

As soon as you concern yourself with the “good” and “bad” of your fellows, you create an opening in your heart for [separation] to enter. Testing, competing with, and criticizing others weaken and defeat you.

—Morihei Ueshiba

E L E V E N



THE DEEPER POWER OF PROCESSING

So now that you have all the basic tools for processing—the polarities, triangles and squares—you are prepared to move more deeply into advanced processing. How you use the tools is completely up to you. There are no rules. You can adapt them and use them in whatever way most benefits you. As you clear shadow, you will develop your discernment, and your inner guidance will show you how best to apply the methods.

In this chapter we discuss some ways to help you deepen your experience of using the Marriage of Spirit methods and share with you a little bit of what to expect after you process. The topics are:

- ◆ Finding a theme to your story
- ◆ Finding all the right opposites
- ◆ Offering up positive *and* negative
- ◆ Experiencing a simulation
- ◆ Squares are loops in consciousness
- ◆ Getting Creative

FINDING A THEME TO YOUR STORY

In the beginning as you familiarize yourself with processing, you will find the opposites technique very helpful in defining your issues. It is an excellent idea when you have finished your list and have found the opposites to go back through the list to try to find a general theme for it. Find the pair or pairs of opposites that seem to best encapsulate your process or that have the biggest charge on them for you. Write these words at the top of your journal page next to the date, so in the future you can track

where your processing has taken you. Doing this allows you to see how the onion layers have peeled off over time and to gain a larger perspective on the unfoldment of your awakening process.

For example, Paul of the freeway incident decided the key to this particular story was the CONTROL–OUT OF CONTROL polarity, because most of the behaviors and emotions in his story, like *anger*, came from a place of being upset that he had no control over the situation. He wrote these words in large letters at the top of his journal entry next to the date. Now, whenever he does a process about *control* issues, he can always go back and refer to this old list he created, to help fill in any missing pieces.

Usually the themes you will use to title your page are very basic polarities which are a part of any person's personality. They run very deeply in everyone—themes like VICTIM – TYRANT or APPROVAL – DISAPPROVAL or MASCULINE – FEMININE. It helps to be on the lookout for these deeply rooted structures as you investigate your own patterning.

FINDING ALL THE RIGHT OPPOSITES

When doing the polarity work, it is important to take your time in finding all the right opposites. You want to feel your way into each word as deeply as you can. Each word is a vibration and is a state of consciousness. If you can't find an opposite to a word, it is best to meditate on it and pray for help, rather than skimming over it superficially. Sometimes this extra effort will give you your biggest breakthroughs.

Not being able to find an opposite is a clue that this state is deeply buried in the unconscious. When an opposite is hidden in that way, it means that you probably act unconsciously in instances involving that polarity; it indicates you are being run by egoic patterning—like a computer program. It is an area where you probably tend *to get your buttons pushed*.

Paul's example is a good one for this. If you recall, one of the words on his list was *indignation*. He could not think of any word that would fit as an opposite for it. When he meditated on it for a while, he realized it was an unconscious area for him. He knew that this was a good indicator that he is probably a bit unbalanced in this area. In his inner probing, he realized that he felt trapped by this issue of feeling indignant, of feeling angry when treated unfairly. After meditating on what the opposite to indignation is and feeling into it for several minutes unsuccessfully, he finally gave up trying to think of a word. Instead, he got out his dictionary of synonyms and antonyms to look it up. There was a list of over a dozen words as opposites to *indignant*, out of which he chose *imperturbability*, which means *unshakable calmness*.

That word resonated very clearly and held the exact opposite vibration for him. In fact, as soon as he read the word, he reported that he felt an immediate mental shift take place.

Paul also said that before he wrote about the story, when it was just floating around in his head, he didn't see how he was feeling indignant. It wasn't until he wrote the story and got stuck at finding its opposite that he actually saw his feelings of indignation and anger at believing he was right and she was wrong. He didn't realize he had such a charge on this particular feeling. He realized there were many, many instances throughout his life in which he ended up feeling indignant—angry and victimized by apparently unjust circumstances—and each time, his reaction of blame and rage and powerlessness in the face of life's cruelty was like an old broken record repeating itself. In finding the opposite unconscious side, some kind of magical shift happened for him, which allowed him to let go of the intensity of the situation and to not make it so real. If he had glossed over the incident as too insignificant to process and if he had not taken the time to find the right opposite for all the words on his list, he would never have had such a big breakthrough.

