately leads to your self-mastery.

In this Guide, you will discover how to live every moment of your life to the fullest and to experience the joy, love, success, abundance, and purpose you seek. To accomplish this, your most important first step is to begin to establish a *conscious* union with your inborn help-mate, your Higher-Self¹.

¹ Your Higher-Self is your Soul, and it is One with Spirit, Source, the One-Life, God, or The All. It is that which animates your life.

If your life seems like continuous cycles of ups and downs, happiness or sorrow, or siege and desecration, it is up to you to transform these cycles.

To use a metaphor my mentor, Georgia Lambert, likes to share let us say that you are a King residing in a castle. Now envision that your castle has a mote and a drawbridge. Just beyond the castle live many villagers who are not friendly and are very angry. Most of them envy your extravagance and are jealous of your success. Still, others are angry simply because they live such miserable lives of desperation.



There have been many times when all of their anger and resentment have boiled over, and they marched on the castle and desecrated it. You are tired of their angry hostility, and you decide to raise the drawbridge and confine yourself within your castle for protection, but after a while, you grow lonely, run out of food and water, and again decide to lower the drawbridge. But before too long, the peasants again charge the castle and desecrate it. You, therefore, live your whole life between siege and desecration.

How do you break these cycles? You begin by examining your situation and the part you play in it. The most successful way to do this is by getting in touch with your Inner or Higher-self, and listening to Its counsel.

While in contemplation or meditation, you look back over your life-time and realize that you have only been

You are always in communication, but you are not always *conscious* of this communication. Your Higher-Self always awaits your attunement in order to impart Its power, love, and wisdom to you.

thinking of your side of the situation and have not been mindful that you are part of the problem. Once you realize this, you also realize that you can now be part of the solution.

This time, before you let down the drawbridge, you set your intention to be more mindful and compassionate and allow some of your wealth to flow back to the peasants.

So, before you open the drawbridge, you send out your intention in the form of a proclamation announcing your new found understanding, love, and wisdom. The proclamation positively affects each of the peasants to differing degrees because there are many *tones of influence* these higher powers wield. Over time, the power and wisdom of your love are such that it uplifts and transmutes their anger. The villagers begin to see things from a different perspective, and with your continued love, they become friendly, and some even supportive.

It is also important to remember they are peasants and will remain as such until they decide to become kings of their own castles. This has nothing to do with their station in life or the money they may or may not possess. It has everything to do with how they think of themselves and deal with their personal challenges. By building conscious connections with their own Higher-Selves, they too will become kings of their castles.

WHY IS SELF-MASTERY IMPORTANT?



As you begin making the shift from living your life as only your ego or persona, to living your life in partnership with your Higher-Self, you begin to realize you have a powerful help-mate that is causative in every aspect of your life.

Your Higher-Self is One with Spirit, Universal Consciousness, the All That Is. And, it magnetically radiates its attributes into your environment, thereby uplifting and influencing all life within its sphere of contact.

Dr David R. Hawkins, author of *Power Vs. Force*, said *by following spiritual principles, you become a spiritualized person in which spiritual realities automatically take priority in the back of your mind.*

This state of being then infuses all of your life, your thoughts, emotions, decisions, words, and actions. You make choices and decisions in alignment with your Higher-Self, and you become *Master of Your Own Castle*. You are no longer a victim of what you were programmed with as a child, or the hard knocks life may have dealt you.

Becoming the master of your castle means you are taking control of your life and affairs. You are re-training your mind to subtly, mindfulness, inclusiveness, self-control, success, abundance, and joy. You are changing the patterns in your physical, emotional, and mental life that no longer serve you, into new patterns and habits that do. *This spiritual alchemy is called transformation.*

THE POWERS WITHIN

Within you lie many dormant capabilities, wisdom, and powers you have yet to discover. Your ability to direct your own life, achieve inner peace, and experience love, joy, success, and abundance – these, and so much more lie within your power to accomplish! The trick is – you must discover, accept, and develop them. Only then can you live them. A very wise person once told me, *If you want to master your life, you must begin by acting as if.*

Right now, you may be thinking: If I am so great, and if I have all of these powers within me, why is it that I still have challenges with personal relationships, health, weight, finances, love, my career, finding and living my purpose and?

Let's take a look at this question a little more closely. What is it that actually makes something a challenge? Isn't it usually when you can not find an answer or solution to something that is causing you discomfort? And, when you can not find a solution to a challenge, with which you are dealing, it usually turns into an unpleasant situation.

You then react with anxiety or fear, and of course, this tends to paralyze your thought process and close down those channels or avenues of awareness that can produce real answers and solutions. But isn't it in these same circumstances that you finally begin to realize that you are not totally in control of your life and there are corrections or modifications that you *must* make?

In fact, aren't there times when you begin to realize that it is your own thoughts, beliefs, and habits that are creating your challenges? Would it surprise you to know

that it is also your very own thoughts, ideas, and beliefs that will help you overcome these same challenges? Now there is a paradox for you!

So the real *solutions* to your challenges, your potential for growth, your inner peace, joy, love, security, and abundance also come from within you. That may seem like an overworked concept, but it is definitely true.

Challenges are doorways, and Universal Principles are keys that unlock opportunities for you to live every moment of your life to the fullest and to experience the joy, love, success, abundance, and purpose you seek. The keys unlock the doors, but you must find and use the keys to enter the next room. By discovering and implementing the correct keys, you advance much more quickly. The big difference is you are no longer locked outside. The doors are now entrances into new experiences and new growth that eventuate in your self-mastery.



