

Lead your Self into your promised land

Adrian Mitchell

As we face into another year a lot of us may be thinking about what the year ahead holds for us. Many questions may be going through our minds at the moment about 2010. What will be different about us or about our lives this time next year? What changes will we have made and why? What changes will Life deliver to us during the year? Will our lot be better or worse this time next year? Will there be new people in our lives? Will all of the people in our lives at the moment be still around this time next year?

Unfortunately we will have to wait a year for all these answers, but in the meantime we probably could start looking at what we would like to be different in 12 months time. In order to identify these things we need firstly to ask ourselves are there any gaps currently in what we have in our lives or what we are doing with our lives or how we are being in our lives relative to what we would like? Over the past while, what areas of our lives have we noticed that certain changes may need to be made?

The Year of Stability

It may be that some of you are perfectly happy with the way things are and apart from a few minor tweaks here and there you would like your lives to be very similar this time next year. Excellent, if this is the case! We can all do with years like this! So if it is your turn for stability, status quo and maintaining what you already are, do and have, then do your best to enjoy this year to its fullest.

The Year of the “Must Do’s”

If you are like me, and this year heralds some important changes in your wish list or your “absolute must do” list, then let us ground our feet, open our minds, listen to our hearts, connect with our true selves, find our courage and embrace the unfolding adventure! If you hear the call from deep within, it is time. It is your time. It is your moment. The path is already clear. You just need to listen intently for directions. This is where you may encounter some “problems”!

The “Real You” and the “Role You”

How good is that communication system between the “**real you**”, your spirit, that is your link to universal consciousness and that constantly echoes wholeness and oneness in your being and the “**role you**”, your mind, that is your link to the physical and material world and that constantly filters fragmentation and separateness into your being through the myriad of roles you play on an on-going basis? If you have worked over the years on clearing those communication lines then interference will be at a minimum and your struggles will also be minimised.

You will still experience some struggles as your “**role you**” attempts to put form and structure to the incoming data and information from the universe in order to filter it out into the physical world. Your mind is very much involved in this process and as your mind has many, many residents such as thoughts, emotions, fears, expectations, attitudes, needs, desires and judgements, you can be sure some of them will attempt to block progress and stunt new formations. This is all part of the process of understanding,

gaining clarity, dealing with fears and emotions and attempting to put something new into practice or attempting to apply a new way of being or doing things.

Minimising interference

If you are not sure whether the “call” is coming from your spirit or from your mind, then more work will need to be done to unblock the communication lines so that you can begin again to trust in your intuition through which you hear those inner calls. This work includes using ways to listen more deeply, such as through the use of meditation, communing with nature, slowing down the pace you are living your life through and de-cluttering the mind. Any of these or a mix of these will help you to identify where that call is coming from.

If the “call” is coming from the mind, it is still representing you or re-presenting you to you. However in the mental re-presentation, your emotions, fears, needs and judgements may be triggered creating confusion and bringing unresolved related stuff into play thus making the process of formation and structure much more difficult. You could find yourself going around and around in circles with no way out for a while. Again, your way out of this kind of an experience is through the strategies mentioned in the previous paragraph.

Creating with your Mind

Assuming you have arrived at a state of clarity about bringing something new into your life or letting go of something outdated (therefore replacing it with something new) then it's all down to you allowing the flow of the new energy through you and into the subsequent moulding, shaping and formation process as this energy becomes part of who you are and re-presents you in the physical world. Your **“role you”** or your mind plays a very important part in this process.

You know what it is that you want to change or bring in to your life. You know that this resonates with your being. You know that it comes with conviction. You know that this is right for you...now. So, what next? Mind and Body must now respond to Spirit to re-present you to the world. This is where goal setting, action planning and visioning come in to play. This is where you need to call upon your passion, your motivation and your courage to bring this new energy to the next level. This is when your ability to stay focused and on track, your resoluteness, your perseverance, your mental toughness, your ability to commit and follow through and your self belief are all tested.

Even though you know this is right for you, you still have to bring it in to the physical world. You have to want it, with a passion! You already know your Spirit wants it, and even though this is a critical starting point, it is not enough. Your Spirit will not get it manifested in the physical plane. This is the job of your Mind. This is in fact what the Mind ultimately exists for...the physical manifestation of the non physical. The Mind re-presents the Spirit to the physical world; it is Spirit's greatest servant. Unfortunately a lot of the time, rather than serving the Spirit, it becomes its greatest obstacle. Through fears and excitement and emotional roller coasters of drama; through low self esteem and lack of confidence; through attachment to what is known and familiar (both good and bad); through arrogance, desensitivity, cynicism and separateness, and finally, through lack of awareness of Self, our Spirit is oftentimes given very poor re-presentation by our Mind.