OFFERING UP POSITIVE *AND* NEGATIVE

It is important to offer up both sides of the polarity, not just the negative side. You will only get a shift if you offer up both negative and positive.

For example, let's say you are living out one side of a situation, like *the victim*. The other side, the oppressor, is in the unconscious and is being acted out for you by some petty tyrant, like your boss. You think, "Oh, I've had enough of being a powerless victim. I want change. I want to be powerful. I want to be the boss." Unless you ask to be released from *both* sides, the victim *and* the oppressor, the change you will get is a flip to the other side of the polarity. You will find yourself somehow living out an experience of the oppressor next. Either that, or you will find that some other oppressor shows up to pester you.

*The secret is that you find the opposite side because that is the hidden side.
As long as there is a piece hidden, the polarity will not integrate.*

There are many teachings that emphasize being positive all of the time. And that is fine if we are willing to or desiring to stay in the separate state, where we are still conscious and unconscious. Trying to be positive all the time is a good beginning, especially if our conditioning

has taught us to be negative a lot. If the ego were a deck of positive and negative cards, the technique of trying to think and feel positive all the time would be a bit like reshuffling the deck to try to get a better hand. But if we are seeking to ascend, we have to address both sides, negative and positive. *We have to be willing to detach from both sides.* We cannot hold on to the positive and try to get rid of the negative. Doing that keeps us locked into the separate system because we seek with the conscious mind to have only positive experiences. The attraction and repulsion traps us.

EXPERIENCING A SIMULATION

As you do this work, you will learn to become more and more aware, mindful and in your witness all the time. You will find that it is a very pleasant state of being, very centered, balanced, relaxed and joyful. From this place there is an easeful moving into greater and greater states of clarity as you pass through the veils of negative ego. It is especially helpful after the processing and shifting are complete to be aware of what we have come to call *simulations* or *set-ups*. Usually after you have finished your offering and have cleared an issue, you will be offered one of these. They are simply little tests of some kind to give you an opportunity to really pass through the veil completely.

What does this look like? It is certainly not something to be scared about! It is not like final exams at school; spirit is much more forgiving than that! Sometimes it is an immediate test, and other times the test comes within a day to a week. Usually, you find yourself presented with a situation that has the exact structure of the issue you just cleared. The window dressing, the surface content, may change, but the underlying message of the experience is exactly the same. It is a situation that causes a certain type of mental-emotional reaction in you.

Are you awake and in your neutral witness enough to notice that it is a set-up? You are being given a choice in that moment. Do you buy into the old conditioning, the limited personality patterning, or do you let it all go? Have you shifted enough not to have to repeat the same old stuff again? Are you in your neutrality and awake and clear enough in that moment to go through the same type of situation you used to go through without reacting in the same way? The challenge of the simulation is to move past our own limitations into a more expanded, balanced, and whole state. If you can, you release that old patterning for good. That layer does not come back again, ever! This is your well-earned *A+* on your test.

Here is a trick to help you get through the test. After the clearing,

The Deeper Power of Processing

ask for grace to help you remain vigilantly in your neutral witness so that you are prepared for your test. When the set-up comes (the same old situation that used to trigger your pattern) and you see it, say to yourself and to spirit, “I am not this.” Acknowledge that you are not these things of the world, these emotions, these thoughts, the old patterned personality. They are passing through you. This way you will *not* hook into them and will not react in the same old way.

Then, you say, “I am That.” Remember, *That* is one of the names of God. You are saying, “I am pure awareness. I am consciousness.” You may feel the same old emotions and think the same old thoughts in the moment of the simulation, but you do not identify with them. As pure awareness, you let them pass through and do not hook into them or make them real.

You also do not suppress or deny or avoid the experience as it unfolds.

Instead, you allow it to be what it is. You surrender to it, remaining unattached and unaffected by the drama of it all. It can be very challenging and seem very real, but it is just the personality play, the dance of the duality. It is important to remind yourself of that and to make these statements to the universe and to your higher self. Then, miraculously, the drama is over, the turmoil abates, and you have passed the test. You are clear. You are free.

There is a great scene in the movie *The Little Buddha*, the Bernardo Bertolucci movie with Keanu Reeves, where Siddhartha is meditating and gets presented with the test of his greatest desires and worst fears. (Don't worry! This is an extreme example. When you first start processing, you'll get simple, little tests.) Images of violent storms, ugly monsters and war parade themselves before Siddhartha, but by remaining meditatively in his neutral witness, he acknowledges that he is just being tested, that fear is just born of ego, and that none of it is real. He remains unattached. When each simulation completes, the holographic image fades away. When it is all over, he is enlightened. The whole movie is wonderful, but it is worth watching just for that one scene, which is a brilliant depiction of how this principle works.