ALIGNMENT WITH YOUR SOUL, YOUR HIGHER-SELF



When you learn to consciously develop a brain-mind-soul alignment², you are able to access knowledge that is unavailable to your everyday thinking ego-mind.

The resonance that is established with this alignment

² Conscious Alignment: is an unobstructed pathway that allows for the free flow of energy and consciousness from your soul to mind, and from mind to brain.

stimulates your brain to respond to impressions coming to it via your five physical senses in more intelligent, wise, creative ways. This facilitates much more success in any of your endeavors, whatever they may be.

This conscious alignment supports inner growth that leads to higher frequencies of consciousness and core changes within your life and affairs. It helps you develop:

1. Greater clarity of thinking with a sense of greater wisdom
2. A growing sense of wholeness, connection, balance, and integration
3. An experience of fulfillment
4. A sense of connectedness, not being alone in your efforts
5. A sense of mission, deep purpose, and welcoming a higher plan to manifest in your life and affairs
6. An experience of synchronicity
7. Greater creativity
8. A more finely tuned awareness of all aspects of your environment
9. A collective intelligence that brings forth innovative, unique approaches and solutions to your most intractable challenges



As you become more adept in using this Guide to achieve success, abundance, health, happiness, and expanded consciousness, it is important to remember the principle of *Primum non nocere*. This is Latin for *First Do No Harm*. It is a principle that your ego may sometimes try to avoid, but one which your Higher-Self will always employ.

The unlimited benefits that flow from incorporating the power and energies of higher consciousness and universal

principles cannot be overstated. By attuning with your Higher-Self, you become connected with an advanced frequency of consciousness that can guide you in all of your thinking, feeling, and actions.

Evidence shows that when you consciously align with higher frequencies of consciousness, in the execution of an established purpose, you effectively become connected to all information and activity that is associated with your focus of intention. This results in the powerful experience of synergy and synchronicity. By learning how to focus and align your intention, you collapse all of the quantum possibilities having to do with your area of focus, and your Higher-Self then delivers the highest and best answer to your mind and brain awareness.

On a personal level, the development of higher consciousness ultimately changes everything in your life. As a result, your daily life begins to exhibit:

1. Heightened awareness and clarity
2. A sense of wholeness, a sense of connection - not being alone in your effort
3. Balance, integration, and the experience of fulfillment
4. A sense of mission, of deep purpose, a sense of working according to a higher plan for yourself, humanity, and the planet
5. An experience of effortlessness, synchronicity, heightened intuition, and greater creativity
6. An activity in which you may be engaging can leverage a seemingly unconnected activity in another location – thus, each success positively

affects similar activities in other areas of your life.

7. A more profound outcome from the self-development courses you are taking or will take
8. Additionally, because all consciousness is connected, there are levels of *critical mass* that occur, and your success can impact an entire group with which you are working.

QUANTUM CONSCIOUSNESS

Manifest matter is preceded by quantum possibilities of potentialities. There are two realms of reality – potentiality and actuality. Conscious choice collapses the possibilities into manifest actuality. Since this choice is made from a state of consciousness beyond the ego, we refer to it as a ‘higher’ or ‘quantum’ consciousness... And since our conscious choices are shaped by higher consciousness, this process can be described by the term downward causation. ~ Dr. Amit Goswami

Consciousness holds the answer to the riddle of life itself. At its most fundamental level, consciousness is awareness of being. It is magnetic and is a radiative effect of life. No matter what that life is or where it is, whether we are talking about an atom or a galaxy, we’re talking about consciousness. The difference in its manifestation is simply a matter of frequency or degree.

Fundamentally, consciousness is everywhere equally present, and it radiates an infinite field of awareness in varying frequencies. Because consciousness is who and what we are, it interconnects each of us and all life.



What if consciousness is the ground of being? What if the possibilities discovered by quantum physics are the possibilities of consciousness itself? Remember, there is already a class of people who think in this way. They are called mystics, and they say it is all God. Finally, a few scientists dared to say that some of the characteristics attributed to God are similar to what we describe as consciousness.

~Amit Goswami, Theoretical Quantum Physicist,

The world you *see* is determined by your eyes, which send signals to your brain where your mind interprets them. For example, artists see a landscape very differently than the average person. When observing a landscape, artists see and are impressed with the shape and color tone of the different leaves on a tree or bush. When looking at the sky, they don't just see blue; they see cerulean blue or a shade of cobalt blue, or another type of blue. Your level or frequency of consciousness operates in similar ways.

To the degree you achieve higher levels of consciousness, shifts occur in your perceptions, which affect your everyday life. You become more mindful of everything around you. You begin to discard old, outmoded, and separative ways of thinking and living. You become more aware, knowledgeable, wiser, and yes, more successful in your pursuits. You also more keenly understand the meaning of wholeness, unity, and the oneness of all life.

CHANGE VERSUS TRANSFORMATION

Change and transformation are radically different. Change happens over a period of time. For example, opinions change over time, and evolution brings about change. Transformation, on the other hand, is an instant transfiguration from one state or condition into another.

Transformation happens in an instant, but there is much that happens leading up to that moment, whether it be unconscious evolution or conscious, self-directed transformation.

Transforming your consciousness supports the unfoldment of core changes within your life and affairs. This, in turn, leads to a better you, a better society, and a better world for everyone.