Presence

Fortunately for both Spirit and Mind (and Body, as Body is the carrier of both, being the ground which brings Spirit and Mind together and therefore the grounding or earthing required to allow the transformation of light energy into dense materiality and vice versa and has all the scars to prove it!), there exists a bypass around a lot of the obstacles (mentioned above) which tend to get in the way and more and more people are becoming aware of it and beginning to use it. This is an energy state called “Presence”, essentially a communion of Spirit, Mind and Body. In this state we have the ability to easily transform the mental and emotional energy into light energy, bringing “knowing” into the equation very quickly and thus simplifying and accelerating the creative process. This sense of “knowing” arrives within us without us apparently having to do any work. We appear to arrive at solutions with effortless ease!

Clearly bringing Presence into how we are attempting to manifest something new in our lives is a particularly good idea! There is a slight catch (as there always is!) however...we can't buy Presence in a shop or we can't develop it overnight. But we can certainly begin to develop it overnight. Over a short space of time with greater awareness of both self and other and by introducing some useful practices, such as meditation, self observation and reflection, emotional management and being clear on what we want from any given situation. Also, having an awareness of others' needs, behaviours and desired outcomes contributes greatly to a sense of flow in life as does increasing our sensitivity towards others and realising the connection between us all.

By practising “Presence” we will make it easier for ourselves to make the changes we need to make in order to bring the new energy into our lives, but what else do we need? How do we muster up our motivation and keep it driving us? How do we keep focused and on track with our new idea? How do we follow through on our plans and sub goals? This really is the key. The Spirit has delivered our next challenge and we have accepted it; now it is the turn of the Mind to bring it the rest of the way and manifest it. Relative to this new challenge, our minds must keep us on track by paying attention to our intention on an ongoing basis.

Negative Beliefs

We can hear the “call” and resonate with it and “know” that it is right for us; we can set our goals and sub goals and put in place our action plans, and we can even employ a life or business coach to help us to stay on track and keep focused. But there are still parts of the equation missing. These are the qualities mentioned earlier, such as resoluteness, perseverance, mental toughness, ability to follow through and ability to commit. Without these it is unlikely that we will achieve what we want. The question is how do we activate these qualities and keep them powered? The power behind these qualities comes from the Spirit, from the “knowing”, that something is right for us, but our ability to activate them and keep them working for us is down to how we deal with the beliefs we have about ourselves within our minds. These beliefs or programmes will keep re-presenting themselves to us trying to reinforce themselves upon us as the truth.

These negative beliefs we have about ourselves are very self limiting and appear to be very powerful. However they only appear to be very powerful because of our assumptions about them. We assume they are right because time and time again we have given in to them. They have no power of their own. Their power comes from the unconscious mind which filters habitual ways of being through into our physical world. These habits go pretty much unchecked and become patterns of interactions and dynamics created between us and the world around us. They re-present to us and to the world around us who we **think** we are, who we **feel** we are and who we therefore **assume** we are. However, it is not us they are re-presenting; they merely re-present an aspect of us, a tiny aspect of us. This aspect of us gets in the way of, and blocks the light of our Spirit's presence and therefore distorts reality on us.

Small-mindedness

This is our "small-mindedness" at work. We get caught up in our small-mindedness and it spins us around and around, winding us up more and more tightly into this tiny way of looking at ourselves and the world. We feel "disconnected" from reality and from our "real" selves, and we feel powerless to do anything about it. It continues to have power over us because it has fooled us, or rather I should say, we have managed to fool ourselves. We no longer have access to our "bigger" picture while we are living in our small-mindedness. Yet our bigger picture is always available to us if we are able to untangle ourselves from the knots we have unwittingly tied ourselves up in. This is not necessarily an easy task. What we are talking about here is being able to identify and manage our emotions; being able to resist habit and being able to lead ourselves out of the darkness and into our very own promised land.

Lead or be led!