SQUARES ARE LOOPS IN CONSCIOUSNESS

The difference between processing a square in your journal and living out in the physical world the experiences associated with the desires and fears of the square is a time factor. It could take you a few minutes or hours to

do the square. It could take you a decade or more to live out the square from a place of unconsciousness. In the course of life, people are living out squares all the time without knowing it. The reason we would choose to do the square is because our prime objective is to move our destiny forward on a fast path toward spiritual awakening in one lifetime, rather than to live unconsciously according to the turning of the cycles associated with the square, which could span many lifetimes and include a lot of suffering. And while living out the square in the physical may include interesting learning experiences, gradually building knowledge and awareness, it would delay our opportunity to reach clarity and the unified state. This is not a judgment of whether it is good or bad to live out the square in the physical world. Sometimes it is one's destiny to live out certain experiences physically, and other times it is not necessary. It is a soul's choice, and doing the square in a journal rather than living out a square in the physical is simply based on a different motive and intention for one's life—to clear attachments, rather than to fulfill egoic desires and to avoid fears.

Here is an example of how this works. We will use the square *wealthy-poor* to demonstrate the point. Let's say there is a man named Rob, whose patterning is such that he desires to become wealthy. He may spend years of his life striving and pedaling, so to speak, toward that goal. His desire to be wealthy is a major motivating factor in his life, and so his actions are always moving him in the direction of that corner of the square (Fig. 11-1).

Let's say he actually fulfills that desire to a high degree. For example, let's say after 15 years he has a high-powered corporate job with a lot of success, power and prestige, and has accumulated several million dollars. Generally he is happy in his life, but somehow he does not feel completely

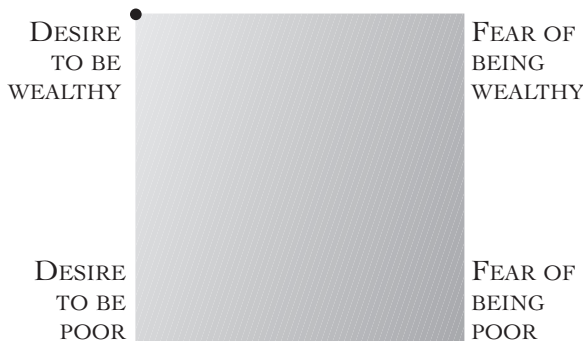


Fig. 11-1.

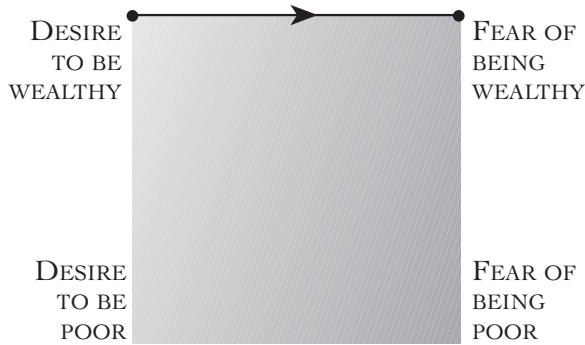


Fig. 11-2.

fulfilled. Somehow what he thought he might find by pedaling toward that corner of desiring to be wealthy has not quite made him as happy and as fulfilled as he wants to be. This of course is the nature of ego. We pedal and pedal toward our desires, but ultimately they are not what fulfill us. It is only when we realize our true nature as Self that we find the ultimate fulfillment behind our desires.

So, Rob could spend the next 20 years or the rest of his life continuing to pedal toward that one corner, continuing to accumulate wealth ad infinitum, in order to try to fulfill that desire completely. But it will only be when he realizes consciously to some degree that perhaps he is not going to find complete inner fulfillment by accumulating more wealth, that he will change. Let's say he does realize this. It begins to dawn on him that the wealth is not the end-all. This would move his consciousness along the side of the square toward the repulsion of (or fear of) the wealth (Fig. 11-2).