There is something important that we are not understanding. Yet, I propose that if we understand that the ground of our being is actually consciousness, this new way of looking at ourselves will bring us more purpose and meaning. Especially – and this was the big issue for me – because it is actually scientific and can be verified in the laboratory. As a result, I believe that this quantum spirituality is the breakthrough phenomenon of our age. ~Amit Goswami, Theoretical Quantum Physicist

Attuning with higher states of consciousness assists in aligning your life's goals, purpose, and the actions you take to accomplish them. It acquaints you with knowledge of how your Higher-Self can influence your mind to intelligently and wisely respond to impressions coming to it via your five physical senses. This leads to

an expansion of success in all areas of your life.

TRANSFORMING CONSCIOUSNESS

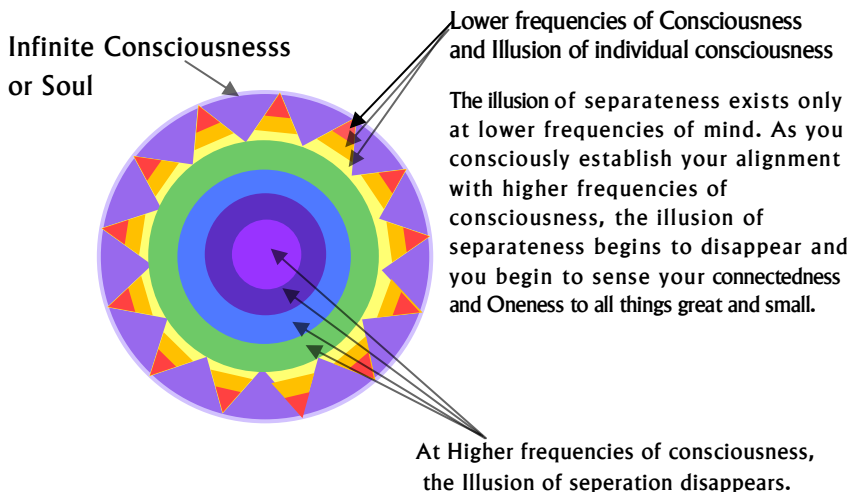
Quantum Physics is beginning to change humanity's world view of life and is providing evidence that consciousness is the basis of everything. Quantum physics has clearly demonstrated that both the material world and consciousness are aspects of a single unbroken fabric of energy consisting only of differing frequencies of consciousness, and that consciousness is beyond space and time.

Transformation is the transfiguration from one state into another. It is the product of pronounced and lasting conversion into something that did not exist before – like the caterpillar transforming into a butterfly. When your consciousness is transformed, it makes a giant leap forward. Your life begins to better manifest the creativity, wisdom, love, and deep integration of the underlying principles of the universe. This results in new, more creative ways of thinking, seeing, feeling, and acting.

As you continue to establish your alignment with higher and higher frequencies of consciousness, if you listen, your Higher-Self helps guide you to conscientiously work on transforming those aspects of your personality that are out of harmony with your new goals and purpose.

Conscious connection with your Higher-Self also reveals your Oneness with all life. It is only when living in lower frequencies of consciousness that you perceive yourself as separate.

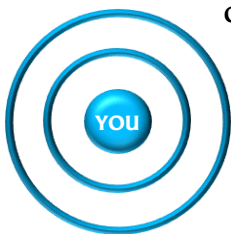
The illusion of individual consciousness only exists at lower frequencies of consciousness. It is only at these lower levels that humanity perceives the illusion of separation with Oneness or Source.



RINGS-PASS-NOT, THE SECRET TO SUCCESS

Have you ever wondered why you are not successful in reaching your goals, finding happiness, attaining health, success, or abundance? Have you read personal growth books, spiritual treatises, are enrolled in brilliant personal growth courses, but are not seeing the success for which you hoped?

We all live in Rings-Pass-Not. The ring-pass-not is a state of consciousness in which you live, move, and have your being. The ring's edge is the vibrational boundary that constitutes your particular state of consciousness. Once you reach your ring's periphery, it becomes your prison



because you cannot move beyond its boundary until you have a transformation in consciousness. When you achieve your next transformation, you effortlessly move through your current ring's boundary and begin to establish a new, higher or wider ring of consciousness and growth.

Expanding your state of consciousness requires you to recognize, transmute, and move beyond your old conditioning, ineffective habits, prejudices, and fears. Being consciously aware of your boundary helps you more consciously and quickly transmute it. You then pass effortlessly into your next field of awareness and influence.

When establishing a higher, broader, or more inclusive state of consciousness, you always come to a critical juncture. Your choice is to either continue your old ways of thinking and doing or transmute them. You realize that the earth is not the center of the universe, and it is only one of the billions of planets, or whatever the case may be. Your willingness to open yourself up to new ways of thinking, feeling, seeing, and acting creates the *potential* for transformation to occur.

As you continue to *consciously* become aware of your oneness and partnership with your Higher-Self, you move more swiftly beyond your rings-pass-not, and expand your spheres of awareness, purpose, power, wisdom, health, success, abundance, and influence. Old limitations are transmuted allowing you to move into higher, broader, and more vivified states of consciousness.

PRINCIPLE OF POLARITY: EQUILIBRIUM

Universal Mind is composed of an infinite continuum of vibrations. Within these differentiated vibrations, poles of magnetism exist that are identical in nature, but different in degree. It is within and because of these poles of magnetism that the idea of opposites is born. *Everything* has a mirror image or counterpart.

It must not be forgotten that the closest unions are those of opposites. ~ Johann Wolfgang von Goethe, Autobiography

Source,³ or the One-Life in which we all live, move, and have our being is composed of infinite vibrations. Within these infinite, differentiated vibrations, *poles of magnetism* arise. They are identical in nature, but differ in degree. Whenever you compare one vibration to another, the appearance of opposites such as positive and negative, masculine and feminine, hot and cold, good and evil arise within your consciousness.