In order to lead ourselves we need to be able to harness the fuel of life (Spirit) which is always flowing through us, and use it to engage fully in the physical world through our presence. Our presence is us allowing this energy (Spirit) to flow through us into the physical world, thus allowing Spirit to be manifested in the physical world. If we reject the chance to do this, and therefore to be present to life, we are choosing to be absent from life. Absenting ourselves from our lives means we are allowing ourselves to be led by other forces, rather than leading our own lives. When this happens, as it so often does to most of us, we feel powerless in our lives and this triggers "negative" emotions in us such as frustration, irritation, anger and/or depression, and we indulge in the blame game, in our attempts to understand what is happening and why. But we will get no understanding while we are caught up in this state.

When we hear the "call" from within and recognise it, acknowledge it and accept it, we then need to engage other qualities to use it. These qualities mentioned previously are resoluteness, perseverance, mental toughness, ability to commit and to follow through and self belief. This is the toolkit required to transform light energy into physical matter. This is how we lead ourselves. First we align ourselves with the source energy, Spirit, then we take out our toolkit and use it while engaging the Mind to direct and focus the energy into the creation of our presenting selves (action planning, goal setting, visioning etc), thus leading ourselves into our promised land, which is our potential selves being manifested on Earth at any given time.

Passion and motivation

Our passion and motivation will move the light energy and carry it towards the physical plane. Our courage is what will help us break through all the mental and emotional barriers that inevitably lie in wait to challenge this new energy coming in. This new energy is the “call” from within and re-presents data and information for our development as humans. Without passion and motivation this energy cannot be routed through to the physical world. Our passion comes from our overwhelming desire to bring this new energy into being because we are completely aligned with it and we need to re-present this new emerging aspect of who we are or can be to the world we are living in. Our motivation comes from our emotions which have been stirred up and into action by our conviction and passion. This is part of the Mind’s role in bringing the new energy to the physical world. Our passion and motivation run through our mental plane and encourages and moves us to create structure and formation as the final catalyst before creation can happen.

Resoluteness and perseverance

These two great qualities act as bodyguards and drivers for our passion and motivation as they attempt their journey through the mental (and emotional) plane to their final destination. They have to resist and overcome many obstacles along the way, such as “negative” beliefs, outdated habits and fears. Depending on the nature of the new light energy being transported to the physical world, this part of the journey could be very difficult or relatively easy. To be **resolute** is to have that conviction that what we are about to do is what we “must” do in order to re-present ourselves fully to the world so that harmony rather than discord is the music flowing through us. Our ability to **persevere** is based on that aspect of us which will do whatever it takes to ensure creation.

Commitment and follow through

When we **commit** to a “call” from within we activate a sacred agreement with ourselves which runs through all levels of our being. This is essentially a commitment to re-present ourselves to the world in a new light. Our ability to **follow through** is the energy of the agreement with ourselves pushing itself forward towards the physical world with great momentum. Follow through is the expansion of commitment through time.

Mental toughness and self belief

We need our minds to be robust and strong to work with us as we attempt to bring a new aspect of ourselves into the world. Our minds need to be tough to deal with all the possible “problems” the mind itself creates both from what it filters in from the physical world and what is already resident in itself in the guise of beliefs, thoughts, emotions, fears, expectations and judgements. The mind needs to keep focused and create the structure and formations (action plans, goals etc) that will allow our resoluteness, perseverance and follow through an easier passage through the mind and an entrance into the physical world. This mental toughness will not exist without **self belief**. This is the key ingredient that energises our minds and makes us feel, despite all the apparent obstacles that **yes, we can do it or be it**. Our alignment with our true selves gives us this

sense of self belief. Self belief is our conviction that we are on the right track and we are re-presenting ourselves to the world in a way that absolutely resonates with our Spirit and that we therefore can carry this new energy all the way through to the physical world.

Bringing it together

It is our responsibility to bring all these ingredients into play in order to bring forth the new Self to the world. We can of course refuse or reject new energy coming through from the Spirit within because of the dynamics going on in our minds. In fact far more often than not, most of us do this, but the more aware we become the more likely we will hear the “call” and accept it. This “call” doesn’t always come from “within”. Oftentimes it can come from the physical world via people, events, books etc. When this happens we will know if it is the Spirit calling as it will resonate within us. In other words we will be comfortable with it, or it will feel “right”.

Incidentally, these calls are not just about “spiritual” things. They can be about any aspect of our lives such as our career, our lifestyle, our relationships, our behaviours or our talents. They are about us. They are about our evolution as beings.

Listen for the “call” and engage with Life!