This could look like a life change for Rob. Let's say he decides to leave his high-powered job and to move to the countryside in order to write a novel—something he has always longed for but that did not fit in with his primary motivation for wealth. Depending on how much of a change in consciousness Rob goes through, he may even begin to entertain thoughts that perhaps having no money might be easier than having to manage all the wealth he had accumulated over the years. He feels the peace, quiet and stress-free life of not having the high-income job is better for him. Or perhaps he finds it a romantic notion that he is a jobless writer in the countryside who is earning no money. These thought forms would move his consciousness along the square toward the next corner, the desire to be poor (Fig. 11-3).

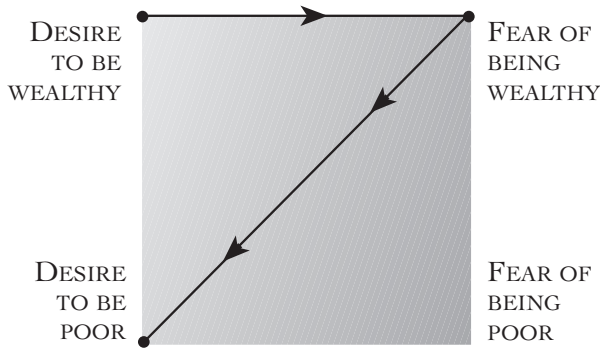


Fig. 11-3.

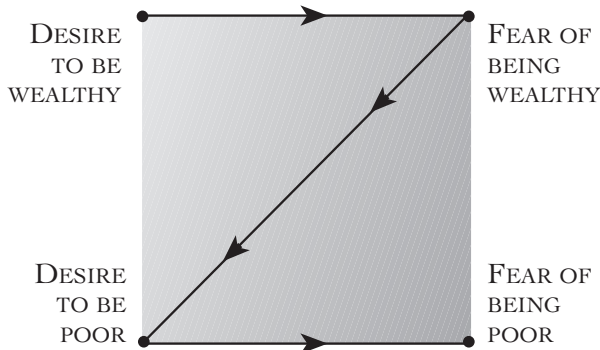


Fig. 11-4.

This phase may last for a few moments, a few weeks or a few years. The amount of time he spends in the corner, whether moments or years, is dependent on his patterning. He may even become the archetypal eccentric artist and live the rest of his life in that corner, contentedly having not much money. Let's say that at some point he realizes that pedaling toward that desire-to-be-poor corner also did not get him the fulfillment he was searching for. This would move him along the next side of the square to the repulsion of or fear of being poor (Fig. 11-4).

In fact, let's say Rob only lasts a few months in the desire-to-be-poor corner before he has a full-blown panic attack because he has no income. He believes he has done something absolutely foolish and crazy and zooms over to the fear-of-being-poor corner. This catapults him right into the desire to be wealthy corner again, and he is back where he started (Fig. 11-5).

So can you see the loop in consciousness represented by a square (Fig. 11-6)? It is actually a figure eight (Fig. 11-7).

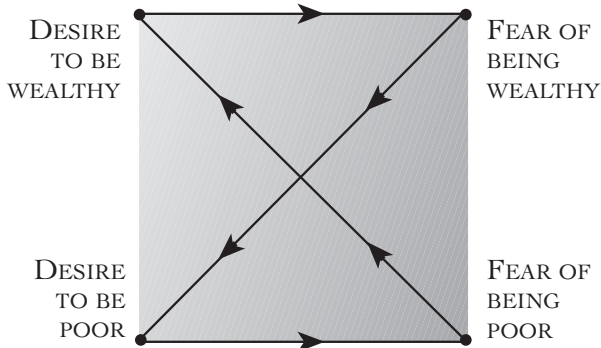


Fig. 11-5.

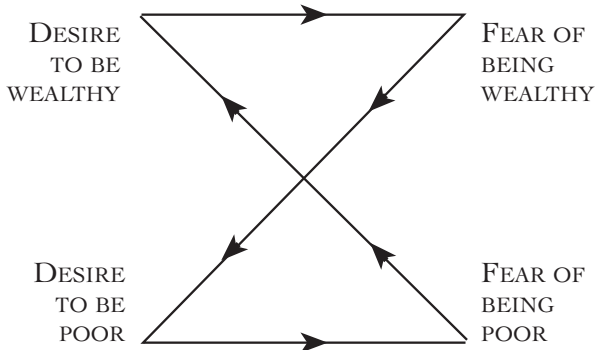


Fig. 11-6.

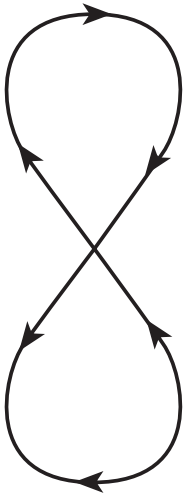


Fig. 11-7.