The appearance of opposites is what we term *Pairs of Opposites*, which describes differing poles of magnetism that are mistakenly believed to be un-reconcilable or different in nature rather than only different in degree. However, all Pairs of Opposites are simply different degrees of the same *nature* and are capable of being reconciled, integrated, and united.

³ Source. There is One Center or One Life, out of which all lesser life streams forth. Source issued forth the cosmos and governs all life. Source is sometimes referred to as "That About Which Nothing Can Be Said. Since we know the One Life issues forth from Source, we are able to talk about and describe the One Life.

All extremes do meet, and all pairs of opposites can be reconciled into what we term the equilibration of *Polar Opposites*. Polar Opposites describe the reconciliation or integration of poles your consciousness has differentiated



Cold

Temperature

Hot

and separated.

Cold and hot, for example, are identical in nature (temperature) but different in degree, cold and hot. It is only their particular degree that denotes any difference in the nature of temperature. For example, a thermometer displays many different degrees. The lowest temperature displayed denotes the lower end of the pole and is considered cold, while the highest temperature displayed on the thermometer denotes the higher end of the pole, and is considered hot. However, between the poles of cold and hot are several degrees of both cold and hot, the difference being dependent upon the observer's comparison, and even this is subject to the observer's discretion.

Whether the temperature is 20, 30, or 85 degrees, these terms simply denote the difference in the nature of the same thing, temperature.

Following another correlation, you perceive things and experience events as either happy or sad, right or wrong, and for you or against you. You are constantly ascribing your opinion or judgment to everything. If you have enough positive attributes built up around a situation, you will ascribe good or happy to it and move towards it. If

you accumulate more negative attributes around the same situation you will ascribe it as sad or bad and avoid it.

You can transform all pairs of opposites into polar opposites by simply understanding the relationship that exists between the different degrees of their nature. One way is to realize that the difference in the frequencies of the two poles does not produce opposing natures. It merely produces a variation in the degree of that which is of the *same nature*.

For instance, when you think of opposites such as good and bad, you are merely comparing the differing, not opposing, frequencies along the same continuum. Your emotional and intellectual opinion that is formed is because of your upbringing, social norms, and personal experiences.

Let's look at a real-life example. You are walking down the street and see a good looking man. You think to yourself, I would really like to meet him. At this point, you can say you are infatuated with him because you really don't know anything about him, except your perception based on how he looks or acts.

You then get to know him, and you start dating. You are infatuated with him because you can only see positive attributes that are beginning to stack up for him. He is very polite; your friends really like him, he is good looking, dresses well, and so on.

Then about three months later, you decide to move in together. Now, you begin to notice different attributes like, he is not very neat, he leaves his clothes strewn about on the floor, he does not help with the dishes, and he is starting to hang out with his friends more.

If you cannot balance his negative and positive attributes in your mind, you will eventually break up. So you begin to keep track. He may not do the dishes because he prefers to take me out to dinner. He may leave his clothes strewn around at times, but he is always well dressed. You get the picture.

Have you ever noticed when you have gotten ecstatic over a situation, that there are times when a situation occurs very soon afterward that may appear to be negative? This is that, *waiting for the other shoe to drop* syndrome. You feel it is just too good to be true. You don't trust it, and it may be because you have only focused on one side of the situation or nature of the relationship instead of looking at it as a whole. This is the universe trying to equilibrate our consciousness when we get out of balance.

In Yoga philosophy, we are told that our aim should be to seek that awareness where polarities such as infatuation or resentment have no hold or influence upon us. In other words, polarity still exists, but it has no power over us. You simply perceive the nature of the two poles as being two aspects of the same thing, in this case, your new friend's attributes.

True freedom consists of effectively training your mind to perceive the true nature of things thereby recognizing the unity that exists between all opposites. When you can successfully transform the pairs of opposites into polar opposites, your perception and discrimination will reflect the wisdom of your Higher-Self. You then will have made a transformation from your old level of consciousness into a new, higher frequency, just like that which occurs at the Higgs Boson point.

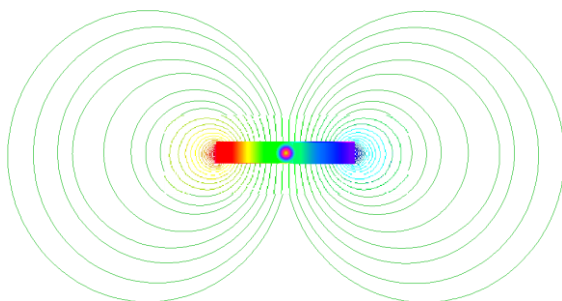
For example, looking at an atom, at the quantum level, we have a proton that gives a positive charge and an electron that gives a negative charge. Both of these revolve around the center of the atom, at equal and opposite distances from the center. If one side gets out of balance, the other side will immediately compensate for it. When the two particles come together, in the center, they birth light! The center of light only lasts for 10 to the negative 32.⁴ But that center, that *dynamic point*, is a place of pure potential. In order to have a manifestation of a physical, emotional or mental state, there must be an imbalance, thus, the existence of polar opposites. An imbalance is set up between the lower and higher frequencies. When these two poles are brought into resonance with one another, a third dynamic point is created.

DYNAMIC POINT OF PURE POTENTIAL

You can equate this third dynamic point to being aligned with your Higher-Self. In meditation, you established a resonance with higher frequencies of consciousness that creates this dynamic point of pure potential, and it is within this dynamic point that transformations in consciousness occur.

⁴ This is also known as the Higgs Boson point.

*At the still point of the turning world, there the dance is.
And without the point, that still point, there would be no
dance. And there is only the dance. ~T. S. Elliot*



This point, which we call the Dynamic Point of Potential, is an interval in space and time that is essential to the creation of a different state of consciousness. It is a point of self-initiated dynamic stillness, and a critical midway point or juncture where lower and higher resonating frequencies of consciousness meet, resonate and merge. It is here that poles are held in relationship, and where balance is restored between differing polarities through the transfer of energy from one pole to the other.

The construction of this Dynamic Point of Potential is one of the most important phases of the transformational process. It is within this dynamic point where the higher frequencies of consciousness (the Light of Mind) is merged with the life of the persona, thus giving it direction and purpose. The Dynamic Point of Potential operates like a fulcrum or balance point between the lower, more receptive frequencies of consciousness and the higher, more purposeful, powerful, and dynamic frequencies of consciousness. The degree of transformation that can occur at any given time is

dependent upon the strength of your focus, the frequency of consciousness with which you are able to hold a resonance, and the operation of this dynamic point.

Construction of the Dynamic Point of Potential



Dynamic Point of Pure Potential

This field represents the highest frequency of consciousness you can establish and maintain through your internal alignment.

The Dynamic Point of Pure Potential where Lower and Higher Consciousness meet, merge and transform.

This field represents the highest frequency of consciousness which you have been able to establish and maintain a resonance.

The more focused and potent your alignment, the greater your capacity to influence the range of higher consciousness attracted. In order to construct and maintain the Dynamic Point of Potential, it is essential that you develop the ability to stay focused, have absolutely no attachment to time, space, shape, or label, and yet remain completely present, in the moment, and internally self-directed.

Method of Operation

Energy exists in two states, i.e., minus and plus, passive and active, or negative and positive. This imbalance causes a magnetic field to be created between these two states of energy. When, through meditation, focused prayer or committed desire, you establish an excess charge of energy at the negative pole, which is your individual frequency of consciousness, that excess must be balanced by a discharge of energy from the more positive pole of higher consciousness.

Your overall frequency of consciousness, juxtaposed to the highest frequency of consciousness with which you are able to establish and maintain a resonance, generates a differential of frequencies that produce two poles. This differential produces a magnetic field between the lower frequency of consciousness and the higher frequency of consciousness. Between these two poles lies the Dynamic Point of Potential, the mid-point or fulcrum that relates both poles.

Your alignment with higher frequencies of consciousness establishes an harmonic between yourself and these higher frequencies. The key is to maintain this point of tension between the lower frequency of consciousness and the higher frequency of consciousness until the higher frequency can discharge its energy, thus, once again establishing equilibrium – but at a higher level. The dynamic point of potential is like a receptacle or chalice where the birthing of your new or higher consciousness occurs.

While the vibratory frequency established within the Dynamic Point of Potential resonates with one or more higher octaves of consciousness, it conversely also resonates with one or more lower octaves. This is a very important concept to grasp because it also means you quicken the transformation of all levels of your consciousness that are not in resonance with the transformation you just experienced.

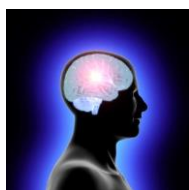
This transformation means that you have also infused Light⁵ into, and helped transmute your fears and short-

⁵ Light is a reflection of consciousness or the soul. It is an emanating, creative energy. The objective is to fuse the lower light

comings that are not in resonance with your new, higher frequency of consciousness. The equilibrating process that occurs significantly assists you in moving beyond your current ring-pass-not.

Your brain-mind-Higher-Self alignment is a coordination of the brain with your mind and your mind with your Higher-Self. In actuality, this alignment already exists, but you must re-mem-ber or build a *conscious* realization of it. Once a conscious bridge from the brain to mind and from mind to Higher-Self is built, you experience an equilibrating force in all areas of your life and affairs.

MEDITATION



Meditation is a cornerstone of all spiritual traditions, and it is gaining prominence in today's workplace and even in medical practices.

Meditation is called the footpath of the gods because meditation is the technique whereby you cease becoming a victim of evolutionary tides, and you consciously take up your own spiritual growth and development. There are several techniques that, when mastered, naturally lead to successful meditation.

RELAXATION TECHNIQUES

with the upper Light, so that one Light shines forth in physical manifestation.



Some of what you see today that is called meditation is really a relaxation state. Relaxation does wonderful things; it lowers blood pressure, reduces the effects of stress, and calms you. It puts you in an alpha brain wave state that is a much more intuitive and creative state than your normal waking and functioning state. Most people slip into alpha as they drift off to sleep.

An example of a relaxation meditation would be Transcendental Meditation. The issue with alpha techniques is that after about three years of using one, you need to go on to something more substantial. If you stay with an alpha technique past that point, there is an opportunity to begin to lose your ability to exert your will.

You may have known people in your life who are examples of this very condition. A person can become less effective and definitive within their world and affairs. So while relaxation techniques are wonderful for many things, eventually, you must pass beyond them.

VISUALIZATION TECHNIQUES



Visualization is being used by everyone for everything these days. It is being used by athletes who want to get the edge on the game. It is being used by people for health practices. But it doesn't really matter whether you are imagining yourself as a body builder, visualizing losing weight, or visualizing great spiritual energies coming from parts of your body, the practice is still visualization.

Relaxation has its primary effect on your physical body, and visualization has its primary effect on your emotional

nature. Your emotional nature is what empowers visualization. What is so interesting about visualization is not so much about what it does, because there's enough data out there to know it is effective. What is truly interesting is how and why it works.