We go around and around unconsciously chasing desires and repulsing fears. Rob could spend the rest of his life chasing the same desires and repulsing the same fears. Like the figure eight the loop can repeat itself over and over, which is why we experience recurring lessons with just a change in scenery. In fact, when you turn the figure eight on its side, it is the mathematical symbol for infinity (Fig. 11-8)!

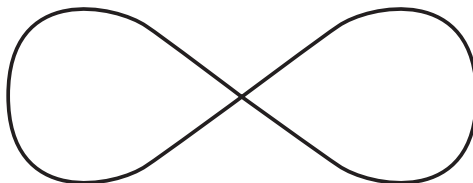


Fig. 11-8.

Of course the ego is not infinite. There is an end to the patterning, because it is finite. It is the beginning of the end when we begin to wake up, to become conscious of the desires and fears—the conditioned, programmed patterning—that motivate our behaviors, and to detach from them.

Granted, in our example, Rob probably gained much experience through living things out physically. Over the course of a few decades, he probably learned enormous lessons, had incredible joys and also experienced much suffering. And that is life in the unconscious state. It is an amazing, magical roller coaster ride. There is no judgment of good or bad in this. But when Rob tumbles to the fact that there is another way, that there is more to life than chasing desires and running from fears unconsciously, he will be able to shorten his path home enormously. By processing and by doing squares, he will be able to move much more easefully and consciously through his experiences because he is clearer. In fact, we are able to experience more of life's richness when we are clearer.

Here is another scenario of how we move from corner to corner in a square. For instance let's say when Rob is in the desire-for-wealth corner, things are really going well for him and he is making a lot of money. The ego can become so expanded from feeling great and happy all the time that on some level it fears it is pushing its boundaries too far. It fears too much expansion and formlessness. The limited egoic patterning can only take so much expansion before it needs to contract. This is the ego fearing its own death. Remember that the walls of the ego are made of fear, and of course we would feel the fear when we push the egoic boundaries too far. So, Rob's inner saboteur may put the brakes on somehow, causing some problem in his business, so that the money stops flowing in. This is the contracting energy that begins to repulse the desire for wealth and move Rob along the side of the square toward the fear of wealth. The same thing would happen in the fear corners with the contracting energy. The ego can only contract so far before it fears its own death, and then it begins to expand again and move to a desire corner.

In our example with Rob, we have detailed out the movement of consciousness over several years. However, these loops in consciousness are often repeated daily, sometimes hourly, or even every few seconds, depending on what the polarity is that we are dealing with. If it is something we just tend to think about but not to act on, then we can traverse all four corners of a square in just a few moments. If these patterns are running by habit or unconsciously, generally we feel drained by them;

they make us *spin* or feel *loopy*, and we lose our light. We keep trying and trying, searching in vain for what we think we desire, when in reality it is not what we really desire. We also keep repulsing, avoiding and denying the things we fear. Chasing the loop of the figure eight is designed to fail. It will never get us what we really want, which is to connect with our own inner core of divinity. Each time we strive to fulfill these polarized desires, we are settling for a facsimile of the real thing. When we avoid or repulse our fears, we are buying into the egoic programming, sweeping things under the rug, and stuffing them into the unconscious. Until we wake up to this fact, we are destined to repeat the limited program, desiring and fearing around this loop of the figure eight. The way out is simply by seeing it—by making the unconscious conscious and by offering it up to grace for true transformation.

At this point you may be wondering what it might look like when we clear the pattern associated with a square. Let's use Rob as an example. Since the wealthy-poor polarity was such a predominant theme in his destiny in the separate system, shifting it would probably mean a major life change for him. If Rob were to clear the pattern completely, including most of the patterns associated with wealthy-poor—like work-play, businessman-artist, for example—he would probably create a situation where he would have it all. This might mean he would create abundance in his life *and* live in the countryside *and* write his book. The either-or of the situation would disappear. We can create meaningful, fulfilling and lucrative work for ourselves when we are clear.

GETTING CREATIVE

You can really get creative with the processing techniques. Over the many years of teaching the methods, I have watched my friends take the principles and apply them to their own fields of work. For example, a psychologist with a background in theater and performing arts has applied the polarity work to her psychodrama classes. She actually has people act out both sides of a polarity, perhaps from childhood scenarios or from more recent dramas. She will have them act out their role and their antagonist's role (maybe a parent or a boss) so that they can physicalize both sides of the drama, both sides of their own consciousness. I have watched her facilitate some of my own classes with this method, and it creates very powerful transformation.