The brain does not care what is real. If you can make a picture in your head of a bear rushing toward you, that is a real enough picture that can trigger your own adrenaline rush, your own fight or flight mechanism. The brain only responds to the information your mind gives it.

I was reading a book on neuro-science some years back, and there was this wonderful concept: *The Mind is always asking questions of the universe, but it only listens to the answers for which it has receptors.*

Meditation is a way of programming something different in your brain, something different than the messages your day-to-day brain normally conveys. However, most of what people think of as thought is colored by their emotional opinions about things.

Visualization primarily affects your emotional nature. It empowers it. You can use the power of visualization for all sorts of purposes, not necessarily spiritual. You see, visualization practices abound within the marketplace today. It is what the name implies, basically, internal picture making. This, too, you must move beyond, for these techniques deal primarily with your emotions.

CONCENTRATION TECHNIQUES



Concentration techniques are not very popular. It is much easier to visualize. You can put yourself on a beach or in a very spiritual setting. Real concentration is hard work. It is boring, and it can be completely humiliating! You find out very quickly how not in control of your body, emotions, and thinking you really are.

Concentration is a main pivot point in both Eastern and Western tradition. In the East, geometric figures are often used for the subject of concentration. All those Pythagorean theorems you studied in high school are Eastern Mandalas. They had a great deal of meaning in the Greek Mystery Schools because they described various spiritual relationships. In the West, we typically choose a natural object, a flower, or a candle flame, for instance.

Concentration is training for the mind, that is, your lower concrete mind or intellect. Here is the way it works. You choose an object, such as a flower or a symbol, and you create a mental picture of it, holding the picture in the area of your forehead. Yes, this includes visualization. This is the area of the frontal lobes where thinking and reasoning take place. It is also an energy center in the East, called the Ajna Center. This is the home of what we would call the *observer*.

You visualize a picture of your chosen object and simply hold it just in front of your forehead, not thinking about it, and not talking to yourself. You are not musing on the great cosmic significance of rocks or whatever your image you have chosen. Just hold the symbol or picture in your mind.

You will probably only be able to do this for about 3 seconds, and then you will internally say to yourself something like, Am I doing it right? You've just blown it because you talked to yourself. So just begin again.

To hold something silently for any length of time is something we don't know how to do well. We talk to ourselves twenty-four hours a day. You probably keep yourself up at night redecorating your living room or doing that project for work tomorrow. We do not know how to be internally quiet.

TYPES OF MEDITATION

FORMAL MEDITATION

Formal meditation requires that you be quiet. It requires that you develop some skill in holding your mind focused upon one target, one objective, without being pulled in another direction. This is training for your *Will*, and it is training in how to become internally quiet, yet remaining mentally alert, and self directed. As long as you are talking to yourself, you cannot listen. Concentration, although humbling, is absolutely necessary in the progression toward purposeful meditation.

THREE MAIN CATEGORIES OF MEDITATION

MEDITATION FOR COMMUNION

This is an upward movement of energy. This is movement from matter towards Spirit. This kind of meditation is meditating for communion with that which is above and beyond us. It is meditation for sanctuary; it is seeking

that spiritual source that is at the heart of all of us, and from that, you can draw sanctuary, nurturing, and sustenance.

MEDITATION FOR WISDOM AND LEARNING

The second type of meditation has to do with wisdom and learning. Via this type of meditation, you are in touch with something greater than yourself; what some call the *Raincloud of Knowable Things*. During this type of meditation, you can download new knowledge. Until that point, you are just accessing what is already in circulation in humanity's collective mind and recombining it in fascinating ways, but it is not new information or knowledge.

In the learning part of meditation, you bring in that which is abstract, that which is not yet precipitated into humanity's collective conscious mind but is *overshadowing*, held within the higher or spiritual mind. Via meditation, you can consciously access that new area of thought and give it a fresh, new interpretation. You create new forms for this new abstraction, and via creative direction, set it actively within humanity's collective mind where it can be accessed and used by others.

Rather than going through a translation of a translation, of a translation, you are accessing the source, and giving it a form that is relevant to the present time and space.

MEDITATION FOR SERVICE

In Meditation for learning, you learn new things, and you can access new abilities and original information, but not for yourself alone. At this stage, you realize, not just in theory but in experience, that you are part of something

greater, the One and the Many, the oneness and unity of Source, complete with individuality. It is like a fractal or holographic setup.

In the final phase of meditation for service, you learn those meditation techniques that allow you to be the *Agent of Divine Intervention*. These techniques can be used for healing humanity and for adjusting negative situations within the world. You learn to apply the techniques first to your personal life. After mastering this, your service can then move outward into humanity, for the sake of everyone.

Summary of the Three-Movements of Meditation:

1. Meditation for Communion is an upward focus
2. Meditation for Wisdom and Learning, is a downward focus
3. Meditation for Service is an outward focus, that active connectedness and oneness that makes what you experience in consciousness, an outer actuality

Understand that these activities of consciousness are not just up in lofty realms of thought. They are to teach you about how to make things work here and now, within your daily life and affairs.i

KEYS TO SELF MASTERY

There are three main keys that lead to self-mastery.

1. Training that involves your physical body: Relaxation Techniques



2. Training that involves your emotions:
Visualization Techniques
3. Training that involves your mind and your
intellect: Concentration Techniques

This brings us to the mysteries of the *Passageway*. The Passageway is any period in your life of intense uncertainty. Ordinary, everyday life has ended, and you do not know what is next. This is where the real alchemy happens. The Passageway is like a birth canal; something new is trying to be birthed.

Life becomes uncomfortable. If you have a river that is sort of lethargically moving along, and you start to dam each side, the opening becomes narrower. What happens to the water? It moves faster, so at the point in the narrowing Passageway, your life speeds up. Your life begins to move more rapidly than the lives of the people around you.

To your friends and family, who can't see what's going on with you internally, you might begin to look like a flake because you're cycling through life quite rapidly; family relationships, mate relationships, job relationships, etc. This is a natural occurrence on the path to self-mastery. When things are in motion, new patterns are most easily introduced. It is a significant and predictable instability.

WHAT HAPPENS IN THE PASSAGEWAY?

In the Passageway, you consolidate all the work that has gone before, and you integrate your physical, emotional, and mental natures. The great mythological symbol for this



period of growth and mastery of the personality is the character Arjuna or Apollo, the warrior within the chariot pulled by three horses, each trying to go in different directions.

Your task is to get them moving in the same direction so you can move forward. This is the time to integrate your physical, emotional, and mental selves into one *responsive team*. In other words, you must align your thinking, feelings, and actions in order to move beyond this period in your life. The sooner this occurs, the quicker you will experience forward movement with decisions to be made, the establishment of peace of mind, and success with the goals you have set for yourself.

Transforming your consciousness alters your nature. The mythic charioteer Apollo,

In order for Apollo to successfully reach his desired destination, he needed to take control and align his horses – his three natures – and create a flawless team that works together in perfect harmony and synchronization.

How does this relate to reaching your goals? Let's say you want to go on a diet to lose ten pounds. But then your best friend invites you to go with her to your favorite restaurant. You excitedly agree. Then it comes time for you to decide what you're going to order. Do you choose salad as your intellect is telling you or the delicious Chicken Marsala, with heavy cream, that is your favorite?

Intellectually, your obligation is to stick with your diet, but emotionally, you want the Chicken Marsala. So your mental nature, and the *intention* you set to stick with

your diet are in direct opposition to your emotional nature, which *desires* to treat yourself just this one time and have the Chicken Marsala.

In this example, your three horse are not a coherent team moving in one direction, so it is not only difficult to stay with your diet, you are also conflicted and miserable.

Until you can get your physical, emotional, and mental natures all moving in the same direction, you will not be successful with any diet or any goal.

The solution is to begin consciously aligning your physical, emotional, and mental natures with your Higher-Self, that Self that is more powerful, wiser, and loving than your persona's ego.

So, while the techniques of the Passageway involve the integration of the three aspects of your personality into one responsive unit, that is not all of it. The word personality comes from the Greek word *Persona*, which means *mask*. The persona is the face your Soul shows to the world. In some traditions, the persona is viewed as the prison of the Soul. The bodies are bad, get rid of them; go to Nirvana as quickly as possible, and do not pass go or collect \$200!

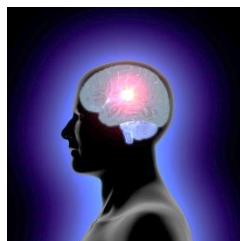
However, what begins as the prison of the Soul, when integrated, becomes the grail chalice of the Soul. With continued practice, your persona becomes the trusted partner of your Soul. You move from personality integration towards something called the Divine Marriage, which is talked about in many esoteric traditions and systems. This begins to approach what real meditation is all about, that is, the opening up of communication between that part of you that is above

and free of the form, your Higher-Self, and your persona, which is in form.

This is not a one-way communication, however. It begins on unseen levels as your Higher-Self seeks *conscious* union with its extension in time and space. Your persona registers that subtle touch of its Soul and begins to respond by seeking more than what your five senses register. You know there has to be more, and you start looking for it. You go through a period of trying everything out until you find that which resonates best with you. This seeking is in response to the call from your Soul.

SELF-MASTERY IS YOUR DESTINY

Self-Mastery is the process of discovering and transcending your personal limitations. It is the liberation of who you really are and the acceptance of your true, innate higher powers. Self-Mastery is achieved when your physical, emotional, and mental natures, operate as one integrated unit that is completely directed by your Higher-Self.



One can have no smaller or greater mastery than mastery of oneself. ~Leonardo da Vinci

Each transformation in your consciousness leverages another and then another until a critical mass is achieved that sets into motion a quantum shift in your consciousness that results in self-mastery. As you achieve self-mastery, the more focused, conscious, and powerful is your area of influence, and that which is needed is magnetically drawn to you.

EVIDENCE YOU HAVE ACHIEVED SELF-MASTERY

1. Living your best and highest self
2. Accomplishment of your goals and life purpose
3. Life lived with consistent desired outcomes
4. Abundance, which is not only monetary
5. Mindfulness in all situations
6. Knowledge always used with wisdom
7. Power always used with purpose
8. Inner Peace in all situations
9. Wholeness, meaningful unity with all things great and small
10. Cosmic Consciousness

SELF-MASTERY AND THE MATRIX OF MIND

The Web or Matrix of Mind is a field of energy through which consciousness operates and manifests. All consciousness and life function within this Matrix. It is the holder of all



patterns and is a living, synergistic organism that is much more than the sum of its parts. The Matrix of Mind interpenetrates all substance, relates it, and holds it in form.

Theoretical Quantum Physicist Amit Goswamiⁱⁱⁱ says, *A whole new picture emerges when we gaze in wonderment through the 'visionary window' of quantum physics. We find that the discoveries of science closely resemble what*

the mystics have been saying for centuries, namely that consciousness – rather than matter – gives rise to our universe. As a result, instead of reducing our world to mechanistic formulas, science itself points the way to new dimensions of meaning and fulfillment.