One friend of mine has a background in emotional release therapy. In his therapy groups, he will have the group process a square. They

designate each of the four corners of the square to correspond to the four corners of the room. Then people go to one corner of the room at a time and from the place of the witness feel the emotions in that corner of the square. When they have finished all four corners, they make an offering and let it go. The groups report powerful shifting happening.

Another friend of mine who was the manager of 500 employees at a state government office, liked the squares technique so much that he taught everyone how to do them at a staff meeting. When I learned about this, I was a bit shocked. But several months later, when I checked in with him about how things were going with his little experiment, he said that many people had really taken to the squares. He said as a regular weekly occurrence, he would overhear people processing together at work! After some time, he reported higher productivity in his department, and he noticed that people in general became happier and more light-hearted. He said that he noticed a sense of buoyancy around the office that he had never felt before.

Others have used the Marriage of Spirit in teaching art therapy classes, in working with the dying and in leading many kinds of workshops, from the practical to the esoteric.

If you are interested in attending a Marriage of Spirit seminar, which we offer from time to time in various cities around the world, please contact the CoreLight office.

In gratitude for the gift of the techniques I was given by my spiritual guides, I have felt inspired to share the information. So, I invite you to be creative with them. If you find the principles helpful, please apply them in whatever way you see fit and share them with people you know. The information is freely given, with a lot of love. I hope you find as much grace and receive as many gifts as I have by taking the Marriage of Spirit to heart.

MY COMMITMENT TO YOU

Dissolving the veils of ego and becoming very transparent with life and with those around you brings in the transcendental light, which is the energy of unconditional love, unity, wisdom and vitality. It is called transcendental because it is transcendent to, or beyond, the conditioned personality or ego. As you do the processing and clear the knotted parts of the conditioned personality, you begin to see more of your luminous, true nature, which is present but transcendent to your old, everyday states. Over time you become less dense and more able to hold light in your mind, your heart, and in your physical body. As you process, there are

magical moments when the curtain of illusion parts and a much more expanded vision of existence and of your true self is revealed. When you are full of light, it becomes easy to be completely present with life, giving every moment your full attention and receiving fullness from life in return.

Time taken to clear the ego and to discover the depths of your soul is never misspent. Life becomes immeasurably better when you work on yourself. Self-discovery leads you to the riches and depth of the greatest treasure trove there is—your true self. My commitment to you is that you will realize your wholeness by reading and using the Marriage of Spirit teachings.

REVIEW
THE STEPS OF THE
DEEPER POWER OF PROCESSING

1. Find a theme to your story
2. Find all the right opposites
3. Offer up positive and negative
4. Experience a simulation
 - ◆ Ask for grace to help you remain in the neutral witness
 - ◆ Say, “I am not this. I am That.”
5. Squares are loops in consciousness.
6. Get creative with the tools.

SUGGESTIONS FOR PUTTING
THEORY INTO PRACTICE

1. Do a polarity processing story. After you make your list of opposites, find the theme polarity or polarities. Write it at the top of the page next to the date.
2. In making your list, if there is an opposite you cannot find or are not sure about, meditate on the word, feel your way into it, and see what you come up with. Also look up the word in a synonym-antonym dictionary or a thesaurus. Is there a word that resonates with you as the true opposite? Do you feel a shift or get any insights from doing this?
3. Do a triangle and a square on your theme polarity.

4. Review your list, triangle and square before making an offering. Are you able to offer up positive and negative? If not, write about it and pray to have a clearing.
5. Over the course of the next day or so, are you aware of grace coming in and of having any shifts? Write about your experience.
6. After you have had a shift, catch yourself in a simulation. Then do a journal entry about the test. Include answers to the following questions:
 - a. How was the surface content different this time?
 - b. How was the underlying structure the same?
 - c. Where did you hold the witness strongly?
 - d. Where did you react?
 - e. Did you remember to say, "I am not this. I am That."?
7. Examine your life and find a square that you have been looping through. Have you experienced all four corners? Are you ready to release attachment to all of the corners? Do the square in your journal and offer it up.
8. Can you think of a creative way to bring the Marriage of Spirit techniques into your own line of work or home life?
9. Contact us at CoreLight to inquire about attending a Marriage of Spirit seminar.