Physics describes objects as not being determined objects. Quantum Physics says that objects are waves of possibilities. What that means is that an object has wave-like characteristics; an object spreads. For example, if you release an electron in space, the electron will not stay put in that place. Instead, the electron will have developed possibilities of being in other places, all over the room, then, if you give it more time, all over the town then all over the earth, and so on. So this idea of spreading is like a wave phenomenon, the electron is a wave. Then something very strange takes place, when you try to detect the electron, the electron doesn't show up everywhere.

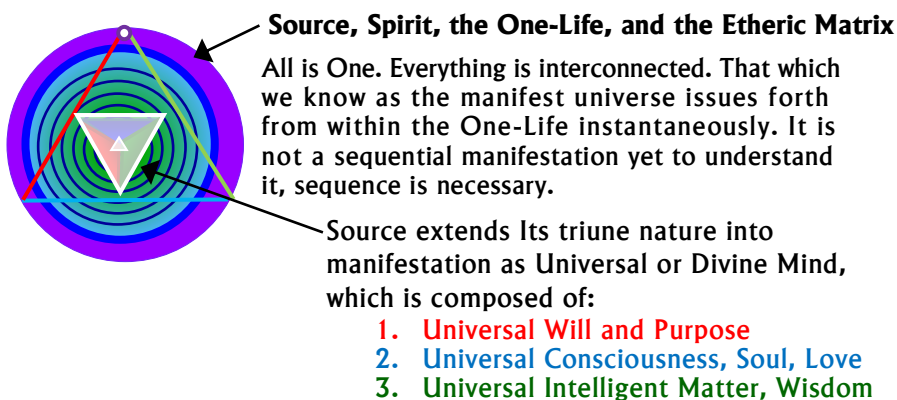
In one particular experiment, the electron shows up in only one particular place, but it's not a particle either because, if you do another experiment, the electron does not show up where it showed up before. A Newtonian particle would have to show up in the same place again because it's determined, but a quantum object doesn't have to show up in that same place; it shows up in a different place. In fact, if you wait long enough and do this experiment repeatedly: put the identical object in the same place and wait to see where it shows up, eventually, it will get a Bell Curve particle distribution. So that gives us the idea that behind this particle distribution, there must be a wave of possibility, not an actual wave. So the electron [is a quantum wave-like object that has transcendent potential, that is beyond

this space/time three dimensional reality that you talk about.]

The physicist, John Wheeler, asserted that there is a quantum interconnectedness within every point in space and that “space-time is connected via the quantum foam to every other point in space-time.”ⁱⁱⁱ Theoretical Physicists are getting closer to a unified theory of everything. For some Theoretical Physicists, it is a form of Panpsychism, which is a very ancient understanding of consciousness and the physical world. There is now a new view of Panpsychism.

This new view of Panpsychism is that only matter exists but, matter is defined from two perspectives. “Physical science describes matter “from the outside”, in terms of its behaviour, but matter ‘from the inside’ is constituted of forms of consciousness. This means that mind is matter, and that even elementary particles exhibit incredibly basic forms of consciousness.”^{iv} ~Philip Goff, Assistant Professor of Philosophy, Durham University.

Theoretical Quantum Physicists are searching for a theory of everything, and believe they are close to one.



The Matrix of Mind is the foundation for your human

persona and its physical life. The energies of your thought, emotions, and physical body move through this Matrix to take on an outer manifestation. The Matrix's lines of force underlie and are related to your cerebral nervous system. Its energies interpenetrate every atom of your body and extend out from it. Through this etheric Matrix your mind, nervous system, and the strength necessary for physical activity are implanted into your brain.

Your consciousness moves through the Matrix's frequencies, in your ascent to higher, more refined states of consciousness. The Laws of Evolution alone sweep humanity along unconsciously toward higher frequencies of consciousness until a certain juncture in evolution is reached. At that juncture however, you must *consciously and willfully cooperate with specific Universal Principles*, in order to further advance upward along the Continuum of Consciousness's frequencies.

When you become *conscious* and *proactive* in the process of transformation, paradigm and quantum shifts occur much more frequently. Thus, you move more swiftly upward along the Continuum of Consciousness than would otherwise be possible without your proactive, willful impetus.

There are as many paths to self-mastery as there are people. There is no *only* way to achieve it. Some paths, however, are much easier and faster than others. There are ancient wisdom teachings that have been modernized for today's seeker, and there are many excellent classes for the beginner to the advanced seeker. The Institute for Global Transformation®'s Self-Mastery Guide is designed to acquaint you with the, at times, missing components that are necessary for whatever success you seek.

The IFGT is a catalyst for personal, societal, and global transformation. We mentor you along your personal journey by instructing you on how to master your life and become your very best self. Change is incremental and is something that needs to be maintained. Transformation, on the other hand, is an *internal metamorphosis* that requires no maintenance and creates something new and nobler than before. You can work toward just making changes in your life, or you can create transformations. The choice is always yours.



I wish to give special thanks to Georgia Lambert for the years of training I received in her Nature of the Soul classes. Without her wisdom and instruction, I would not have been able to contribute to this Guide. ~Dr. Maryann Miller

i Georgia Lambert's Nature of the Soul class and Nature of the Soul Advanced Teacher Training I and II

ii Amit Goswami, Theoretical Quantum Physicist

iii Mysticism and the New Physics, Michael Talbot, page 89

iv Philip Goff, Assistant Professor of Philosophy, Durham University.

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